

Race 4 Belair National Park

Mini Course 10km

Short Course 14.8km

Long Course 21.1km

March 15 2020

Junior Event (U12s) Start: 7.10am

All Other Events Start: 7.30am

As summer draws to a close, so too does the seventh (and final URSA) edition of the SA Summer Trail Series.

With the final venue located at the shady and family- and runner-friendly Belair National Park, the Series will no doubt present an exciting challenge for everyone who has signed up, no matter how fast you intend on getting to the finish line.

If you're in contention for overall awards you have extra incentive to get to the finish line as fast as you can. To view the current overall and age group standings, please visit the [Series webpage](#).

We will be making an announcement shortly regarding the venue of the post-Series awards, but they will be held within 2-3 weeks of this last event.

We would also like to welcome all new runners to this final Summer Series event. With every event we endeavour to bring you a quality and easy-to-follow experience, from when you first sign up to run, to the moment your finishing time is posted, to when you get to look back over your event photos. While these runs are touted as a Series, they are all still standalone trail running events, held in our easy-access Parks around Adelaide. So thank you for your support, and we hope you really enjoy your event.

And if you have been with us for most of – or all – of the summer events, we thank you for your patronage and for contributing to our biggest series yet.

The information that follows is intended to be a comprehensive guide to this event. So have a read through and if you have any further questions please let me know.

Ben

0447 550 010

The Last One!

As this is the very last URSA Summer Trail Series event I also wanted to personally thank every single person and business that has ever been involved with us since our first event at Anstey Hill in December 2013.

Things have very much changed since that first event. The most obvious is that the field size has increased! This was the start line of the first event. The entire field is in this one pic (about 80 runners):



No arch, cloth bibs (re-usable but not practical for chip timing), and manual timing. And the entire event inventory fit in the back of an open tray ute. This photo is down at the bottom of Quarry Track, where you now drive through to get to the current start/finish area.

The Series back then consisted of Anstey Hill, Morialta, O'Halloran Hill, and Newland Head. For safety reasons the Morialta event was moved to Cleland after two seasons, and Newland Head more recently to Belair to increase the event appeal and also because of new restrictive stipulations on the event at Newland Head.

What has remained consistent is the support we have always received from entrants, volunteers, and suppliers. Volunteers especially have put in hundreds (if not thousands) of collective hours into helping me ensure the events could operate. And though the events haven't always operated perfectly, we have always been open to change to ensure entrants received value and experience for their entry fee.

Personally I have always looked forward to the STS for two reasons. One is the simple fact that on event day I'm home not long after lunch. There is nothing short about organising an ultra marathon, so the Series was a welcome diversion. And two I get to see a different side to entrants, mainly those who have literally started training from nothing and were there finishing

their first trail event. We all started somewhere once, and inspiration starts from those achievements. There are so many stories of people who could barely manage a short course finish but once they did, they went on to conquer distances they didn't think were possible when they were training to finish 8km.

Something I have always been meaning to say too is that if you have ever said hello to me at an event and I have given you a blank stare back even though we've known each other for a million years then I truly apologise! As you can appreciate I have quite a few names and faces floating around in my brain and on event day it's normal for me to be doing three things at once. So I might not be quick enough to access my face database when you say hi. But rest assured I will always remember afterwards.

And finally, the biggest thank you and love for my wife Courtney. We started dating the very year the Series began, and she was a pretty handy runner in the Series too, taking home podium and age group awards in the early years. We've sat together on the floor cutting up the roll of fabric that was the race numbers, she's put up with my 2am starts and countless responses of "I'll have the trailer packed by 2pm" and it's taken til 5pm, and most of all she has had to put her own running aside to carry, have, and nurture our three beautiful boys. I have been extremely fortunate to have her by my side, and am very looking forward to devoting more time to her and our family, and also to help whip her back into shape when she's ready!

So thank you again to everyone for your contributions. We were the original trail series, and the good news is that it will be continuing next season. Who is the new Director? The announcement will be out very soon!

Ben

1. Schedule

Sunday March 15 2020

- 6.15am Bib pickup commences
- 7.10am Junior run commences
- 7.20am Junior run concludes
- 7.22am Event briefing at Start/Finish line
- 7.30am All events commence (unless otherwise advised)
- 9.30am Podium presentations
- 10.30am Random draw presentations

2. Venue

How to get there

The entrance to the venue is accessed via either the Main Entrance, or the Country Club Entrance. Parking is limited via the Country Club Entrance, so we strongly recommend you enter via the Main Entrance.



Note that if you choose to come via the Main Entrance, you won't have to pay for Park entry, as the event covers that for the participants.

GPS co-ordinates of the Main Entrance

-35.00801, 138.6332

Amenities

There is a toilet block adjacent to Main Oval, and the event will also supply portable toilets.

3. Course Map and Elevation Profile

For all these details check out the event [webpage](#)

4. Drink Stations

Mini Course Drink Stations: 4.0km/6.8km/8.8km

Short Course Drink Stations: 4.0km/6.8km/10.1km/13.8km

Long Course Drink Stations: 4.0km/6.8km/10.1km/14.0km/16.7km/19.9km

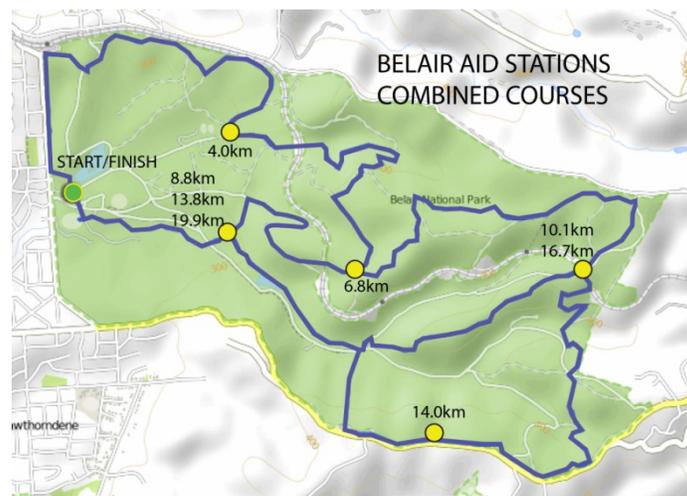
What is provided

Start: Water/bananas

On Course: Water, sugar lollies, electrolyte at Aid Station 10.1km/16.7km

Finish: Water, electrolyte, bananas, watermelon, sugar lollies

Remember all URSA events are CUP-FREE, so entrants will be required to provide their own drink containers.



5. Technical

Bib collection

Number collection is from 6.15am. Please arrive as early as possible to allow time for this process as the events will be commencing at 7.30am sharp.

Note that we may need to start the runners in two waves depending on how many registrations there end up being. This will be communicated in the **Final Event Email** on the Friday prior to the event.

Note that the Junior Trail Run starts at 7.10am. As their run is untimed they will have a bib with no chip attached.

The registration process is:

1. Find your name and race number on the name list on the board (your bib and chip number will be the same)
2. Proceed to the next point to collect your bib
3. A timing tag linked to you and your race number will be stuck to the back of your race number bib. It is vital that you do not use someone else's number bib under any circumstances
4. Attach the bib at **WAIST** height to the outside **FRONT** of whatever top you will be wearing at all timing points. Do not bend or fold the tag or tamper with it
5. Your time and number are recorded when you pass through a timing point provided your race number is visible. Covering it with clothing or your hands as you operate a watch will prevent it recording
6. If there are several starts for different races, make sure you start at the correct time
7. Race number bibs are disposable and do not need to be returned
8. If you cut the course short (for example by skipping a lap, or taking a shortcut) **do not go through the finishing time point** as timers may inadvertently think you have won the race. If you do not complete your course you must go to the timing van near the end of the finish chute and inform the Timing Manager
9. If you lose your race number bib during the race you must go to the timing van near the end of the finish chute as soon as you cross the finishing mat.

Please note this year your bibs contain your timing chip, which are disposable. The random draw is also done electronically, so there is no need to hand your bib back after the event.

Series points score

A feature of the Trail Series is the opportunity for entrants to increase their strength and endurance across courses that are accessible and "challengable" (ie a challenge but ultimately enjoyable). In recognition of the consistent performers the points system below has been devised to track and reward the placings of each entrant, either overall or within their age-group.

The prizes will be awarded as such:

On the day: Medals for overall top three males and top three females for both Courses
End of the series: Trophies for overall top three male/female runners and Course age groups.

The age groups are (for both male and female):

U15, U20, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, O70

Your age for all events in this Series will be taken as at December 9 2018.

Points on the day will be assigned in relation to your position.

ALL COURSES

1st 1 point

2nd 2 points

etc.

Age group points will also be scored as such. So you will essentially be assigned two lots of points at each event.

This means that the LOWEST scores at the end of the Series will be the placegetters with the LOWEST number of points.

Conditions:

1. To qualify for end-of-series awards a runner must have completed at least three events in the Series;
2. Overall Series podium placers are not eligible to win their applicable age group category;
3. You can only run one combination of courses (ie all three Short Course or all three Long Course);
4. In the event of a draw between two or more people in any major (ie top three) result in Overall and/or Age Group Series placing points following Race 4, priority will be given to who ran the most events in the Series. If that still does not produce a result, whoever finished in front of the other at Race 4 will be allocated the higher Overall placing. This also applies if one runner does not compete at Race 4; the runner attending will be allocated the higher Overall/Age Group placing.
5. It is the runner's responsibility to understand the course. Please read our [Terms and Conditions](#), in particular "Course Marking and Route Knowledge". Only runners who complete the correct course will be eligible for placing points and awards, subject to our Terms and Conditions. In cases of incorrect routes being completed, affected runners will each receive the equivalent points of the last placed finisher of that Course on that day.

6. Any runner rendering assistance to another runner during an event will have their “downtime” credited against their Finish time, with a minimum of one minute assistance required. If the runner rendering assistance is required to assist the injured runner off the course and the assisting runner is unable to complete the event, they will be credited with points to be determined by the event referees.
7. Any runner who is injured during the event, and is unable to complete the event, will be ineligible for any points.
8. Protest forms will be made available at the event, should such a need arise. Runners will be able to lodge a protest for a decision or action they do not agree with at the event. Protests must be emailed to team@ultrasa.com.au by midday the Monday following the event, and is subject to a \$50 fee. This fee will be refunded only if the protest is upheld. Decisions on protests will be made by the event referees, and the decision will be final. Decisions will be made prior to the event results being made final.

The Junior Run

Thanks to all the kids and parents for the great response to the Junior Trail Run so far this series. We are pleased to continue this offer here at Belair.

Junior Run bib pickup is from the bib pickup marquee, at the late registration section. Please be at the Start/Finish line a few minutes prior to 7.10am for the briefing. Then the little ones will be sent on their way for some enjoyable time running on the trails. Once they finish, they each receive a medal for finishing. We hope this encourages the little ones to not only be active and take part in something that their elders do, but also to learn more about trails and what it takes to run out in the “wild”. The runs are for Under 12s, untimed and parents/guardians of the Juniors are most welcome to join them on their run.

NBParents/guardians must sign in with their Junior, and either be with them during their run or at the finish to greet them over the line. No entrant on their own (either prior or during the event) will be permitted into the Junior event.

Main event course markers

The course will be marshaled and well-marked with red-and-white tape and directional arrows, as well as “Wrong Way” markers, so you should be able to navigate around the course without looking at the map. So if you are new to trails or directionally-challenged, this Series will cater to you!

Strava segment: Queen and King of Belair

The Strava Challenge is returning for 2020, thanks to a suggestion by Michael Nitschke in 2019.

Runners in the Short and Long Courses will have the chance to post a time across a specific (uphill) length of the course, with the winning female and male to be anointed Queen and King of Belair and awarded a trophy and a special prize each!

You can find all the details [here](#) located underneath the course maps. If you would like to put your “shoe” in the ring, you must have your run uploaded to Strava by 6.00pm of the day of the event.

First Aid

First aid will once again be provided by the very experienced staff from First In Sports First Aid, who will be stationed at the Start/Finish.

If you are carrying your mobile phone with you during the event it may be prudent to save Ben’s number (0447 550 010) in case of emergency. **The back of your race bib will also contain first aid contact details.**

If you do find yourself in trouble during the event, the important thing to remember is to stay calm. You can either call Ben direct, or ask another competitor to go ahead and ask for help. Remember that it may be closer to go back to the aid station behind you. We will have a 4wd in the Park so it won’t take long to reach you, wherever you are.

As a competitor who sees another in trouble, it is your responsibility to render assistance. Anyone who renders assistance will have this “downtime” accounted for in their results, although – to be fair – as a minimum you must be stopped for at least one minute, and this stopped time may be subject to witness reports.

Phytophthora Cinnamoni Prevention

As you enter the start chute you will walk over the provided carpet which has been saturated with a mixture of water and methylated spirits.

PC (or “root-rot”) is an organism that infects and kills native plants. As runners we can inadvertently be part of the problem by spreading the virus via our shoes and moving through the park. It is a condition of the Park Ranger that all runners treat their shoes prior to starting the event.

URSA terms and conditions

We always encourage participants in our events to familiarise themselves with our processes. Situations can from time to time arise where clarification beforehand would have helped immensely. So these policies have been developed to ensure we all know where we stand prior to the event beginning.

You can find these terms and conditions [here](#)

Of particular relevance to this Series is the Heat Policy within that section.

Please remember that the Series is always subject to this policy, and that if the applicable Park is announced as closed by the Department of Environment and Water (for example, due to Catastrophic Fire Danger) then the event will be cancelled. Please refer to the above policy for further details on this.

Course cutoff

The cutoff is 11.00am. You are still eligible for random draw prizes if you are still on course at the time of the presentation.

6. After You Have Finished

Presentations

Please refer to the schedule at the start of this briefing for the itinerary.

What gets awarded

Podium placers in all courses will receive a special Series medal

The random draw prizes

The draw will take place at 9.45am or when the last runner is across the line.



Chris “Chicken” Chapman, from The Running Company, has once again generously offered several discount vouchers per event.

It is a fantastic offer and we will be drawing the winners out of the “box” (ie iPad) after each event.

Whether you win a voucher or not, be sure to visit Chicken at shop 3/278a Unley Road, Hyde Park or his new store at 18 Gawler Street, Port Noarlunga. Chicken's stores are favourites amongst a huge number of runners here in Adelaide, for both roadies and trailies. And rightly so with some great stock and all the staff having excellent product knowledge and a passion for running. We here at URSA are very happy to be working with Chicken and can't recommend his shops enough! So whether you need shoes, bladders, socks, gels and more, go check out [The Running Company](#).



Sue Maffei is also offering several of her unique and uber-cool homemade "Gators" for random draw. For those of you who are unfamiliar with Gators, they are an extremely useful fabric fitting that wraps around your ankles and spreads over the tops of your running shoes to keep stones, dirt and the like out. Sue's Gators are VERY fashionable, and are a must-have trail accessory! Click [here](#) for her website.



A big thanks again to [Orange Mud](#)! Brett at Orange Mud will be giving away two Transition Wraps at each of our events this Series. These towels retail for up to \$75 so they are a great prize to win.

Also, if you enter all four events prior to Anstey Hill, you will go into the prize draw for an Orange Mud Endurance Park at the end of the Series. Retailing for \$229 this is another great reason to join us for the Series.

Volunteer prizes

The Running Company have also contributed two \$50 vouchers for the volunteers. Anyone who has volunteered over the course of the Series will automatically be in the draw, and they will have one entry per current Trail Series event that they have volunteered at. So the more often they have volunteered, the more chances they have of winning!

Merchandise

With this being the final event of the Summer Trail Series, event shirts are limited. However if there is enough interest we will take names and details to put a second order through. With thanks to local business Prime Sports, who not only supply the garments, but also manufacture them right here in Adelaide.

Results

You will receive the online results link in the final email which goes out the Friday before the event. Your result will be uploaded within seconds of you crossing the finish line, so you can view this on your mobile device while you are still at the event.

You can even watch a video of yourself finishing your event via the timing website. All thanks to the top class timing system of Malcolm and his local business Event Strategies.

Result queries

Please email malcolm@eventstrategies.com.au for all result queries prior to results cutoff.

NB All results are provisional until 6.00pm of the Wednesday after the event, unless there is an outstanding query/investigation.

Photos

Photos will be uploaded both to our Facebook page and also to our photo-sharing site www.ultrasa.smugmug.com. All photos are free to download for nearly all of our events. We will let you know beforehand if this is not the case for a particular event.

7. Event Contact Details

Race Director: Ben Hockings ben.hockings@ultrasa.com.au 0447 550 010

Timing: Malcolm Robertson malcolm@eventstrategies.com.au

First Aid: First In Sports First Aid 0412 466 972

Event Venue: Belair National Park 8278 5477

Thank you for your entry, and see you at the event!

Ben