



2021 5M's 'Reclaim the Tan' Race Guide

We will meet at 8.00 am on Sunday 14 March 2021 at the Pillars of Wisdom. i.e. The start line of the Tan.

Don't be late, everyone is waiting on you!

Once we're all assembled there will be a pre-race briefing and we'll then pick teams. Each team comprises 4 runners.

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 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.

Once team selections are finalised, there will be time to go for a warm up and/or for teams to figure out their strategies.

The race proper will start at 9.00 am.

The event is a 16 stage relay across 4 different courses. Each team member must run each of the 4 courses in the designated order, however teams can choose in which order their runners compete. Course maps are provided on the following pages.

Rolling changeovers are not permitted. i.e. Runners must remain stationary on the start/finish line until they are tagged by their incoming team mate.

We'll have a rest break for 30-60 minutes after all teams have completed course 2. BYO food and drinks as there are no shops (and you can never trust the water fountains will be working). There are public toilets approx 750m either side of the Pillars.

The race should be finished approximately 2pm, and we have organised a caterer to put on a BBQ lunch. Please advise Dozer in advance re any dietary requirements and we will endeavour to cater accordingly.

Timesheets

- Blank timesheets will be given to each team on the day.
- Teams are trusted with keeping their own accurate timesheets, though we reserve the right to adjust results if your Strava/Garmin records suggest something is amiss.
- Timesheets will be collected by officials at the end of the event.
- Each team needs to run a stop watch that will be used as their official time piece.
- The watch should be set to 0:00 for the start of race, and left running continuously until the final runner completes the 2nd course. Ideally you will take lap splits as each runner completes a course. Reset the watch to 0:00 for the start of the 3rd course.
- It is the responsibility of each runner to ensure they complete the courses accurately. Failure to complete any stage accurately will result in time penalties. We have learned over the years that it 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 difficult for your team to 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).

Alan Barkauskas Runner of the Day Award

A feature of 5Ms is the specially designed team singlets. They rarely fit well, and may or may not be techo fabric, but they sure are unique! Life member Alan Barkauskas had a contact in the printing game and for more years than we can remember AB footed the bill. In recognition of AB's contribution, since 2009 the runner of the day has been awarded in his honour.

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 and continued to sponsor the 5M's singlets for a couple of years.



Although he retired many years ago, the printer AB always used is still our supplier and looks forward with great anticipation to bringing our unique stickman designs to life each year.

The prestigious AB 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.

Sample Timesheet

Team Name: *The Bermuda Triangles (2019 winners)*

Stage	Runner	Distance (km)	Start time	Finish time	Net time
1	<i>Katie Seibold</i>	3.83	<i>00:00</i>	<i>14:28</i>	<i>14:28</i>
2	<i>Nick Tobin</i>	3.83	<i>14:28</i>	<i>29:41</i>	<i>15:13</i>
3	<i>Gary Zuccala</i>	3.83	<i>29:41</i>	<i>45:03</i>	<i>15:22</i>
4	<i>David Alcock</i>	3.83	<i>45:03</i>	<i>58:25</i>	<i>13:22</i>
5	<i>Katie Seibold</i>	3.83	<i>58:25</i>	<i>1:13:24</i>	<i>14:59</i>
6	<i>Nick Tobin</i>	3.83	<i>1:13:24</i>	<i>1:28:48</i>	<i>15:24</i>
7	<i>Gary Zuccala</i>	3.83	<i>1:28:48</i>	<i>1:44:54</i>	<i>16:06</i>
8	<i>David Alcock</i>	3.83	<i>1:44:54</i>	<i>1:58:19</i>	<i>13:25</i>
		30.64	Lunch time total	A	<i>1:58:19</i>
Stage	Runner	Distance (km)	Start time	Finish time	Net time
9	<i>Katie Seibold</i>	4.11	<i>00:00</i>	<i>16:19</i>	<i>16:19</i>
10	<i>Nick Tobin</i>	4.11	<i>16:19</i>	<i>33:41</i>	<i>17:22</i>
11	<i>Gary Zuccala</i>	4.11	<i>33:41</i>	<i>51:14</i>	<i>17:33</i>
12	<i>David Alcock</i>	4.11	<i>51:14</i>	<i>1:05:50</i>	<i>14:36</i>
13	<i>Katie Seibold</i>	3.94	<i>1:05:50</i>	<i>1:21:23</i>	<i>15:33</i>
14	<i>Nick Tobin</i>	3.94	<i>1:21:23</i>	<i>1:38:29</i>	<i>17:06</i>
15	<i>Gary Zuccala</i>	3.94	<i>1:38:29</i>	<i>1:56:12</i>	<i>17:43</i>
16	<i>David Alcock</i>	3.94	<i>1:56:12</i>	<i>2:10:18</i>	<i>14:06</i>
		32.20	Afternoon total	B	<i>2:10:18</i>
		30.64	Lunch time total	A	<i>1:58:19</i>
		62.84	Total race time	Add A + B	<i>4:08:37</i>

Legend: *Black & shaded areas*
Blue print
Red print

- these will already be complete when you are given the form
- these are the bits that YOU must complete accurately
- you can fill these out if you like, but the officials will check them

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 (Dozer still has the map!). 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 are generally won and lost as a result of team selection.

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.

In 2019, due to extreme conditions, a total fire ban and a fire on the Mornington Peninsula course starting the day before the race, things were reorganised and a city based course was hastily designed. Given COVID has stopped many of us from visiting the city over the last 12 months, this year we are pleased to be re-using the city based course under the theme of "Reclaim the Tan".

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

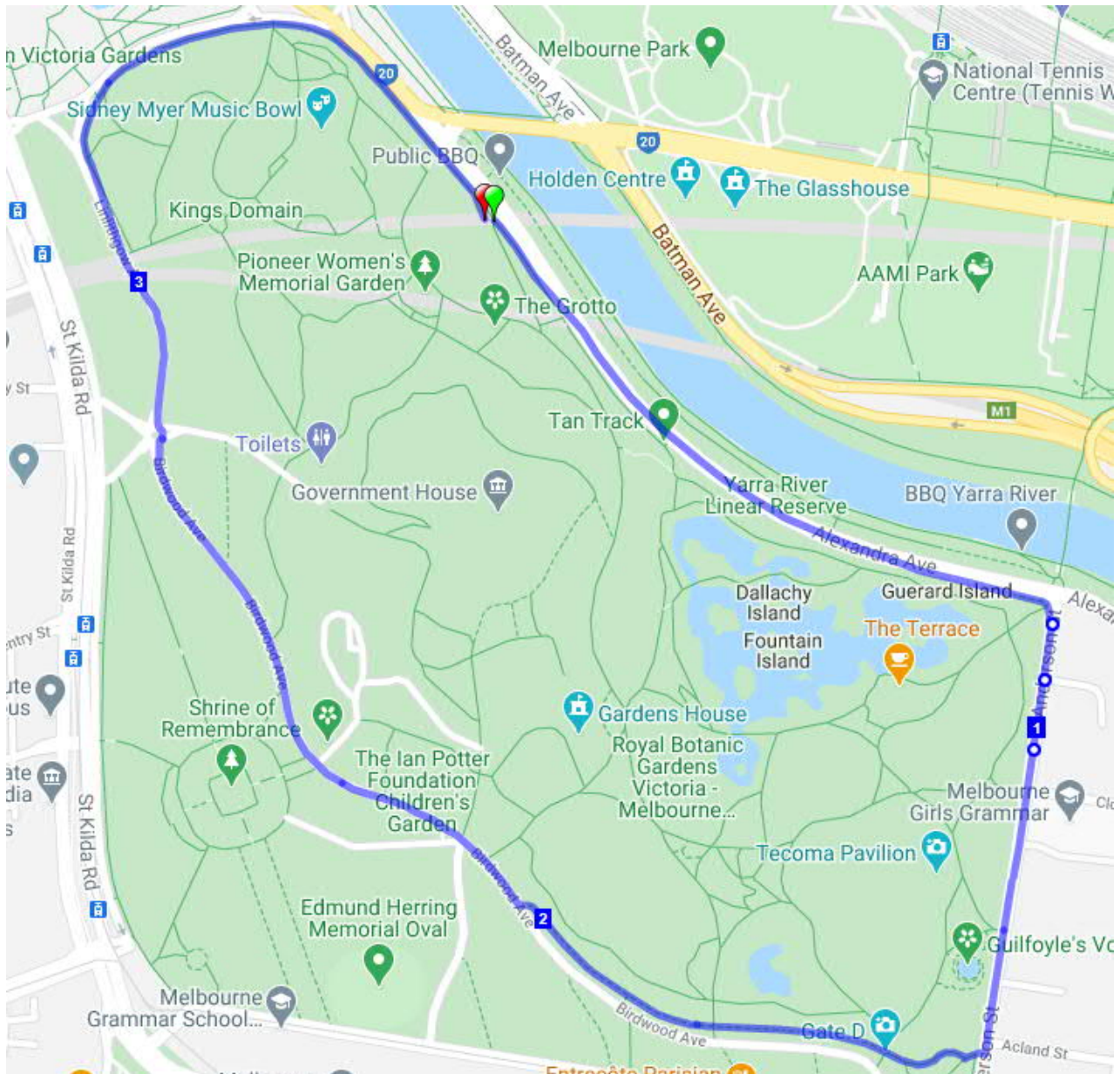
And in case you didn't know, 5M's stands for 'Melbourne Midday Milers March Madness'.

Course 1 - Tan

Distance: 3.83 km

Description: Clockwise loop of the Tan, start/finish at the official start line by the Pillars of Wisdom. Stay on the path, no cutting corners by running on the road.

5M's course record: 13:00 - Daniel Hall - 2019



Elevation profile

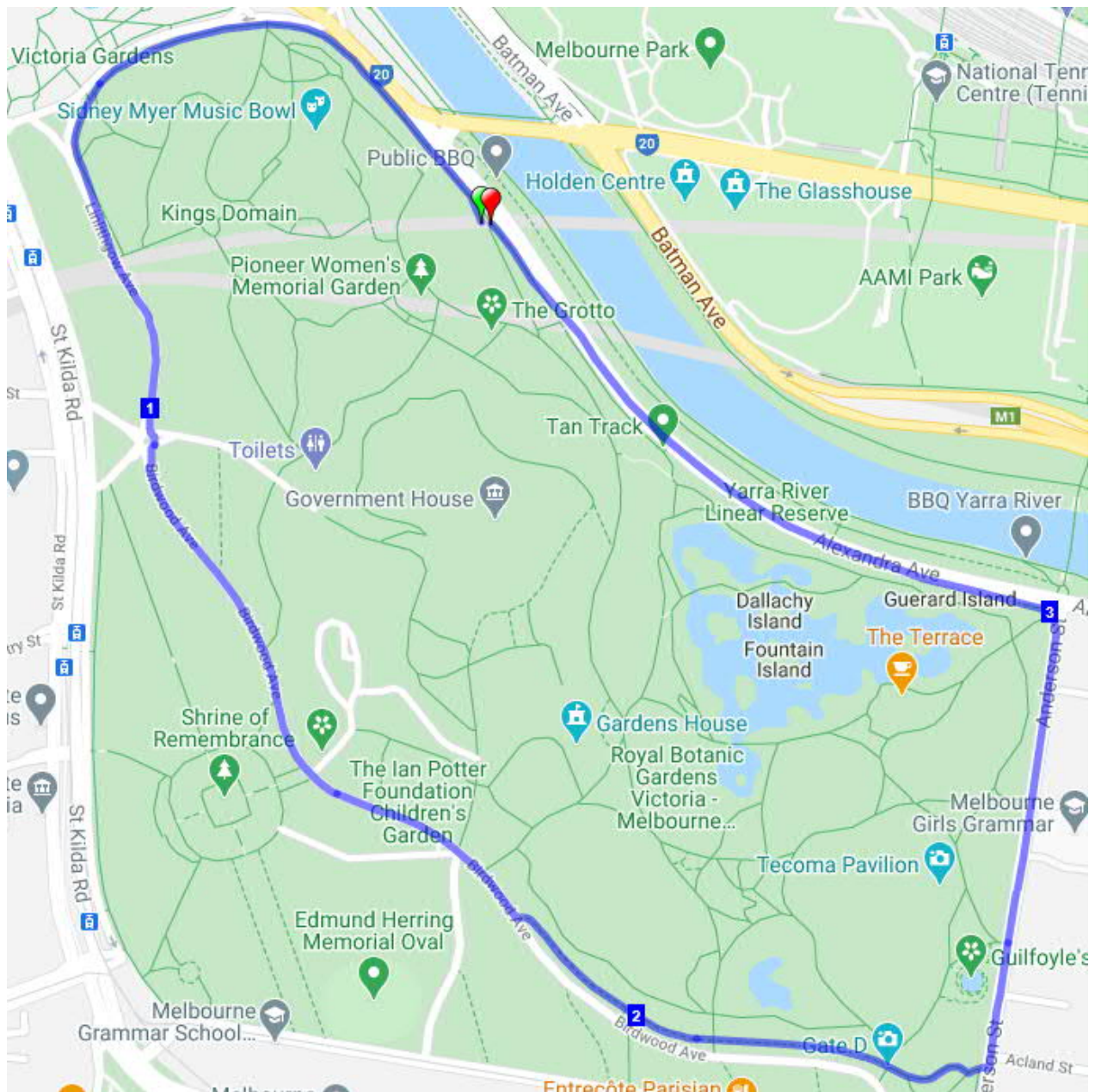


Course 2 – naT

Distance: 3.83 km

Description: Counter clockwise loop of the Tan, start/finish at the official start line by the Pillars of Wisdom. Stay on the path, no cutting corners by running on the road.

5M's course record: 13:22 - Daniel Hall - 2019



Elevation profile



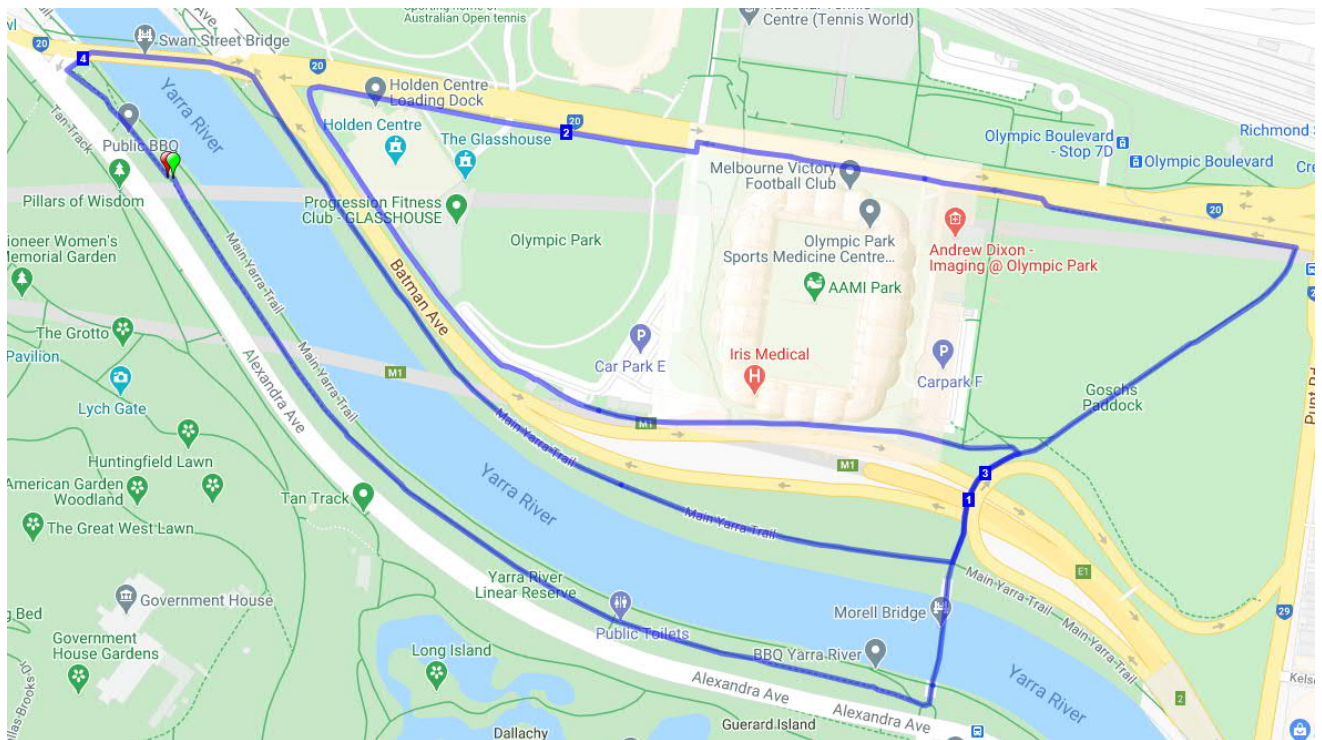
Course 3 – Canova Loop

Distance: 4.11 km

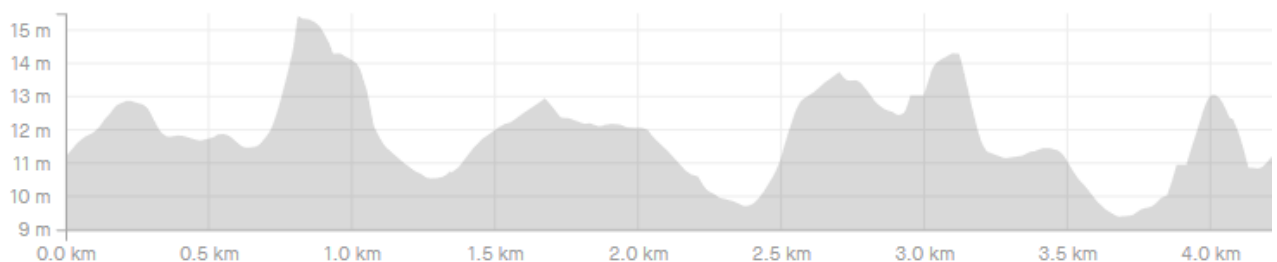
Description: The start/finish line is the rubbish bin on the river side of Alexandra Parade, directly across the road from the Pillars. Use the higher path.

- Head away from the city and turn left onto Morrel Bridge (opposite Anderson St).
- Stay on the bridge as it crosses the freeway and take the diagonal path through Goschs Paddock until you reach the corner of Punt Rd & Olympic Blvd.
- Turn left and run along Olympic Blvd to Batman Avenue.
- Turn left and run along Batman Avenue, staying on the path as it curves around the back of AOP and AAMI Park.
- Turn right onto the bridge to cross back over the freeway, and turn right again to head back towards the city along the north side of the river.
- Turn left across Swan Street bridge, and left again to return to the start/finish line.

5M's course record: 14:33 - Daniel Hall - 2019



Elevation profile



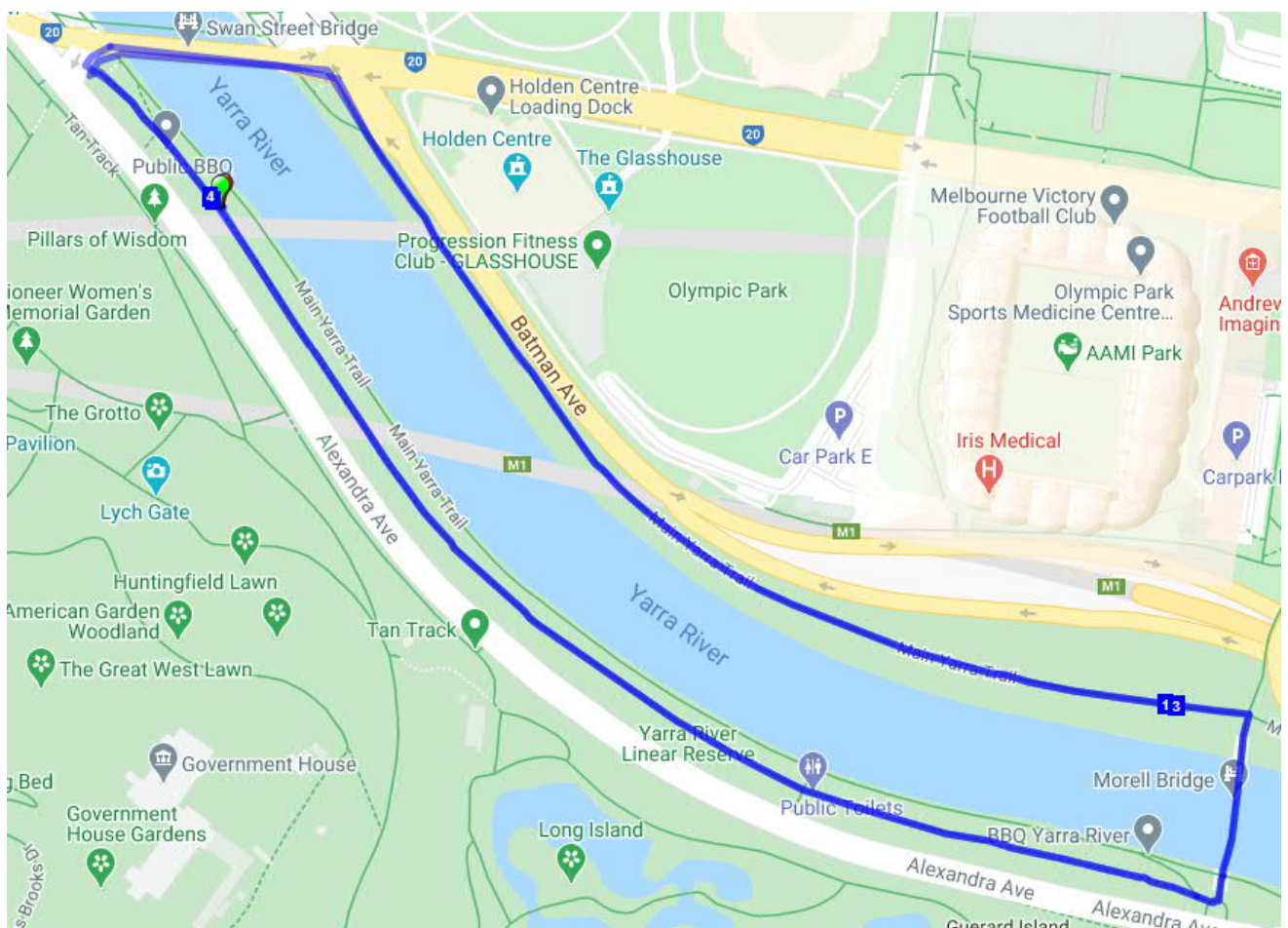
Course 4 – Two Bridges

Distance: 3.94 km

Description: The start/finish line is the rubbish bin on the river side of Alexandra Parade, directly across the road from the Pillars. Use the higher path and complete two counter clockwise laps of the Two Bridges course.

- Head away from the city and turn left onto Morrel Bridge (opposite Anderson St).
- As soon as you've crossed the river, turn left to head back towards the city along the north side of the river.
- Turn left across Swan Street bridge, and left again to return to the start/finish line.
- Remember it's two laps!

5M's course record: 14:06 – Dave Alcock - 2019



Elevation profile

