

CELEBRATION
OF THE **TRAIL &
MOUNTAIN**
LIFESTYLE



INCORPORATING
**GOLDEN
TRAIL**
**NATIONAL
SERIES**
POWERED BY
SALOMON

WARBURTON
TRAIL FEST

EVENT PROGRAM

9, 10, 11 MARCH 2024

EVENT PROGRAM



FRIDAY 8TH MARCH

4pm - 7.30pm

All Registration @ Warburton Recreation Reserve.

SATURDAY 9TH MARCH

5.30am - 6am

50km Registration @ Warburton Recreation Reserve

6am

Bus (pre-bookings only) prepares to depart from Recreation Reserve, for Powelltown start line

6.15am

Bus departs for Powelltown

6.30am - 7.15am

50km Registration @ Powelltown Public Hall car park, Blake Street, Powelltown

7am - 9.15am

27km + 4.5km Registration

@ Warburton Recreation Reserve

7.30am

START 50km Lumberjack Ultra @ Powelltown Public Hall car park, Blake Street, Powelltown

8.30am

START 27km Redwoods Rush

@ Warburton Recreation Reserve

9.30am

START 4.5km River Rapid Run

@ Warburton Recreation Reserve

11am LIVE BAND The Flaming Moes

2.30pm SEMINAR SALOMON'S SIMONE BRICK –

will present with her usual raw honesty and passion, giving insight into her journey onto the world stage, the Golden Trail Champs, the scary, sometimes fraught pathway to competing at an elite level, and tips and tricks for those looking to play in the big mountains, plus mental approaches to overcoming debilitating injury.

LOCATION: Bowls Club, located beside the Event HQ

6pm FILM SCREENING BEAU MILES presents NEMESIS.

What happens when a fierce high school cross country running rivalry reaches middle age? And requires hip replacements. A story of friendship, an ageless love of running, perseverance, pain, and perhaps a dash of stupidity. **PLUS:** stand up performance by **Bobby Sugar 'The Trouble With Trail Running'** **PLUS:** short film **Salomon's 'Mental Fight'** featuring Sim Brick.

LOCATION: Arts Centre, Main Street

BOOKINGS REQUIRED:

<https://yarraranges.sales.ticketsearch.com/sales/salesevent/131150>

SUNDAY 10TH MARCH

6.30am - 8.45am

Registration @ Warby Recreation Oval

8am - 8.30am

START/S 22km Donna Double

WAVE #1 (slower) start @ 8am

WAVE #2 (faster) start @ 8.30am

8.45am

START 14km See Mill Grove Run

9am / 9.15am

START 4.5km River Rapid Run / Body Positive Stomp

12 noon FREE YIN YOGA class 60 minute class (up to 30 yoga mats supplied or BYO mat). Join host **Caroline Overbeek** from **YIN Energy Balance**.

*LOCATION: Meet at Bowls Club Entrance. *May be taken on grass on oval*

2pm START Three Thong Thang DASH FOR CA\$H

2.30pm SEMINAR FOOT MOBILITY & INJURY PREVENTION

With over 13 years of clinical expertise, **Kirstin Simpson, Director of Health Systems Go**, boasts a rich understanding of foot, ankle, and knee injuries. This workshop will look at injury rehab, prevention and how foot mobility and strength can help you run pain free.

LOCATION: how . Bowls Club, just opposite event HQ

6.30pm - 7.45pm

8km Little Joe's Night Terror Run Registration

@ The Alpine Hotel, 3340 Warburton Hwy, Warburton **PLUS + DJ PJ & SIDEKICK SNOWY** spinnin from 7pm

8pm

START 8km Little Joe's Night Terror @ The Alpine Hotel

MONDAY 11TH MARCH

8.30am - 9.45am

Registration @ Event Hub Warburton Recreation Oval

10am START 3km Lilo Dash 'n Derby

Warburton Recreation Reserve **NOTE: Lilos (or inflatable devices such as tyre inner tubes) are BYO – any inflatable that can float YOU will suffice. We suggest sturdy ones that can take a rock bruising, something like a 'surf lilo' or tyre tube. One person per inflatable. Children U/12 require adult supervision.*

12 noon Event Close.



BIB PICK UP

Times / locations as follows:

Friday 4pm - 7.30pm

Warburton Bowls Club, Warburton Recreation Oval

Saturday 5.30am - 6am sharp (50km)

Event Hub, Warburton Recreation Oval

Saturday 6.30am - 7.15am (50km)

Powelltown Public Hall, Blake Street, Powelltown

Saturday 7am - 9.15am (27km start 8.30am + 4.5km starts 9.30am)

Event Hub, Warburton Recreation Oval

Sunday 6.30am - 8.45am (22km + 14km + 4.5km)

Event Hub, Warburton Recreation Oval

Sunday 6.30pm - 7.45pm (8km night run)

The Alpine Hotel (rear of), 3340 Warburton Hwy, Warburton

START / FINISH LINES

All start / finish lines are located at the Event Hub, Warburton Recreation Oval EXCEPT the 50km Lumberjack Ultra and the 8km Little Joe's Terror night run.

The 50km Lumberjack Ultra start is located at the Powelltown Public Hall, Blake Street, Powelltown (see maps following). The finish is back at the Warburton Oval.

BUS to START 50KM LUMBERJACK ULTRA (POWELLTOWN)

Readies at 6am. Leaves at 6.15am sharp from Event Hub, Warburton Footy Oval. **ONLY FOR THOSE WHO PRE BOOKED! OTHERS MUST MAKE OWN WAY.**

The 8km Little Joe's Terror night run is located at the rear of the fabulous Alpine Hotel, 3340 Warburton Hwy, Warburton

START TIMES as follows:

- **50km** - 7.30am SAT
- **27km** - 8.30am SAT
- **4.5km** - 9.30am SAT
- **22km** - 8am (slower wave) + 8.30am (fast wave) SUN
- **14km** - 8.45am SUN
- **4.5km** - 9am SUN + 4.5km STOMP 9.15am SUN
- **8km** - 8pm SUN
- **Lilo Derby** - 10am MON

THE RUNS

50km Lumberjack Ultra

Ascent: 1200m approx.

Aid stations: 11km, 20km, 32km, 44km

The tourism bods call the trail the “Walk Into History” due to its heritage as an old lumberjack’s route that linked Warburton and the mountainous logging forests between Big Pats Creek and Powelltown to the south. But bugger walking... we’ll call it the “Run Into History” instead!

Actually, we’ll call it the Lumberjack Run in honour of tales of wild logger men who used to fell giants – some of the biggest trees in the world at the time – and then literally run out of the bush back into Warburton so they could play football (on the oval that will be our event HQ), get drunk that night, and then plow back up the track into forest after church on Sunday (hard drinkin’, hard playin’, hard prayin’ men these were! They had sins to make up for...), ready for another week of saw milling.

Runners will begin in the small milling village of Powelltown (*make your own way to the start line or book one of the event-provided buses when you register, so you can leave your car in Warburton at the finish – there is no public or event transport back to Powelltown*). From Powelltown, the run jumps straight on to the Walk/Run Into History trail, paralleling and crossing the main road to Noojee three times (take care). This 11km or so of trail is relatively flat, following old tramlines through thickets of forest once out of the village. Turning north, the trail gets spectacularly pretty in amongst giant ferns before getting spectacularly steep: a near 500m vertical ascent in only 3km with grades of around 30%. Reckon you can run it? Nah!

At around 15km, runners reach a T-junction, *taking the sharp right* to complete an out-and-back to the famous Ada Tree. This is one of the largest living trees in the state (as opposed to the tallest). A giant Mountain Ash (*Eucalyptus regnans*), it is estimated to be over 300 years old and towers over the surrounding rainforest in the headwaters of the Little Ada River. From the Ada Tree, it’s a return run to

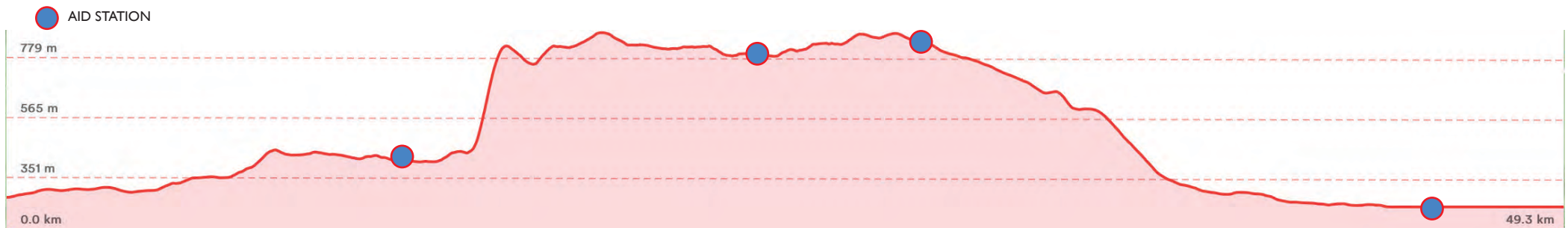


COURSE RECORDS:
MENS // 3:45:14 // Dion Finocchiaro
WOMENS // 4:35:09 // Amy Lamprecht



the junction on onward back west, heading to Starlings Gap, and a major aid station at roughly 32km, before a long-but-gentle bomb down for a quad-testing nine kilometres before you pop out at the small, beautiful settlement of Big Pats Creek.

Now steel yourself – there’s a little bit of unavoidable (quiet country) road to pace yourself on as you head towards Warburton along Big Pats Creek Road, taking a left at Riverside Drive. Not too far along (a few kays) we’re punting you through a river crossing (hello soothing waters of the Yarra!), and back on to trail (ahhh), which you’ll stay on until the end. From here it’s a meandering, flat, riverside run, coming in to the rear of the Warburton Caravan Park. Run through it – please be respectful of its residents. Soon enough you’re punted under a bridge, onto more riverside trail leading you eventually to the Warburton Football Oval and the finish line. If you’re as tough as the loggers of yore, lace up some boots and have a kick of the footy. If not, just have a beer... you running lumberjack, you.



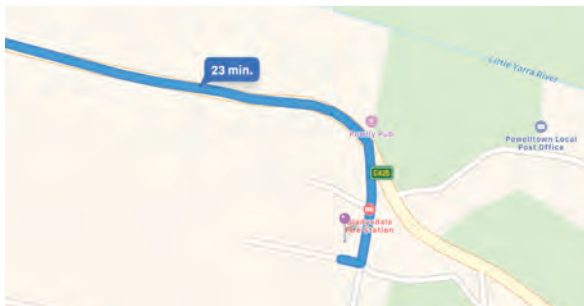
GETTING TO THE 50km LUMBERJACK RUN, POWELLTOWN

THERE ARE TWO OPTIONS TO GET TO THE START OF THE 50KM LUMBERJACK ULTRA:

1. MAKE YOUR OWN WAY there. Which means you will need someone to drive you because if you leave your car there...there's no way to get back to your car! Nope, there's no bus going back to Powelltown. Bus logistics have been organised for people leaving their car at the finish (Warburton) only.

2. PRE BOOK THE BUS Readies at 6am. Leaves at 6.15am sharp from Event Hub, Warburton Footy Oval.

ONLY FOR THOSE WHO PRE BOOKED!



GENESIS

GET BACK OUTSIDE THE LINES

Challenge yourself, seek adrenaline and chase euphoria with the agile, supportive and grippy Genesis



SALOMON

T8 RUNNING APPAREL



**ULTRALIGHT
CHAFE FREE
SUPER COOL**

T8



T8RUN.COM.AU

THE RUNS

27km Redwoods Rush

Ascent: 450m approx.

Aid stations: 5km, 12.5km, 20km

This one's a blast. A fast blast.

So if you're not up for the ultra distance and don't want to be hit by too many hills, this is your beast. It's based on the mostly flat O'Shannassy Aqueduct Trail, which scoots along the northern flank of the Warburton Valley, an old access trail for the aqueduct that used to be the delivery channel for much of water in Melbourne's east. It sidles along eastward towards O'Shannassy Weir, but we'll only take you as far as the magnificent Redwoods Forest, a hidden gem out at a place called Cement Creek.

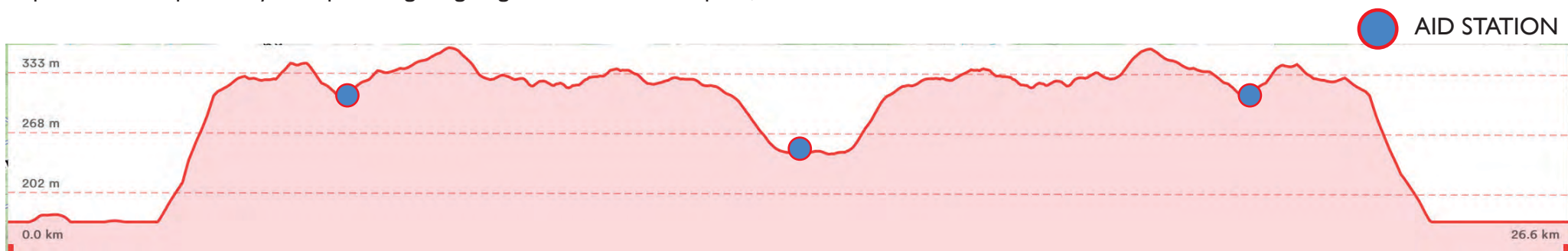
This is an out-and-back, but the trail is double track, so there's plenty of passing space, and it is stunning, surrounded as you are by huge mountain ash and quite incredible fern tree walls that rise up to dwarf you on certain bends. It may be flat but it's still pretty wild!

Oh – and you do have to watch the hill at the beginning as we route you up Martyrs Rd, just one of the steepest residential streets in the Southern Hemisphere. It's short, however, and you nail it not long after leaving the Warburton Football Club, having run some sweet single track riverside.

Then it's the out-and-back to the Redwoods, with a short loop through the towering trees that are one of Victoria's few remaining remnants of experiments to grow Californian Redwoods. These ones were planted by the Board of Works in about 1930. Included in the stand is Bishop Pine, Douglas Fir and Californian Redwood. Further plantings of Radiata Pine, Western Red Cedar and Redwood took place in 1960–63. There are over 1476 trees ranging from 20 metres to the giants stretching 55 metres into the sky. Worth running to... but run fast as this one is likely to attract some speedsters! (or get your support crew to meet you out at the Redwoods for a quick mid-run picnic if you're planning on going at a more civilised pace).



COURSE RECORDS:
MENS // 1:42:50 // John Dutton
WOMENS // 1:55:43 // Kate Avery



THE RUNS

22km Donna Double

Ascent: 890m approx.

Aid stations: 8km, 12km, 15km

So, here it is, yes a vertical kilometre.

AND NOW THE INAGURAL GOLDEN TRAIL NATIONAL SERIES OUTING FOR AUSTRALIA!

The total distance up to the top of Donna is 11km, but you ping the 1000m vertical mark at 8km. Then you punch through some stunning tall eucalyptus and fern forest on Mt Victoria, before popping out at the summit of Mt Donna Buang (1250m ASL).

And then? Well... the run's not over. No, no, no, dear runner. Yep, you **HAVE** to run back down again. Yes. It's gonna hurt your quads. #sorrynotsorry. Did we mention as part of this run you will take on one of the Southern Hemisphere's steepest residential streets. We didn't? Forget I said anything... You'll love it. Trust us.

IMPORTANT NOTE REGARDS START TIMES and WAVE SET UP FOR DONNA DOUBLE:

There are TWO wave starts for this event. It is extremely important that you allocate yourself into the correct wave start when you register online and that on the day you stick to your allocated wave.

This is primarily for your safety and also your and everyone's running enjoyment!

The reason for two wave starts is due to the out and back nature of the course and the steep single track section from KM 2.5 to KM 8.5. We want to ensure that none of the faster runners end up barreling down this section while slower runners are still ascending this section. Hence, we have designed the wave starts and the course to ensure that by the time the lead runners (indeed any runner) get back to the start of the steep descent, that all slower participants have already passed through the 8.5km mark and therefore are all on safer, undulating trails when and if there is any crossover of runners still going towards the summit and those already heading back down the mountain.



INCORPORATING
GOLDEN TRAIL NATIONAL SERIES
POWERED BY
SALOMON



COURSE RECORDS:
MENS // 1:52:18 // Fraser Darcy
WOMENS // 2:08:57 // Simone Brick



The two wave starts are half an hour apart.

The **FIRST WAVE** is for those running a **SLOWER** pace. It is **MOST** important that faster runners **DO NOT** select this wave. This wave will set off at 8am. As a guide, anyone who runs a half marathon in **MORE** than 2 hours 40 mins should select this Wave One.

The **SECOND WAVE** is for those running **FASTER** paces. this wave will set off at 8.30am. As a guide, anyone who runs a 2hr 40min or less half marathon should select this wave.

Again, the idea here is that the faster runners will overtake the slower runners all on the ascent / uphill section, meaning everyone is moving slower (power walking – there are some sections most will not run on!) and therefore it is easy and safe to pass. And it will mean that any and all crossover of fast traffic heading back into slower traffic will take place up high on the mountain where it is undulating and there is more room on trail = safer and less annoying for all!

So please be honest and realistic in selecting your wave. Either a slower runner in the fast wave or a fast runner in the slow wave will ruin it for all. So be courteous!

THE RUNS

14km See Mill Grove Run

Ascent: 635m approx.

Aid stations: 7.5km

So this run is a fun, fast and flowy one, put on for those who don't want to murder their legs on the Donna Double or have a fear of leeches.

Like the Donna Double and the Redwood Rush, it leaves the Footy Oval, meanders alongside the Yarra River and then punches you up the Southern Hemisphere's steepest residential street (others claim it, too, but whatever you Kiwis and Taswegians).

A little steep trail after that you pull off LEFT onto the flat O'Shannassay Aqueduct and stride out towards the small milling township of Millgrove. You'll see it. It's in a grove. See what we did with this one?

Anyway, you'll come to a lookout over Millgrove (take a look, see it), and then turn around.

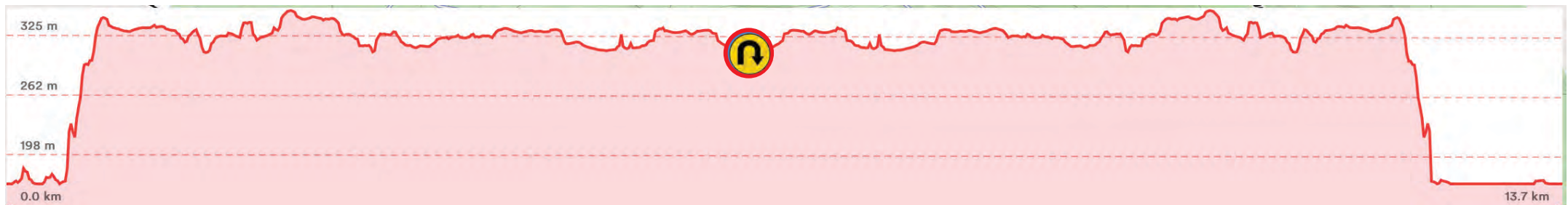
Yep this is an out-and-back, but it's a nice cruisey one with a great view that reminds us of Italian valleys full of wine. Only we're not in Italy. And there's no wineries in Millgrove. Just a mill. A sawmill. It's pretty. Go run it.



COURSE RECORDS
MENS // 55:46 // Sam Quirk
WOMENS // 1:03:11 // Simone Brick



AID STATION & TURN AROUND POINT



THE RUNS

4.5km Rapid River Runs*

Ascent: not enough to worry about – a few metres..
Aid stations: start/finish

These runs are classic Warburton: groomed singletrack, some little lumps and bumps and swoops to keep this interesting, but a sensational loop run that skirts the Yarra River all the way! A great introduction to Warburton township and the delights of its Yarra River setting... and a great one for the kids or an adult fun run cruise.

There are **THREE** versions of the 4.5km run:

1. Saturday 11th - regular 'race' version
2. Sunday 12th - regular 'race' version
3. Sunday 12th - Body Positive Stomp version (no timing)

PLEASE NO DOGS ON COURSE.



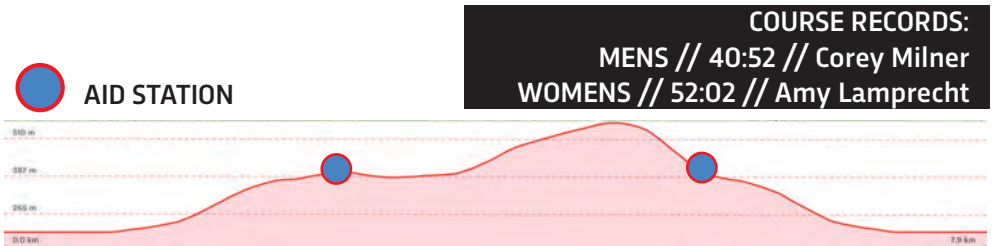
8km Little Joe's Night Terror

Ascent: 500m
Aid stations: 3km / 6km

Terror? Ahhh sheesh – it's not that bad. Except for that 'wall' that shoots up to the summit. How the hell did the bulldozer drag its arse straight up something that steep? Whoaaaa! Ouch. But now you're at the top, it's a doddle. Sort of.

Loop around and then back down the 'the actual Terror' to teh aid station and then the 'Backstairs Track' you ran up on the way here. Join up with a nice flat stretch of the Warburton Rail Trail and you're back to the START/ FINISH LOCATION at the rear of The Alpine Hotel, running directly into a party with DJ PJ and Sidekcik Snowy spinnin the decks and a feed and frothy from the bar. Yesss... that's the way to do a night run. Short, sharp and fun. With beer. And tunes.

Bring your headlamp (it's **MANDATORY**).





THE LILO DERBY

A LILO DERBY? AS PART OF A TRAIL RUNNING FESTIVAL? THAT'S WEIRD.

Well, yes it is, but we like to keep things a little weird anyway, though this is actually a Dash 'n Derby' as there is a trail run involved. Plus there's a river running through Warburton (the Yarra) and being just off the back of summer, there's a chance it could be warm.

Plus there's form: liloing / rubber tubing down the Yarra River at Warburton is an area tradition. Summer holiday makers have been doing it for decades. Race Director (Chris) also grew up in Warburton and logged hundreds of hours in the rubber tube seat to gain his lilo pilot license. He's now the convenor of the Australian Association of Lilo Pilots, and is particularly adept at navigating the eddies and whirlpools of the Warburton stretch of the Yarra.

Such is the history of lilo river running at Warburton that the town was actually the host of the world's first ever lilo derby, way back in 2006! We produced the first Warburton Lilo River Derby to raise money for a Bhutanese refugee's education – he's doing fine now, thanks for asking, relocated to the United States and employed, self sufficient :)

HOW DOES ENTRY WORK?

There are three ways that you can enter the Lilo Dash 'n Derby;

- as a stand alone event on its own;
- as a single event along with other events you enter on the weekend;
- or if you are doing the Multiday Madness you are automatically entered in the Lilo Dash 'n Derby.

*BYO YOUR LILO

* OR INNER TUBE OR OTHER INFLATABLE DEVICE ABLE TO WITHSTAND RIVER ROCKS! WE RECOMMEND SURF MATS FROM ANACONDA OR CLARKS RUBBER STORES IN BAYSWATER. LIMITED HIRE AVAILABLE THROUGH WARBURTON ADVENTURE CO SEE BOX TO THE RIGHT >>

HOW DOES THE ACTUAL RACE WORK?

- You buy (or rent) a lilo or similar suitable flotation device (BYO).
- We suggest surf lilos as the best option. (they are short with rubber handles up front and have a V-shaped pointy nose for going faster).
- You bring your running shoes and a helmet – bike helmet is fine, or a river helmet if you have access to one (i.e. canoeing helmet).
- You turn up to the start with your helmet (mandatory) and shoes (mandatory) and lilo or equivalent. Fancy dress encouraged. Any theme. Yes you run with your helmet.
- You RUN 1.5km leaving from the football oval CARRYING your lilo or equivalent.
- You arrive at the lilo put-in at the Warburton Caravan Park.
- You then lilo 1.5km back to the football oval.
- You exit river left, and run up to where the finish line will be.
- You will then officially be a Lilo Pilot.



VERY IMPORTANT NOTES:

- **Shoes and helmet are mandatory. No shoes or helmet, no entering the water – this is a very strict rule! Bike helmets are okay.**
- Children under 12 must have a supervising adult accompany them down the river (entry must also be paid for adult).
- Wetsuits, PFDs, elbow and knee pads are NOT mandatory, but the safety conscious may like to have them.
- Fancy dress is NOT mandatory but ENCOURAGED
- Take care when walking in the water (you will need to at various times) – be observant for holes and places where you can twist your ankle or get caught
- Drinking alcohol and liloing is strictly prohibited. Anyone caught drinking and floating will be barred from the course.

HIRE YOUR LILO

from WARBURTON ADVENTURE CO.

CONTACT THEM DIRECT FOR DETAILS:

0419 416 854

www.warburtonadventure.com.au



**WARBURTON
ADVENTURE CO.**

MANDATORIES*



50km Lumberjack Ultra

(course can be remote.)

- Hydration of 1.5L minimum (we recommend 2L)
- Snake bandage; 10cm, elasticised (preferably two)
- Mobile phone
- Space blanket
- Waterproof jacket (yes - even if hot - in case you get injured and have to wait in the bush for a long time, it gets dark and cold...safety and all)

27km REDWOODS RUSH

- Hydration of 500ml minimum.
- Mobile phone
- WE STRONGLY RECOMMEND - Snake Bandage

22km Donna Double

- Hydration of 1L minimum (we recommend 1.5L)
- Snake bandage; 10cm, elasticised (preferably two)
- Mobile phone

14km Saw Mill Grove

- Hydration of 500ml
- Mobile phone
- WE STRONGLY RECOMMEND - Snake Bandage

8km Little Joe's Night Terror

- Headlamp
- Some form of hydration receptacle (cup free aid stations)

4.5km Rapid River Run

- No mandatories.

THREE THONG THANG

- Thongs. Three of em. Yes one of them the G-variety
- Sense of humour
- Leave your modesty at home

Lilo Derby

- BYO lilo / flotation device (i.e. rubber tyre tube)
- Shoes and helmet are mandatory. No shoes and helmet (bike helmets are okay), no entering the water – this is a very strict rule!
- Children under 12 must have a supervising adult accompany them down the river (entry must also be paid for adult).

Wetsuits, PFDs, elbow and knee pads are NOT mandatory, but the safety conscious may like to have them. Fancy dress is NOT mandatory but encouraged and spot prizes will be given.

Take care when walking in the water (you will need to at various times) – be observant for holes and places where you can twist your ankle or get caught.



***A NOTE ON MANDATORIES:** the word 'mandatory' is from the late 15th century Latin '*mandatum*' meaning 'something commanded'. As defined by the Dictionary, it means 'required by law or mandate; compulsory.' Which means, **YES, you MUST have it on your person.** No ifs, or buts, or I forgot, or but it's too warm for a wet weather jacket... get caught out in the bush and need to hang around for hours for a rescue - you can still get hypothermia. Oh, and snakes proactively target people without snake bandages...

MAPPING

WARBURTON TRAIL FEST WITH

CAPRA



Tour de Trails is pumped to have Capra on deck to sort out our mapping with App functionality, including being able to track your progress on courses, even when out of mobile range!

DOWNLOAD THE APP

AND SCAN THE Q-CODE LEFT TO ACCESS THE WARBURTON TRAIL FEST COLLECTION. BE SURE TO ALSO LOAD UP EACH SPECIFIC RUN YOU ARE DOING (*different Q-CODE for each run - see each run page*)



How to use Capra

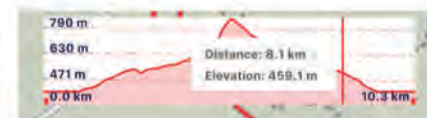
Firstly, what is Capra?

Capra is software that helps race directors easily share the information competitors and support crews need to know. Event participants use the mobile app that is available in both app stores and event managers can also use Capra maps on their website.

Why is Capra useful to event participants?

Capra is the modern way to see lots of different event information in a fast easy to use app. Event 'Collections' in the Capra app can include all the following information:

- ⇒ Race route maps that are easy to update if the course changes. GPX files can be downloaded directly from Capra maps used on event websites. Maps can be printed from websites too.
- ⇒ Detailed elevation profiles and terrain detail for race preparation.



Swipe finger along elevation profile for specifics



Check you've got the latest course info using the refresh button

- ⇒ Maps that works offline in remote areas for additional safety during the event as part of mandatory gear lists.
- ⇒ On-course info such as aid stations, marshall points, cut off points, junctions, spectator points.
- ⇒ Event weekend logistics info such as bus stops, expo location, festival events.
- ⇒ Community partners that event managers would love visitors to support.
- ⇒ All these points on the map can be bookmarked to make it easy to find them on race day as needed. For example, racers can pinpoint a spectator point they're keen to see supporters at.
- ⇒ Individual maps and/or the event collection are easy to share with friends, family and supporters for weekend away planning.

AID STATIONS

Yep. We have them. NO, not every few kilometres.

50km RUN: 10km, 20km, 32km, 44km

27km RUN: 7km, 12.5km, 20km

22km RUN: 8km, 12km, 15km

14km RUN: 7.5km

8km RUN: 2.5km, 5.5km

STOCKED AT STATIONS:

Water, Tailwind Nutrition

Mixed lollie bags, muesli bars, chip bags, chocol.....



OUR AID STATIONS KINDLY SUPPORTED BY:



tailwind
NUTRITION
ALL YOU NEED, ALL DAY. REALLY.

**WE'VE GOT YOU COVERED
WARBURTON TRAIL FEST**

**15% OFF YOUR
NEXT PURCHASE***

WWW.TAILWINDNUTRITION.COM.AU
**USE CODE
WARBY15%**

Valid till 2 April 2024
*applies to all non discounted nutrition products

MOBILE RECEPTION



There is mobile reception in Warburton and most of Mt Donna Buang (covering the 4.5km, 8km, 15km and 22km courses).

There is coverage for the first 11km of the 50km out of Powelltown. After that the coverage is sporadic on the 50km course until you reach Big Pats Creek. You can get a text message out at Starlings Gap.

Even so, mobile phones are mandatory on most runs, as while there is scattered reception, it is much better if bitten by a snake that you at least have the chance of getting a message out for quick rescue!

We do ask that you turn your phones on and have on person once you finish running, so if we need to contact you we can. There will be satellite phones located at Ada Tree Aid Station (20km) and Starlings Gap Aid Station (32km) for emergencies.

KEY CONTACTS

Event Team

Chris Ord, Race Director

04303 76621

Simon Madden, Race Director

0414 866 334

Andy Payne, Race Director

0408 872141

Nicole Vaughn, Director, Volunteers

0448 581 829

Key Medical (Endurance Medical Services)

Deb Sharp, Director, Endurance Medical Services

0410 794 631

Emergency Notification

Emergency Services (Police, Fire Ambulance)

000

Warburton Police Station

(03) 5966 2006

Country Fire Authority (CFA) Victoria

000

(Stations: Warburton, Wesburn, Yarra Junction, Reefton)

Hospital – Healesville & District Hospital

1300 130 381

Medical Centre – Warburton Medical Group

(03) 5966 5988

CFA Hazel Clothier

04219 00113

**AND A HUGE THANKS TO ENDURANCE MEDICAL SERVICES FOR
KEEPING US ALL SAFE OUT ON THE TRAILS!**

SEMINAR #1: MENTAL GAME

2.30pm, SATURDAY, 9th MARCH

SIMONE 'THE FLYING BRICK' BRICK - SALOMON TEAM RUNNER
GOING GLOBAL, MENTAL TOUGHNESS IN TRAIL RUNNING
& OVERCOMING INJURY

Sim got her 'trail' start at Warburton Trail Fest, earning a coveted slot on the Australian Salomon Trail Running Team by winning the Donna Double in her first official trail race (she had a decent athletics running lead in, but it was an impressive showing on technical terrain unknown to her). Since then her star has shone bright domestically. She quickly set her sights overseas targeting the Salomon Golden Trail National Championships in Europe. Her trip there was stepping out of her comfort zone, a huge step for someone who has publicly discussed her mental health battles over the years.



Sim will present with her usual raw honesty and passion, giving insight into her journey onto the world stage, the scary, sometimes lonely and fraught pathway to competing at an elite level, far from home without her usual support structures of family, friends and counsellors. Sim will delve into the behind the scenes of what it is like to enter the overseas trail fray, tips and tricks for those (no matter where you are in the pack) wanting to head Euro side to play in the big mountains - from travelling, logistics to connecting with community and understanding the different cultures at play while moving from event to event around strange lands.

Currently battling injury. Sim will also give insight into how niggles and more serious injuries can play havoc with mental health and confidence, and give learnings on how she battles the mental demons and recovers from those down periods plagued by doubt and despair of 'will this injury ever go!'. Awe look forward to Sim's conversation - always frank, full of life and always of value to all of us in the trail running community.

LOCATION: Bowls Club, located beside the Event HQ. Entry FREE.

SEMINAR #2: FEET FIRST

2.30pm, SUNDAY, 10th MARCH

KIRSTIN SIMPSON - DIRECTOR OF HEALTH SYSTEMS GO
WHY STRENGTH AND CONDITIONING YOUR FEET SHOULD BE A
PRIORITY AND HOW TO RECOVER FROM AND PREVENT FOOT-
BASED RUNNING INJURIES.

With over 13 years of clinical expertise, Kirstin boasts a rich understanding of foot, ankle, and knee injuries. Her journey has taken her through arenas such as the Australian Institute of Sport, AFL Draft Combine, World Cycling Championships, and FASIC Edinburgh, where she has catered to the needs of endurance athletes and high performers alike.

Today, Kirstin implements a holistic approach to lower limb injuries.

Featuring comprehensive gait and breathing pattern analysis, barefoot and pelvic strengthening exercises, infant development integration, all complemented by a sprinkle of gut health and natural remedy education.

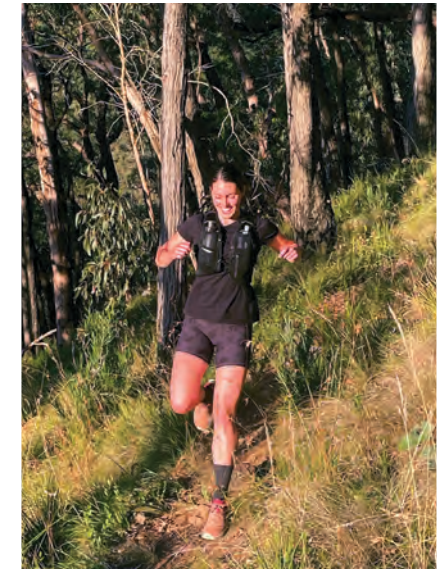
AT WARBY, KIRSTIN WILL BE PRESENTING
AN INJURY PREVENTION & FOOT MOBILITY
WORKSHOP, INCLUDING:

- Discover the secrets to running without pain.
- Master specific foot exercises and using tools from Foot Collective.
- Understand the significance of strong, healthy feet.
- Minimise overuse and trail injuries (benefiting the whole body).
- Gain insights into running shoe selection from a Natural Podiatrist.

Healthy Systems Go Insta: www.instagram.com/healthsystemsgo/

LOCATION: Bowls Club, located beside the Event HQ. Entry FREE.

HEALTH 
SYSTEMS GO



FILM SCREENING + Q&A

6pm for 6.30pm screening SATURDAY

FEATURE PRESENTATION: **BEAU MILES** presents **NEMESIS**

- a story of challenge, failure and mateship in the mountains at Oscars 100 Hut 2 Hut.

What happens when a fierce high school cross country running rivalry reaches middle age? And requires hip replacements. Plural? This is the story of friendship over the years, a ageless love of running, perseverance, pain, a perhaps a dash of stupidity. Watch as Beau and his middle school mate Pete take on the challenging Oscars 100 Hut 2 Hut - 100km and 5700m of vert through brutal terrain. Beau off the back of being perennial second place in high school, Pete bearing the brunt of dodgy hips that both need replacing. So what does he do - book in the first hip replacement but only a week prior to the appointment, have a crack at Oscars 100. "Well, the hip was already f*cked.... what's another 100km in the mountains gonna do?" said Pete.

This is the first rough cut of the series that will become *Nemesis*. **BEAU MILES WILL Q&A** about the journey. And you can find out if Pete ever made it round The Big Lap that is Oscars 100. A hint - he's tried three times to date...

PLUS WARM UP, STAND UP: BOBBY SUGAR PRESENTS
'THE THING ABOUT TRAIL RUNNING...'

The infamous (as in not so famous) **BOBBY SUGAR**, will get things rolling with his take on the silliness that is the trail running scene - a little inner monologue that has become outer on all the quirks and weirdness that is the thing we love. Laugh at it... Bobby has...

PLUS FILM SHORT MENTAL FIGHT with Sim Brick

Salomon runner and Golden Trail National Series international Simone Brick presents her short film, *MENTAL FIGHT*, part of the *Chasing Dreams* series. Discover how trail running and nature can have healing powers. Join Sim on her journey pursuing personal growth as she heads to Europe for her first crack at the international Golden Trail Championships.

LOCATION: Arts Centre, Warburton, Main Street, Warburton Highway, Warburton
TICKETS REQUIRED >>> BOOK AND PAY VIA the WARBURTON ARTS CENTRE.

TICKETS PURCHASED FOR \$12.50

LOCATION: Upper Yarra Arts Centre, Main Street (Warburton Hwy)

BOOKINGS VIA

<https://yarraranges.sales.ticketsearch.com/sales/salesevent/131150>

WHAT HAPPENS WHEN A FIERCE HIGH SCHOOL RUNNING RIVALRY REACHES MIDDLE AGE? AND REQUIRES HIP REPLACEMENTS?

SALOMON

BOOKINGS REQUIRED
\$12.50
VENUE: ART CENTRE WARBURTON
6PM
SATURDAY
9 MARCH 2024

WARBURTON TRAIL FEST PRESENTS

BEAU MILES IN
NEMESIS

A CROSS COUNTRY RUNNING RIVALRY

ALSO FEATURING
Q&A
WITH BEAU

STAND UP BY
BOBBY SUGAR

SHORT FILM
CHASING DREAMS
A MENTAL FIGHT
FEATURING SIM BRICK

THE EARLY DIRECTOR'S CUT

BOOKINGS VIA WWW.CULTURETRACKS.INFO OR 1300 368 333

INTRODUCING
BOBBY SUGAR

**PERFORMING
 RT**



**WARBURTON
 TRAIL FEST**

**THE THING
 ABOUT TRAIL RUNNING**

**THE THINGS YOU KNOW YOU KNOW
 - BUT YOU WON'T ADMIT -
 A STAND UP SET**

**JOIN BOBBY FOR A LAUGH
 BEFORE THE WARBURTON TRAIL FEST FILM SCREENING PRESENTATIONS AT
 MECCA CENTRE, WARBURTON ARTS CENTRE, MAIN STREET WARBURTON
 SATURDAY 9 MARCH 6pm for 6.30pm start**

**TICKETS ON SALE \$12.50 via WARBURTON ARTS CENTRE
 www.culturetracks.info or phone 1300 368 333**

OTHER NOTABLE ACTIVITIES

YIN YOGA // Oval

12 NOON SUNDAY

Complimentary 60-minute Yin Yoga class (up to 30 yoga mats supplied or BYO mat). Yin is the perfect yoga for runners based on stretching the body (non-cardio). Join your host Caroline Overbeek from YIN Energy Balance.

*LOCATION: Meet outside Bowls Club. *May be taken on oval in fine weather.*

TRAIL SEMINARS // Bowls Club

2.30pm SATURDAY and 2.30pm SUNDAY

1. Going global, mental health for running and injuries - Sim Brick (Saturday)
2. Feet first - strength, mobility and injury workshop for your feet.

LOCATION: Bowls Club.

THREE THONG THANG // Oval

2pm SUNDAY

Get your 'thang' going, get your thong on, and do your thing in an epic DASH for CASH sprint for \$200!

LOCATION: Warburton Oval, opposite event HQ.



DJ MUSE & BREWS // Alpine Hotel

Running the night trails or not, a good night to party at the Alpine Hotel with DJs Muse aka RunninG Chats lads Nath and Pete, planned to spoil some tunes while the runners climb and descend Little Joe! *LOCATION: Alpine Hotel (rear), Warburton, located high side of Main Street just before you enter town.* Accessed on foot / bike via the Warburton Rail Trail, direct from Warburton Recreation Oval if needed We suggest you walk there, leave car at accommodation and enjoy a run and drink, in that order.

ADVENTURE ACTIVITIES // All Weekend

With Warburton Adventure Co. – check their website for details and/or bookings. Also see advert following pages for an idea of sessions available.

www.warburtonadventure.com.au



Direct Action / Membership Partner

For Wild Places is a community of runners with a purpose:
to use our love for trails as a tool to make a difference.

If that sounds like you, join FWP today!

We need action to protect our planet and its precious ecosystems now more than ever. At FWP, we're united by a desire to use our love of trail running for good. Events, like Warburton Trail Fest are not only wonderful experiences in beautiful areas, but they also build and support campaigns to protect these areas. This work needs resources. The FWP team is full of passion and dedication to the job at hand, but that only goes so far.

By joining FWP you help

- Create a team of activist runners with the capability to fulfil our wildest dreams!
 - Fund our core operations in an ongoing and sustainable way
 - Build a foundation from which more meaningful work can happen
 - Maintain FWP as a good place to work

What you receive

- Member-only discounts with our awesome partners
- Go in the running (pun intended) to win quality gear
 - Early registration access to FWP events
- Updates on our latest projects, adventures and events
- FWP welcome pack including upcycled, trail running trash bag

**Become a FWP Member today
and turn your running into a tool for making a difference.**

www.forwildplaces.com

TOUR de TRAILS
adventure in running

TRAIL RUN TOUR
FRANCE
GENEVA-CHAMONIX
9 - 16 JULY 2024

RESERVE YOUR PLACE TODAY! EMAIL: CHRIS@TOURDETRAILS.COM / CALL: 0430376621 WWW.TOURDETRAILS.COM

YOUR NEXT RUNNING HOLIDAY
SPOTS STILL AVAILABLE ENQUIRE NOW

CRETE GREECE
TRAIL RUNNING TOUR

8 DAYS / 130KM SEPTEMBER 2024

RESERVE YOUR PLACE TODAY! EMAIL: CHRIS@TOURDETRAILS.COM / CALL: 0430376621 WWW.TOURDETRAILS.COM

BRIDGE ROAD BREWERS **BEER RUN**

CELEBRATING TRAILS 'n ALES ON THE INDIGO EPIC, BEECHWORTH, VICTORIA
SAVE THE DATE: SATURDAY 11 MAY. 28km + 10km + 5km

**GET YOUR TRAINING AND RECOVERY
RIGHT WITH TAILWIND NUTRITION** ✓

**TOUR DE TRAILS
EVENT TRAINING
SPECIALS**



SAVE \$63

4 x LARGE BAGS - TAILWIND CHALLENGE \$285



SAVE \$40

4 x MEDIUM BAGS - ULTRA PACK - \$220



SAVE \$40

4 x MEDIUM BAGS - RECOVERY PACK - \$240

*EVENT CODE
DISCOUNTS DO
NOT APPLY

Order Now



AVAILABLE NOW FROM WWW.TAILWINDNUTRITION.COM.AU

MERCHANDISE

We will have a selection of merch on sale but be quick - we have only ordered low quantities of sizes in order to avoid waste! First in, seriously best dressed...

WARBURTON TRAIL FEST NEW EDITION TEE



TRAIL PUNK + ONE LIFE TEES



**ONE LIFE MANY TRAILS
HEADSKINZ**



**ONE LIFE
MANY TRAIL
RUNNING
SOCKS**



PLUS OLMT shoe bags, WTF 2022 event tees, Afterglow Headskiz and Caps



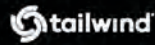
5% discount on coffee beans for WTF runners!
Enter code: #wtf#silva
online or show in store
www.silvacoffee.com.au

SILVA
coffee

VISIT
Open Daily
8:00am - 3:30pm
1/3400 Warburton Hwy.

www.silvacoffee.com.au

SALOMON



TRAIL FEST **SPECIAL PROMO DISCOUNTS**



20% DISCOUNT OFF SALOMON KIT

20% off Trail, Outdoor, Road
Valid to June 30

CODE: **GOLDENWARBY24**

www.salomon.com.au



TAILWIND NUTRITION AUSTRALIA

15% off

Valid to 2 April 2024

CODE: **WARBY15%**

www.tailwindnutrition.com.au



T8 RUN KIT courtesy Endurance Edge

15% off

CODE: **TDT24**

www.enduranceedge.com.au/



FREE POT & PANINI

Panini & Pot (beer or soft drink) if you book a room for the night. Book for 2 or 3 nights and you will also access a special WTF discounted rate.

Contact: bookings@alpineretreat.com.au

or 03 5966 2411



INDONESIA SAVU SEA EAST TIMOR (TIMOR-LESTE) INDONESIA TIMOR SEA

TOUR de TIMOR
with *beau miles*

Expressions of interest being taken. August 2024/25

© 2017 Encyclopædia Britannica, Inc.



ADVENTURES FOR

#WarburtonTrailFest



Warburton Adventure Co. offering activities for the adventurous over the long weekend.

9-11 MARCH 2024



www.warburtonadventure.com.au

WANT MORE ADVENTURE? www.warburtonadventure.com.au

TRAVEL

Warburton is reached from Melbourne / eastern suburbs via the Warburton Highway. You can come in via Mt Evelyn > Wandin or via Lilydale > Wandin. It takes approx 1.5 hours from Melbourne. There are bus services (Martyrs) from Lilydale Train Station. Check online for details.

WARBURTON TOWNSHIP

...is laid out in a west-east orientation along the 'Main Street' and aside the Yarra River. There are two retail zones. The first in the west (ZONE 1) is the primary retail zone full of cafes, shops, Post Office, bank with auto teller, public toilets, and the UPPER YARRA ARTS CENTRE - where the two seminars and the film screening will take place on Saturday and Sunday. This zone is also where you will find the Cog Cafe, which is the host of the start/finish for the Sunday night run (Litte Joe's Night Terror) and the Sunday Strength & Conditioning Masterclass (5pm).

The second retail zone to the east (ZONE 2) is home to the supermarket, chemist, hardware and entry to the Warburton Recreation Oval (eastern entrance - western entrance will be closed) where the EVENT HUB will be located in the south west corner opposite the Bowls Club. Please note that there is no access onto the oval proper as it is being re-sown.

PARKING

FIRSTLY – we encourage all to CAR POOL. Parking in Warburton is a bit of an issue, especially on the long weekend and it gets hectic.

We encourage all attendees to park at or near the Warburton Recreation Oval for the duration of the event. Access is via the eastern end (next to the hardware store). You can park in the upper car park next to the hardware store or drive further down around the oval to the east and north (i.e. turn right at the bottom of the hill). There is also a small car park on your left just as you get to the bottom of the entrance drive.

NOTE#1: there is no event patron parking further down to the left (towards the event hub) once you hit the oval – this space is reserved for Bowling Club patrons and event staff only. There are also may be cricket games being played - please be courteous to the cricket community and do not park anyone in!

NOTE:#2: please **DO NOT** park up on the main street in front of the shops (at either of the main retail streets). Those parks are for time limited parking / shopping only. There will be parking officers out over the long weekend and you will get booked if leaving your car up on the main streets for more than two hours!!



ENTER EARLY
NUMBERS ARE LIMITED

RAISING FUNDS & AWARENESS FOR THE ENVIRONMENT VIA:

Conservation Trusts Centre
WILDLIFE WONDERS
FWP

FORMERLY
THE GREAT OCEAN WALK
GOWAN 100S
100 KM TRAIL RUN

tailwind
TOUR TRAILS

THE
ICON IS BACK!
ENTRIES ARE OPEN
26 OCTOBER 2024
WWW.GREATOCEANULTRA.COM

100KM SOLO
100KM TEAM OF 2 RELAY
45KM SOLO

A CELEBRATION OF THE
TRAIL & MOUNTAIN LIFESTYLE

GOLDEN TRAIL NATIONAL SERIES

WARBURTON TRAIL FEST

9 - 11TH MARCH 2024
WWW.WARBURTONTRAILFEST.COM

RUNS
50KM LUMBERJACK ULTRA
27KM REDWOODS PUSH
22KM DONNA DOUBLE
14KM SAWMILL GROVE RUN
9KM LITTLE JOE'S TERROR NIGHT RUN
4.5KM RAPID RIVER RUNS
4.5KM BODY POSITIVE STOMP
3KM DASH 'N LILO DERBY
THREE THONG THANG DASH 4 CASH

MOUNTAIN FILM SCREENING
SEMINARS LIVE MUSIC

tailwind MCA SILVA VALLEY RANGERS ALPINE RMA ARBOLTON T8 ENDURANCE EDGE HELIX SALOMON

WE'D LIKE TO THANK ALL OUR SUPPORTERS AND ENCOURAGE RUNNERS TO GET IN AND USE THEIR GEAR AND SERVICES.

Thanks to our headline supporters **Salomon**, and **Tailwind Nutrition Australia**, back to make a huge celebration of the singletrack lifestyle. Thanks also to the food vans who come and feed us all, **ValleyXpresso**, **Jaffle It!**, and **Easy Peezy Sushi**, and to local roaster **Silva Coffee** for the best beans going Thanks to the team at **Yarra Ranges Council** for their help with the film screening. Thanks to **Caroline Overbeek** for her **Yin Yang Energy Balance** Yoga session.

Thanks to **T8 run gear** and **Endurance Edge** (Tegyn Angel) for the support of the Three Thong Thang! And to **Warburton Adventure Co.** for coming on board as a partner in adventure - check out their activity offerings in the Warburton Valley.

A massive thanks, also to the **local Warburton Valley community**, who has taken us in and accepted our celebration of trails on their trails. Hopefully we do their patch proud.

Thanks to our presenters, **Simone Brick** and **Kirstin Simpson** who together provide the best source of knowledge and inspiration you could hope for. And kudos to **photographers and videographers, Jay, Sam, Calum and Marco.**

HUGE THANKS to the **volunteers**, who are have all gone the hard yards to ensure there are marshals, rego staff, lifters and carriers, all in an effort to ensure your event is a great experience.

Thanks also to all the regular **Tour de Trails crew** who work early mornings, late nights and then some to make this happen, in particular for this event **Simon Madden, Andy Payne, Mish Hooper, Kat Naude, Nicole Vaughan, Richelle Olsen, David Swankie, Matt Veenstra, Jac Tol, Michelle Edwards** plus countless others!

Thanks to the **The Alpine Hotel** for its support and hosting the night run, and to the **Warburton Bowling Club** and broader Recreation Oval managers.

See you on the (Warburton) trails, *Chris O.*

PRESENTED BY
SURF COAST EVENTS

10 YEARS ANNIVERSARY CELEBRATION

BROOKS

Surf Coast TRAIL MARATHON
Torquay - Fairhaven

WHERE THE **WILD THINGS RUN**

42KM SOLO OR TEAMS OF 2
OR 21KM

15 JUNE 2024
WWW.SURFCASTTRAILMARATHON.COM.AU

BROOKS HAPPY RUNNER Beyond MCR active feet RUNLY T8 tailwind