

Let's

ESCAPE

to the hills...

EVENT PROGRAM SUNDAY 3RD AUGUST SILVAN

ESCAPE TO THE DANDENONG RANGES!

Welcome to the final race of the 2025 Trail Running Series at spectacular Silvan in the Dandenong Ranges. This course has long been a favourite amongst runners and is a fitting conclusion to the Series.

This is a trail running paradise providing beautiful running through dense forests of towering Mountain Ash, expansive tree ferns and lush green gullies. The sounds of lyre birds, kookaburras and tumbling mountain streams mixed with the rhythmic beat of foot steps just adds to the experience.

We're excited to conduct the race in the popular HANDICAP FORMAT we've done for the last 2 years. This means that we all start at separate times but FINISH TOGETHER for a grand celebration of trail at the series conclusion.

Please carefully read the start process as explained on page 6 of this event program and get ready for a fun experience on the trails together.

The Rapid Ascent team

EVENT SCHEDULE

SUNDAY 3RD AUGUST

6:45 - 10:00am	Race Registration (race plate collection)
7:30 - 9:03am	LONG COURSE - START TIMES (22km)
8:19 - 9:35am	MEDIUM COURSE - START TIMES (15km)
9:27 - 10:20am	SHORT COURSE - START TIMES (7.5km)
10:50am	All runners finish together!
8:30am onwards	Food, live music, entertainment, expo open...
11:30am	Presentations for race 3 and The Series

IMPORTANT:
Read
about the
handicap start
process on
page 6.

skraitch LABS

EST. 2014
BLACKMAN'S
BREWERY
THEROY - AUSTRALIA

SURF
COAST
EVENTS

GreatOceanRoad
REALESTATE

ProFeet

Beyond
Move through life

Surf Coast Times

Another event by:

rapid
ASCENT
Adventure Event Management

LOCATION & CAR PARKING

EVENT CENTRE AND FINISH LINE

Silvan Reservoir Park, Stonyford Road, Silvan (Dandenong Ranges) - in the parkland on Stonyford Road, below the dam wall. **NOTE: This is a dog free park so please do not bring any dogs.**



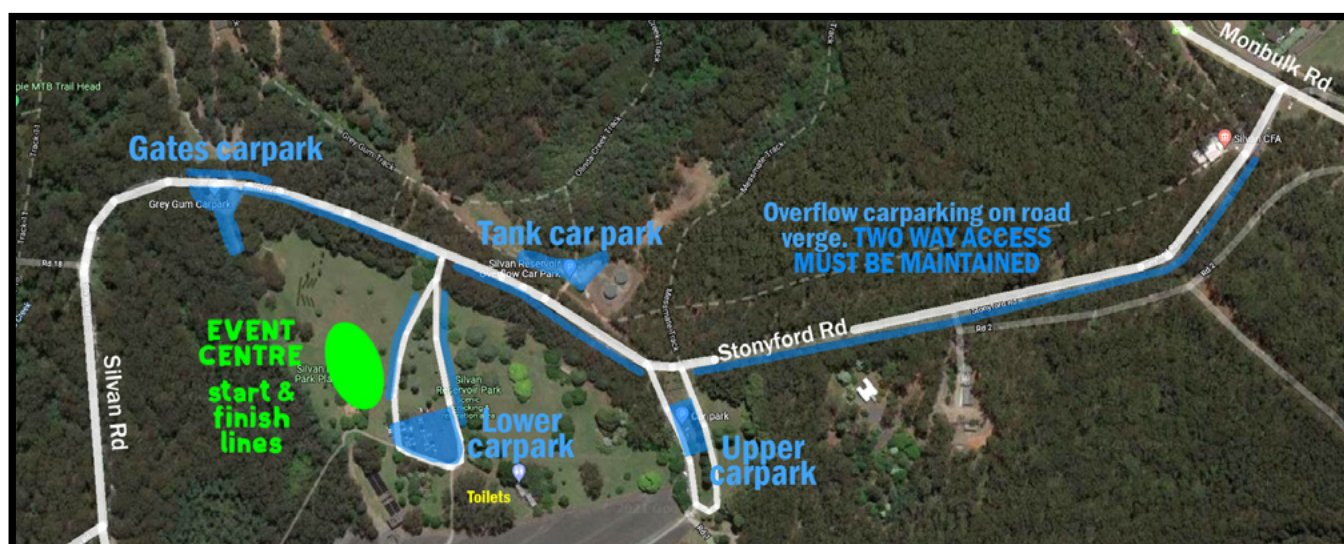
DRIVING DIRECTIONS:

If coming from central Melbourne, drive out on the Eastern Freeway and continue onto Eastlink past Ringwood. Turn left onto Canterbury Rd and follow this through Montrose, then turn right onto York Rd to Mt Evelyn where you turn right onto Monbulk Rd and finally right onto Stonyford Rd at Silvan. This leads to the parkland at the base of the reservoir wall. Put '[Silvan Reservoir Park](#)' into Google Maps.

EVENT ACCESS AND PARKING:

We recommend people car pool with friends because parking is very limited in the start / finish area. Please follow these guidelines and the directions of parking marshals on the day:

- 1st to fill: Lower car park adjacent the start / finish area at the base of the wall (limited spots, the first ~100 cars will fit)
- 2nd to fill: Upper car park and overflow parking areas on Stonyford Road: Cars will be directed here once the lower car park is full
- 3rd to fill: Along the side of Stonyford Road leading to the start / finish area (last resort parking!): Please park on the LEFT hand side (southern side) only and ensure that TWO WAY ACCESS IS MAINTAINED.



THE EVENT CENTRE

We will have a large Event Centre set up with plenty of food and entertainment options so you can relax and enjoy your accomplishments after the race. The Event Centre will include:

- The start and finish line for all races > *Read about the [handicap start process on page 6.](#)*
- Race registration and information marquee (from 6:45am)
- Displays by a range of sponsors including:
 - **Skratch** Hydration and Nutrition
 - **Blackmans Brewery** bar with free tastings and beer for sale
 - **Beyond** physiotherapy providing free massages
 - **Pro Feet Podiatry** consultations
 - **Ozone Performance** hats
- Event merchandise sales marquee and Bag storage area for runners' clothing during the race
- Live music, MC and commentary at the race finish
- A range of food, coffee and snacks including
 - Silvan Primary School with a huge BBQ
 - Harringtons Coffee - coffee and more
 - Bahn Mi Brothers - Vietnamese food van

COMPETITOR SERVICES @ THE EVENT CENTRE

GOLD RUNNERS: remember to BRING YOUR GOLD NUMBER PLATE from the previous races!

BEYOND & PROFEET PODIATRY - FREE MASSAGE + PODIATRY ADVICE

Our terrific healthcare partners Beyond and Profeet Podiatry are back again and will have a Myotherapist, a Physio and a Podiatrist on hand to help enhance your performance and avoid injuries. They'll be providing some free massages and injury advice as well as tips on shoes, blisters, socks and more. Stop past and say hi.

Beyond
Move through life



FREE TASTER BEER / SELTZER THANKS TO BLACKMANS BREWERY

Blackmans Brewery and Coast Sletzer will have an onsite bar providing free tastings and sales of their award winning beers and seltzers. This nationally respected brewery is based in Torquay with additional bars in Ocean Grove and Geelong - and they are trail runners who share our love for the trails. Drop by for a chat / meal / beer anytime.



SKRATCH HYDRATION POINT - NO CUPS!!

There will be a hydration station located in the event expo / finish line area that will have water and Skratch hydration sports drink available – but you must BRING YOUR OWN CUPS OR BOTTLES...



KIDS ACTIVITY ZONE

We'll have a bunch of games set up for kids (of any age) to play with during the morning, including Giant Jenga, Corn Hole and Quoits. *"Fun for the whole family!"*

BITUMEN IS BORING BACKDROP

Our Bitumen is Boring backdrop will be set up with a range of fun placard signs for you to hold up and have fun with. Snap a selfie or grab a group photo to celebrate the end of the series.

BAG STORAGE

We will store your bags and keep an eye over them whilst you're running. Put all items in a closed bag, attach the tear-off bag tag from the bottom of your number plate and hand the bag to the storage area before your run. All care no responsibility.



BYO CLUB MARQUEE

Groups and clubs are welcome to bring your own marquee to set up near the finish line to create your own race hub. Send us a quick e-mail with the details to events@rapidascent.com.au beforehand then set up your home base and enjoy the scene. (Marquees must be well pegged down and made safe).

SERIES PRESENTATIONS

Presentations will be conducted for race 3 and the overall 2025 Trail Running Series from 11:30am. The various results for each category will be read out at the same time and medals and prizes presented at the time. Please contact us if you are unable to attend / collect your items.

FINISH LINE MEDALS - AVAILABLE FOR PRE-PURCHASE \$9.95

In 2025 we are providing runners the opportunity to purchase a finisher medal before the race rather than including the cost of the medal in the entry fee for all runners. We have made this decision to keep entry fee costs down and to minimise the wastage of making and giving a medal to someone who does not want it.

We will award the finish medals to those who purchased them after your race. Come to the registration marquee after you finish to collect it.

A limited number of race 3 medals can still be pre-purchased [via the website](#) - it is likely that these will be sold out by race day.

Medals from each race combine to create a series trifecta medallion



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50K SOLO RACE

13 SEP
2025

- Ideal for first timers and experts
- Enhanced competitor services for 2025
- Diverse, achievable course
- Electric race atmosphere



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COMPETITOR IDENTIFICATION

COMPETITOR NUMBER PLATE COLLECTION

GOLD RUNNERS: remember to - BRING YOUR GOLD NUMBER PLATE from the previous races!

All other runners must collect your number plate from the registration marquee on the morning of the race (if you pre-purchased postage for your plates then it will arrive in the mail). So make sure you arrive early enough to collect your plate before your race starts!

ON THE DAY ENTRIES

Entries will be accepted on the day at the event. Please enter via your phone and then show the entry confirmation e-mail at race registration.

GOLD RUNNER FREEBIES!

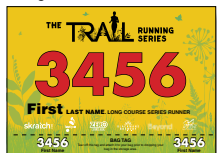
Hey gold runners - if you didn't collect your items at race 1 or 2 then don't forget to visit the registration marquee to collect your new Trail Series 500ml soft flask and head buff. These free items are limited to the first 350 people to enter as gold runners (check the entry list to see if you were within the [first 350 to enter HERE](#)).



NUMBER PLATES

- All competitors must race with their number plate attached to the front of their t-shirt / top (and not on your shorts or leggings) so it is clearly visible from the front during the race.
- If you have a GOLD race plate from race 1 or race 2 then remember to BRING IT WITH YOU and re-use it at race 3.

Gold Runners plate
Long course series runners



Gold Runners plate
Medium course series runners



Gold Runners plate
Short course series runners



Long Course plate



Medium Course plate



Short Course plate



“Trusted by runners
to keep them running”

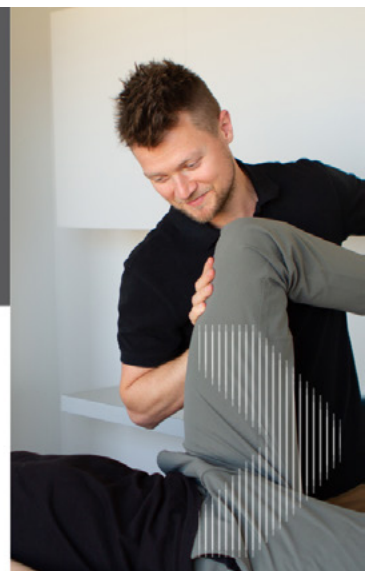
Proudly working with Rapid Ascent since 2022
Please take advantage of an \$80 voucher* to keep you running

Locations:
Blackburn
East Melbourne
Hawthorn
Newtown
Ocean Grove
Windsor
w.movebeyond.com.au



*Register here for
voucher + T&Cs

Physiotherapy
Osteopathy
Clinical Pilates
Exercise Physiology
Podiatry
Remedial Massage
Myotherapy
Womens Mens Pelvic Health Physio



THE HANDICAP START PROCESS

*IMPORTANT:
read this!!*

All race distances at Silvan are being conducted in a handicap format where slower runners start earlier and faster runners start later. Look at table of wave start times for your race below and read these guidelines so you start in the appropriate wave:

- Each race distance has 5 different wave starts numbered 1 to 5.
- Runners should start in the wave start number that matches your ability according to these guidelines:
 - If you raced at Blackwood then look up your overall place in the [RESULTS HERE](#) and start in the wave that's comparative to your placing. eg. if you came 233rd in the medium course you should start in wave M2 at 8:38am
 - If you raced at Anglesea then look up your overall place in the [RESULTS HERE](#) and start in the wave that's comparative to your placing. eg. if you came 88th in the short course you should start in wave S4 at 10:07am
 - If you did not race at either Blackwood or Anglesea then choose your wave start according to your honest ability. Eg. If you are generally a mid-field finisher then start in wave 3. If you're a bit quicker than most runners but never on the podium for your age then start in wave 4... See the 5 different options on the right of the table.
- Be aware of your recommended wave start time and come to the start line 5mins beforehand – we'll marshal you into position and you'll start with others of the same ability.
- We really **RECOMMEND YOU START IN THE WAVE APPROPRIATE TO YOU** - then the whole system works and it's fun for everyone.

TABLES OF WAVE START TIMES:

LONG COURSE		Comparative placing at other series events		
Wave start time	Wave start number	Blackwood placing	Anglesea placing	Runner speed
7:30	L1	236 - 261	211 - 239	Slowest 20%
7:53	L2	189 - 235	173 - 210	Lower mid pack
8:16	L3	121 - 188	88 - 172	Mid pack finisher
8:40	L4	43 - 120	34 - 87	Upper mid pack
9:03	L5	1 - 42	1 - 33	Fastest 20%

MEDIUM COURSE		Comparative placing at other series events		
wave start time	Wave start number	Blackwood placing	Anglesea placing	Runner speed
8:19	M1	246 - 272	283 - 303	Slowest 20%
8:38	M2	200 - 245	244 - 282	Lower mid pack
8:58	M3	116 - 199	148 - 243	Mid pack finisher
9:16	M4	41 - 115	78 - 147	Upper mid pack
9:35	M5	1 - 40	1 - 77	Fastest 20%

SHORT COURSE		Comparative placing at other series events		
Wave start time	Wave start number	Blackwood placing	Anglesea placing	Runner speed
9:27	Wave S1	244 - 261	212 - 230	Slowest 20%
9:40	Wave S2	221 - 243	195 - 211	Lower mid pack
9:54	Wave S3	134 - 220	111 - 194	Mid pack finisher
10:07	Wave S4	58 - 133	32 - 110	Upper mid pack
10:20	Wave S5	1 - 57	1 - 31	Fastest 20%

QUESTIONS ABOUT THE HANDICAP START PROCESS:

- *My comparative placings don't match up – eg. I did the long course at Blackwood and came 182nd and at Anglesea I came 190th – which wave start do I choose?*

When times don't match up we suggest you start in the earlier wave start, eg. L2.

- *I want to run with my friend but they are faster than me – when do I start?*

If runners of varying ability want to run together then you should both start according to the speed of the slower runner.

- *What about congestion, won't I be passing people all the time?*

No. If everyone starts in the wave that matches their speed we'll all slowly catch each other towards the finish and not before. Also, the course is designed with wider tracks and roads towards the end to allow for larger groups.

- *I'm feeling slow today, can I start in an earlier wave?*

No. We recommend you start in the wave that matches your results from earlier races... We all feel slow in the mornings and struggle to get going so your best comparison to others was the last race you did. We really recommend people start in the wave that matches their proven ability rather than how they feel.

- *I'm a faster runner and I think I'm going to catch people. Can I start earlier to be separate from all others?*

No. We really recommend that all runners start in the wave that matches your ability. The course is designed so we come together in the closing stages – and that's where the course is wider and capable of handling more runners at once. In 2025 the long course only meets other runners at the very end.

- *What do I do if I catch someone?*

If you catch someone and are legitimately faster, alert them that you want to pass and overtake when safe. (Well done – you're running well today!)

You can publicly discuss questions about the handicap start process and learn from others on the [Trail Running Series Facebook Group HERE](#) OR Contact us via info@rapidascent.com.au or phone us on (03) 5261 5511.



1 X NO GAP

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THE RACE COURSES

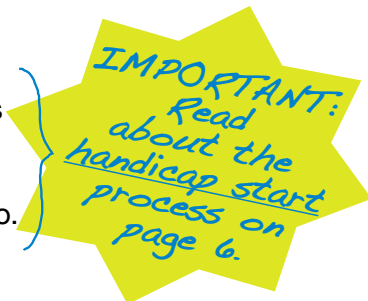
The courses at Silvan often rate as everyone's favourite thanks to the beautiful scenery and sense of satisfaction at the finish line - but it's not easy running out there, so be prepared!

The Silvan courses are probably the hardest in the series primarily because of the HILLS! The long course especially includes big climbs, often on slippery, wet trails some that take some extra energy and determination to conquer. Having said that, all courses pass through some magnificent landscapes and make for some rewarding (if not a little challenging) running. Be prepared and you will love it!

THE START

STARTING PROCEDURE: All distances will start in the HANDICAP FORMAT start process outlined on page 6.

START LINE LOCATION: All races start in a specific start chute 100m from the event expo.



NO HEADPHONES!

For the handicap system to work, and for the safety of all runners so you can communicate with one another, we ask that you do not wear headphones during the event (it also means you can hear the wilderness around you!)

COURSE MARKING - IMPORTANT!!

Due to the handicap start format, runners in different races will be mixed together at various points on the course eg. long course runners mixed with medium. So it is imperative that all runners TAKE CARE TO FOLLOW THE COURSE MARKINGS and especially where the courses split.

The course will be clearly marked with the colours listed below.

LONG COURSE:

- **red and/or orange arrows** (pegged into the ground and fixed to trees or bushes)
- **fluoro pink coloured** plastic surveyor's tape (tied to trees or bushes)

MEDIUM COURSE:

- **green arrows** (pegged into the ground and fixed to trees or bushes)
- **green coloured** plastic surveyor's tape (tied to trees or bushes)

SHORT COURSE:

- **blue arrows** (pegged into the ground and fixed to trees or bushes)
- **aqua blue coloured** plastic surveyor's tape (tied to trees or bushes)

The colours of these course markings match the colour of the race plate for runners in that particular course distance (except Series Entrants who have a GOLD race plate).

TRACK INTERSECTIONS: All track intersections will be clearly marked. Surveyor's tape will be placed immediately following a track junction to confirm you are on the correct track. Unless otherwise marked or directed, competitors should follow the most major track at all intersections. If there is no arrow at a minor track junction then continue along the major track.

PASSING ETIQUETTE

With a lot of runners sharing a narrow trail there are a few points of etiquette when it comes to passing a slower runner. If you are a faster runner who wants to pass a slower runner on a narrow bit of track:

- Let the slower runner know you are there and want to pass – don't barge through
- The slower runner should respond and advise when it's safe to overtake.
- Only pass if you are legitimately faster. If you're pushing at 120% to overtake then stay behind for now.
- Slower runners - you don't have to totally stop when a faster runner comes through, make space but keep trotting along as well.

COURSE DESCRIPTIONS

IMPORTANT:
Read about the
handicap start
process on page 6.

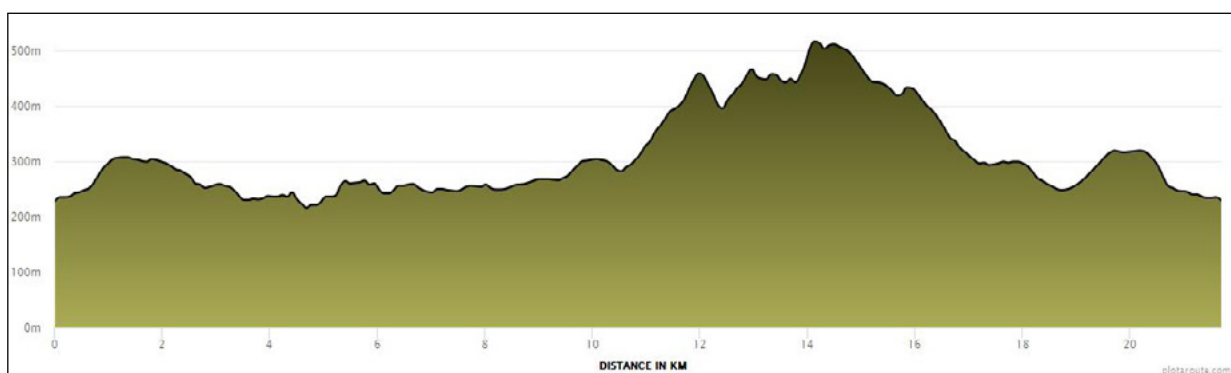
LONG COURSE - 22.3KM Elevation gain/loss: 700m. **Water Pts:** 9km pt and 17.3km pts
[CLICK HERE](#) to see the long course on strava. (The course is the same as 2024)

Starting in the event expo area, long course runners turn right onto Stonyford Road and then veer left into the bushland on the northern side of the road. After starting with a mild uphill the long course follows a range of single tracks over generally flattish terrain before reaching the water point at the 9km pt.

Soon after the water pt the course gets more challenging and turns skyward with a long, challenging climb to the 12km mark and then more undulating climbing to the top of the course in the R J Hamer Arboretum at the 15km mark. From here on there is a long flowing downhill as you descend through the tree ferns on a beautiful double track, passing a second water point at the 17.3km mark before a shortish climb at the 19.5km mark.

Once at the top of this final hill and running beside the reservoir fence line its downhill all the way to the finish line – together! Well done.

**Long Course
elevation
profile**

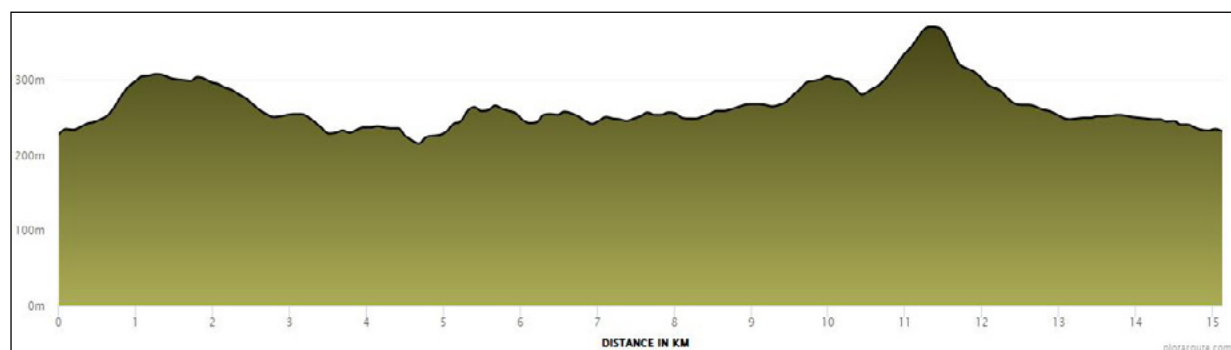


MEDIUM COURSE - 15.1KM Elevation gain/loss: 400m. **Water Pts:** 9km pt.
[CLICK HERE](#) to see the medium course route on Strava. (The course is different to 2024 - doing all the short course and half the long course route).

After starting in the event expo area, medium course runners turn right and follow the same route as the long course, going up the mild uphill - along the single track on flattish terrain - and past the water point at the 9km pt. Half way up the climb to the Arboretum and at the 11.4km pt medium course runners turn left separating from the long course route and enjoying a fun double track descent through the wilderness.

Medium course runners join and separate from the long course runners twice more as you avoid their hills and enjoy a fast descent on Centre Track and onto Silvan Road and ultimately into the finish line together!

**Medium
Course
elevation
profile**



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SHORT COURSE - 7.4KM Elevation gain/loss: 200m. **No water points.**

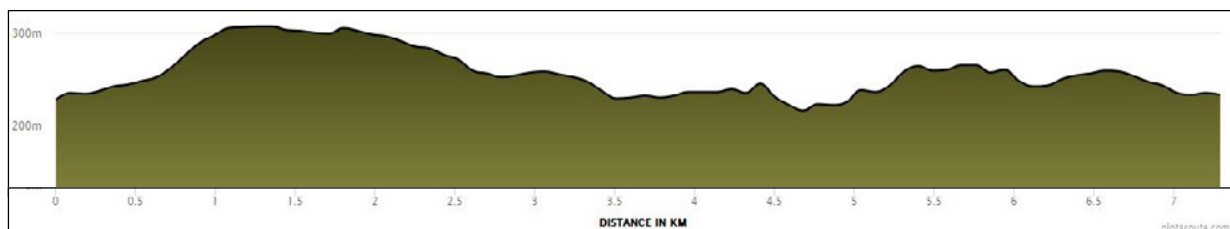
[CLICK HERE](#) to see the short course route on Strava. (The course is the same as 2024 - doing the first loop of the long course route)

IMPORTANT:
Read about the
handicap start
process on page 6.

Starting in the event expo area, short course runners turn right onto Stonyford Road and then veer left into the bushland on the northern side of the road. The course starts with a moderate climb, passing around some large water tanks and then uphill through the trees to the top at the 1.3km mark. The short course then enjoys a long and flowing single track descent, crossing a picturesque bridge at the 3.6km and then turning right for some flatter running on a vehicle management track.

The course turns left onto some twisting single track at the 4.7km mark for another winding climb before more undulating running on fun MTB single track before turning left at the 7km point to return to the finish line – together! Well done.

**Short
Course
elevation
profile**



**Sprint
finish
GO!!!**

SHOW US YOUR 'SPRINT FINISH'

The 'SPRINT FINISH' will be a timed 100m segment leading into the finish line where we will record a separate time for each runner as part of your overall race. The course will commence just as you leave the sand and run across the grass to the finish - we encourage everyone to have a crack and the fastest male and female sprinters will receive a prize!

**Sprint
finish
GO!!!**

BREWED ON THE SURF COAST



Proud Sponsors of the Rapid Ascent Trail Running Series



**Make a weekend of it!
BOOK A SHORT TERM
RENTAL AND RELAX...**



COURSE MAP

RACE 3 - Silvan

TURN ONTO
TWISTING SINGLE
TRACK
HERE - FUN!

CFA
SHED

**EVENT
CENTRE**
start & finish lines

WATER PT 1

Water point

FERN TREES

THE FINAL
CLIMB!

STEEPLY UPHILL
HERE - OUCH!

Water point

WATER PT 2

UNDULATING
HILLS
THROUGH THE
ARBORETUM

TOP OF THE COURSE

MAP LEGEND

- Long Course
- Medium Course
- Short Course

CATEGORIES & PRIZES

ENTRY CATEGORIES

The following categories will be recognised at each race, categories determined by your age on race day.

- Under 15 Male and Female – Short Course only
- Under 20 Male and Female
- 20-39yrs Male and Female
- 40-49yrs Male and Female
- 50-59yrs Male and Female
- 60-69yrs Male and Female
- 70+yrs Male and Female

RACE MEDALS AND PRIZES

Medals will be presented to 1st, 2nd and 3rd in each category in each race distance.

In 2025 we will be awarding the vast majority of our prizes as spot prizes anyone can win rather than giving them exclusively to race winners.

GOLD RUNNER REQUIREMENTS

To receive an overall ranking in the 2025 Series runners must:

- Compete in all 3 races in the 2025 Series, entering either individually for each race, OR be entered as a 'Gold Runner'
- Runners must compete in the same distance event at each race – eg. all long course events.
- If a runner changes category during the course of the series (i.e. because of a birthday) for the purposes of the series they will be ranked in the category they raced in Race 1).
- Points will be awarded according to your overall place in your category at each race, the runner with the lowest number of points wins
- If points are tied between two or more runners, then the runner with the best result in Race 3 will win.

skratch LABS



Beyond
Move through life



Surf Coast Times



Another event by:



*- drink when thirsty
- don't drink when not thirsty*

skratch LABS

hydration

SPORT DRINK MIX

Hydrates faster than water

lemon + lime

90% of electrolytes in sweat is sodium

real athletes.

real food. *always*

We use science to inform what will help your body perform its best. We use nature to make it taste as good as possible so you'll enjoy it. Nobody knows your body better than you. But nobody knows sports nutrition better than us. The human body is complex but the solutions to help it perform aren't. We follow this rule when we create products that solve problems and simple ingredients that each have a purpose !!

w: skratchlabs.com.au - p: 02 9417 5755

BITUMEN IS BORING MERCHANDISE

Share the message that 'Bitumen is Boring' with our range of branded merchandise that says what we all know is true...!

GOLD RUNNERS please collect your free soft flask and neck buff (if you forgot at race 1 at Blackwood!)

BITUMEN IS BORING T-SHIRTS \$40

This new addition to our Bitumen is Boring range is moisture wicking, de-oderized, UPF 30 -40, highly breathable and easy care. Designed and printed locally.. Men's and Women's sizes available.



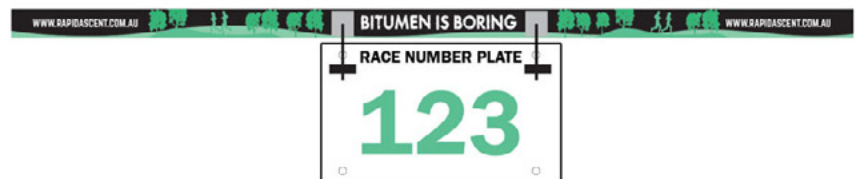
BITUMEN IS BORING HOODIE \$109

This custom designed Bitumen is Boring hoodie is ideal for those cold winter morning before / after your run. It's made of a thick cotton weave with fleecy tunnel pocket at the front to keep your hands warm and fleece hood for extra warmth.



BITUMEN IS BORING SOCKS \$35

These high performance technical running socks are custom made by Geelong based business Steigen. 3/4 length, one-size-fits-all with elasticated midfoot and cuff.



BITUMEN IS BORING RACE BELT \$15 NEW

This is an adjustable, elastic race belt to attach your race number to so it's always displayed outside all clothing and doesn't need pins.



RUNNING WAIST BELT \$15

A comfortable, light weight waist belt that fits all sizes of mobile phone and your keys.

RUNNING VISOR \$25

Adjustable size, sports fabric visor that's great for running in.



SOFT FLASK \$20 HEAD BUFF \$20

Both items are also available for individual purchase (limited remain)



HEAD TORCH \$29

A small but very bright headtorch to keep you on the trails through winter's darkness. 300lumens, rechargeable, 3 light strengths + SOS strobe.