

FAQs / Info in Alphabetical Order

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Accommodation

There are 2500 beds in and near Halls Gap. Some of the most convenient are right on the start line at:

Breeze Holiday Parks
Cnr School Road and Grampians Road
Halls Gap VIC 3381

For a caravan park with extras like 'Luxe cabins, Swimming Pool, trampolines, playground facilities etc. then:

Halls Gap Lakeside Tourist Park
<http://www.hallsgaplakeside.com/>
03 5356 4281
27 Tymna Drive
Halls Gap 3381
Hosts: Josephina and Rohan
[Promo Video](#)

Age Limits

To enter the 36km or 50km runs on the Sunday you must be 18+. The minimum age for the 20km is 15+ provided you have suitable trail running experience.

There is no age restriction on the 2km or 8km runs on the Saturday but remember that it's not a child-minding facility. If your child needs supervision, then please enter, and supervise them. There will be 2 age group categories for the 2km Kids Race being 0-14 (Under 15) and 15-18 in both Boys & Girls.

Upper age limit is 99. Because if you're too old for Lego, then you're too old for this.

Aid Stations

Saturday 8km run. Drink Stations at Fyans Creek Track just in from Tandara Road, Brambuk, Tandara Road, and the finish line.

Sunday 20km run. Sundial Car Park (7km), Grampians Tourist Road crossing at North West corner of Lake Bellfield (12.4km) & Brambuk Centre (15km) and the finish line.

Sunday 36km run. Aid stations at Sundial Car Park (7km), Borough Huts Campground (21.5km) and finally at The Brambuk Centre (31.6km) and the finish line.

Sunday 50km run. Aid stations at: Mt Difficult Rd – Boroka Lookout (12km approx. & water and lollies only) then Sundial Car Park (20km), Borough Huts Campground (35km) and finally at The Brambuk Centre (45km) and the finish line.

A complete list of all Aid Station Supplies can be found on the Event Page

[Wonderland Run | AdelaideTrailRunners](#)

ALL AID STATIONS ARE CLEARLY MARKED ON THE ALLTRAILS MAPS. LINK FOR COURSE MAPS BELOW

[Wonderland 2023 | AdelaideTrailRunners](#)

Drops bags (see also Special needs below)

50km runners if you wish to have special needs delivered to the Sundial (20km) and/or Borough Huts Aid Station (35km) you can create a "drop bag" for each aid station clearly marked with your name and race number. i.e., you will need two (2) drop bags if you want to have items at both Sundial and Borough Huts.

36km runners: can also use this service for Borough Huts Aid Station only.

NOTE: This must be done on Saturday during opening hours (10:00 a.m. – 4.00 p.m.) at Centenary Hall. We will not be accepting any bags on Sunday morning. (See R for Race Number Pickup.)

Water, Cookies, Lollies & Salted Snacks will be available at all Aid Stations on Sunday except Aid Station #1 at Boroka Lookout for the 50km which will have water and lollies only. Sports Drink by Huma will be available at all Aid Stations except the first one at Sundial. Coke will be available at Borough Huts & Brambuk for the 50km & 36km runners and at Lake Bellfield & Brambuk for the 20km runners.

[Huma Hydration Low-Calorie Drink Mix – Detour Sports](#)

This is a Trail Run, primarily through National Parks. Cups will NOT be used or provided for the long runs on the Sunday.

It will be necessary for those runners to have some hydration device/bottle/soft flask/fuel belt to carry water with them. A collapsible cup is ideal for coke later in the run!

Ambulance

The Ambulance service is not a free service in Victoria. It's your responsibility to check your health cover and ensure you are covered for ambulance rides in the case of an emergency. To arrange cover with Ambulance Victoria, visit <http://www.ambulance.vic.gov.au/>

Bag Minding

For bags you want to leave while you are running, (as opposed to Special Needs/Drinks which there's a listing for lower down), please pre-mark your items with your name and race-number and leave them in the bag minding area in Centenary Hall near the Start/Finish line in Halls Gap. These can be dropped on Saturday or Sunday morning – Drop bags must be Saturday.

Car Parking

Halls Gap is a small country town. No charge for parking. How close can you park? Crystal ball says that the earlier you arrive, the closer you park.

Changing between Event/Distances

Entrants already in a longer distance event can change to a shorter distance event for no charge. The only exception being that after August 1st, 36km runners changing to the 20km need to pay an \$11- decrease distance fee to cover a new race-bib and timing chip, as the files will have gone to the printer. For all event changes, please email us at info@adelaidetrailrunners.com.au

Entrants already entered in the **20km event wanting to change to the 36km** event can do so by emailing us of their intentions and paying the \$25 fee which includes a \$15 admin fee.

Entrants already entered in the **20km or 36km event wanting to change to the 50km** event can do so by emailing us of their intentions and paying a \$65 (20km -> 50km) or \$55 (36km -> 50km) fee which includes the \$15 admin fee.

Entrants already entered in the **2km Kids Race event wanting to change to the 8km** event can do so by emailing us of their intentions and paying the \$35 which includes the \$15 admin fee.

Entrants already entered in a **Saturday event (2km Kids or 8km) wanting to change to a Sunday event (20km, 36km or 50km)** are advised the easiest way to achieve it is to withdraw from the Saturday event (see R for Refunds) and enter the Sunday event of their choosing. The requested details between the two registration facilities are not the same, hence no smooth method in this situation.

Remember the qualification requirements for the runs are different and you may need to edit your original registration to provide details for a relevant event you ran in.

Contact Us

General enquiries – info@adelaidetrailrunners.com.au
The Judge – atrjudge@gmail.com
Phone (General) – 0403 323 198
Phone (Race Day) – 0432 062 255

Course Measurement

Course is measured and certified to PDA standards. TBA. It's a trail run!

COVID Crisis Cancellation Policy

If a race is cancelled due to a venue being closed by the relevant government department due to bush fires, extreme heat, natural disaster, pandemic situations like COVID-19, or any other reason, an alternative race date and/or venue will be sourced.

If an alternative date and/or venue cannot be found within a six-month period, only then, a full refund will be offered minus a \$15 admin fee.

Adelaide Trail Runners reserve the right to alter the courses and/or venue at any stage to avoid such problems as mentioned above and to provide a safe running environment for all involved.

Cups

2km Kids & 8km Saturday Run: Yes, but please put them in the bins provided.

50, 36 & 20km Sunday Events: None. Zip. Nil. Nada. These are trail runs, not road races, mostly through beautiful National and State Parks. Aid stations will have water, sports drink etc. in 25 litre

plastic cubes/drums with taps on the bottom. You can refill your bottles, flasks, fuel belt or whatever you brought to carry fluids at these points. (Water carrying device is mandatory equipment.) if you need a cup, bring a collapsible cup!

Cut-Off Times

20km course

Four hours and thirty minutes.

36km course

Course Cut off: 8 hours. (Allows for exceptionally bad weather. Under normal conditions qualified 36km competitors will likely finish under 7hrs.) Please bear in mind the degree to which these courses climb and that parts of the course are very technical.

Sundial car park: 2:00 hours. 36km runners who haven't made the split point (where the 20 and 36km runs split off in different directions about 7 km into the run) by 2:00 hrs into the event will be withdrawn from the run.

Borough Huts: 4:30 36km runners who have not left Borough Huts aid station within 4hrs 30mins of race start time will be withdrawn from the run.

50km course

Overall course: 11hrs overall.

Mt Difficult – Boroka lookout – No cut-off at this stage.

Sundial Carpark 7:00 hours - Runners arriving after 7hrs (mandatory 'health check' = Stop. Chat with Cut-off Boss. Describe your race to that point. Describe what you know about the terrain ahead. Any niggles or concerns? Confirm that you know the 10hr cut-off at Borough Huts is not negotiable.) 7hrs30min - hard cut. Given the 11 hour cut off, if you're close to 7:00 hours at the 20km mark at Sundial with 30km to go, consider your options.

Borough Huts - Hard-Cut at 10 hrs. Realistically you're unlikely to complete within 11hrs if you are coming up to the 10hr mark at Borough Huts, but you're on the safer terrain of the valley floor, hence completion can still be an option, even if coming in under overall cut-off is not. Arriving by 9hrs 30mins most likely needed to finish within 11hrs.

Note: Some people feel better being told their day is done. If that is you, you will get a high five or a hug (subject to Covid regs), and an offer of a lift back to grab a beer in Halls Gap.

Cut-off times are enforced due to permits only lasting so long, and to look after our lovely volunteers who are putting in a lot of hours to help runners. We don't want to try their patience. (OK we'll also admit that the traffic management on the road crossings costs a bomb and having entrants on course after the cut-off's gets really spendy too.)

Overall time cut-offs mean that entrants finishing after those times will receive a medal but will not have their time recorded in the official results.

Dangers

Slipping/Falls. Probably the number one cause of possible injury on the Wonderland Run course. Go super cautious on the rock sections. Taking a bad tumble does not make for a fast

time. The first half of the 20km course and the first 15km of the 36km course are areas of particular concern. The first 14km of the 50km course is remote and rocky.

Getting lost. The course will be well marked, but fatigued runners tend to develop tunnel vision. Keep your wits about you and keep an eye out for orange markings/ribbons/cones. Bring a mobile phone on the Telstra network. Face facts that some providers (like Vodaphone) absolutely suck outside major metro areas.

The map on the back of your race-bib will have mobile phone numbers for the organizers and volunteers. We may be able to help orientate you.

"[Wonderland 2023 All trails and Strava](#)" page of this website has links to downloadable route files.

PLEASE USE THE FILES PROVIDED. There are versions suitable for upload to most apps, watches etc. They can save you a lot of confusion, aggravation, cold, loneliness and potentially a hospital visit or your life. You should be able to download these as GPX for watches or KML files for applications list Maps.me. NOTE: The Trails page on the old Wonderland page doesn't have the new 50km course.

ESTA Markers:

Please keep an eye out for the location of these green marker signs. If you or a fellow participant has a problem that is serious enough to require a "000" call then knowing the three letters, three digit sequence on the nearest sign will greatly speed up assistance getting in.



"Emergency Markers enable the exact location of a Triple Zero (000) caller to be accurately identified. Markers are more than just signs. They are supported by GPS co-ordinates and navigational data that assist in getting emergency services to the public with minimal delay."

Obviously, you could be quite some distance from the nearest marker, however if you call race organizers and can tell us how many kilometres into the run you are, we will have access to maps that help identify the number of the nearest ESTA marker.

Entrants Lists

Will my buddies/rivals/enemies be there? This link will be provided during race week. Please keep an eye on the ATR Facebook page to be kept in the loop

Sunday - [20/36/50km entrants list](#).

Saturday 2km - [Wonderland 2023 - 2km Kids Race | Start lists | Webscorer](#)

Saturday 8km - [Wonderland 2023 - 8km | Start lists | Webscorer](#)

Evacuation from Course

Evacuation of injured runners.

There is no magic. This is a remote location. Much of it some distance from roads or fire trails.

Suspected broken ankle.

The most common injury where entrants request assistance in leaving the course is the suspected broken ankle. (90% of the time it is badly 'rolled'/sprained and is ligament/tendon damage with no fracture.)



Once over the initial shock, the best option (in the remote areas) is to start hobbling

out, heading towards the most accessible exit point. Generally downhill if you have a choice.

Be aware that whatever method is used, it will take a long time. Hence the Mandatory Gear list below.

First Aid Providers

Professional First-Aid Services are being used.

The phone numbers for the Race Director and First Aid are printed on the back of the race bibs. In an emergency, 000 should be called first. If an Ambulance is required, this is at the expense and responsibility of the runner.

Trail run etiquette prevails - everyone should help a runner in serious trouble.

Gear Suggestions:

Read the mandatory gear list for the 50km & 36km run. Much of it is relevant for the 20km run, particularly for run-walkers.

Handheld bottles not recommended due to the amount of times you might want to use your hands on the 20km, 36km & 50km courses, for the same reason...

Gloves are recommended for the 20km, 36km & 50km courses.

Shoes - If your trail shoes have tread that looks like footy boots don't use them. Too little contact on the rocky surfaces that get pretty slippery in rain. So far, we're thinking less chunky trail treads or fresh road shoes are the go. (Fresh because then the tread edges are still 'sharpish').

Gear - Mandatory List for 20km run:

Mobile phone. (Telstra has best coverage, though bad customer service.)
Compression bandage.
Capacity to carry 500mls of water.

Not mandatory, but strongly suggested you look at the gear for the 50km/36km and consider using it, particularly if forecast weather looks bad.

Gear - Mandatory List for 50km & 36km run:

We are not suggesting this equipment will be something you will need whilst running (although the gloves and THIR may be useful whilst running), but if you fall and cannot run or walk out, you may be waiting hours to be rescued. These items will keep you warmer, drier, less hungry and could also potentially save a trail buddy's life.

- Gloves – [Merino wool](#) or synthetic – something that will keep your hands warm.
 - Beanie / THIR / Buff
 - Emergency blanket - lightweight silver type is fine.
- Long sleeve thermal top NOT compression wear. [Merino](#) or synthetic is fine.
 - Compression bandage min 7.5cm wide x 2.3m long unstretched
- Waterproof jacket. I.E., jacket must be waterproof, windproof and to a level that will actually keep you dry and safe. We don't care how much it costs BUT it must be rated as such to help save your life if something terrible happens. Suggested is a level of over 20,000mm hydrostatic head waterproof rating. Accepted will be anything from 11000 upwards but be aware if

the weather turns bad this will only keep you dry for a limited period of time! Anything under 11000 is unacceptable. 6000-11000mm is only rainproof and waterproof under light pressure. If it rains in them mountains it won't be light! (Think about being stuck for several hours before you can be gotten out.)

- 400 calories of food
- Mobile Phone. Telstra works best
- Capacity to carry 500mls water minimum. **** Must be full at start of race ****
- Whistle for gaining attention to your situation.

Anyone who crosses the finish line without the mandatory gear will be disqualified from the race and will not have a time recorded. Anyone who podiums will forfeit their place and time also. This is not us being big meanies – we just want everyone to be safe and get home to their loved ones!

Where do you need to carry the gear?

- Assume that you're going to need to carry it the whole way. (Yes, you're allowed to eat your food along the way, but you must start with it.)
- There have been years when we've said some items aren't mandatory due to benign weather conditions.
- There have been years when we've trucked items to the Rosea car park for potential use later in the race. (Will be Sundial carpark in 2023 if required)
- Rulings will be made closer to the event.
- 50km runners should assume there'll be a gear check at Saturday race briefing or Sunday race morning.

Insurance

Adelaide Trail Runners are covered for Public Liability Insurance through Athletics Australia – this covers the race organisers only. It is strongly recommended that all runners have their own personal health insurance up to a suitable level for competing in a race like this. This is your responsibility. This includes your own personal Ambulance cover which should be mandatory. Those with Aths Victoria membership will have personal accident insurance.

Phone Coverage

This is a real issue. Some carriers have very limited coverage. Telstra is generally best even if their 'service' is terrible.

Remember, you can often text where it's not possible to sustain a phone call.

Put Halls Gap into these phone coverage interactive maps to get an idea of coverage on the course.

<https://www.telstra.com.au/coverage-networks/our-coverage>

The model indicates pretty much no coverage on the Wonderland Range and no coverage on Mount Rosea. My experience using Telstra is that there's patchy coverage on the Wonderland Range and next to none on Mount Rosea.

Poles - Hiking Poles

1. If you'd like to talk about their viability, please start another thread in the Facebook group... or bump one of the old ones.
2. Poles aren't against the rules.
3. But we'd prefer you didn't for the safety of others. (Trip hazard for others trying to overtake on narrow sections. Eye poke hazard to people behind when on stairs, climbing sections - please stow them safely.)
4. They're useless when you're climbing rocky bits. There are times when you really need your hands.

Prizes for 2023

TBA closer to the event.

Please see S for Schedule, lower down for presentation times. Because the incentive to be at presentations on time is that your prizes will be reallocated to others if you aren't there.

Qualification Standards for 2023

Qualification Standards have been introduced firstly for safety. (It's a long run, in difficult rocky terrain and access has difficulties at some points.)

Secondly to not overly test the endurance of our lovely volunteers.

Thirdly permits only last for so many hours.

Fourthly traffic management on the road crossings, First Aid and Ambulance Victoria cost heaps.

20km Qualification Standards:

Only one wave in 2023 so self-select starting location.

Guaranteed Qualification Methods. If you need immediate certainty do one of these.

- (a) 2023 Two Bays 28km or 2022 Wonderland 20km finish in under cut-off time.
- (b) Half Marathon under 2h30m in 12 months prior to Aug 27th, 2023.
- (c) RCR23 course under 4hrs in 12 months prior to Aug 27th 2023.
- (d) Half Ironman with run time under 2h50m in 12 months prior to Aug 28th 2022.
- (e) Robe Run Half Marathon in under 2h30m
- (f) Melrose 2023 15km or 30km finisher in under cut-off time.

Grey Zone Judgement Call Methods. If you can wait patiently for an answer, and have something **better** than Green Zone, but not covered in the green zone descriptions.

- (a) Trail Race of 14km or over in 12 months prior to Aug 27th 2023. - Submit time for consideration. (Decision will depend on course and time attained.)
- (b) Something else that demonstrates **better** ability than Green Zone. e.g. Triathlon, Adventure Race etc. **See special note about Trailwalker lower down.

36km Qualification Standards:

Only one wave in 2023 so self-select starting location.

Guaranteed Qualification Methods. If you need immediate certainty do one of these.

- (a) 2023 Two Bays 56km or 2022 Wonderland 36km finish in under cut-off time.
- (b) Marathon under 4hrs30mins in 12 months prior to Aug 27th 2023.
- (c) RCR46 course under 7hrs in 12 months prior to Aug 27th 2023.
- (d) Full Ironman with run time under 5h00m in 12 months prior to Aug 27th 2023.
- (e) Robe Run Marathon in under 4h30m
- (f) Melrose 2023 30km finisher in under 6hrs

Grey Zone Judgement Call Methods. If you can wait patiently for an answer, and have something **better** than Green Zone, but not covered in the green zone descriptions.

- (a) Trail Race 30km, or over, in 12 months prior to Aug 27th 2023. - Submit time for consideration. (needs to have reasonable vert / difficulty.)
- (b) Something else that demonstrates **better** ability than Green Zone. e.g. Triathlon, Adventure Race etc. **See special note about Trailwalker below.

50km Qualification Standards:

Only one wave in 2023 so self-select starting location.

Guaranteed Qualification Methods. If you need immediate certainty do one of these.

- (a) Wonderland 2022 36km or 65km finish in under cut-off time.
- (b) 2023 Two Bays 56km under 7hrs30mins
- (c) Marathon under 4hrs30mins in 12 months prior to Aug 27th, 2023.
- (d) RCR46 course under 7hrs00mins in 12 months prior to Aug 27th, 2023.
- (e) Full Ironman with run time under 4h40m in 12 months prior to Aug 28th, 2022.
- (f) Robe Run Marathon finisher in under 4hrs30mins.
- (g) Melrose 2023 50km finisher in under 10hrs

Grey Zone Judgement Call Methods. If you can wait patiently for an answer, and have something **better** than Green Zone, but not covered in the green zone descriptions.

- (a) Trail Race 40km, or over, in 12 months prior to Aug 27th, 2023. - Submit time for consideration.
- (b) Something else that demonstrates **better** ability than Green Zone. e.g. Triathlon, Adventure Race etc. **See special note about Trailwalker below.

For those who don't have a current qualifying time you can still enter if you think you can run a qualifier before **July 31st 2023**.

Please email The Judge at atrjudge@gmail.com when you have run a qualifier stating when and what time you ran. (With link to official results.) People who have paid an entry will have until **August 20th** to qualify and notify us of that qualification time/event and link.

If you want to do some reconnaissance in the area then [Run The Gap](#) in May is a good option for qualifying for the Wonderland 20km. The Melrose Running Festival in Mt. Remarkable National Park, Southern Flinders Ranges, SA is also a fantastic event for preparation and also acts as an official qualifying event. More info can be found here

[Melrose Running Festival | AdelaideTrailRunners](#)

**Special Note About Trailwalker: (And other BushwalkingWithRaceNumbers events.) Trailwalker events can be used as qualifiers, but your Trailwalker time needs to demonstrate that you can cover ground at a speed sufficient to complete Wonderland Run within the cut-off times.

***Special Note about Half Marathon qualifying times. It is sub 2:30. Not 2:38-but-I-had-to-stop-twice-to-go-to-the-toilet-so-really-this-is-a-sub-2:30. If your toileting needs are such that you have to go that frequently then you are going to have go more times during Wonderland Run and not less.

Race Bib Pick-Up

Race Bibs can be collected from Centenary Hall, Halls Gap on Saturday 26th August from 10:00am-4:00pm. Note 50km race briefing starts after 4.00 p.m. on Saturday.

Refund Policy

If you'd like to withdraw prior to the run, please email info@adelaidetrailrunners.com.au and request to be withdrawn.

The refund policy for all events for 2023 is quoted below

"In the event of withdrawal by an entrant, entry fees will be refunded less an administrative fee of \$15 if the withdrawal notification is received and acknowledged by the organisers by July 29th, 2023, i.e., 4 weeks prior to the event. No refunds are available within this 4-week period of the event date. The ATR refund policy can be found here [Refund Policy | AdelaideTrailRunners](#)

If you think this is unreasonable, you should check out the IronMan refund policies...

Road Crossings

There are several road crossings. Some are on the Grampians Tourist Road and the 50km event crosses Mt. Victory Road

Speed limit reduction and warning signs will be employed but be aware you may be delayed a minute. Beware of cars. Traffic Controllers will endeavour to assist you crossing, but you should stay alert.

Rules

1. Obey all Parks Victoria rules when in the Parks.
2. The event will not proceed if there is a code red fire warning for the day. It is illegal to enter the park on a Code Red fire warning day. Other safety related reasons could also see it modified or cancelled.
3. Leaving the Course. Entrants who leave the course during the event e.g. for toilet stop, getting lost or meeting up with support people; must re-enter the course at the point they left the course. Lost entrants may use any legal method to get back to the course but must re-enter where they left and resume running from that point.
4. Withdrawing from the race. Any entrant withdrawing from the race must notify race officials that they have done so. Mobile phone numbers will be provided on the map given to participants or use the numbers in the "Contact Us" section of the website.
5. Support Crew. Runners can have supporters meet them on course with food, drink, Vaseline etc., so long as those supporters give way to runners, and obey all park rules.
6. Using a mountain bike to support runners risks them and other people. Don't even think about it.
7. Obey the direction of Race Officials and Volunteers. Entrants ignoring marshals at road crossings will be immediately disqualified.
8. Be courteous to all you encounter on the course. This includes volunteers, traffic controllers and other users of the trail.
9. Entrants must help fellow runners in distress.
10. Entrants in 20km, 36km and 50km must race with a means of carrying at least 500ml of fluids. (Soft Flask, Fuel belt, Handheld bottle etc.) AND carry all mandatory gear. (see M for Mandatory Gear) **** Must be full at start of race ****
11. Entrants must not leave rubbish on the course. Carry it with you to the next aid station and deposit it there if there is a bin. Otherwise, carry it in - carry it out.
12. No I-pods, MP3 players etc. to be used. There are too many single-track sections, some road crossings and other runners to be aware of.
13. If you are even mildly asthmatic, then a puffer is mandatory equipment.
14. Runners behind cut-off times are automatically a DNF. Pleading / remonstrating with volunteers on course will not help.

Rubbish

We are fortunate to be allowed access to the trail to run our event, so please make sure you leave no trace of having been there. Take all rubbish with you or risk disqualification.

Schedule for Wonderland Run 2023

Saturday

10:00am to 4:00 pm Race Bib Pick-up from Centenary Hall near the Start/Finish area.

1pm – 2km Kids Race

1:30pm Presentations for Kids 2km run

2pm - 8km Flat Run

2:45pm Presentations for 8km run.

4:00pm Arrive for briefing for 50km run. Questions taken.

4:15 pm Strongly Recommended Briefing for 50km run starts. Briefing finishes before 5:00pm. Gear checks available.

Last chance to leave special needs drop bags.

Sunday

- 6:15am** – Race Bib Pick-up available from the Start line only. Finish line bags accepted but no Drop Bags, they must be dropped on Saturday.
- 7:00am** – 50km Race Start (1 Wave Start)
- 7:30am** - 20km Race Start (1 Wave Start)
- 8:00am** - 36km Race Start 1 (Wave Start)
- 9:00am** - Presentations for Men's 20km run.
- 9:30am** - Presentations for Women's 20km run.
- 12:00pm** - Presentations for Men's 36km run.
- 12:30pm** - Presentations for Women's 36km run.
- 1:00pm** – Presentations for Men's 50km run.
- 1:30pm** – Presentations for Women's 50km run.

*** All presentation times are flexible and will be adjusted if needed ***

Special Drinks/Needs Drop Bags delivery

20km Run. No.

36km – Drop Bags can be available at Borough Huts Aid Station (21km)

50km - Drop Bags can be available at Sundial Car Park (20km) and/or Borough Huts Aid station. (35km). You need to provide two (2) drop bags if you want one at each location, we will not transport the drop bags between Sundial and Borough huts. After the aid stations close, the drop bags will be returned to Centenary Hall.

You will need to give us your drop bags during bib pick-up times at Centenary Hall on Saturday between 10:00 a.m. and 4:00 p.m. as we won't be accepting them on Sunday morning.

All bags must be very clearly marked with your name and race bib number.

Sweepers

Sweepers will be deployed onto the course with the aim of ensuring there's no one left on the course unaccounted for. If you leave the trail at any time, please leave your pack on the trail so the sweeper doesn't go past you.

Trail Marking

Will comply with Parks Victoria requests.
Markers on the bush trails will be in orange ribbon. Additional signage will be present at key intersections.

Km markers to help you know where you are on the course.

Some of the stuff you'll be seeing to help you get around the course. Plus, lots of orange ribbons on pegs to give you reassurance that you're on the right track.



Transfers of Entries.

Transfers to Another Entrant

Under no circumstance can an entry be transferred to another runner.

Transfers To 2024

This is permitted, provided official notice is given to us by July 29th, 2023. Transfers will incur a \$15 admin fee, like the refund policy.

You'll still need a fresh qualifier for the 2024 event.

Volunteers

If you're available, we'd love to have you. Volunteers receive a warm inner glow, and a 40% discount off any full priced Wonderland merchandise. You can also enter a subsequent Wonderland Run without paying entry fees. (Please ask for the super-secret entry code **prior** to entering that subsequent event.)

Seriously it's volunteers who make running events possible, and most have an enjoyable day doing it. Please give it your consideration.

To check what roles are available [please email](#)....

Wave Starts

There will only be one wave start for each distance. This will be self-seeded with the faster runners assembling at the front.

Weather - What will it be?

We have no more access to any weather forecasting data than the BOM. Look for Ararat and Stawell to get an idea of the weather, then figure it's going to be worse up on the top of the mountains on course.

Withdrawing

If you wish to withdraw at any stage, you need to do so at an aid station and notify the attendants of your intention to withdraw. We will then do what we can to get you away from the aid station as soon as we can but given the length of the event calling friends or a cab might be the fastest option.

For withdrawals prior to the run please email info@adelaidetrailrunners.com.au and also refer to R for "Refunds" above.