

# EVENT GUIDE

WESTMACSMONSTER.COM.AU



SIMPSONS MONSTER 25KM

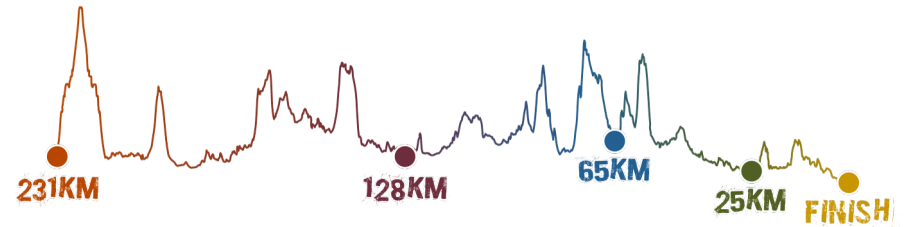
## MONSTER MAP

WE'VE ALL BEEN THERE—DIGGING THROUGH YOUR PACK DURING THE EVENT, CONVINCED YOUR ESSENTIALS HAVE DISAPPEARED. DON'T WORRY, YOUR ESSENTIAL INFORMATION FOR RACE READINESS IS RIGHT HERE:

- WELCOME MESSAGE
- ABOUT THE RACE
- EVENT SCHEDULE
- RACE HQ
- DESCRIPTION OF THE TRAIL
- GETTING AROUND
- MANDATORY GEAR
- AID STATIONS
- COURSE MAP
- FAQ
- PARTNERS AND SPONSORS



# THE RACE



THE WEST MACS MONSTER IS A CELEBRATION OF COMMUNITY, ADVENTURE, AND THE STUNNING LANDSCAPE OF THE WEST MACDONNELL (TJORITJA) NATIONAL PARK IN CENTRAL AUSTRALIA, SET AGAINST ONE OF THE MOST ICONIC HIKING TRAILS IN THE WORLD, THE EVENT OFFERS A RANGE OF DISTANCES INCLUDING THE 9AM AND 12 NOON 25KM SIMPSON MONSTER.

THE RACE WAS BORN OUT OF A PASSION FOR TRAIL RUNNING AND A DESIRE TO SHOWCASE THE UNIQUE TERRAIN OF THE WEST MACDONNELL RANGES. FROM ITS HUMBLE BEGINNINGS, IT HAS GROWN INTO AN EVENT THAT IS DEEPLY WOVEN INTO THE FABRIC OF THE LOCAL COMMUNITY AND A BUCKET LIST TRAIL RUNNING EXPERIENCE NATIONALLY.



# SCHEDULE



## FRIDAY 16 MAY

2PM - 4.30PM RACE HQ - GEAR CHECKS AND REGISTRATION OPEN

## SATURDAY 17 MAY

10AM - 4.30PM RACE HQ - GEAR CHECKS AND REGISTRATION OPEN

5PM - RACE HQ - 65KM BRIEF - JOIN IF YOU WISH BUT NOT COMPULSORY FOR 25KM ENTRANTS

## SUNDAY 18 MAY

7.00AM - RFDS 25KM BUS LEAVES LASSETERS CROWNE PLAZA

7.05AM - RFDS 25KM BUS LEAVES DOUBLE TREE HILTON

7.10AM - RFDS 25KM BUS LEAVES STAY AT ASP HOTEL

7.20AM - RFDS 25KM BUS LEAVES AS TELEGRAPH STATION

7.50AM - RFDS 25KM BUS ARRIVES AT START LINE

8.15AM - SIMPSONS GAP CARPARK - RFDS 25KM SIGN ON, WELCOME & BRIEF

9.00AM - RFDS 25KM SIMPSON'S MONSTER RACE START

10.00AM - ABC ALICE SPRINGS 25KM SIMPSON'S MONSTER 25KM BUS LEAVES LASSETERS CROWNE PLAZA

10.05AM - ABC ALICE SPRINGS 25KM SIMPSON'S MONSTER 25KM BUS LEAVES DOUBLE TREE HILTON

10.10AM - ABC ALICE SPRINGS 25KM SIMPSON'S MONSTER 25KM BUS LEAVES STAY AT ASP HOTEL

10.20AM - ABC ALICE SPRINGS 25KM SIMPSON'S MONSTER 25KM BUS LEAVES AS TELEGRAPH STATION

10.50AM - ABC ALICE SPRINGS 25KMSIMPSON'S MONSTER 25KM BUS ARRIVES AT START LINE

11.15AM - SIMPSONS GAP CARPARK - ABC ALICE SPRINGS 25KM SIMPSON'S MONSTER SIGN ON, WELCOME, BRIEF

12.00PM - ABC ALICE SPRINGS 25KM SIMPSON MONSTER RACE START

## SUNDAY 18 MAY - FINISH LINE

8AM ON - CAFE OPENS. FINISH LINE ENTERTAINMENT

11AM ON - FOOD VENDORS OPEN

5.30PM APPROX - PRESENTATION

# GETTING AROUND



## BUS TO RACE HQ

THANKS TO THE NORTHERN TERRITORY GOVERNMENT YOU CAN USE FREE PUBLIC BUSES AROUND ALICE SPRINGS (EXCEPT SUNDAYS).

YOU CAN TAKE THE BUS TO RACE HQ, LOCATED IN THE ENTRY OF THE ALICE SPRINGS DESERT PARK. SIMPLY HOP ON BUSES 400 OR 401, WHICH STOP ON LARAPINTA DRIVE AND GET OFF AT POINT 'D'. FROM THERE, IT'S AN EASY 900M MINUTE WALK ALONG A CONCRETE PATH TO RACE HQ. IT'S WELL SIGN POSTED!

## DRIVE TO RACE HQ

WHEN DRIVING TRAVEL WEST OF THE TOWN CENTRE ON LARAPINTA DRIVE, IT'S 6KM TO THE DESERT PARK TURN OFF. ITS WELL SIGN POSTED. TURN LEFT AND FOLLOW THE DRIVE TO THE FREE CARPARK AREA.

## COMPETITOR BUS

MAKE YOUR RACE DAY HASSLE-FREE WITH OUR COMPETITOR-ONLY EVENT BUS - JUST \$25 BUYS YOU PEACE OF MIND.. THESE ONE-WAY BUSES WILL TAKE YOU DIRECTLY TO YOUR RACE START LINE.

IF YOU DIDN'T BOOK YOUR TICKET DURING REGISTRATION, NO PROBLEM YOU CAN DO THIS BY EMAILING OUR TEAM WHO CAN AMEND YOUR REGISTRATION FOR YOU AND ADD THE BUS TRIP. DONT LEAVE IT UNTIL RACE WEEK, GET IN EARLY.

THERE ARE SEVERAL PICK-UP LOCATIONS TO CHOOSE FROM:

- LASSETERS CROWNE PLAZA
- DOUBLE TREE HILTON
- STAY AT ASP HOTEL
- ASP TELEGRAPH STATION

TIMING IS PARAMOUNT ON RACE DAY SO PLEASE BE ON TIME.

# MANDATORY GEAR



EVERY ITEM LISTED HERE MUST BE CARRIED DURING THE RACE.

- RUNNING VEST /BACKPACK SUITABLE FOR CARRYING ALL MANDATORY GEAR.
- MINIMUM 2L OF WATER CAPACITY.
- 1 LONG SLEEVE WOOLLEN THERMAL BASE LAYER TOP (MIN 95% WOOL).
- 1 HEAD TORCH, FULLY CHARGED.
- MATCHES OR LIGHTER (FOR EMERGENCY USE ONLY).
- CLOSED TOP BEANIE. NOT A BUFF.
- HAT – VISOR NOT ACCEPTED. RECOMMEND FULL BRIM.
- PEACELESS SAFETY WHISTLE (NOT AN UMPIRE’S WHISTLE).
- WATERPROOF SEAM SEALED RAIN JACKET WITH A HOOD.
- PHONE WITH GURU MAP APP INSTALLED AND GPX FILES OF THE EVENT DOWNLOADED AND AVAILABLE OFFLINE.
- 1 X SMART SNAKE BITE COMPRESSION BANDAGE.
- 1 X CREPE BANDAGE (MINIMUM 10CM WIDE)
- 6 X WOUND CLOSURE STRIPS (STERI STRIPS.)
- 1 X TRIANGULAR BANDAGE
- 2 X NON-STICK WOUND DRESSING PADS (MIN 7.5CM X 7.5CM)
- 1 X PAIR OF SURGICAL GLOVES
- 2 X ELECTROLYTE SACHETS/TABLETS
- 1 X SPACE THERMAL BLANKET
- WRIST TAG – ISSUED AT SUCCESSFUL COMPLETION OF REGISTRATION
- BIB X 2 (TO BE WORN ON THE FRONT AND REAR EXTERNAL OF ALL ELSE.)

EXTRA DETAILS FOUND AT [WWW.WESTMACSMONSTER.COM.AU](http://WWW.WESTMACSMONSTER.COM.AU)

# AID STATIONS



## WALLABY GAP

- WALLABY GAP AID STATION IS LOCATED 11 KM THROUGH THE 25KM RACE.
- THIS STATION FEATURES TWO “LANES”: ONE TAILORED FOR YOU, OUR 25KM RUNNERS, OFFERING TAILWIND AND WATER, SNAKES, AND CHIPS AND THE OTHER FOR THE 65KM+ COMPETITORS.
- LONG DROP AND PORTALOOS HERE.

## UNDER THE BRIDGE

- UNDER THE BRIDGE AID STATION IS JUST 5KM FROM THE FINISH LINE.
- THIS STATION AGAIN WILL HAVE TWO “LANES”: ENSURING EVERYONE GETS WHAT THEY NEED TO POWER THROUGH.
- TACKLE THE SLIGHT HILL AHEAD, KEEPING AN EYE ON THE LEFT FOR THE ARROW THAT GUIDES YOU HOME TO THE TELEGRAPH STATION. IT’S YOUR FINAL BOOST BEFORE THE BIG FINISH!
- PORTALOOS HERE.

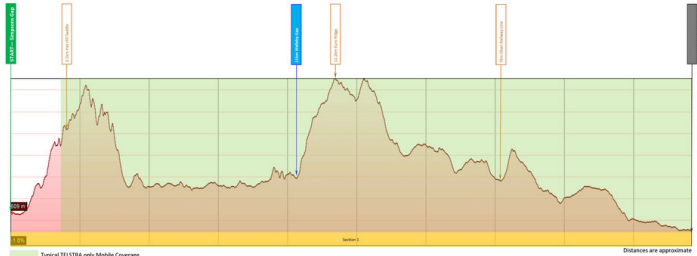
## FINISH LINE

- AT THE FINISH LINE, TAKE A MOMENT TO RELISH YOUR TRIUMPH! YOU’LL BE HANDED A COLD BEVERAGE AND GUIDED TO THE TELEGRAPH LAWNS, WHERE EXCITED CROWDS WILL BE WAITING TO CELEBRATE YOUR SUCCESS.
- WE ENCOURAGE EVERYONE TO ENJOY THE OFFERINGS FROM THE FANTASTIC FOOD VENDORS ONSITE. IT’S THE PERFECT WAY TO CAP OFF YOUR INCREDIBLE ACHIEVEMENT!
- TOILET BLOCKS HERE.
- YOU CAN COLLECT YOUR WARM CLOTHES SURRENDERED AT THE START LINE FROM OUR BAG LABELED SIMPSONS GAP START LINE, IN THE RETURNED BAG DROP AREA AT THE FAR END OF THE FINISH LINE TENTS. ASK OUR HELPFUL FINISH LINE AID STATION TEAM TO ASSIST YOU.

# WEST MACS MONSTER TRAIL RUNNING FESTIVAL

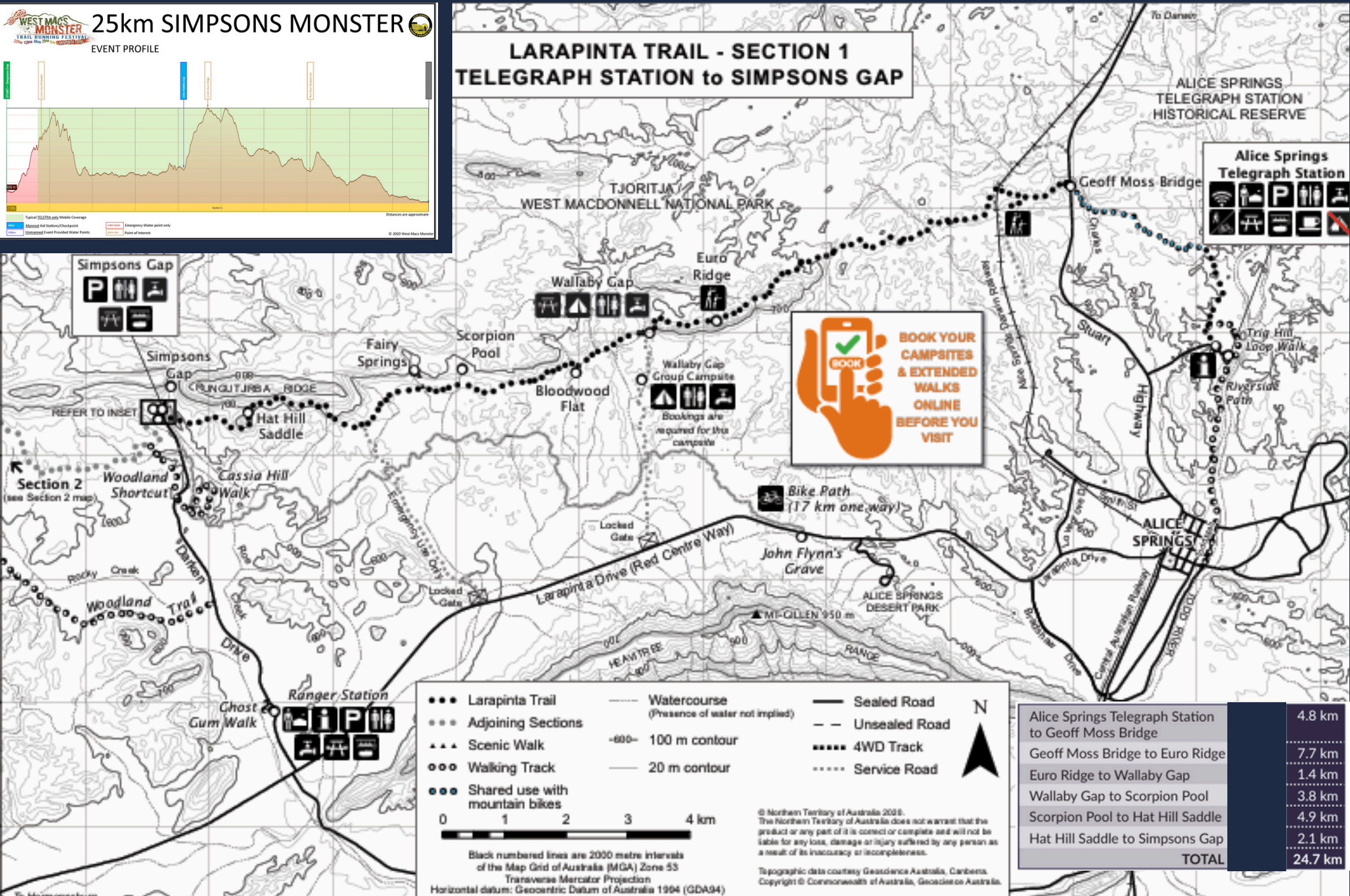
## 25km SIMPSONS MONSTER

EVENT PROFILE



Typical 3G/4G/LTE, only Mobile Coverage  
 Missing Aid Stations/Checkpoints  
 Sustained Event Provided Water Points  
 Emergency Water point only  
 Point of Interest  
 Distances are approximate  
 © 2020 West Macs Monster

### LARAPINTA TRAIL - SECTION 1 TELEGRAPH STATION to SIMPSONS GAP



**Alice Springs Telegraph Station**

**BOOK YOUR CAMPSITES & EXTENDED WALKS ONLINE BEFORE YOU VISIT**

Wallaby Gap Group Campsite  
 Bookings are required for this campsite

Alice Springs Telegraph Station to Geoff Moss Bridge	4.8 km
Geoff Moss Bridge to Euro Ridge	7.7 km
Euro Ridge to Wallaby Gap	1.4 km
Wallaby Gap to Scorpion Pool	3.8 km
Scorpion Pool to Hat Hill Saddle	4.9 km
Hat Hill Saddle to Simpsons Gap	2.1 km
<b>TOTAL</b>	<b>24.7 km</b>

- Larapinta Trail
- Adjoining Sections
- ▲▲▲ Scenic Walk
- Walking Track
- Shared use with mountain bikes
- Watercourse (Presence of water not implied)
- 600- 100 m contour
- 20 m contour
- Sealed Road
- - - Unsealed Road
- 4WD Track
- Service Road



Black numbered lines are 2000 metre intervals of the Map Grid of Australia (MGA) Zone 55 Transverse Mercator Projection  
 Horizontal datum: Geocentric Datum of Australia 1994 (GDA94)

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## FREQUENTLY ASKED QUESTIONS

### IS IT POSSIBLE TO HAVE DROP BAGS ON THE 25KM EVENT?

There is no bag drops along the 25km event, but we do offer to transport a finish line bag for you, at the time of registration. It must be clearly marked with finish line and your name. It can be cold so include something warm.

### ON THE TRAIL, BETWEEN AID STATIONS, HOW DO I TOILET?

If nature calls on the trail and no toilet is available, please step well off the path and away from water sources. Bury waste at least 15cm deep and pack out any toilet paper - a ziplock bag is a great option.

### WHERE CAN I ACCESS FEMININE HYGIENE PRODUCTS IF NEEDED?

For emergencies, a small supply of women's sanitary products is available at each aid station. Please carry out used products in a ziplock bag.

### ARE 25KM ENTRANTS TRACKED OVER THE EVENT?

No, however the majority of the 25km course has mobile phone coverage.

### FIRST AID - WHAT AND WHERE IS THIS AVAILABLE IN THE EVENT?

We have first aid kits at every aid station for any first aid requirements that cannot be met out of your own mandatory gear. We also have two roaming paramedic teams during the event.

### I HAVE DIETARY REQUIREMENTS - WHAT DO I DO?

If in doubt we suggest carrying your own supplies.

### IF ITS 30 DEGREES DO I NEED TO HAVE MY RAIN JACKET.

Yes, it is also for warmth.







## FREQUENTLY ASKED QUESTIONS

### HOW DO I TRANSFER MY ENTRY TO ANOTHER PERSON?

The process is simple:

- If the person receiving the transferred entry is already on the waitlist for the event, they will need to email the WMM committee to have their waitlist entry withdrawn before they can accept a transfer.
- The person transferring the ticket will need to log on here <https://eventplus.net/WMM25>
- Under 'Your Registration' you will see a double arrow icon. Click on this and enter the transfer recipient's email, to send a transfer request to them. They have a 2 week window to accept and pay a \$25 administration transfer fee.
- WMM does not refund the cost of the entry, it is up to the recipient and transferring entrant to organise any payment for the entry.

### I NEED TO WITHDRAW, WHATS THE PROCESS?

We understand life happens, circumstances change. You can withdraw prior to the race by emailing us if you are unable to transfer your entry to someone. The Cancellation and Refund Policy will apply as per the current version on our website.

### WHAT TEMPERATURES CAN I EXPECT IN MID MAY?

The average daytime temperature is 23 degrees with overnight lows around 7 degrees.

There is approximately 11 hours of daylight and a low chance of rainfall. Generally, people find that due to the low humidity of the dry desert air, they need to drink more fluids than usual.

### WHAT IF I CAN'T MAKE IT IN THE DESIGNATED TIME PERIOD?

To receive a finisher medal you must meet any cut off times on course as well as finish in 9 hours (RFDS 25km) and 6 hours (ABC 25km). You must be carrying all mandatory gear.

### WHAT HAPPENS IF I COME ACROSS AN INJURED RUNNER?

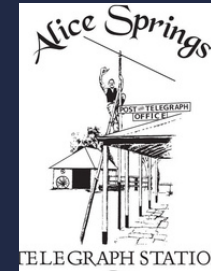
You must stop and render assistance, text the Race Director, remain with injured runner until they can move under their own steam again or other help has arrived.

If you are assisting a fellow runner that requires mandatory gear utilised – such as first aid equipment, you use the injured runners own gear, so you aren't left short of your own mandatory gear if you need it later yourself.

# A MONSTER THANK YOU TO OUR EVENT PARTNERS!



# AND SPONSORS!



[www.westmacsmonster.com.au](http://www.westmacsmonster.com.au)

[run@westmacsmonster.com.au](mailto:run@westmacsmonster.com.au)

