



## **Congratulations and Welcome to the Margaret River Ultra Marathon 2024**

Thank you for your support in entering the Margaret River Ultra Marathon for 2024.

Now that you have committed to the event we are excited to share with you a **Welcome Pack of detailed information**, so you know more about the experiences to come and have the resources you need to prepare for them.

### **This welcome pack includes:**

- how to confirm your team members in the entry system Race Roster
- training advice and a links to a free training planner from Hanny Allston, for both the 80km and the 42km
- how to connect with your Margaret River Ultra Marathon community
- suggestions about travel, accommodation, and race transfers for the event
- equipment lists and recommendations
- running groups you can join to train for the event

Take your time to read through our suggestions and articles.

We are really excited that you'll be joining us in the beautiful Margaret River region and we can't wait to see your smiles as you experience the Margaret River Ultra Marathon in May.

## **CONFIRMING YOUR TEAM MATES**

**Teams must ensure that ALL team members have completed their details online and are officially linked to your team. To manage the members of your team (eg. Swap members, change details...) please follow these steps:**

- Log into your Race Roster account [here](#)
- Under 'Recent Registration', click view registration for the Margaret River Ultra Marathon
- Click the Teams tab at the top of the page
- Here the Team Captain will be able to:
  - Enable the option to receive email notifications when a new member registers
  - Find and share your Team Entry
  - View important details regarding your team members
  - Edit Team Name
  - Edit Team Information
  - Send a message to your team members which they can view on their dashboard
  - Export your team list as a CSV file.

## TRAINING AND PREPARATION

We are honoured to have Hanny Allston as a close friend of Rapid Ascent and the official training partner for the 2024 Margaret River Ultra Marathon. Hanny is a champion ultra-distance trail runner and a coach to others who seek the wild potential inside themselves. She is also the co-owner and manager of the Find Your Feet outdoor and trail running stores in Tasmania.

### TRAINING PLAN

Hanny Allston has prepared a free training plan for all athletes participating in Margaret River Ultra Marathon event. You can access a training plan for both the [80km](#) and [42km](#) at no cost to you.

**Enter the code **MRUM**** at checkout to receive your chosen training plan at no cost.

We cannot recommend it highly enough for those training towards the event.

### The Trail Running Guidebook

Hanny has also prepared a Trail Running Guidebook that is another terrific resource and will help you better understand the training planner and her broader thoughts on how to prepare for any event and become a better, stronger and more sustainable runner long term.

The Guidebook provides athletes of any ability a safe pathway to prepare to your chosen adventures and contains a snapshot of key lessons that Hanny learnt on her journey to becoming a world champion and elite trail running record holder. To help you find your feet in the sport of trail running she shares her theories on training & racing strategies, nutrition & hydration, equipment, how to avoid the common injuries, running technique, and psychology and much more.

We strongly recommend all runners purchase a copy of the Guidebook not just to aid your preparation for the Margaret River Ultra Marathon but to build your knowledge and understanding of trail running and how to best enjoy it sustainably for many years to come.

**Purchase a copy for \$36.95 from her website [HERE](#).**

**Contact Hanny [HERE](#)**

## MARGARET RIVER ULTRA MARATHON FACEBOOK GROUP

Connect with fellow runners, share training plans and stories via our friendly Facebook group [HERE >>](#).

## TRAVEL AND ACCOMMODATION

The Margaret River Region has a vast selection of accommodation options, including luxury retreats, group and family accommodation, budget lodgings, bed and breakfasts, caravan and camping grounds. Check out: <https://www.margaretriver.com/> for a full list of accommodation and activities to do in the region before or after your run.

## MANDATORY GEAR

The weather in the Margaret River region can be magnificent in May, but it can also be miserable – wet, cold and windy. You can assume that the race will go ahead no matter what the weather, so we encourage you to be sensible about the gear you take and match it to the conditions expected on the day.

- View detailed list of Mandatory Gear required [Here >>](#).
- Purchase some of the items via our store and collect at registration. [Buy Here >>](#)

**TRIBE AND TRAIL official event retailer:** If you need to buy any specific trail running items then we strongly encourage you to visit the Wayne and Amanda at Tribe and Trail – who are our official retail partner for the event. They are located at 235 Railway Parade, Maylands WA, OR you can shop on their excellent website at <https://www.tribeandtrail.com.au/>

## BUS TRANSPORTATION

We offer bus transportation from the finish line at Howard Park to the Start Line for each event to make your race logistics easier. Purchase your ticket [Here >>](#).

## RUNNING GROUPS

There are a great number of running groups and clubs in the Margaret River and Perth regions. We have provided a summary of the groups here:

### **Margaret River Trail Runners**

Margaret River Trail Runners is a club formed to take advantage of the trails in the Margaret River region, to encourage more people to run and to meet and socialise with other runners

[Facebook Group](#) [Website](#)

### **DOSE Running**

Lead by head coach Scarlett Duncan, DOSE offers 10+ adult group sessions in the Western Suburbs of Perth, per week, including trail runs. If you can't make the group sessions, Scarlett can lead you through a program online. Scarlett's personally raced the Margaret River Ultra Marathon in a team and solo, and the Surf Coast Century 100km, as well as coached many runners to achieve their own debut ultra's.

[Website](#) [Instagram](#)

### **PHAT Runners**

The Perth Hills And Trails is another Perth based trail running group who run the trails around Perth every week. They usually conduct at least two group runs per week (midweek and weekend), which vary from around 1.5 hours to 8 hours, from 12km to 50km+... They have a supportive and inclusive environment and welcome experienced trail runners looking for a regular group. Check their [website](#) for more.

### **Manning Park Trail Runners**

Clint and Sarah from Manning Park Trail Runners conduct a session every Thursday night at Manning Park in Hamilton Hill. Each week there is a range of up to 7 different groups, from hikers through to highly experienced fast trail runners. There's a Kids session from 5-6pm, then the main session runs from 6-7:15pm. The main session includes a whole group warm up, then 1hr out on the trails at Manning Park with the different paced smaller groups, before regrouping for a cool down as a whole group. Check out their [Facebook](#) page and [Instagram](#) for more!

### **Wild Ones Adventure trail runs**

Designed with inclusivity in mind, Wild Ones Adventure is a community of outdoor-adventure seekers that love to support and encourage each other. Whether you're a newbie to the sport, or a trail-running junkie, Wild Ones cater for all levels of fitness.

[Website Instagram](#)

### **Dunsborough Running Club**

The Dunsborough Running Club have regular runs in the Dunsborough Region. Check out their Facebook page [HERE](#)

If you are a member of another trail running group then share the details on the Facebook Group to welcome others (and also let us know!)

## **READ THE WEBSITE**

The Margaret River Ultra Marathon website has A LOT of information on it that can help you further prepare, with details like:

- Hydration and nutrition information [here](#)
- Course descriptions and videos
  - For the 80km course [here](#)
  - For the 42km course [here](#)
- Details on the Competitor Services offered on the day [here](#)

Plus plenty more...

## **HAPPY TRAINING**

We hope this Welcome Pack has given you further insight and understanding for how to prepare for your Margaret River Ultra Marathon.

We are here for you – so if you have any questions, comments or concerns then contact us at any time OR post your question on the [FACEBOOK GROUP](#) and let the community of runners who've done this event help you out.

See you in May!

**Sam, John, Kate, and the team at Rapid Ascent.**

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