

RUNNER'S HANDBOOK



BEERIPMO

WILD MOUNT

TRAIL RUN

RUN WILD

Nutrition by
 tailwind

21km + 11km + 5km
2 DECEMBER 2023



Pyrenees
Shire Council



www.wildmountrun.com



WELCOME

THE WILD MOUNT BEERIPMO TRAIL RUN IS BACK AND WE PROMISE THE MOUNT IS ALL SINGLETRACK KILLER, NO FILLER.

The **21km** course is joined by the **11km** which takes in some of the big course's best feature highlights, while the **5km** course forges its own path over Fiery Creek and along Paradise Walk.

The event will once again be hosted at the fabulous Cave Hill Creek and within Mt Cole State Forest

GENERAL NOTES

START & FINISH is located at [Cave Hill Creek](#) camp, 110 The Glut Rd, Beaufort VIC 3373.
Use **second entrance on your right**.

- There will be a coffee cart on site
- There will be limited food available on site via Beaufort Apex Club BBQ.
*Vegans and vegos may want to self cater as limited supplies, apologies!

THE (21km) RUN COURSE follows the gazetted [Beeripmo Walk](#), in a clockwise direction once the run route reaches Richards Picnic Ground. Runners return to Richards before making their way back to Cave Hill Creek camp, 500 metres away. See maps to follow. All are available online on AllTrails (great for during race) and GoogleMaps.

THERE ARE TWO aid stations (21km) at:

- 7km - on trail, just off Mt Cole Rd (west); this also services the 11km run
- 14.5km - Mugwump Hut



THERE ARE NO CUPS PROVIDED AT AID STATIONS >
THIS IS A CUP FREE EVENT. WE ASK THAT ALL RUNNERS CARRY SOME FORM OF WATER HOLDER WITH A 500ml MINIMUM CAPACITY
(hydro pack, handheld bottle, fuel belt, soft flasks).





EVENT SCHEDULE

SATURDAY 2nd

7am - COFFEE VAN ON SITE!

7am - 9am - Bib pick up / registration
 @ Cave Hill Creek Camp
 110 The Glut Rd, Beaufort
 (look for the rego marquee in the paddock to far rear of the property when you drive in the SECOND gate on your right. PLEASE DO NOT ENTER the first main entrance to Cave Hill Creek).

8.30am - 21km RACE START

9am - 11km RACE START

9.15am - 5km RACE START

9.50am - First runner due

12.30am - Cut off @ Aid Station #2

Mugwump Hut, 14.5km

2pm - CUT OFF @ FINISH - COURSE CLOSES



MANDATORIES 21km & 11km

- 1 X 500ML (MINIMUM) WATER/HYDRATION CONTAINER
- 1 X SNAKE BANDAGE
- 1 X MOBILE PHONE



YES!!! MANDATORY MEANS YOU MUST HAVE THESE ON YOUR PERSON WHILE RUNNING ON COURSE. IF ASKED BY A MARSHAL OR EVENT ORGANISER AND YOU DO NOT HAVE THESE ON YOU, YOU WILL BE DISQUALIFIED. ALL ITEMS CAN FIT IN A STRETCH WAIST BELT.

NO MANDATORIES FOR 5KM EVENT.

SUGGESTED KIT

- NUTRITION
- SMALL PERSONAL FIRST AID
- WET WEATHER JACKET IF FORECAST TURNS TO RAIN

WEATHER FORECAST (perfect)

As of 28th November, weather forecast (via BOM) is:

Note that while most of the course is in shade / under tree cover, that it can still get humid up on the mount. We suggest carrying where possible more than the mandatory 500ml.

Saturday 2 December

Min 10 °C Max 20 °C

Possible rainfall: 0 mm

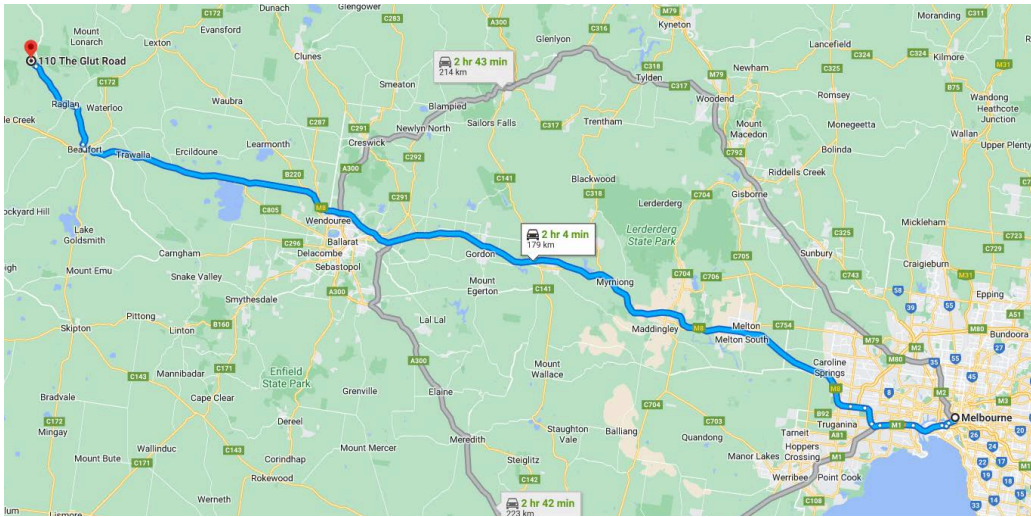
Chance of any rain: 20% ■■■■■■■■



ENDURANCEEDGE.COM.AU



EVENT HUB



GETTING THERE

The event is held at Cave Hill Creek, **110 The Glut Road, Raglan**, approximately 2 hours' drive west of Melbourne and 40 minutes drive west of Ballarat.

Essentially, if coming from Melbourne-way:

- Fling on past Ballarat to the town of Beaufort.
- Take a right towards and through Raglan (more a 'place' than a town!)
- Look for the turn off veering left on The Glut Rd, towards Cave Hill Creek Camp.
- Drive on past Cave Hill Creek Camp main entrance.
- **DO NOT ENTER THE MAIN GATE.** There is a wedding on the main property and we do not want to disturb proceedings!
- A few hundred metres past the main gate you will come to another paddock gate on your right. Turn in, park (sensibly - don't block others) and make your way to the event HQ, see map to the right.



THE HUB

Park in the paddock carefully. PLEASE be mindful of other cars and do not block anyone in. PLEASE also be mindful of people walking through the car park. It is a grass car park but should be fine for 2WD.

IMPORTANT: please DO NOT enter or wander around the main Cave Hill Creek Property (red area). A wedding is being held, and the venue managers have very kindly hosted us down the rear of the property, on the proviso that we and our participants do not enter the main property or disturb the peace of the wedding in process.

Thanks in advance for your consideration and respect.

COMPETITOR PHOTOGRAPHY

Photos of you doing your thang will be available for direct purchase, via the creative crew at Eventurers (say hi to Ian and Velta - now integral members of the Victorian trail running family!).

They will be out on course at several key photo points. So smile, look strong, puff the chest, earn that place on the mantelpiece in the 'good' photo frame!

The Eventurers will email you after the event to see if you want any images. Check your junk email folder in case it gets filtered.

Check out Ian and Velta's work at:
<https://theeventurerstravelphotographers.com.au>
[https://www.facebook.com/.](https://www.facebook.com/)



HYDRATION

Each CP will have both water and TAILWIND NUTRITION, a unique hydration, electrolyte and nutrition product. TAILWIND NUTRITION is a clean tasting, reliable ultra fuel made from simple ingredients that don't cause stomach issues.



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WILDMOUNT15

www.tailwindnutrition.com.au

An orange and black packet of Tailwind Endurance Fuel. The background is a purple gradient with a large white 'T' logo.

HERE ARE A FEW OF THE REASONS YOU'LL LOVE TAILWIND ENDURANCE FUEL!

- NO GUT BOMBS**
THE COMPOSITION OF TAILWIND'S FUEL, MATCHES WHAT THE GUT IS DESIGNED TO ABSORB
- COMPLETE ENERGY**
USE AS YOUR SOLE FUEL SOURCE WITH THE PERFECT RATIO OF CALORIES, ELECTROLYTES AND HYDRATION
- TAKE WHAT YOU NEED**
100-CALORIE SCOOPS ALLOW YOU TO ADJUST YOUR NUTRITION TO MEET YOUR CALORIC NEEDS
- MILD TASTE**
CLEAN AND LIGHT FLAVOUR THAT YOU WON'T TIRE OF, EVEN AFTER 12+ HOURS!
- EASY TO USE AND CLEAN**
JUST POUR, SHAKE AND GO! RINSES CLEAN FROM YOUR PACK OR BOTTLE
- ALL NATURAL**
DISSOLVES CRYSTAL CLEAR AND HAS NO DYES, PRESERVATIVES OR 4-SYLLABLE TONGUE TWISTERS



'LIKE' OUR NEW WILD MOUNT FACEBOOK PAGE

To make sure you get all the updates and newflashes from the event we have created a NEW Wild Mount FB Page that will run all information specific to the event. So while another FB page follow is probably down your list of want to dos, make this one a must-do so you keep tabs on what's going on pre, during and post event!

www.facebook.com/wildmountrun

plus stay tuned for general TdT info and imagery via



www.facebook.com/tourdetrails



www.instagram.com/tourdetrails



MCs PETE & NATH from RUNNER CHATS

Say hi and listen to the dulcet tones of our regular MCs Pete and Nath, from Runner Chats. They are runners. And they like a chat. Funny that. And their jokes are better than mine. The dynamic duo will be at the finish, slammin some tunes (courtesy of Pete's playlist) and if you look sideways at them, they will interview you. Promise. Check out their back catalogue at: <https://runnerchatspodcast.com>

And if you need a coach you can have worse people than Nath in your ear castigating you for not training: <http://www.enferrunning.com.au>

MERCHANDISE

We have a LIMITED NUMBER (and size range) of the Wild Mount tees along with bits and bobs of Afterglow trail run socks, shoe bags and more.

We'll be selling at bib pick up and finish line.





100KM SOLO OR TEAMS OF TWO
1, 2, OR 3 DAYS
AUSTRALIA'S TOUGHEST MOUNTAIN ULTRA



+ ARCHIE 50KM + BELLA 10KM
16-18 FEBRUARY 2024



MAPPING

It is the runner's responsibility to have some idea of where you are going!!

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

Capra is an App-based software that helps race directors easily share the information participants and support crews need to know. Participants use the mobile app that is available on both app stores and you can also see the mapping on the event website

DOWNLOAD THE APP AND SCAN THE Q-CODE TO ACCESS THE WILD MOUNT COLLECTION. Trust us, the CAPRA APP is your best friend...

DOWNLOAD IT!

find out more at www.capra.app

OTHER COURSE NOTES

NO CUPS AT AID STATIONS... what, the repetitive stickers didn't give it away?! Guidelines mean this year's event will be paper / plastic cup free. So you may as well take a hydro pack, running bottle, water belt or collapsible cup with you and cup-free to minimise some waste is the way of the future so you may as well get used to it.

YES... there will be  and water at all aid stations.

YOU CAN GET 15% discount on your next  by using code **WILDMOUNT15**

www.tailwindnutrition.com.au



DOWNLOAD



ONTO YOUR



THEN

Q-CODE WILD MOUNT
HALF MARATHON



Q-CODE WILD MOUNT
11KM



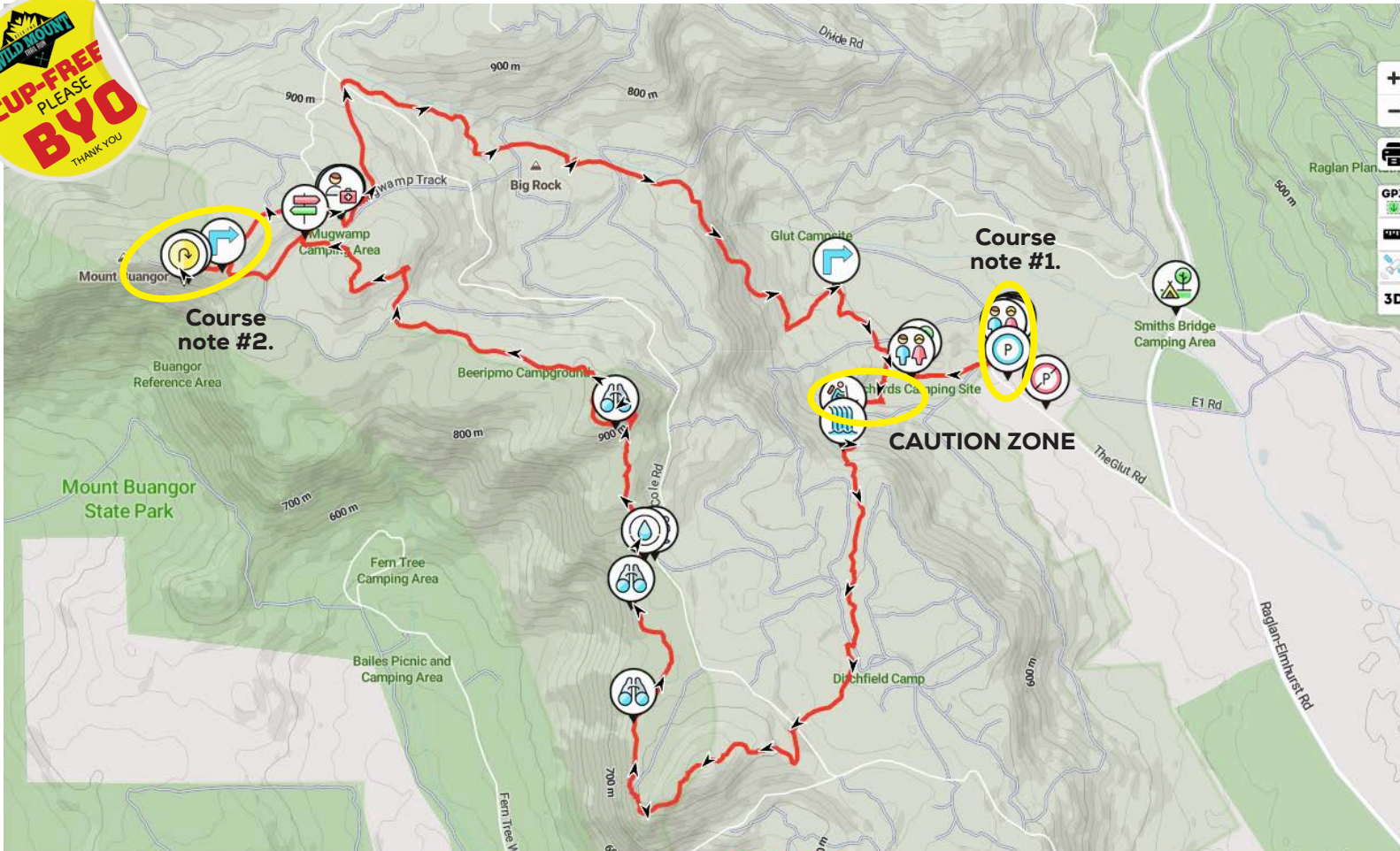
Q-CODE WILD MOUNT
5KM



COURSE MAP 21km



CAPRA: [CLICK HERE](#) FOR ONLINE ZOOMABLE VIEW OF MAP BELOW



COURSE NOTES

CAPRA: [CLICK HERE](#) FOR ONLINE VIEW

ASCENT: 920m

COURSE RECORDS:

CR: Bryan Keely 1:37:30* (male)
CR: Simone Brick 1:57:56* (female)

AID STATIONS: 7km + 14.5km

COURSE NOTES

1. Start/finish location is in the rear paddock of Cave Hill Creek.

2. Mt Buangor lookout turnaround point and return route. Runners will approach the lookout via the regular high route, but on return will dogleg earlier down an access track, rejoining the fire road back uphill towards Mugwamp Hut Aid Station

CAUTION ZONE: a tree fall has made one location on the trail very steep as runners need to climb up and over it. There may be rope placed to assist.

WATCH FOR CARS at road crossings and the short sections on dirt roads. **NO HEADPHONES** on these sections / crossings.



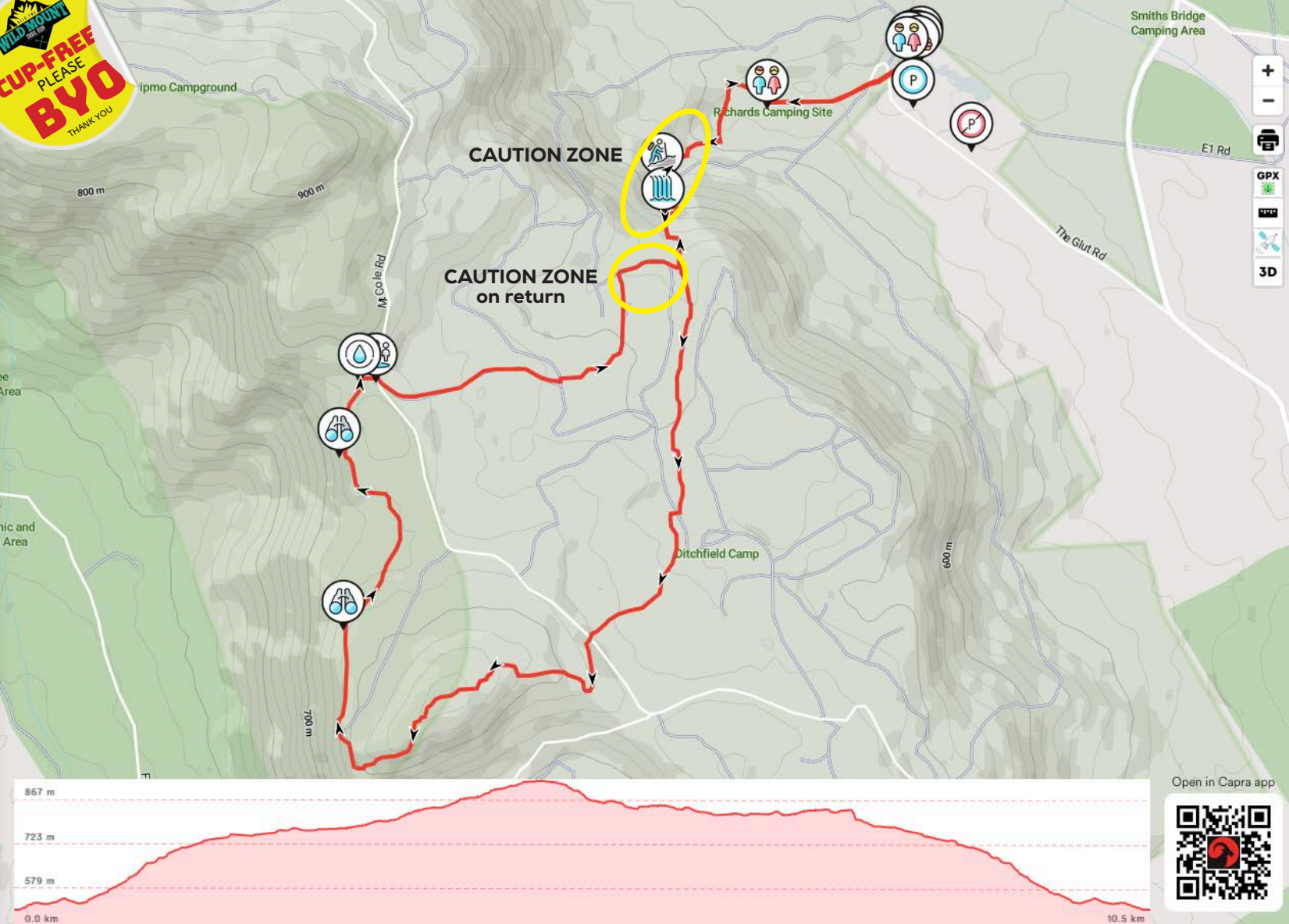
Open in Capra app



COURSE MAP 11km



CAPRA: [CLICK HERE](#) FOR ONLINE ZOOMABLE VIEW OF MAP BELOW



COURSE NOTES

CAPRA: [CLICK HERE](#) FOR ONLINE VIEW

ASCENT: 580m

COURSE RECORDS:

CR: Rueben Bennet-Daly 1:10:54 (male)
CR: Erin Williams 1:17:07 (female)

AID STATIONS: 7km

WATCH FOR CARS at road crossings and the short sections on dirt roads.

NO HEADPHONES on these sections / crossings.

CAUTION ZONE: a tree fall has made one location on the trail very steep as runners need to climb up and over it. There may be rope placed to assist.

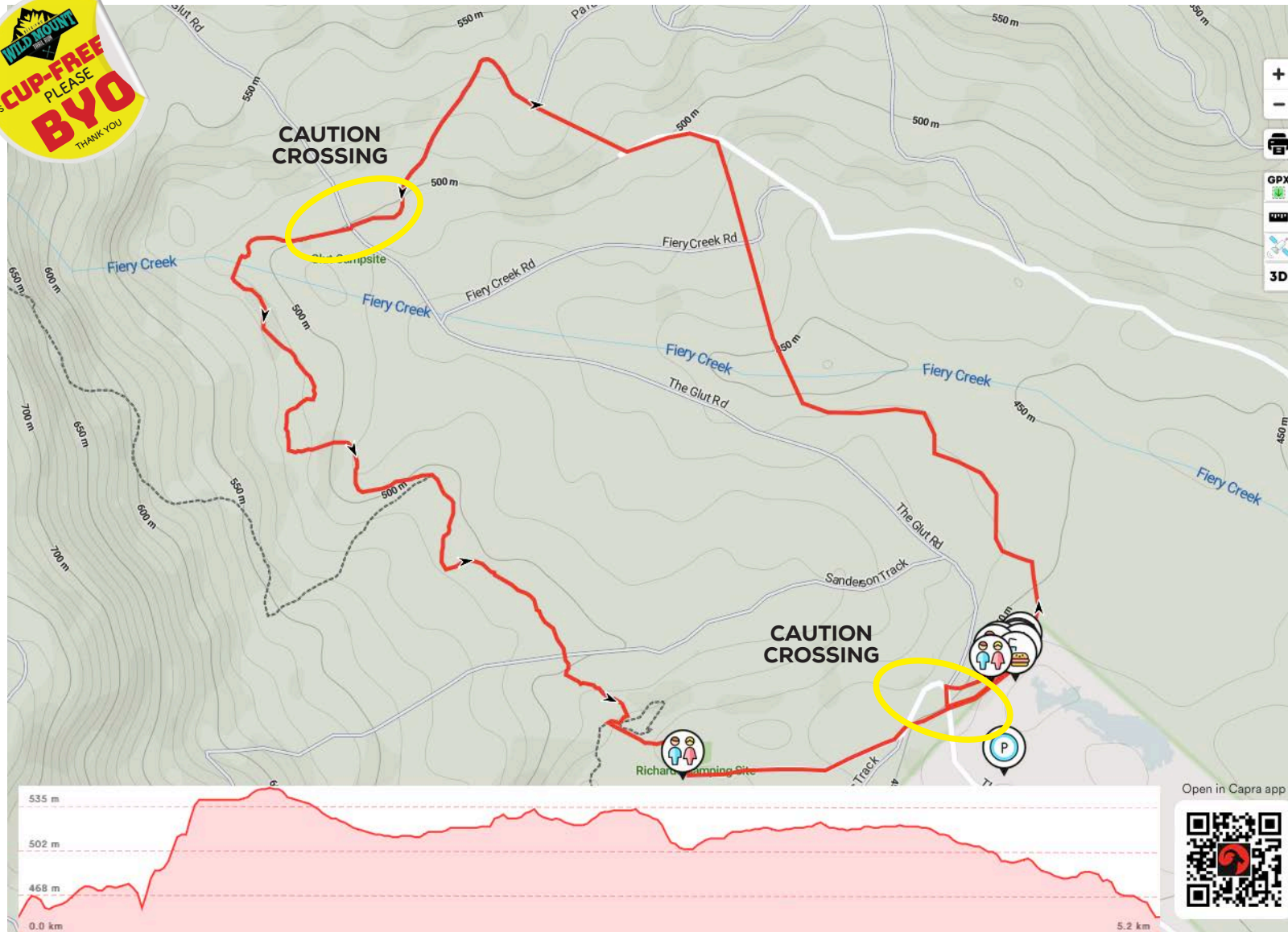
CAUTION ZONE on return leg - the trail leaves a dirt road on a bend and drops off a sharp descent where footing can be tricky. Take care as you descend - this section is a 'bush' section that traverses you across back to the main Beeripmo trail you came up.



COURSE MAP 5km



CAPRA: [CLICK HERE](#) FOR ONLINE ZOOMABLE VIEW OF MAP BELOW



COURSE NOTES

CAPRA: [CLICK HERE](#) FOR ONLINE VIEW

ASCENT: 200m

COURSE RECORDS:

CR: George E 28:47 (male)
CR: Jean Flynn 28:47 (female)

WATCH FOR CARS at road crossings and the short sections on dirt roads.

NO HEADPHONES on these sections / crossings.



100 KM MOUNTAIN ULTRA
+50KM+10KM

2024

16-18 FEBRUARY

ENTRIES OPEN DON'T MISS OUT!! WWW.HUT2HUT.OSCARS100.COM.AU

HUT2HUT OSCARS100
ARCHIE OSCARS100
BELLA OSCARS100



FACILITIES

COFFEE & DRINK

Essential fuel up pre event Le Peche Gourmand mobile coffee van operational from 7am

FOOD

There will only be basic food available. Note that catering this year is not extensive so please BYO if you want anything beyond burgers and snags! Vegans and vegos take note. BYO barbie for on site! We apologise in advance, (our event RD is a plant based runner, too, so worse case, hit him up from his personal stash!)

TOILETS

There will be portable toilets on site. **Please do not wander into the main Cave Hill Creek grounds searching for toilets.** ONLY use the supplied portable toilets, located nearby the finish line arch.

WARBURTON TRAIL FEST

9 - 11TH MARCH 2024

WWW.WARBURTONTRAILFEST.COM

CELEBRATION OF THE TRAIL & MOUNTAIN LIFESTYLE

RUNS
50KM LUMBERJACK ULTRA
27KM REDWOODS RUSH
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 LILD DERBY
THREE THONG THANG DASH 4 CASH
+ MOUNTAIN FILM SCREENING SEMINARS LIVE MUSIC

SALOMON



ACCOMMODATION

Check out the Pyrenees accommodation pages: www.visitpyrenees.com.au/where-to-stay/

Looking for camping sites nearby the event? Choose from a few freebies within cooee of the event hub or others on the south side can be booked via Parks Victoria (20 mins from event hub).

Good **free spots** are at Richards, Ditchfields, Smith Bridge all near event HQ. You could also camp at Mugwamp, which is on the course (Aid Station 2) but is a 15 minute drive on dirt roads (2wd).

Google map for campsites [CLICK HERE](#)

FAMILY FUN

ALL WELCOME
1.5KM RUN
1.5KM LILO PADDLE
ON THE YARRA RIVER

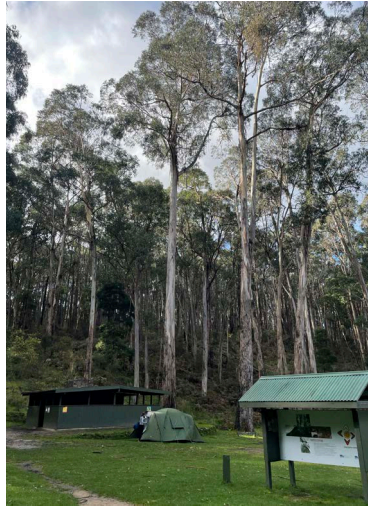
WARBURTON ADVENTURE CO.

WARBURTON LILO DERBY

BYO LILO HELMET & FOOTWEAR

11 MARCH 2024

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OF THE TRAIL &
MOUNTAIN
LIFESTYLE

RUNS

- 50KM LUMBERJACK ULTRA
- 27KM REDWOODS RUSH
- 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

9 - 11TH MARCH 2024
WWW.WARBURTONTRAILFEST.COM



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300 PARTICIPANTS!

**5KM RUN+
22KM RIDE
+10KM RUN**

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DUATHLON**

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27 JANUARY**

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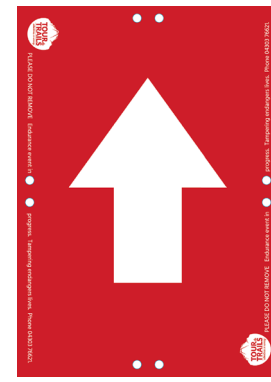
COURSE MARKING PROTOCOL

COURSE MARKINGS / FLAGS / ARROWS WILL BE ONLY placed only at decision points or to confirm correct direction soon after an intersection or decision point.

THERE WILL BE VERY FEW 'CONFIDENCE MARKERS' on sections of trail where there are no intersecting tracks and there has not been any other trails to follow other than the one you are on. So if you haven't seen a marker for a while BUT you haven't come across any intersections and you remain on distinct singletrack (and/or see a Beeripmo Walk sign), be confident that you are on the correct course.

WE ENCOURAGE YOU TO DOWNLOAD THE GPX FILES to have on your GPS watch (if you have one).

LOOK FOR THESE SIGNS ON COURSE:



FREE ENTRY TO ALL TDT EVENTS FOR 2024?

BALI  **ENGLAND**  **CRETE**  **FRANCE** 

FOR THOSE INTERESTED, WE ARE RUNNING A BIG PROMO FOR EARLY BIRDS WHO BOOK IN ON ANY 2024 TOUR. SIGN UP BEFORE 10TH DECEMBER 2023 - YOU WILL RECEIVE A PASS FOR FREE ENTRY TO ALL @TOURDETRAILS 2024 EVENTS: WARBURTON TRAIL FEST (INC MULTIDAY MADNESS), GOLDRUSH, SURF COAST TRAIL MARATHON, AFTERGLOW & WILD MOUNT TRAIL RUN

IMPORTANT NOTES FOR ALL RUNNERS

WITHDRAWAL AFTER REGISTRATION BUT BEFORE RACE START

If any runners needs to withdrawal AFTER you have picked up your bib, we need you to notify the Race Director (number on back of bib), preferably by texting your name and bib number and/or calling/leaving a message. If you do not, we will think you are out on course and when you do not pass over the finishline, we will send out the search party (this happened at a recent event and they were visited at 1am by a police divvy van - best you tell us!)

RUNNER WITHDRAWAL DURING RACE

If any runners needs to withdrawal, please **1** YOU MUST notify the Race Director (number on back of bib), preferably by texting your name and bib number and/or calling/leaving a message. **2** Additionally (but not instead of!) give your name and bib number to a marshal.

FIRST AID

You and our marshals are not expected to perform any first aid beyond basic care and comfort should a runner have a medical issue. Your first duty is to ensure you are not in any danger. Then ensure the runner is not in any immediate danger and is warmed. Once you are confident that they are stable, for most non-life threatening medical issues (i.e. rolled ankle, torn calf), call the Race Director. If the medical incident is a life-threatening emergency (i.e. snake bite) call Triple 0 immediately and follow instructions, ensuring you let them know the incident has taken place as part of an event where Endurance Medical Services is in attendance and you have a Race Director to report to.

COMMUNICATIONS

Some positions on the course get low to no phone service, but most of the course gets some (Telstra - other carriers less so). If you happen to be involved in any form of serious medical / withdraw incident, or any other problem occurs out on course (tampering of course markings etc.) Please report in to the Race Director or a marshal immediately. **DO NOT LEAVE THE COURSE WITHOUT NOTIFYING THE RACE DIRECTOR YOU ARE DOING SO**, if it is before crossing the finish line.

SWEEP There are sweeps on course for your safety. If you are at the rear and have any concerns please approach a sweep and they can assist.



the running company. ballarat

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TO FIND THE RIGHT SHOE FOR YOU

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THE RUNNING COMPANY.COM.AU

TIMING

Timing is being managed by Tomato Timing. They will post all results post event at <http://tomatotiming.racetecresults.com> or check in to the [Results tab on the event website](#).



PRIZES will be awarded for 1, 2, 3 male and female across the distances. Apologies but there are no prizes for each age category.

MEDALS?

Yes! For every distance.

Get yours at the finish line!

Note that our marshals can only hand you a medal, rather than put around your next.

Please help with COVID Safety by maintaining social distancing when you accept your medal.



BIBS & EMERGENCY CONTACTS

BIBS SHOULD BE WORN PREFERABLY ON THE FRONT OF YOUR SHIRT OR SHORTS, IN ORDER TO REGISTER OVER THE LINE ACCURATELY.

Bibs located higher up and/or on packs often do not register with the timing devices. You will need to **pick up your bib** from the registration marquee, in the 'event hub paddock' located to the very rear of the Cave Hill Creek property.

BIB PICK UP IS OPEN:

Friday 1st > 6pm - 7.30pm, all distances

Saturday 2nd >

7am - 8.15am - 21km bib pick up

7am - 8.45am - 11km bib pick up

7am - 9am - 5km bib pick up

YES - we will take registrations on the day, should you be able to drag along a mate or ten!

SHOULD YOU NEED TO WITHDRAW FROM THE EVENT AT ANY TIME: please ensure you text one of the Race Directors ASAP with your **BIB NUMBER + NAME** and pull out location, and if you are okay! There is decent (Telstra) mobile reception for most of the course.

If you need medical assistance please call EMS Emergency direct as your first port of call.

