



## 2018 Neerim/Noojee 5M's Race Details

We will meet at 8.00 am on Sunday 4th March 2018 at ....

Neerim South picnic area, corner of Main Neerim Road and Neerim East Road. Park in front of Neerim South Primary School (180 Main Neerim Road, Neerim South).

Once we are all assembled - please don't be late – there'll be a pre-race briefing and we'll then pick teams. Team captains will be the top runners in the field as determined by the seeder. Captains will then pick in reverse order, i.e. lowest ranked captain has first pick. Once all captains have had one selection, the order reverses, i.e. the highest ranked captain has first pick in the second round. The order again reverses for the third and final round. To assist (or maybe not), a form guide compiled by the seeder with information on each runner will be circulated with his/her suggested seedings a few days before the race.

After teams are selected, the teams will choose a suitable team car and drive to the start of stage 1 at Smurf's farm (205 McKenzie Road, Neerim East). NOTE: If you are running late please contact one of the organisers so that you can be selected in a team. They will advise you to head directly to 205 McKenzie Road depending on how late you are.

Runners can optionally do a short warm up on McKenzie Road before the first stage.

The race proper will start at 9.00 am sharp.

The first 4 stages are run as a relay, i.e. one runner at a time from each team in any order that you choose. Each team member must run once and as soon as each team completes the fourth leg they will send a runner off on the fifth stage (i.e. no massed restart) with the team car heading to the stage 5/6 changeover point.

Each team member completes one leg out of stages 5 to 8.

Stage 8 should finish at about 11am and we'll then have a short break at the Noojee Trestle Bridge grounds while we wait for the teams to finish. BYO food and drinks as there are limited shops in the immediate vicinity. After all teams have finished, we will head back to Smurf's farm where there are (primitive) toilet facilities.

A mass re-start will occur for Stage 9, with cars following. Each runner must complete two of stages 9 to 16 and cannot complete consecutive stages. The finish line is in Neerim South and we should arrive there at approximately 2:15pm.

We will then drive back to the Neerim South picnic area for a BBQ and presentations. The club will provide sausages, bread, beer and soft drink. If you want or need anything different then BYO (e.g.: gluten free, vegetarian, etc.).

**Please note, there are a few major road crossing during the event. We will do what we can to help you across safely, but ultimately it is your responsibility. Please take care. If necessary, times will be adjusted to compensate for being held up by traffic.**



The prestigious Alan Barkauskas Runner of the Day Award will be selected as follows:

1. All teams will nominate the runner from their team that they believe is most worthy. Teams can use any criteria they wish in making their decision. Captains have the final say.
2. All team captains will then gather to vote on the winner. This might happen on the day, but more likely a few days after the event to give them a chance to study the results.



Given the healthy financial position of the club, we are waiving the entry fee this year.

For insurance reasons, only fully paid up members can participate.

## **Timekeeping**

- Teams are trusted with keeping their own accurate timesheets.
- Timesheets will be collected by the officials at the lunch break & again at the end of the event. A sample timesheet follows below. Blank timesheets will be given to each team on the day.
- Each team needs to run a stop watch that will be used as their official time piece. That watch should be set to 0:00 for the start of stage 1 and stage 9.
- It is the responsibility of each runner to ensure they complete the course accurately. Team cars should meet up with their runner at tricky intersections to point them in the right direction. Failure to complete any stage accurately will result in time penalties. We have learned over the years that it is impossible to have a single rule regarding time penalties. Therefore the captains will negotiate and agree a penalty that will apply in any such circumstances. Penalties are generally severe enough to make it unlikely your team will win (for example: slowest time for stage + 2 mins).
- It is the responsibility of the team to ensure their runner is ready at each handover point. Time wasted by not being ready is included in the time of the arriving runner. (i.e. your stage is not complete until you tag your team member).



## Short history of the MMM 5M's relay

Back in the 80's, the Midday Milers (who were the Reserve Bank Midday Milers then) used to go up to Sydney in March every year for a challenge race against the Sydney Reserve Bank runners. The last of these was in 1989 (won by Max Howard) and after that it became clear the event had run its course so to speak, so the group came up with a new concept the following year; a team relay the length of King Island. This was the first of the 5Ms relays which we've run every year in March.

The concept is teams of four runners competing over a course of mapped out stages. Due to the length of King Island (80 km) every runner ran five times during the day, but this was soon reduced to four times over a distance of around 60km.

Teams have a number 1, 2, 3 and 4 runner, seeded in order of ability, selected school yard style by team captains. Although captains are provided with a seeding list, they are free to make their own selections and are ultimately responsible for their decisions.

The pre-event banter regarding the merits or otherwise of the seeding order has become an integral feature of the event, but ultimately it is up to the captain to figure out who is hiding form and who is feigning injury. 5M's have been won and lost as a result of team selection.

A feature of the 5Ms is the specially designed team singlets that we produce. Life member Alan Barkauskas had a contact in the printing game and for more years than we can remember Alan footed the bill. In recognition of Alan's contribution, since 2009 the runner of the day has been awarded the Alan Barkauskas award. Sadly we lost AB to cancer during 2013 – to give you an idea of how important AB and the Milers were to each other, his family placed a Miler singlet above his coffin.

5Ms courses have been through many of the forest areas of central Victoria and seaside locations like Anglesea, Bass Coast, Barwon Heads/Ocean Grove, Torquay and the Mornington Peninsula. This year is the inaugural year of the Neerim relay event.

Comprehensive maps, seeding lists and results from previous 5M's are available from the results section of the MMM web site.

And in case you didn't know, 5M's stands for '**M**elbourne **M**idday **M**ilers **M**arch **M**adness'.



## Sample Timesheet

Team Name: ***Record Breakers***

Stage	Runner	Distance (km)	Start time	Finish time	Net time
1	<i>Simon Bevege</i>	4.11	<i>00:00</i>	<i>11:09</i>	<i>11:09</i>
2	<i>Stephen Paine</i>	4.11	<i>11:09</i>	<i>22:28</i>	<i>11:19</i>
3	<i>Jay Phillpotts</i>	4.11	<i>22:28</i>	<i>33:48</i>	<i>11:20</i>
4	<i>Luke Yeatman</i>	4.11	<i>33:48</i>	<i>45:09</i>	<i>11:21</i>
5	<i>Simon Bevege</i>	3.15	<i>45:09</i>	<i>59:33</i>	<i>14:24</i>
6	<i>Richard Does</i>	4.05	<i>59:33</i>	<i>1:13:14</i>	<i>13:41</i>
7	<i>John Dixon</i>	3.78	<i>1:13:14</i>	<i>1:23:56</i>	<i>10:42</i>
8	<i>Simon Bevege</i>	3.66	<i>1:23:56</i>	<i>1:43:03</i>	<i>19:07</i>
		<b>31.08</b>	Lunch time total	<b>A</b>	<i><b>1:43:03</b></i>
Stage	Runner	Distance (km)	Start time	Finish time	Net time
9	<i>Dan Hornery</i>	3.06	<i>00:00</i>	<i>12:40</i>	<i>12:40</i>
10	<i>David Hartley</i>	3.91	<i>12:40</i>	<i>28:40</i>	<i>16:00</i>
11	<i>Simon Bevege</i>	5.62	<i>28:40</i>	<i>48:12</i>	<i>19:32</i>
12	<i>Joji Mori</i>	4.66	<i>48:12</i>	<i>1:03:11</i>	<i>14:59</i>
13	<i>Simon Bevege</i>	3.26	<i>1:03:11</i>	<i>1:18:16</i>	<i>15:05</i>
14	<i>Colin Thornton</i>	3.09	<i>1:18:16</i>	<i>1:32:05</i>	<i>13:49</i>
15	<i>Simon Bevege</i>	4.62	<i>1:32:05</i>	<i>1:45:31</i>	<i>13:26</i>
16	<i>Glenn Goodman</i>	4.29	<i>1:45:31</i>	<i>1:59:38</i>	<i>14:07</i>
		<b>32.51</b>	Afternoon total	<b>B</b>	<i><b>1:59:38</b></i>
		<b>31.08</b>	Lunch time total	<b>A</b>	<i><b>1:43:03</b></i>
		<b>63.59</b>	Total race time	<b>Add A + B</b>	<i><b>3:42:41</b></i>

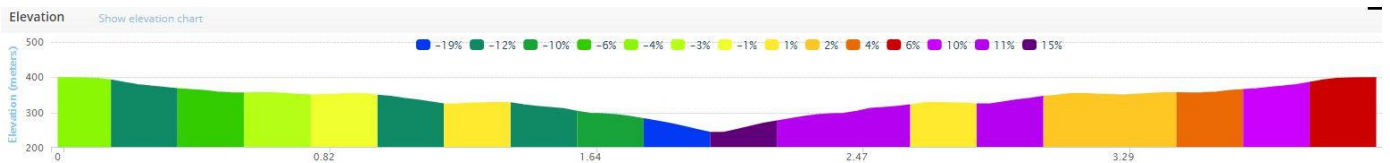
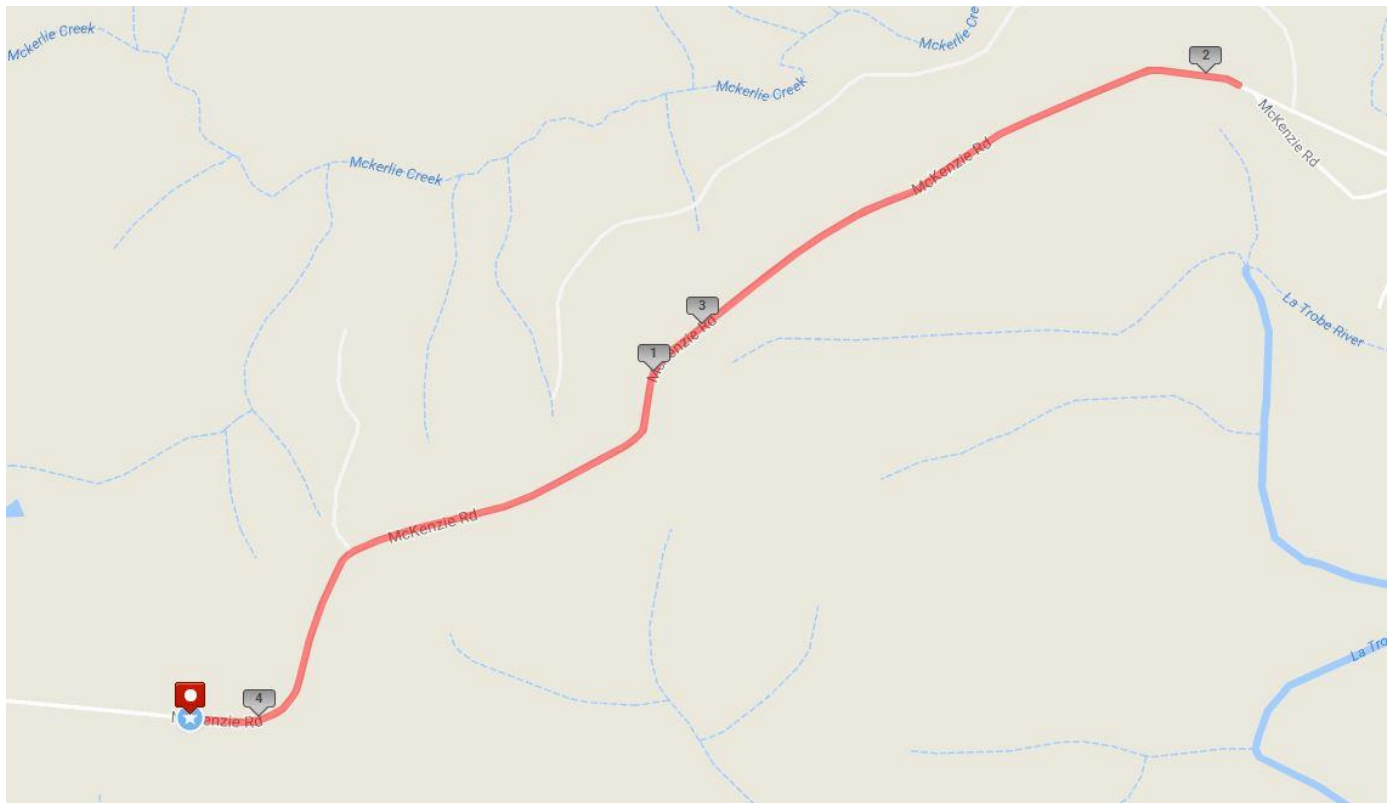
**Legend:** *Black & shaded areas* - these will already be complete when you are given the form  
*Blue print* - these are the bits that YOU must complete accurately  
*Red print* - you can fill these out if you like, but the officials will check them

## Stages 1 - 4 – Smurf's Revenge (run as a relay)

**Route:** <http://www.mapmyrun.com/routes/view/1868867801>

**Distance:** 4.11 km **Total Ascent:** 150 m

**Description:** Start at the letter box at 205 McKenzie Rd and head down McKenzie Rd for ~2km. Turn around at the gate to Forest Edge camp and head back up the road to the letter box at Smurf's farm. First 1km of climb from Forest Edge camp is ~10% gradient – pace yourselves.

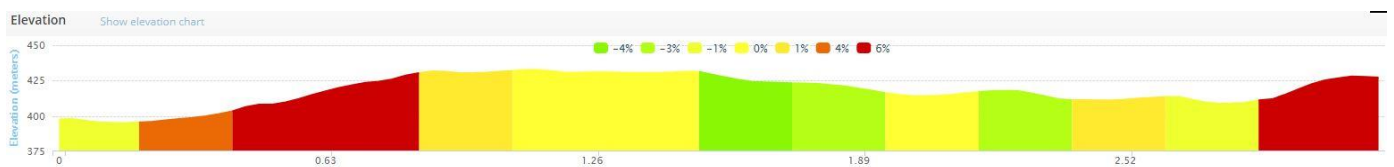


## Stage 5 – Out to the tree farm

**Route:** <http://www.mapmyrun.com/routes/view/1868869133>

**Distance:** 3.15 km **Total Ascent:** 56 m

**Description:** From the letter box at 205 McKenzie Rd head up the hill back towards the Main Neerim Road. At ~2km you will join with Neerim East Road, continue straight ahead (check for traffic to your left!) for ~800m. Turn right onto Murphy Road and run on the gravel road until you hit a large solo gum tree on your left. Handover is at the large gum tree.



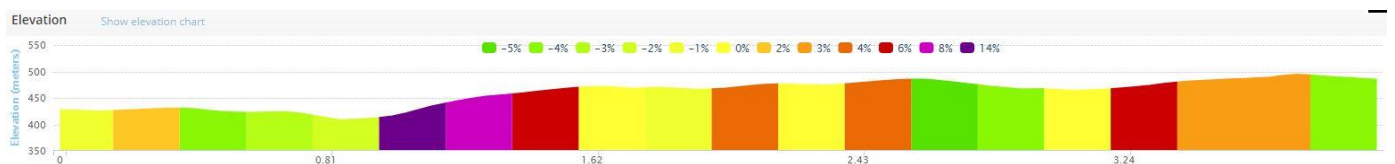
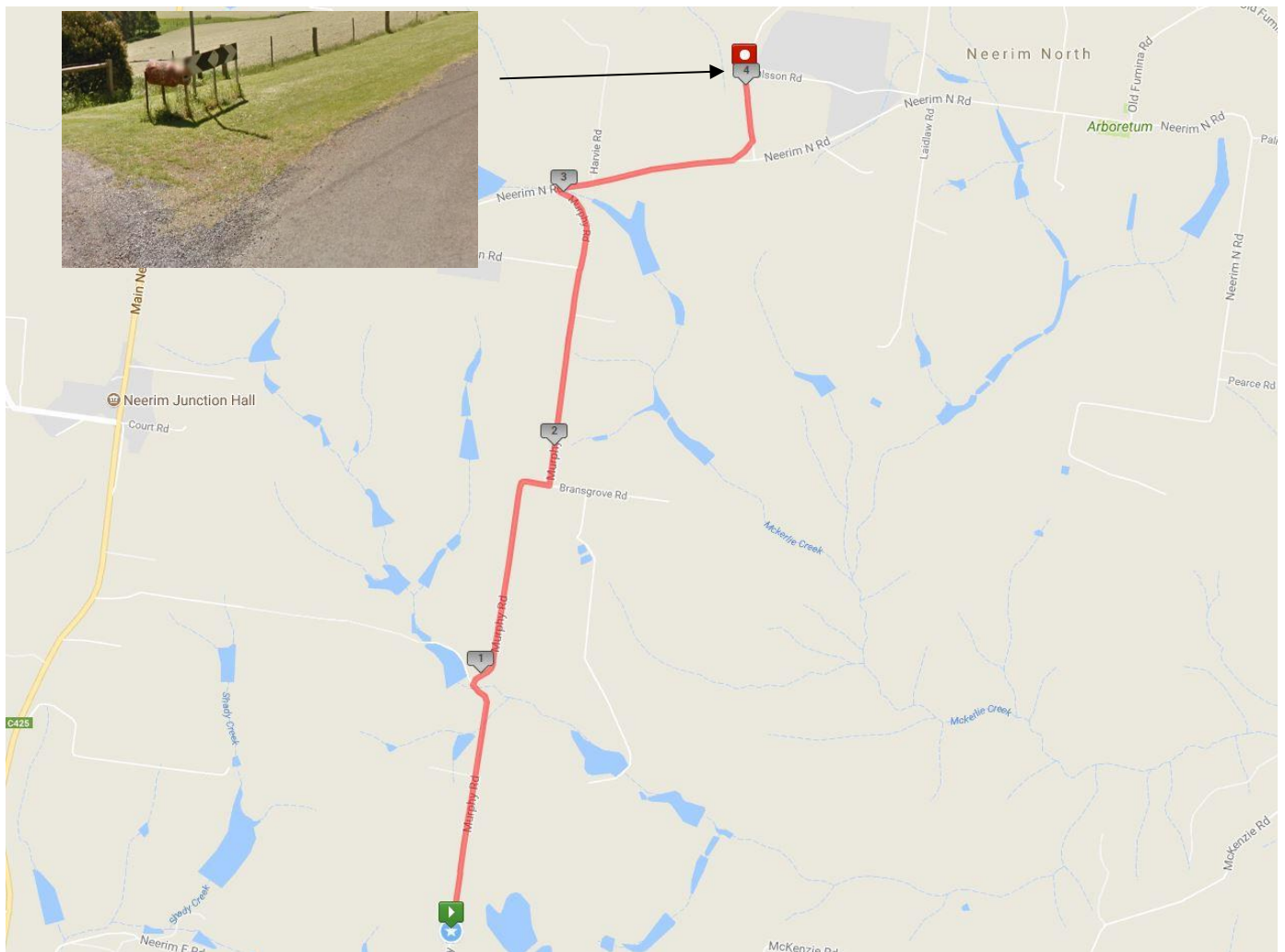


## Stage 6 –Murphy's Law

**Route:** <http://www.mapmyrun.com/routes/view/1840326719>

**Distance:** 4.05 km **Total Ascent:** 103 m

**Description:** Continue along Murphy Road. At 1km into the stage there is a tough climb up the gravel road, at 1.7km in there is a sharp right and shortly after the turn you must take a left onto Murphy Road (do NOT go straight on Bransgrove Road). Continue on the gravel road until you reach Neerim North Road at 3km. Turn right onto the bitumen road (check for cars) and run up a slight incline for 600m. Turn left onto the Neerim North-Noojee Road. Handover is at the corner of Olsson Road at a letter box on the left side of Neerim North-Noojee Road.

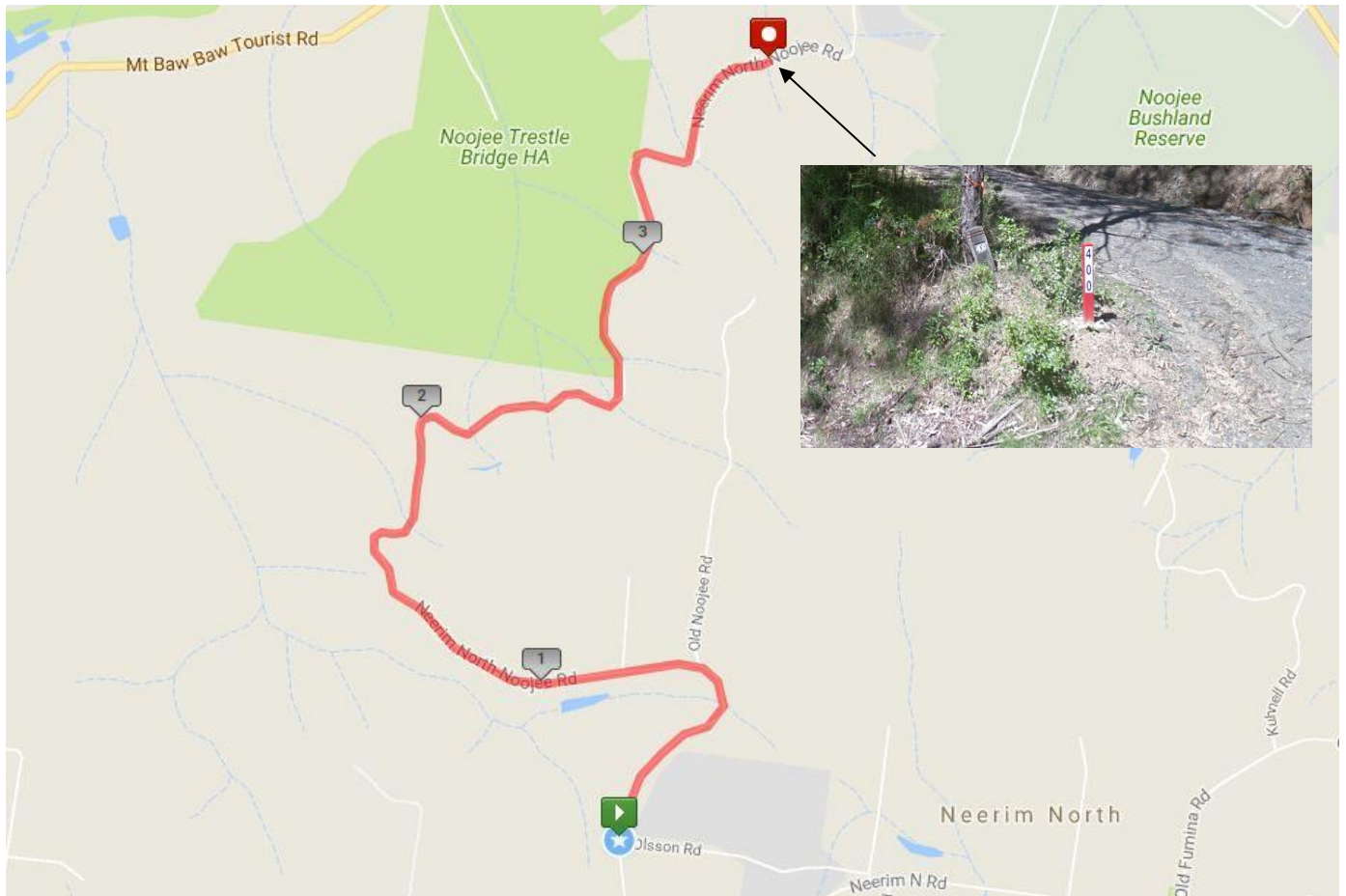


## Stage 7 – Down to Noojee

**Route:** <http://www.mapmyrun.com/routes/view/1948184873>

**Distance:** 3.78 km **Total Ascent:** 16 m

**Description:** A fast and simple stage. Follow Neerim North-Noojee Road down the hill through the forest for 3.78km. Handover is at a private driveway with a red #400 sign on it (right hand side of the road).





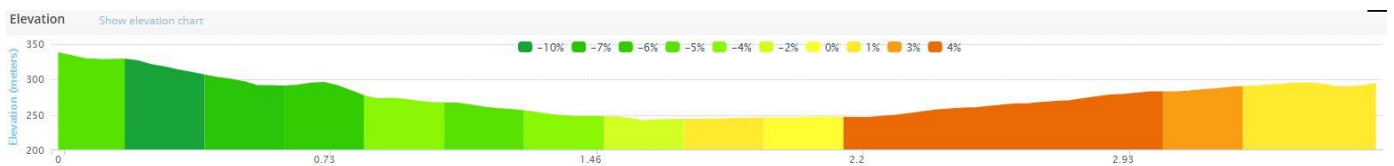
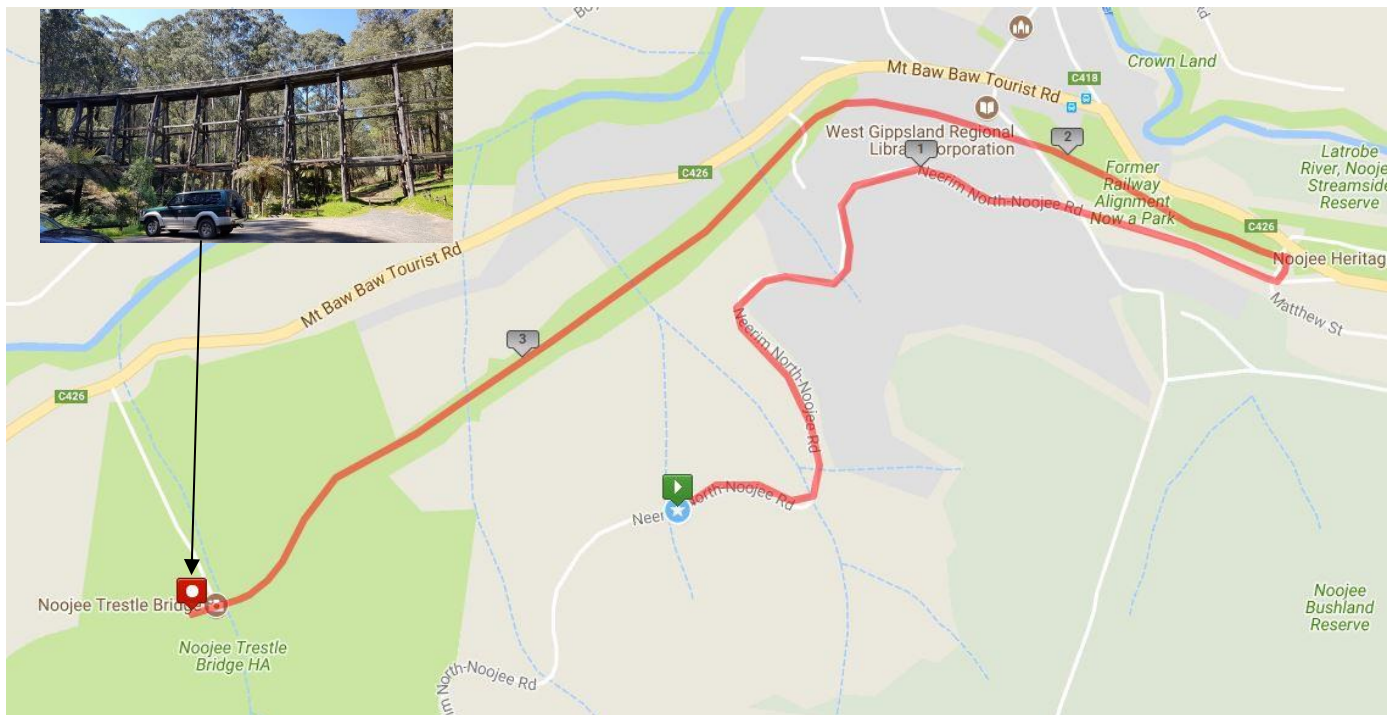
## Stage 8 – A tussle to the trestle

**Route:** <http://www.mapmyrun.com/routes/view/1948185020>

**Distance:** 3.66 km **Total Ascent:** 44 m

**Description:** Continue down Neerim North-Noojee Road for ~1.5km. Turn left at Matthew St and then (almost immediately) turn left onto a gravel path which is the old rail trail. Follow the rail trail up a slight incline until you reach the Noojee Trestle bridge. The stage finishes at the far side of the bridge.

**Car instructions:** **Do not follow the runners down the rail trail at Matthew Street. Continue onto Mt Baw Baw Tourist Rd and turn left at the road to the Noojee Trestle Bridge car park.**

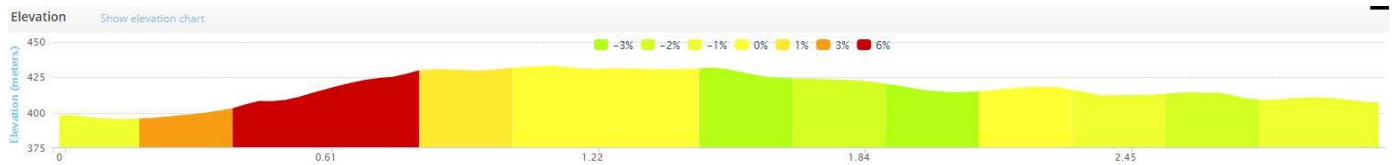


## Stage 9 –Sheffield Shield

**Route:** <http://www.mapmyrun.com/routes/view/1948180733>

**Distance:** 3.06 km **Total Ascent:** 44 m

**Description:** The restart will begin at Smurf's farm. From the letter box at 205 McKenzie Rd head up the hill back towards the main road. At ~2km you will join with Neerim East Road, continue straight ahead (check for traffic to your left!) for 1km. Handover is at the corner of Neerim East Road and Sheffield Road.

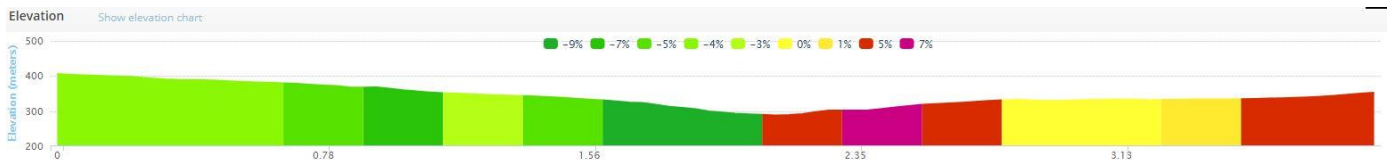
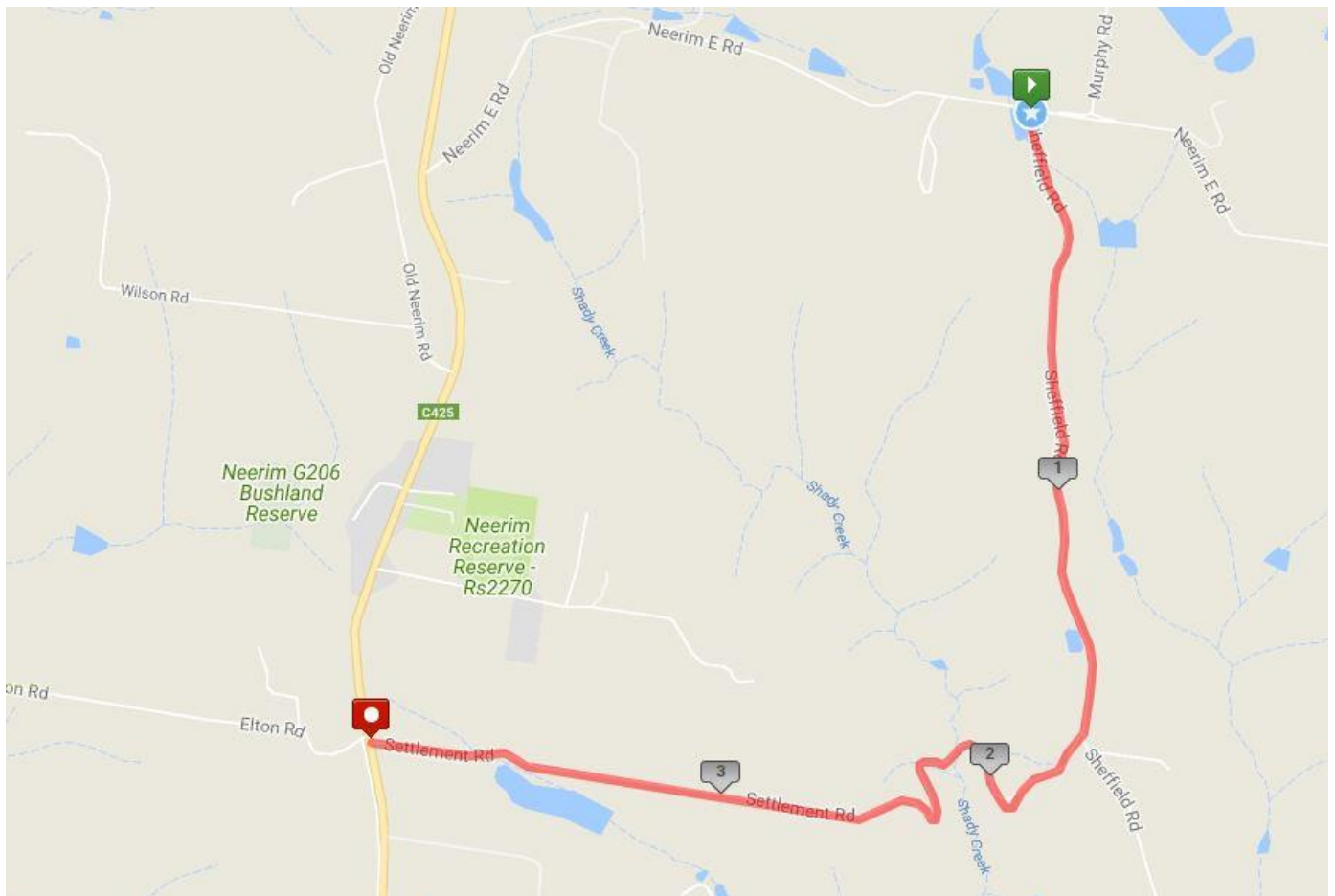


## Stage 10 – Crossing Shady

**Route:** <http://www.mapmyrun.com/routes/view/1948181042>

**Distance:** 3.91 km **Total Ascent:** 54 m

**Description:** Head down Sheffield Road for ~1.8km until you see the turn off (on the right side of the road) for Settlement Road. Turn right onto Settlement Road. Note: this is a steep gravel road – runners and drivers take care please. Follow Settlement Road until you reach Main Neerim Road. Handover will be a handwave signal on the Settlement Road side of the Main Road. Do not cross Main Neerim Road.

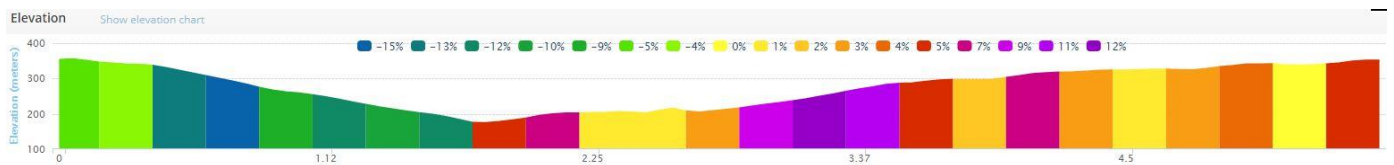
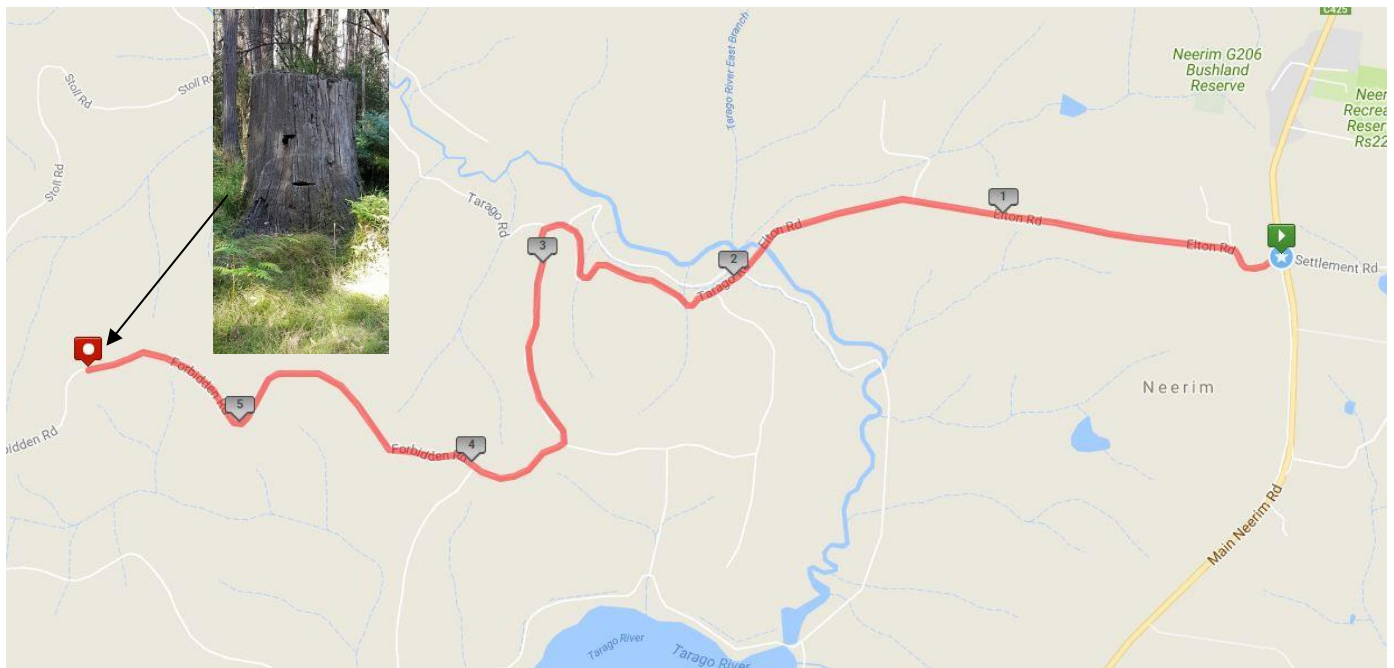


## Stage 11 – Don't let the run go down on me

**Route:** <http://www.mapmyrun.com/routes/view/1948181324>

**Distance:** 5.62 km **Total Ascent:** 164 m

**Description:** Start the stage on the Elton Road side of Main Neerim Road – handover will be a handwave signal. Follow the bitumen road on a sharp descent down to the Tarago River bridge at the entrance to the Tarago State Forest. At the bridge the road changes name to Tarago Road which is a gravel road. Continue on Tarago Road for ~800m. At this point you will see a gravel road (logging track) to your left and a large gum to your right. NOTE: As of Feb 2018 the sign for Forbidden Track was missing! Turn left at this track and head up a sharp climb. This is single vehicle track and there may be trail bike riders on the track – drive slowly and listen out for other vehicles. The first 1km of the climb up Forbidden Track is steep then it becomes a slightly easier rolling climb. At ~2.5km from the initial turn (5.6km into the stage) you will see a very large old tree stump on the left side of the trail (see picture). Handover is at this tree stump.



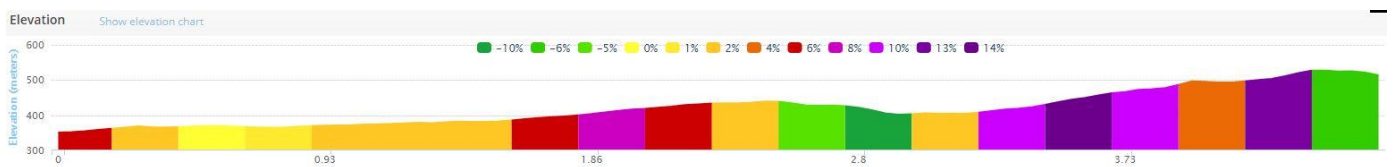
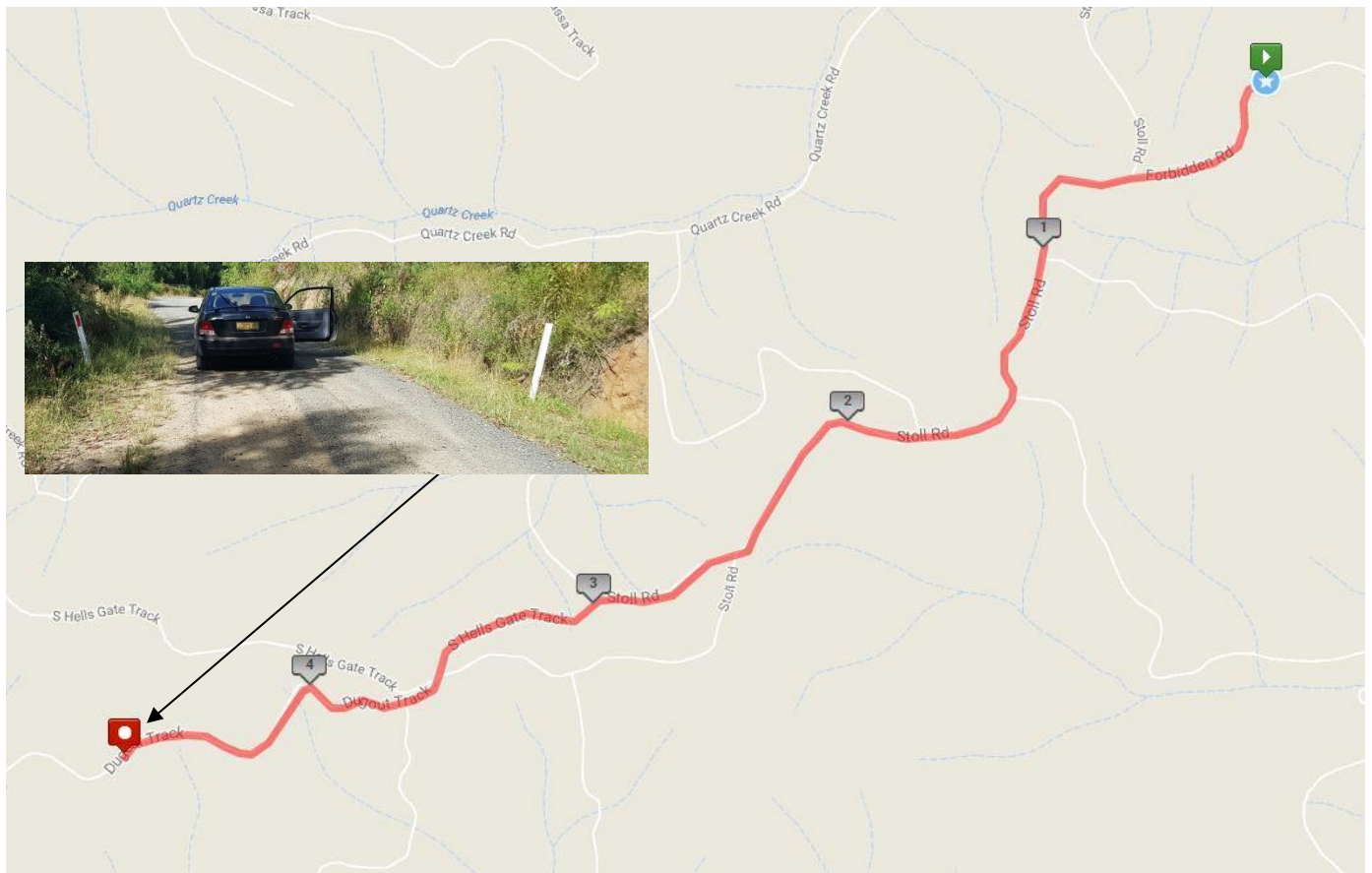


## Stage 12 – Slips' Surprise!

**Route:** <http://www.mapmyrun.com/routes/view/1948181501>

**Distance:** 4.66 km **Total Ascent:** 171 m

**Description:** Follow the gravel road for 4.66km, do not take any turns. NOTE: Forbidden Road will become Stoll Road which will become Dugout Track but logically it is one continuous section with no turns or deviations. At ~4.5km you will reach the top of the climb. Just over the crest there are two white road markers (see picture) on either side of the road. Handover is between these two signs.

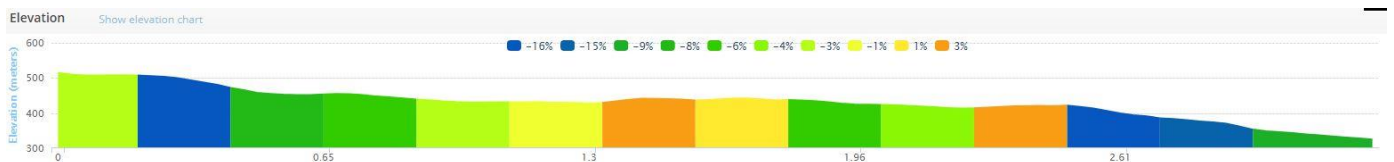
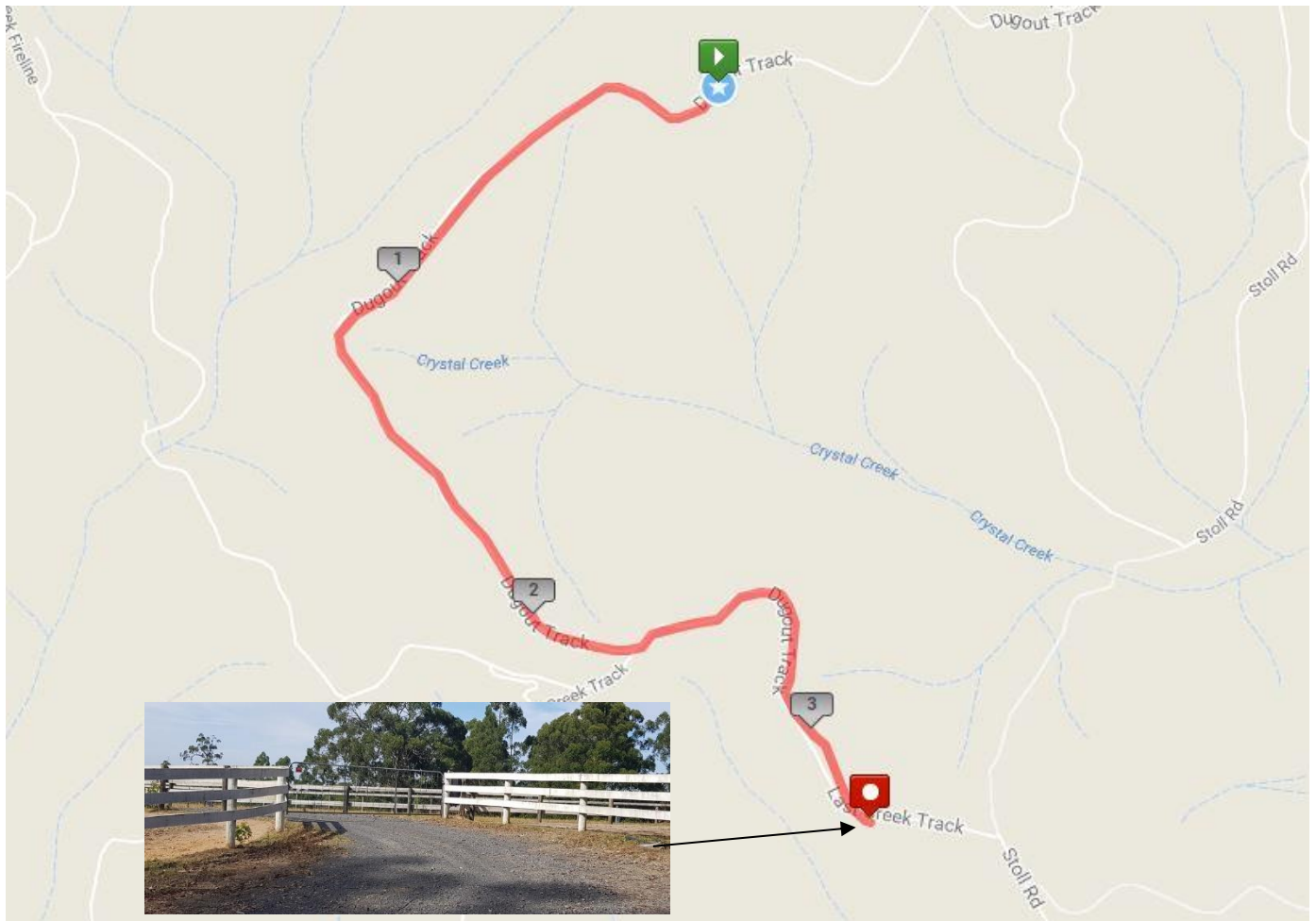


## Stage 13 – Descending Dugout

**Route:** <http://www.mapmyrun.com/routes/view/1948181639>

**Distance:** 3.26 km **Total Ascent:** 42 m

**Description:** Continue down the steep descent on Dugout Track. NOTE: The ground is rocky and rutted so runners and drivers should take care. At ~2.2km there is a track junction, stay left and do not turn off the track. Continue the descent until you reach a farm on the right side of the road. Handover is in front of their driveway which has a white fence (see picture).



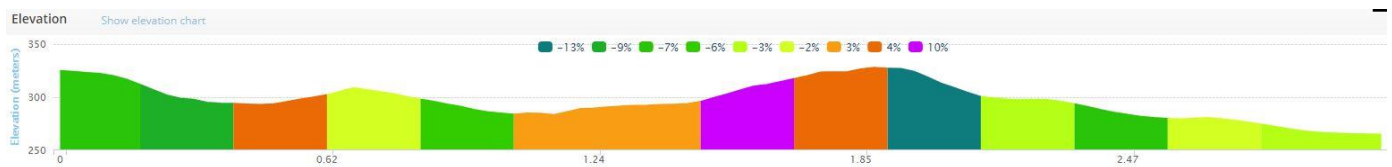
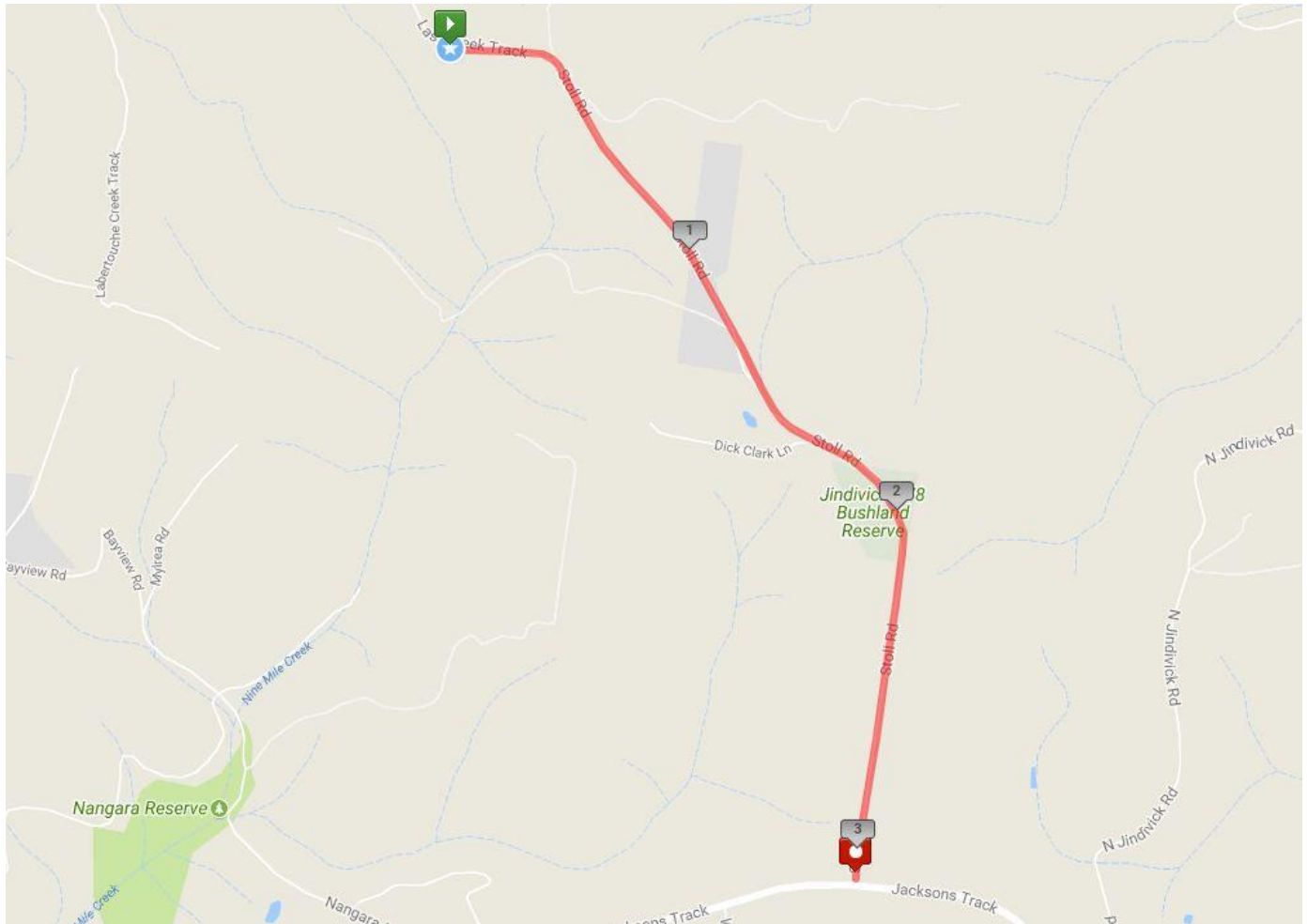


## Stage 14 – Run like you Stoll something

**Route:** <http://www.mapmyrun.com/routes/view/1948181759>

**Distance:** 3.09 km **Total Ascent:** 39 m

**Description:** After 200m turn right onto Stoll Road, then continue on the rolling descent until you hit the intersection with the Jacksons Track (a bitumen road).

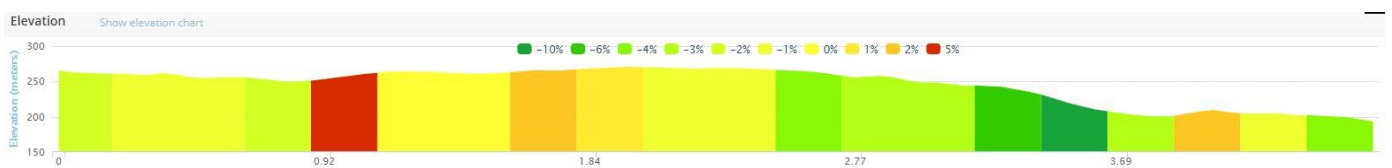
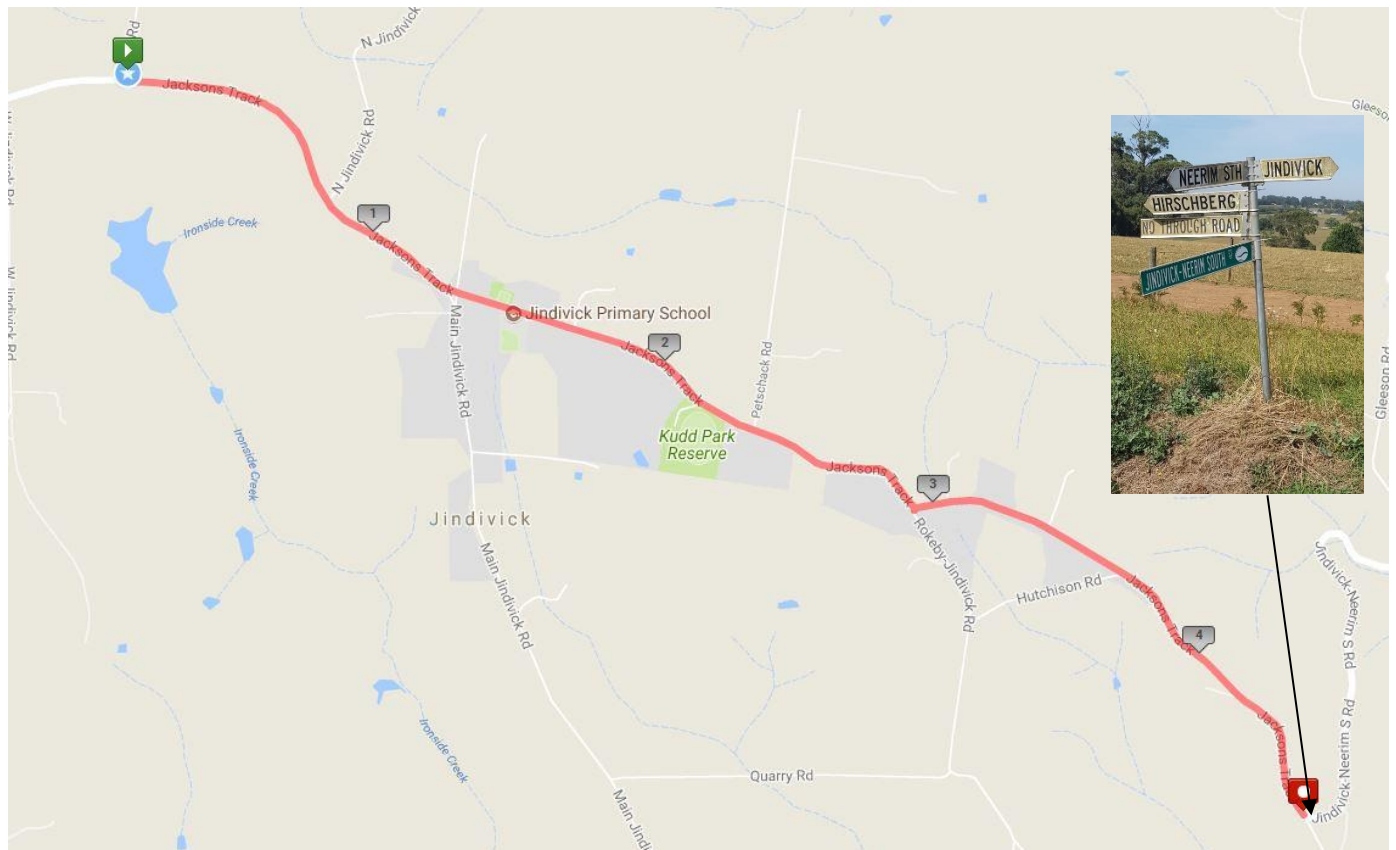


## Stage 15 – Run Jindiquick

**Route:** <http://www.mapmyrun.com/routes/view/1948181933>

**Distance:** 4.62 km **Total Ascent:** 28 m

**Description:** Turn left off Stoll Road and head towards Neerim South on Jacksons Track. NOTE: This can be a busy road use the wide shoulders where possible. Follow Jacksons Track through the town of Jindivick until you hit the intersection with Hirshberg Road. The handover is at this intersection.



## Stage 16 – The Bower Bolt

**Route:** <http://www.mapmyrun.com/routes/view/1948182086>

**Distance:** 4.29 km **Total Ascent:** 103 m

**Description:** After the handover continue the final dash towards Neerim South on the Jindivick-Neerim South Road. A fast descent for 1km will change into a undulating run until 3km. From there continue up the final (brutal) climb to Main Neerim Road. Turn right at Main Neerim Road (do not cross the road) and run on the grass or shoulder of the road until you reach the Neerim Bower Sculpture (see picture). Runners should collapse at the side of the road and curse Smurf and Slips for the course design.

