

# EVENT GUIDE

**WEST MACS  
MONSTER**  
TRAIL RUNNING FESTIVAL  
231KM 128KM 65KM 25KM 5KM LARAPINTA TRAIL  
AN EVENT BY ALICE SPRINGS BUNNINGS & BUNNINGS CROSSFIT

## RACE DAY REFERENCE

**DISTANCE: 25KM**

**LOCATION: SIMPSONS GAP → TELEGRAPH STATION**

**START TIMES:**

- RFDS 25KM – 9:00AM
- CROSSFIT ALICE SPRINGS 25KM – 12:00PM

**CUT-OFF:**

- RFDS 25KM – 9 HOURS
- CROSSFIT ALICE SPRINGS 25KM – 6 HOURS

**MANDATORY WATER: MINIMUM 2L CAPACITY**

**AID STATIONS: 11KM / 20KM / FINISH**

**TRACKING: NO LIVE TRACKING**

**(MOBILE COVERAGE MOST OF COURSE)**

**EMERGENCY:**

**IF YOU ENCOUNTER AN INJURED RUNNER —  
STOP, ASSIST, AND CONTACT THE RACE HQ  
IMMEDIATELY. 0497 599 275**

# CROSSFIT

— EST. 2016 —

## ALICE SPRINGS

# SIMPSONS MONSTER 25KM



**25KM FINISH**

## WERTE. WELCOME

TJORITJA, THE WEST MACDONNELL RANGES, HOLDS A SACRED SIGNIFICANCE THAT SPANS COUNTLESS GENERATIONS, AND WE HONOUR THE STORIES, SONGLINES, AND PROFOUND CULTURAL KNOWLEDGE WOVEN INTO THIS AWE-INSPIRING LANDSCAPE.

WE EXTEND OUR DEEPEST RESPECT AND GRATITUDE TO THE TRADITIONAL CUSTODIANS OF THIS LAND, THE ARRERNTE PEOPLE, ON WHOSE COUNTRY WE PUSH OUR LIMITS, SUPPORT ONE ANOTHER, AND DRAW STRENGTH FROM THEIR RESILIENCE.



# RFDS 25KM

# CROSSFIT ALICE SPRINGS 25KM

**FRIDAY 2:00PM – 4:30PM**

Race HQ open – Registration & gear checks

**FRIDAY 2:00PM – 4:30PM**

Race HQ open – Registration & gear checks

**SATURDAY 10:00AM – 4:30PM**

Race HQ open – Registration & gear checks

**SATURDAY 10:00AM – 4:30PM**

Race HQ open – Registration & gear checks

**SATURDAY 5PM - 6.30PM**

65km briefing (optional for 25km runners)

**SATURDAY 5PM - 6.30PM**

65km briefing (optional for 25km runners)

**SUNDAY – RACE DAY**

7.00am - RFDS 25km Bus leaves Lasseters Crowne Plaza

7.05am - RFDS 25km Bus leaves Double Tree Hilton

7.10am - RFDS 25km Bus leaves Stayz 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 - Sign on, welcome & brief

9.00am - RFDS 25km Simpson's Monster Race Start

**SUNDAY – RACE DAY**

10.00am - Crossfit Alice Springs 25km Bus leaves Lasseters Crowne Plaza

10.05am - Crossfit Alice Springs 25km Bus leaves Double Tree Hilton

10.10am - Crossfit Alice Springs 25km Bus leaves Stay at ASP Hotel

10.20am - Crossfit Alice Springs 25km Bus leaves AS Telegraph Station

10.50am - Crossfit Alice Springs 25km Bus arrives at start line

11.15am - Simpsons Gap Carpark - Sign on, welcome, brief

12.00pm - Crossfit Alice Springs 25km Simpson Monster Race Start



# GETTING AROUND

## RACE HQ TRANSPORT

FREE MONSTER SHUTTLE LOOPS TO AND FROM RACE HQ AT ALICE SPRINGS DESERT PARK AND THE FOLLOWING LOCATIONS:

- LASSETER'S CROWNE PLAZA
- STAYZ AT ALICE SPRINGS HOTEL
- DOUBLE TREE HILTON

RUNS THURS–SAT FROM 2:00PM UNTIL POST BRIEFING.

YOU CAN TRACK THE SHUTTLE IN REAL TIME ON OUR WEBSITE FROM THURSDAY OF RACE WEEK FROM 2PM.

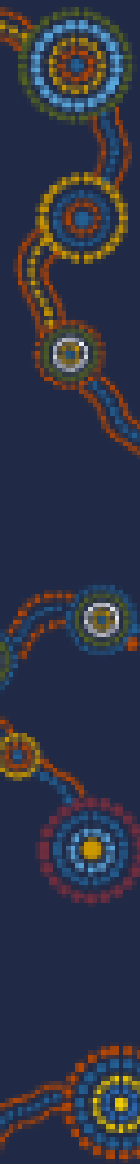
## COMPETITOR BUS

A ONE-WAY COMPETITOR BUS IS AVAILABLE FOR \$25 & TAKES YOU DIRECTLY TO THE START LINE.

PICK-UP LOCATIONS:

- LASSETERS CROWNE PLAZA
- DOUBLETREE HILTON
- STAYZ AT ALICE SPRINGS HOTEL
- ALICE SPRINGS TELEGRAPH STATION

TIMING IS CRITICAL. BE ON TIME. NO EXCEPTIONS.  
EMAIL US TO ADD THE BUS TO YOUR BOOKING.





# THE TRAIL

---

**THE TRAIL IS WELL FORMED AND MARKED BETWEEN THE START AND FINISH WITH BLUE ARROWS ON WHITE MARKERS.**

**AFTER THE INITIAL SHORT CLIMB UP TO HAT HILL SADDLE IT'S PREDOMINATELY DOWNHILL AND GENTLY UNDULATING. DESCENDING THE RIDGE FROM THE SADDLE YOU RUN THROUGH BLOODWOOD FLAT A FLOWING, GENTLE UNDULATING SINGLE TRACK.**

**ONCE YOU REACH WALLABY GAP, YOU WILL BE GREETED BY EXCITED VOLLIES, UP CAN RE STOCK YOUR WATER, USE THE TOILET AND IT'S 14KM TO THE FINISH.**

**HERE IS \*THE\* CLIMB, SUMMITTING EURO RIDGE WILL REVEAL THE MOST AMAZING VIEW OF ALICE SPRINGS AND SURROUNDS; FROM HERE YOU HAVE 7KM OF UNDULATING TO REACH GEOFF MOSS BRIDGE - JUST 5KM FROM THE FINISH!**

**YOU WILL MOST LIKELY BE RUNNING WITH COMPETITORS WHO ARE RUNNING THE 231KM, 128KM OR 65KM RACES, AND HAVE BEEN ON THE TRAIL FOR A NUMBER OF HOURS OR EVEN DAYS AT THIS POINT. PLEASE SUPPORT THESE RUNNERS AND PROVIDE ALL THE ENCOURAGEMENT YOU CAN. IT IS THESE EXPERIENCES THAT MAKE THE WEST MACS MONSTER EVENT UNIQUE.**

---



# AID STATIONS



## WALLABY GAP

- WATER & TAILWIND
- SNACKS (LOLLY SNAKES, CHIPS)
- TOILETS AVAILABLE
- TWO LANES: 25KM / 65KM+

RECHARGE READY FOR THE CLIMB AND STUNNING VIEWS.

## UNDER THE BRIDGE

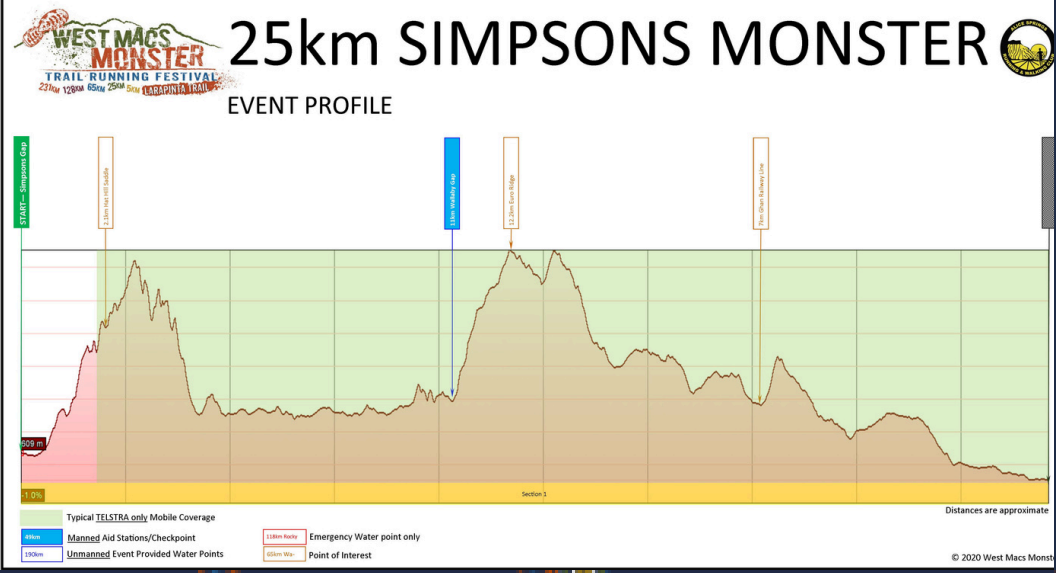
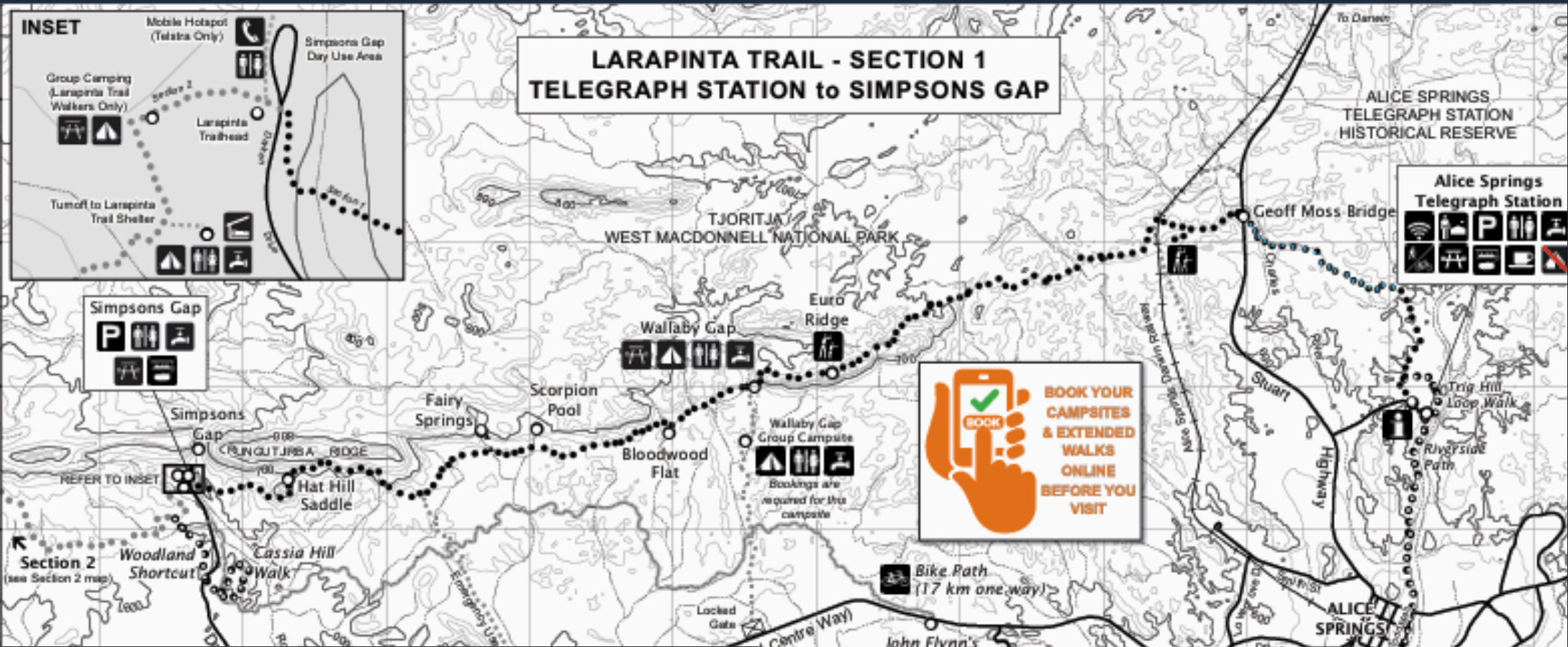
- WATER & TAILWIND
- TOILETS AVAILABLE
- TWO LANES: 25KM / 65KM+

LEAVING HERE TACKLE THE SLIGHT HILL, KEEP AN EYE ON THE LEFT FOR THE ARROW THAT GUIDES YOU HOME TO THE FINISH.

## FINISH LINE

- COLD DRINKS ON ARRIVAL
- FOOD VENDORS & ENTERTAINMENT
- TOILETS AVAILABLE
- START LINE WARM CLOTHES CAN BE COLLECTED FROM BAG DROP AREA.

YOU'VE EARNED IT. STAY. CELEBRATE



SIMPSONS GAP TO HAT HILL SADDLE ...	2.1KM
HAT HILL SADDLE TO SCORPION POOL ...	4.9KM
SCORPION POOL TO WALLABY GAP ...	3.8KM
WALLABY GAP TO EURO RIDGE ...	1.4KM
EURO RIDGE TO GEOFF MOSS BRIDGE ...	7.7KM
GEOFF MOSS BRIDGE TO TELEGRAPH STATION...	4.8KM

# SAFETY AND NON NEGOTIABLES

- ▲ STAY ON MARKED TRAILS.
- ▲ CARRY ALL MANDATORY GEAR.
- ▲ DON'T LEAVE WASTE BEHIND.
- ▲ ASSIST INJURED RUNNERS — ALWAYS.
- ▲ FOLLOW INSTRUCTIONS FROM VOLUNTEERS AND OFFICIALS.
- ▲ ENSURE YOU ARRIVE 30-40MIN BEFORE THE RACE START SO YOU HAVE TIME TO TOILET AND READY YOURSELF BEFORE THE MANDATORY PRE-RACE BRIEFING.

FOR YOUR SAFETY, THE LAND, AND THE FUTURE OF THIS EVENT.

# FREQUENTLY ASKED QUESTIONS

## DROP BAGS?

NO ON-COURSE DROP BAGS. FINISH LINE BAG TRANSPORT AVAILABLE AT REGISTRATION.

## TOILETING ON COURSE?

STEP WELL OFF TRAIL, AWAY FROM WATER. BURY WASTE 30CM DEEP. PACK OUT PAPER.

## FIRST AID?

AT EVERY AID STATION + ROAMING PARAMEDICS.

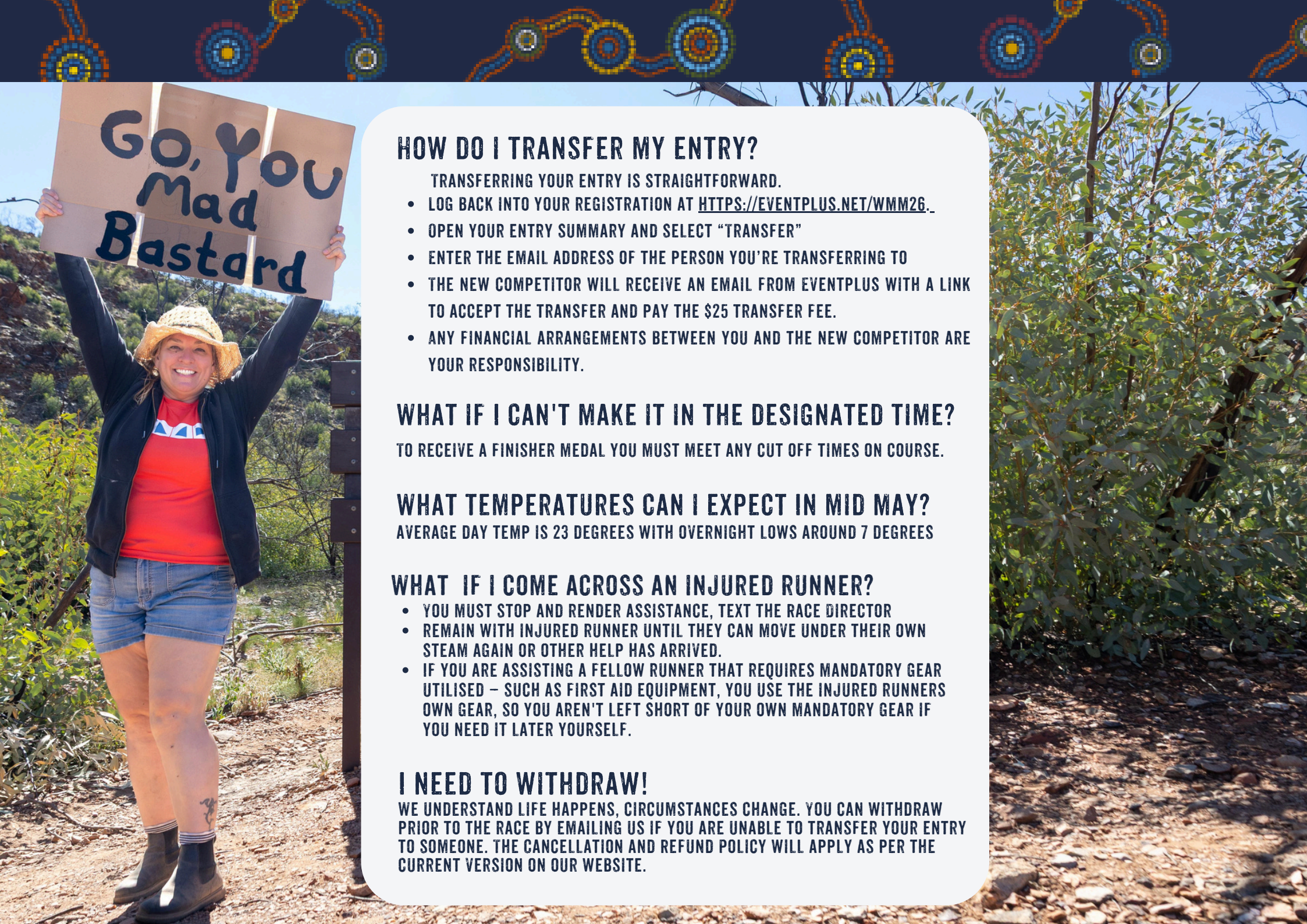
## DIETARY REQUIREMENTS?

CARRY WHAT YOU NEED.

## DO I NEED A RAIN JACKET IF IT'S HOT?

YES. THIS IS PART OF OUR RISK MANAGEMENT DOCUMENT TO KEEP YOU SAFE AND WARM IN CASE OF INJURY.





## HOW DO I TRANSFER MY ENTRY?

TRANSFERRING YOUR ENTRY IS STRAIGHTFORWARD.

- LOG BACK INTO YOUR REGISTRATION AT [HTTPS://EVENTPLUS.NET/WMM26](https://eventplus.net/wmm26).
- OPEN YOUR ENTRY SUMMARY AND SELECT "TRANSFER"
- ENTER THE EMAIL ADDRESS OF THE PERSON YOU'RE TRANSFERRING TO
- THE NEW COMPETITOR WILL RECEIVE AN EMAIL FROM EVENTPLUS WITH A LINK TO ACCEPT THE TRANSFER AND PAY THE \$25 TRANSFER FEE.
- ANY FINANCIAL ARRANGEMENTS BETWEEN YOU AND THE NEW COMPETITOR ARE YOUR RESPONSIBILITY.

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

TO RECEIVE A FINISHER MEDAL YOU MUST MEET ANY CUT OFF TIMES ON COURSE.

## WHAT TEMPERATURES CAN I EXPECT IN MID MAY?

AVERAGE DAY TEMP IS 23 DEGREES WITH OVERNIGHT LOWS AROUND 7 DEGREES

## WHAT 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.

## I NEED TO WITHDRAW!

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.



## A MONSTER SIZE THANK YOU TO OUR EVENT SPONSORS!

This Monster doesn't run on electrolytes alone. Massive thanks to our sponsors who believed in the madness, backed the vision, and helped turn big country and big dreams into something unforgettable. You don't just support an event; you fuel a community that dreams big, shows up, and does hard things in epic country.



# EVENT PARTNERS

THIS EVENT IS BUILT BY PARTNERSHIP. THE KIND WHERE PEOPLE SOLVE PROBLEMS TOGETHER, AND QUIETLY CARRY THE WEIGHT THAT PARTICIPANTS NEVER SEE.

## Ekistica

EKISTICA HAVE WALKED BESIDE THE EVENT SINCE THE VERY BEGINNING. THEIR SUPPORT GOES FAR BEYOND FINANCIAL.



## Royal Flying Doctor Service

RFDS PARTNERS WITH US TO PROVIDE MEDICAL COVERAGE ACROSS VAST DISTANCES, BRINGING CONFIDENCE AND SAFETY TO RUNNERS, CREW AND VOLUNTEERS IN A TRULY REMOTE ENVIRONMENT.



## ALICE SPRINGS TOWN COUNCIL

ALICE SPRINGS TOWN COUNCIL SUPPORT US WITH FUNDING AND THE CUBICLES THAT BECOME VERY POPULAR LATE IN A LONG RACE!



PARKS & WILDLIFE COMMISSION WORK HAND-IN-HAND WITH US TO DELIVER THE EVENT SAFELY - FROM PERMITS AND TRACK PREPARATIONS TO ENVIRONMENTAL STEWARDSHIP.



ABC ALICE SPRINGS IS OUR MEDIA PARTNER ENSURING THE NATIONS UNDERSTANDS THE HEART AND SOLE OF THE MONSTER COMMUNITY



AS A SUBCOMMITTEE, MONSTER OPERATES WITHIN THE CLUB'S STRUCTURE AND SUPPORT, AND THEY CONTINUALLY STEP IN WHEREVER NEEDED.