



Melrose Trail Festival

Participants Guidebook

Proudly sponsored by



#seatosummit

#kingofthemount

#melrosetrailfestival





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Welcome

Congratulations on entering the 2019 Melrose Trail Festival. This year we celebrate our third annual event.

Every year we try to introduce a small number of additions to slowly grow our event. This year we rebranded our event name to the Melrose Trail Festival in order to better reflect the event and to reduce confusion between the event name and the race names.

We have also introduced some structured activities on the Saturday before the trail races. It is hoped that we can continue to add to the Saturday activities in future years through partnerships with local businesses and interest groups, eventually building up to a bustling festival atmosphere.

At the Melrose Trail Festival, your health and safety is our number one concern. On event-day, we have medical assistance at the Melrose Caravan Park campgrounds.

Our event-day team is made up of our friends and family who have kindly volunteered to help make our day a success.

If you take any photos on the weekend, we encourage you to share them on social media with the tags #melrosetrailfestival, #kingofthemount and #seatosummit.

We thank you for supporting our event, and hope that you enjoy exploring Melrose with your friends and family.

We look forward to seeing you all soon.

- Quinten van der Werf & Alan Clarke

Medical Precautions

Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?

Do you feel pain in your chest when you do physical activity?

In the past month, have you had chest pain when you were not doing physical activity?

Do you lose your balance because of dizziness or do you ever lose consciousness?

Do you have a bone or joint problem that could worsen due to changes in your physical activity?

Have you been suffering from any sort of virus or fever in the 2 weeks prior to race day?

Is your doctor currently prescribing drugs for your blood pressure or heart condition?

Do you have any difficulty in breathing, especially in cold or wet conditions?

Are you pregnant?

Are you diabetic?

Do you know any other reason why you should not do physical activity?

If you have answered **YES** to any of the above questions, we strongly recommend that you seek advice from your doctor before you run the race.

The event organisers and sponsors will not be responsible for any injury or illness, or any nature of injury that may be caused on race day or thereafter as a result of your participation in the event.

Important Information

Race director

Quinten van der Werf
0428 887 845

Race day emergencies

For any assistance or to report a medical or any other emergency on race day:

- Reach out to the volunteer closest to you, or
- Call the Race Director (Quinten) on 0428 887 845.

A first aid tent will be setup at the finish line if you have any immediate medical or aid requirements.

The closest hospital is

Booleroo Centre District Hospital.
74 Stephens Street, Booleroo Centre.
Phone 8667 2211.

Post-race suggestions

Melrose gets cold quickly in the early afternoon as the sun disappears behind the hills.

After stopping prolonged physical exertion, your body can develop uncontrollable shakes as it cools down rapidly.

When you complete the event, it is recommended that you put on warm clothing and seek shelter, food and warmth ASAP.

Jumpers, track pants and beanies are highly recommended. A campfire will be located at the finish line to provide warmth and the ability to dry yourself.

You can leave your warm clothing in a drop bag at the start line.

Whilst drop bags will be securely stored, event organisers assume no responsibility for items contained in your drop bags.

Weather Policy

We promise to make every effort to produce a fair, safe and exciting event. We will responsibly host the trail races, rain, hail or shine!

However, in the case of significantly inclement weather and/or temperature, we reserve the right to alter components of the event or course to address safety concerns, or potentially cancel the event.

In addition, it is possible that our facilities and/or council may force the cancellation of the event in extreme weather scenarios.

Per above, any decision made to go forth with the event is contingent on the overall event and course safety, and is made in concert with local risk management, police, fire & rescue, and medical personnel as appropriate.

In the event of a modification while the race is in progress we will alert our on-course volunteers who will inform you as you reach an aid station.

We will also update our Social Media channels and website.

Per the registration policy, there will be no refunds of entry fees if we must cancel or alter the event.

Every effort will be made to provide you with the items you are entitled to as part of your registration.

Equipment Checklist

Standard Checklist

- Trail shoes and running socks.
- Running shorts and shirt.
- Running jacket or windbreaker.
- Jumper, track pants & beanie for post-race warmth.
- Running hat or visor.
- Sunglasses.
- Camera.
- Mind of a champion!

Recommended Equipment

Water bottle or hydration vest.

This is a cupless event. Water cubes are available at aid stations but you will need to bring your own drink containers.

Space blanket

If you are immobilised or stuck on the trail, a space blanket can be crucial to maintaining your body temperature and is a wise safety investment.



Space blankets are a single use foil blanket that fits in your pocket.

Space blankets are available from camping stores or some pharmacies for around \$15.

Mobile phone

Save the race directors number 048 887 845.

Having a mobile phone with you is crucial.

Please ensure your phone is fully charged.

Make sure there is at least one phone in your group and that you have saved the race directors phone number.

GPS device with course map (Sea to Summit only)

GPX files will be emailed out prior to the event, and made available on our website and social media channels.

Additional food

If you have special dietary requirements or need other nutrition, bring enough additional snacks to last the duration of the race.

Event Times & Cut-Offs

King of the Mount

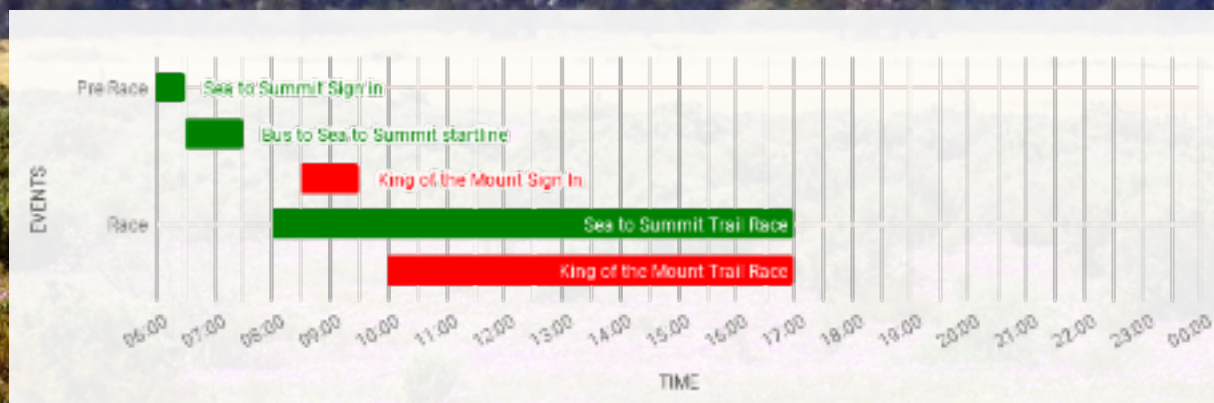
Sunday 18th August

- 8:30 am Bib pickup & drop bags.
- 9:30 am Cut-off for bib pickup.
- 10:00 am King of the Mount Starts.
- 4:00 pm Cut-off at the summit.
- 5:00 pm Cut-off at the finish line.

Sea to Summit

Sunday 18th August

- 6:00 am Boarding the bus at Melrose (*bib pickup on bus*).
- 6:30 am Bus leaves Melrose.
- 8:00 am Sea to Summit starts.
- 10:15 am Cut-off at Mambray
- 4:00 pm Cut-off at the summit.
- 5:00 pm Cut-off at the finish line.



Saturday Activities

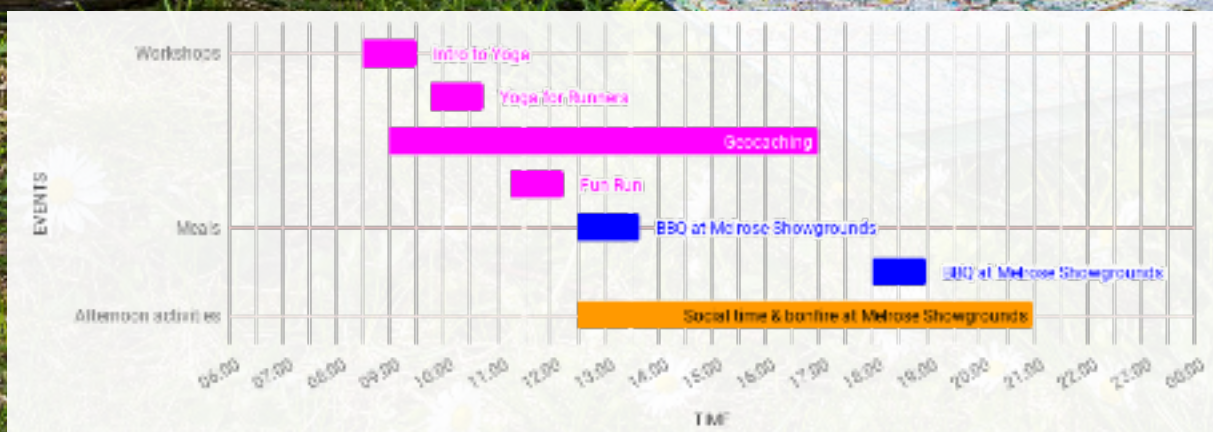
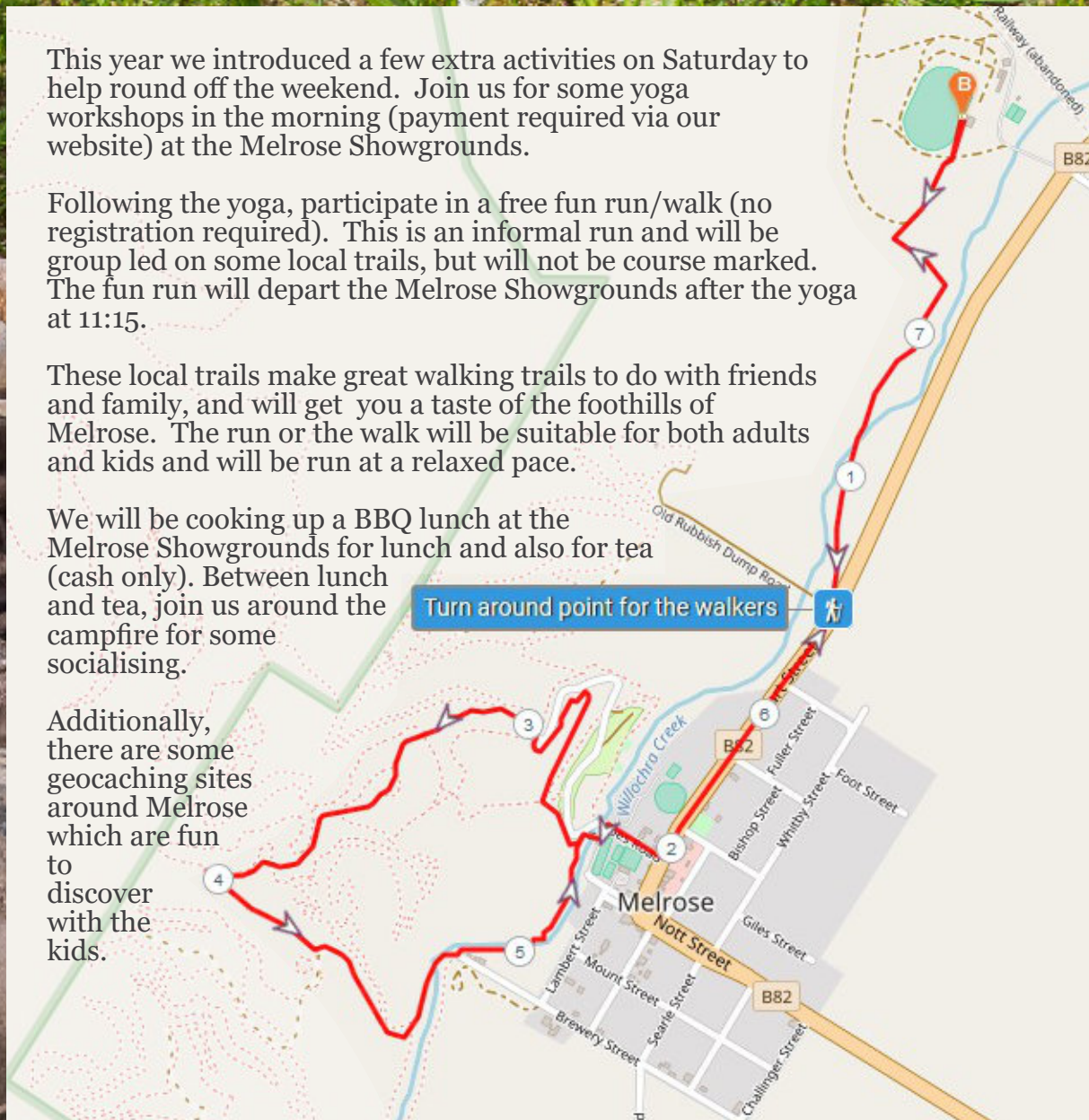
This year we introduced a few extra activities on Saturday to help round off the weekend. Join us for some yoga workshops in the morning (payment required via our website) at the Melrose Showgrounds.

Following the yoga, participate in a free fun run/walk (no registration required). This is an informal run and will be group led on some local trails, but will not be course marked. The fun run will depart the Melrose Showgrounds after the yoga at 11:15.

These local trails make great walking trails to do with friends and family, and will get you a taste of the foothills of Melrose. The run or the walk will be suitable for both adults and kids and will be run at a relaxed pace.

We will be cooking up a BBQ lunch at the Melrose Showgrounds for lunch and also for tea (cash only). Between lunch and tea, join us around the campfire for some socialising.

Additionally, there are some geocaching sites around Melrose which are fun to discover with the kids.



“I’m not lost,

I’m exploring”



Bibs, Drop Bags & Phytophthora Prevention

Collecting your bibs

King of the Mount: Bibs are able to be collected from the basecamp at the Melrose Caravan Park campgrounds between 8:30 am and 9:30 am.

Sea to Summit: Bibs are handed out as you enter the bus.

Do not exchange your bib with any other participant or you shall be disqualified.

How to wear your bib

Secure your bib to the front of your shirt with the 4 safety pins provided.

Ensure your bib is clearly visible from the front.

Bibs not clearly displayed will result in delays at checkpoints and the finish line.

Drop bags

You can opt to have a drop bag available at the finish line. Drop bags will be stored under cover in our gazebo.

Whilst we will keep an eye out through the day, it would be best to not leave any valuables lying around.

We recommend packing warm clothing and anything else you may require after the race into this drop bag.

King of the Mount: You can leave a drop bag with our volunteers at the finish line when you collect your bib.

Sea to Summit: A volunteer will take your drop bag as you enter the bus.

Phytophthora Prevention

Before the start of the race, every participant will need to wash the soles of their shoes in a special solution to combat the spread of phytophthora.

You will be directed to do so by the volunteers at bib pickup and also reminded by the race director prior to the start of the event. This is mandatory and helps keep our national park pristine and free from some very destructive pests.



Timing, Course Sweep, Signing Out & Withdrawing

Timing

Timing this year, as in previous years, will be manually recorded at the finish line.

Please ensure that our time keepers can clearly see your bib as you cross the finish line.

ALL RUNNERS - Ensure you check-in with the course marshals as you enter the summit aid station. Missing this checkpoint will result in disqualification.

Course Sweep (making cut-off)

Alan Clarke will sweep the course to ensure that everyone will make it through the cut-off times. These cutoffs have been set to ensure your safety and that of our volunteers, and will ensure you have enough daylight in which to complete the event.

Signing Out and Withdrawing

When you cross the finish line please ensure that we have marked your finishing time. This also provides us with confirmation that you have left the course. Entrants that have not recorded a finish time will be assumed to still be on the trails and may result in a search party looking for you if you have not finished before cutoffs.

If you need to withdraw from the event, please contact the nearest volunteer or call the Race Director on 0428 887 845. We will arrange to have you extracted from the course as soon as practically possible.

Presentations



Presentations

Presentation of the trophies and medallions will be done as people cross the finish line.

This way everyone who wants to do so can travel home as soon as they are finished, though we'd love it if you'd stick around and help us cheer the other competitors over the line!

Race day etiquette

Before the race

- If you cannot attend the race, please contact the race director (SMS or call) on 0428 887 845.
- Please be patient and considerate of our volunteers and other runners.

During the race

- Littering will not be tolerated. Please ensure you have a secure location to place your rubbish.
- If you use headphones, please be aware of runners behind you. The trails are narrow and you may frustrate someone trying to pass.
- Aid stations are provided for your use, but please try to keep things tidy and be considerate of other runners.

After the race

- We encourage you to stick around and help cheer in the rest of the field.
- We will have a campfire to help keep you warm while you supply the motivation and noise to encourage the remaining runners.



Course Information



Aid Stations & Toilets

All aid stations will have a selection of lollies, chips, fresh fruit and water available.

At the finish line runners will also have access to free hot minestrone soup (vegan friendly and gluten free).

Melrose Toilet & Shower Facilities

Melrose has two sets of public toilets:

- Located opposite the North Star Hotel carpark, or
- Located in Paradise Square near Store 54 (the servo).

There are two options for showers in Melrose, though both require payment for use:

- Showers are available at the finish line for a small fee of \$5 (payable to the Melrose Caravan Park).
- Showers are also available at the Melrose Showgrounds for \$3 (payable to the caretaker).



King of the Mount Aid Stations

There are no toilets on the King of the Mount course.

The King of the Mount has 3 aid stations.

- The ascent and descent will have one unmanned aid station each.
- The summit has one manned aid station, which is also a cut-off and extraction point.

Sea to Summit Aid Stations

Mambray Creek has standard flushing toilets. Grays Hut has drop toilets.

The Sea to Summit has 3 aid stations - two manned and one unmanned, as well as 2 water drops.

Water Stops:

- Highway 1 crossing (unmanned) - water drop only.
- Grays Hut (unmanned) - rainwater tank and drop toilet.

Aid Stations:

- Mambray Creek - manned aid station and the first cut-off.
- Mt Remarkable summit - manned aid station, final cut-off and extraction point.
- Mt Remarkable descent - unmanned aid station.

Course Markers

For both events you will see a pink course marker staked into the ground every 200m on your left-hand side. Every 1km you will see a yellow course marker.

The course markers are on metal spikes and will be about shin height.



King of the Mount Course Description

The iconic Mt Remarkable is the centre piece of this event. It is a tough yet rewarding climb to the top.

You start the race in the Melrose Caravan Park campgrounds with the daunting climb to the monument before entering the bushland. Initially you will be crossing private property before entering the Mt Remarkable National Park property as you step through a pedestrian gate.

The ascent then takes you along the rougher northern trail. You will traverse along a roughly formed single trail that traverses some rocky scree slopes. Care should be taken along the scree slopes to avoid stumbling on the loose rocks.

As you near the summit you will continue directly across a fire-trail to finish climbing to the summit via the back of the mount.

After summiting, you will be taken back down along the newer southern trail. You will descend along the ridge line through a forested section with occasional glimpses of Port Pirie and the Spencer Gulf to your right.

As you continue along the trail you will come around to overlook Melrose, descending along several switch backs.

The descent is smoother and allows for faster running, but care must still be taken to avoid tripping hazards.

You will finish at our gazebos where you picked up your bibs.



Sea to Summit Course Description

Sea to Summit runners will enjoy a taste of the variety of terrain on offer in the Mt Remarkable National Park.

You will begin your adventure by departing Melrose in a shuttle bus which will take you to the start line at the edge of the Spencer Gulf.

Start with your hand in the waters of the gulf, before running along dirt road to the highway. Here you will cross underneath the highway before proceeding towards Mambray Creek.

As you near Mambray Creek you will be taken off the road and onto formed trails. Things have been easy so far, but as you depart Mambray Creek you start climbing. Continue to climb along fire-trails until you reach the flatter section of land between Mt Remarkable and Mambray Creek, known as the link lands.

Through this section you will go cross country along sections with no trail (though it will be course marked). You will pick up a trail again after exiting the creek and running on towards Grays Hut.

Grays Hut will provide you with momentary respite if you need water or a toilet stop. Brace yourself because the toughest climb is yet to come.

After leaving Grays Hut, take care as you descend behind the Mt, as this section is extremely steep and has long drops on the trail edge. After reaching the bottom of this gully, you will climb the back of the summit along very steep single trail, before joining onto the fire trail that will take you the remainder of the distance to the summit.

Once at the summit you will depart on the same descending trail that the King of the Mount runners take.

You will descend along the ridge line through a forested section with occasional glimpses of Port Pirie and the Spencer Gulf to your right.

As you continue along the trail you will come around to overlook Melrose, descending along several switch backs.

The descent is smoother and allows for faster running, but care must still be taken to avoid tripping hazards.

You will finish at our gazebos in the Melrose Caravan Park campgrounds.

Course Records

2017 King of the Mount

(To summit only)

King	John Csongei, 42 min 21 sec.
Queen	Renae Kretschmer, 1 hr 6min 12 sec.
Prince	Luca Lee-Bruce, 1 hr 7 min 11 sec
Princess	Matilda Miller, 1 hr 26 min 33 sec

2018 King of the Mount

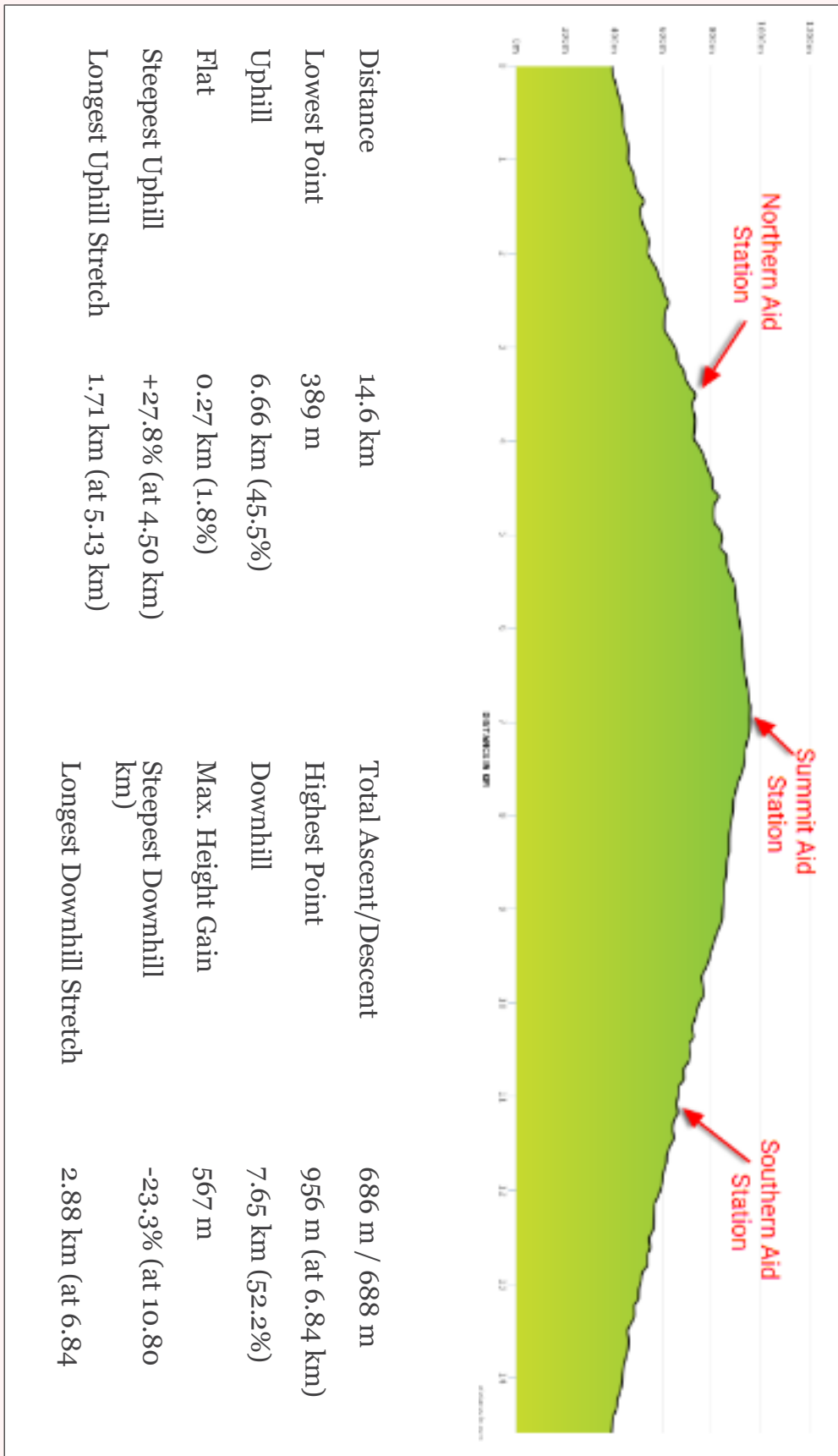
King	Angelo Fazzalari, 1 hr 11 min 42 sec.
Queen	Renae Kretschmer, 1 hr 47 min 50 sec.
Prince	Sam Sykes, 1 hr 30 min 18 sec.
Princess	Tayah Liffner, 2 hr 2 min 0 sec.

2018 Sea to Summit

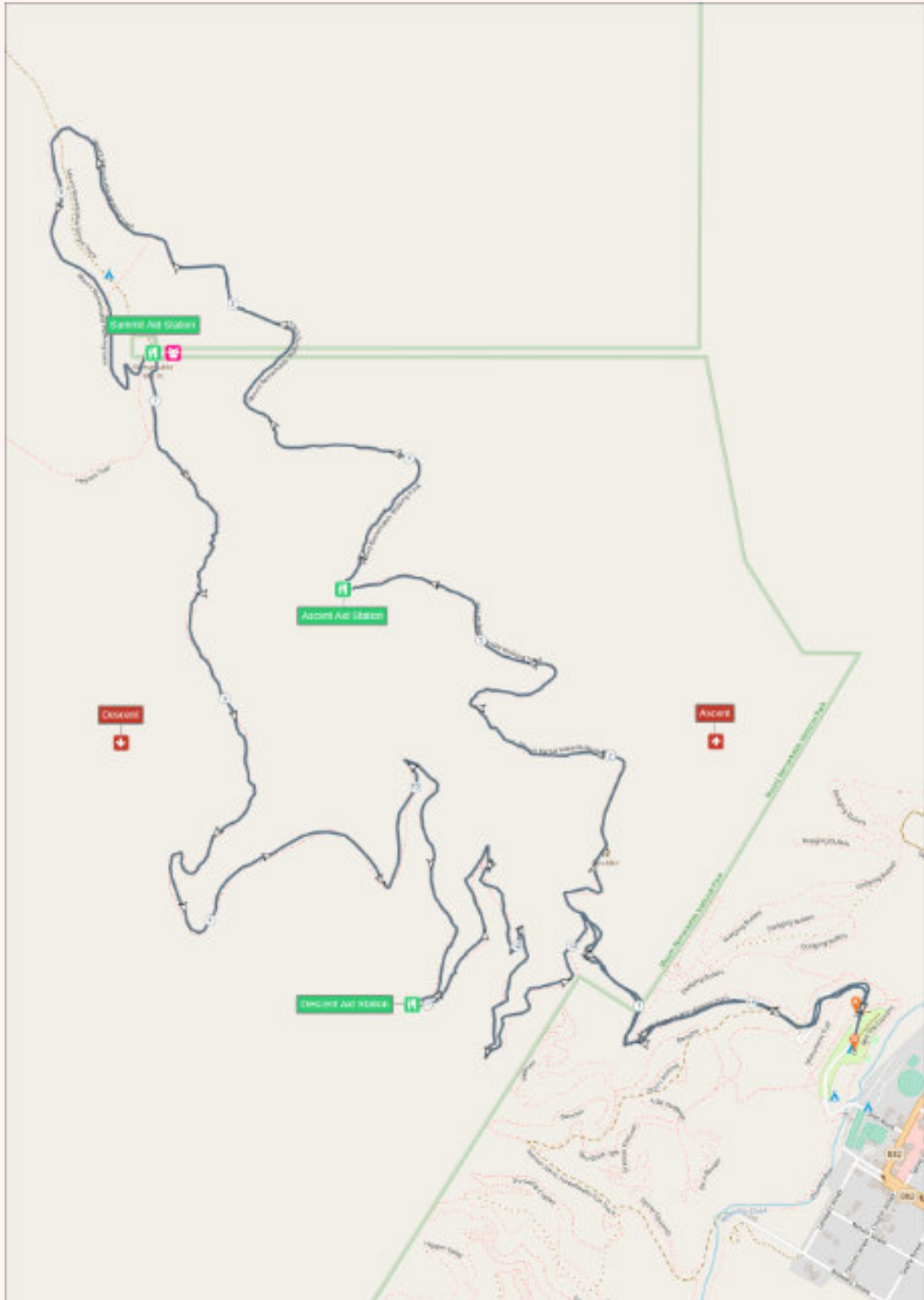
Men	John Csongei, 3 hr 47 min 53 sec.
Women	Alison Ebert, 7 hr 3 min 0 sec.



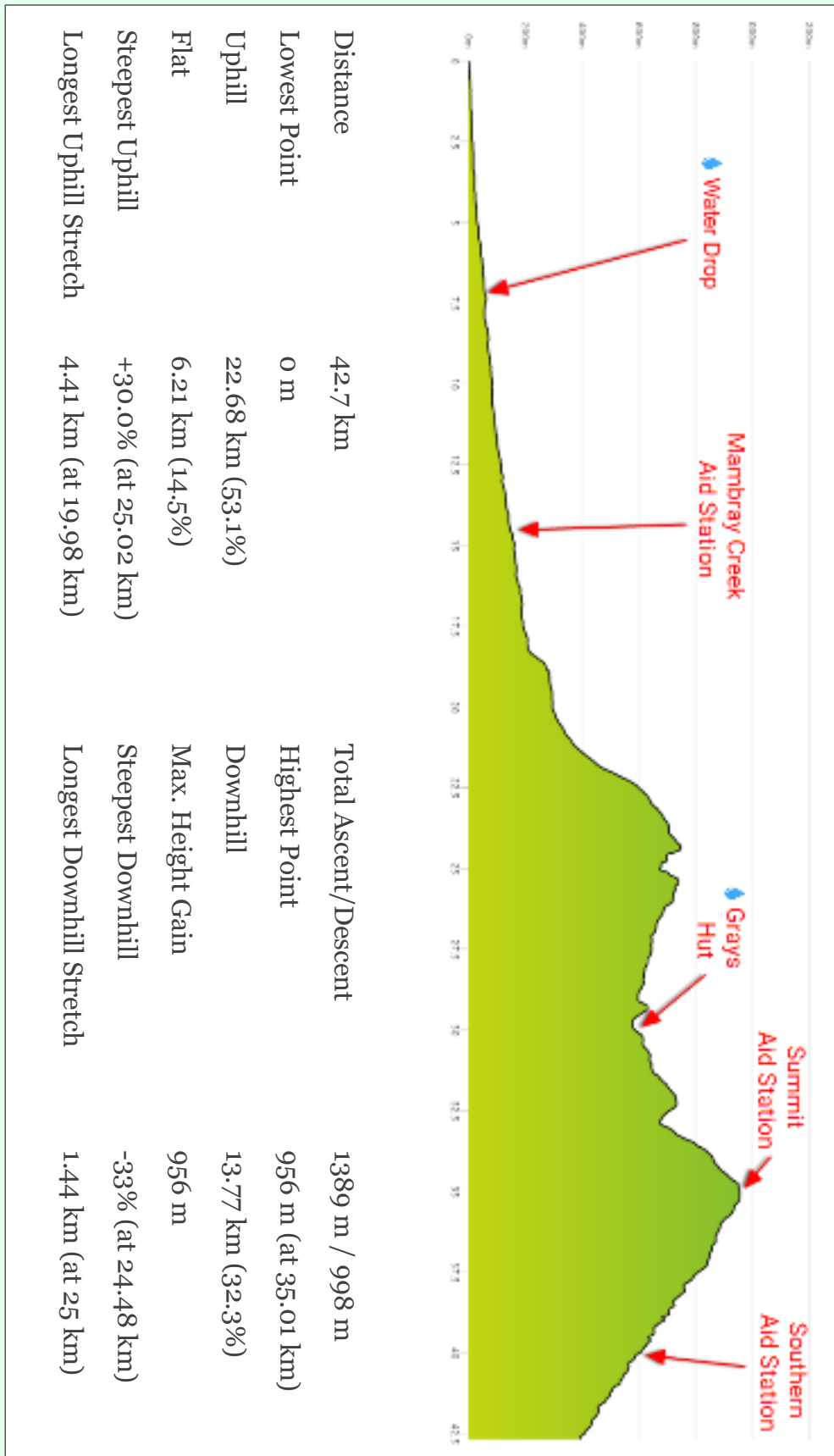
King of the Mount Elevation Profile



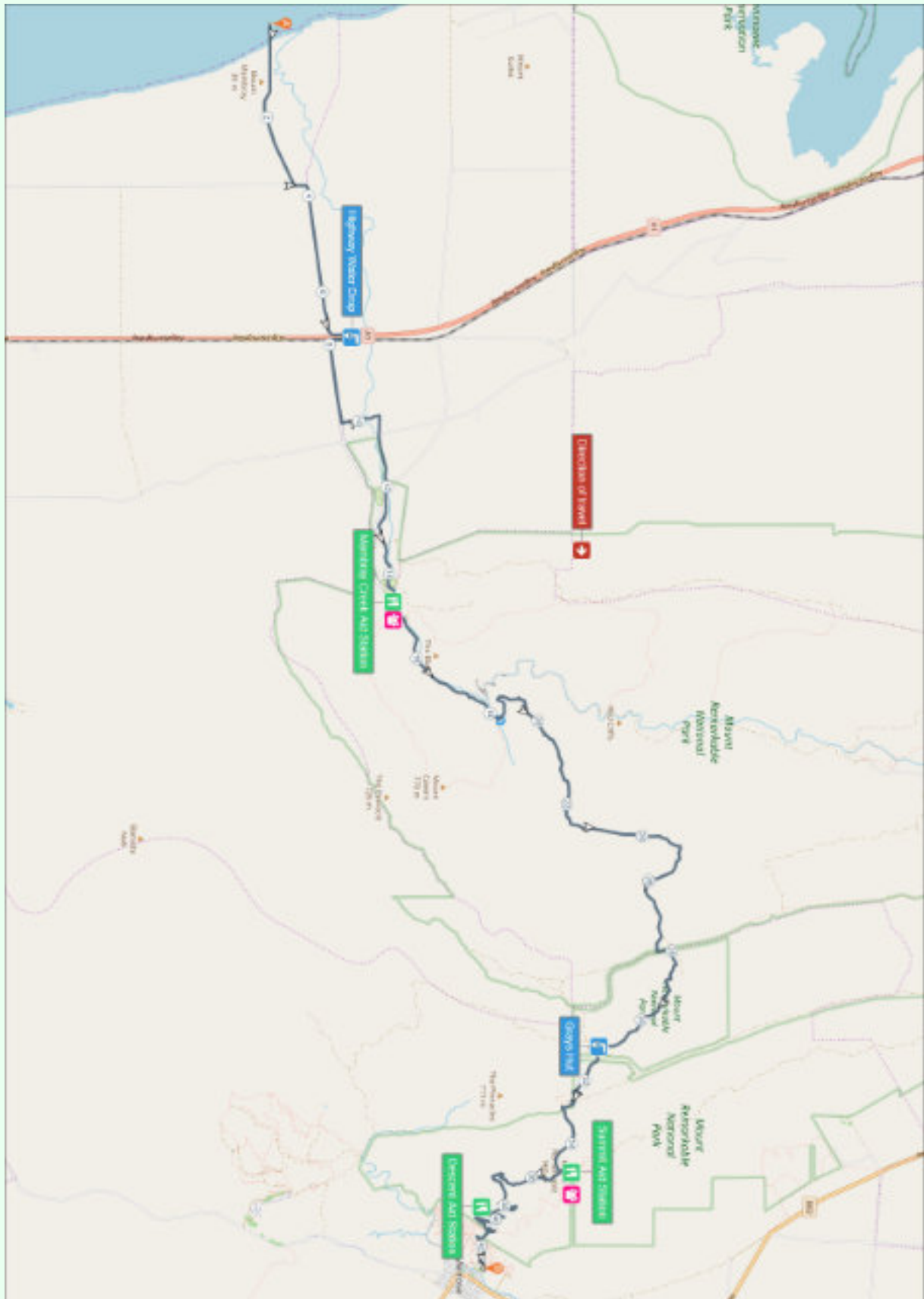
King of the Mount Course Map



Sea to Summit Elevation Profile



Sea to Summit Course Map



Final Words



Thanks

The success of our event depends greatly on our volunteers, and wouldn't proceed without them. For that we are grateful. Thank you very much to:

- Chris Clarke - summit aid station.
- Grant Woolford - summit aid station.
- Stephen Sanders - course marshalling.
- Lauren Waldon - course marshalling.
- Zac Davies - course marshalling.
- Marianne Clarke - base camp.
- Kate Trentleman - base camp.
- Michelle van der Werf - base camp.

An extra special round of thanks also go out to our families who put up with all sorts of our crazy adventures, have the patience to cope with us in the flatout leadup to this weekend *and* yet still come out to volunteer.

Thanks Marianne, Kate, Max, Meg, Michelle, Matilda & Zaiden - we love you all!

And of course a final big thanks to these great sponsors for helping provide some excellent prizes to our participants....



Accident Waiver & Release of Liability

By participating in this event you acknowledge that this is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss.

The risks include, but are not limited to:

- actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, event monitors and/or producers of the event;
- lack of hydration, weather, and/or other natural conditions.

You hereby assume all of the risks of participating in this event.

You certify that you are physically fit, have sufficiently trained for participation in this event and have not been advised otherwise by a qualified medical person.

You acknowledge that this Accident Waiver and Release of Liability (AWRL) form will be used by In The Flinders, and the sponsors of the event in which you may participate and it will govern your actions and responsibilities at said event.

In consideration of your application and permitting you to participate in this event, you hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows:

- Waive, release, and discharge from any and all liability in the event of your death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to you or your traveling to and from this event, In The Flinders, and their directors, officers, employees, volunteers, representatives and agents, the event sponsors and event volunteers;
- Indemnify and hold harmless all entities or persons mentioned in this paragraph from any and all liabilities or claims made by other individuals or entities as a result of your actions during this event.

You hereby consent to receive medical treatment that may be deemed advisable in the event of injury, accident, and/or illness during this event.

You understand that at this event or related activities you may be photographed. You agree to allow your photo, video, or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers, and/or assignees.

This AWRL shall be construed broadly to provide a release and waiver to the maximum extent permissible under the applicable law.

By participating in this event you hereby certify that you have read this document and you understand its content. If you disagree with the statement in this waiver, you are able to request a refund of your entry fees and withdraw from the event activities before the event takes place.