



## **MELROSE RUNNING FESTIVAL**

### **EVENT BRIEFING 2021**

#### **Start Area – Baroota Ruins Campground (42.2km ONLY)**

The starting area for the 42.2km is at Baroota Ruins Campground, Mambray Creek in Mt Remarkable National Park. This is ONLY for the 42.2km runners. If using Google Maps simply type in “Baroota Ruins Campground” and it will take you right, there. Please remember the finish line is at Melrose, not Mambray Creek.

<https://goo.gl/maps/k7yDmLfSjwoQQhd6>

#### **Start (30m, 15km & 7km) & Finish Area (All) - Melrose**

If using Google Maps, just type in “Melrose Caravan & Tourist Park”. The Start & Finish area is located on Joes Road just in front of the campground of the Caravan Park. You won’t miss it.

<https://goo.gl/maps/ukDR1FbiRU7j2Zv7A>

The Start/Finish location is shown on the map below with a black square.

#### **Toilets**

There are no porta-loos provided for this event. There are toilets available within the Caravan Park that we have access to.

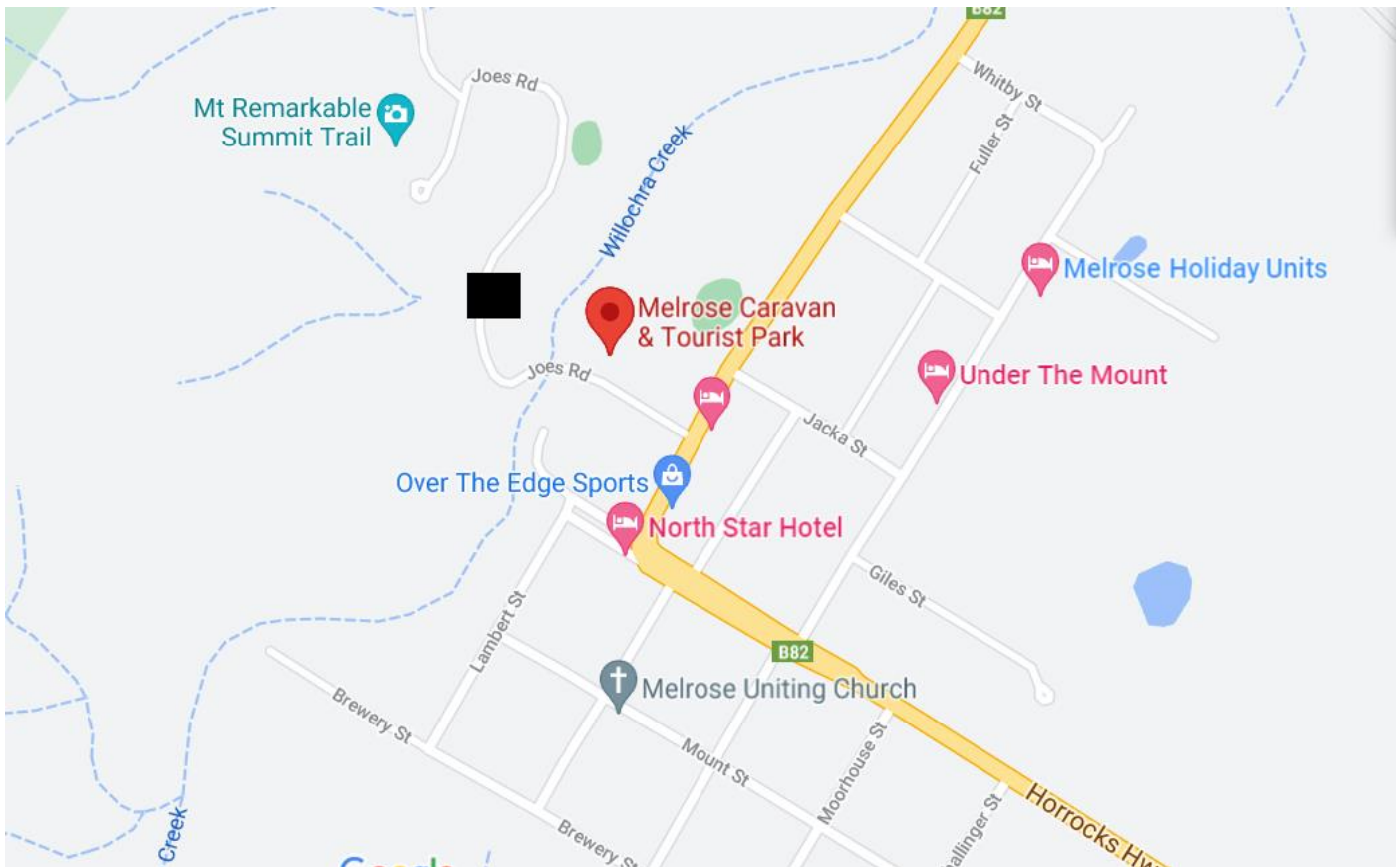
#### **Mini-Bus for the 42.2km going to Baroota Campground**

This will depart from the car park of the North Star Hotel at 6:30am which can easily be seen on the map below. Please be ready to board at 6:25am sharp. There are toilet facilities available at Baroota Campground. It is about a 60-minute trip to the start.

**\*\* Please wear a face mask and complete the QR check-in process before entering the bus \*\***

#### **Bib Collection**

Bib collection for all distances will be from the North Star Hotel from 5:30pm-7:00pm on Friday night as well as on race morning.



### **Drink Stations**

We will have 2 Drink Stations on the course for the 42.2km & 30km and 1 for the 15km.

Here are the distances that each course will have travelled upon arriving at the Drink Stations -

#### **Drink Station #1 (42.2km only) – Water Only**

17.3km

#### **Drink Station #2 – Mt Remarkable Summit – Water & Coke, Food TBC**

42.2km at 34.6km mark, 30km at 7km & 22.5km mark, 15km at 7km mark

#### ***ALL DRINK STATIONS ARE CUP-FREE. YOU MUST PROVIDE YOUR OWN CUP, BLADDER or FLASK.***

These MUST then be given to the Drink Station volunteers who will fill your drinking vessel for you. NO Runners are to fill their own vessels. At the time of print, we are unsure if we are permitted to provide communal food due to COVID restrictions. All 42.2km & 30km runners are recommended to carry their own hydration and food with a minimum of 2L of fluid for 42.2km & 1L for 30km. More details on this can be found on the event page of the website.

***There will also be water, bananas, and some home-baked goodies available at the finish.***

### **Drop Bags**

Yes, the 42.2km & 30km runners can provide their own drop bags that can be collected and used at the drink stations. Ideally these need to be delivered to us at bib collection on the Friday night. These must be clearly marked with your name, bib number and which drink station the bag is for i.e. Drink Station #1 or #2

### **Start Times**

42.2km at 8:00am – Baroota Campground

30km at 10:00am – Melrose

15km at 10:30am – Melrose

7km at 11:00am - Melrose

### **Race Numbers**

At the time of print we have 65 registered runners. Here is the breakdown –

42.2km – 17, 30km – 13, 15km – 29, 7km - 6

### **Race Day Entries**

Unfortunately, we are not able to accept entries on the day, but we can except entries up until 6:00pm on Thursday night prior.

### **COVID-19**

Please always observe social distancing regulations. We will have a registered COVID Marshall present. Please use the QR codes provided to check-in.

### **Course Markers**

Please look for Blue & White directions markers (arrows) on course. There will also be some blue & white marking ribbon attached to trees along the way. We have Red & White X's to signal a wrong way.

### **What if I am injured and need to withdraw?**

The phone numbers for the race director are printed on the back of your race bibs. If you are very severely injured and cannot move i.e., broken leg or ankle etc it is best to phone 000 first. The phone numbers to save in your phone are –

Race Director (Brett) 0403 323 198 Emergency (Police) 000

### **Medal Presentations and Random Prize Draw**

All finishers in the 42.2km, 30km & 15km plus the top-3 place getters, Male & Female in the 42.2km, 30km & 15km will be presented with commemorative medals. The exact timing of the Medal presentations will be decided on the day.

### **Animals on Course**

Dogs or any other household pets are **NOT** permitted during the race for the safety of all runners. The only exception to this is for Assistance Dogs.

## **Volunteers**

We have an amazing team of volunteers who are very generously giving up their time to help make this event happen. Please treat them with the respect they deserve. Any verbal or physical abuse towards a volunteer will not be tolerated and can result in disqualification.

## **Trail Etiquette**

Please always keep to the LEFT, just as if you were driving a car. When passing another runner, always pass on the RIGHT and please give a clear verbal indication of your approach and of your intentions. We do NOT have exclusive access of the trails so please show courtesy to all other users.

## **Course Maps**

All Course maps are available on the Adelaide Trail Runners website

## **Bag Drop**

Yes, we will be able to look after bags for you. Adelaide Trail Runners will take no responsibility for lost or damaged items, and it is highly recommended that you have a clearly marked name tag.

## **Bag Drop – 42.2km Runners**

If you are running in the 42.2km race, you are welcome to take a small bag with you to the start line at Baroota Ruins. We will then transport this back to Melrose for you. This might come in handy to keep a warm jacket or food and drink to have before the start.

## **Race Results & Bib Numbers**

The link below will show your race number. This link will also show the race results.

[Melrose Running Festival 2021 | Start lists | Webscorer](#)

## **Race Bib Information**

Please ONLY wear your allocated bib. You cannot swap or wear someone else's bib.

