

# Ultra Mediocre Runners of Canberra Great Ultra Mediocre Back Yarder



Welcome to the 2023 Ultra Mediocre Runners of Canberra – Great Ultra Mediocre Back Yarder, or the GUMBY.

For 2023 we return with the GUMBY and GumBABY for a third consecutive year. The big development for 2023 is for the night runners, or those who like something tamer. UMROC welcomes the GumbyMOON to the stable of events over the weekend, a four lap prologue on the Friday night to get the event started off right.

Whether you are returning for a third year, or standing on the start line for the first time, UMROC hopes the event will test you in ways you never thought possible.

## Message from the President

I would like to welcome everyone to the GUMBY events, Australia's highest (and toughest) Back Yarder.

GUMBY is back for year 3!! So we thought, why don't we add another member to the family?

This year we are introducing the GumbyMOON, a 4 lap night race for those who want to experience running in the dark, but don't want to have to run all day to get the chance.

But for those that still long for the sheer brutality of climbing Mt Gumby every hour until their legs or their spirit is no longer willing, the GUMBY is still here. And when that happens to you, there will be a beer waiting and a crackling fire to warm your broken soul/soles.

And of course, if you are still afraid of the dark Sunday will bring about the crowd favourite GUMBABY. Just a short 8 hours and then you can put your feet up.

At ULTRA Mediocre, we know that only the Mediocre are always at their best. So we wish everyone the best weekend of racing. And if it is not your best, well then perhaps you can console yourself in the knowledge that you may not be mediocre enough.

I wish everyone a fun and enjoyable weekend in the endless pursuit of mediocrity.

May the most mediocre among us finish!

Matt Griggs

UMROC President

## Message from the Race Director

Welcome to the third Great Ultra Mediocre Back Yarde. On behalf of the race operations team and all the volunteers, we hope you enjoy all the races this year.

We continue to build on the success of our previous years, and this year we introduce the GumbyMOON – a four lap blast on the Friday night. This race is a nice intro into both night running and the last one standing format. It's also a bonus for GumBABY entrants who want to add even more kilometres over the weekend, but want a guaranteed finish line.

We might be Ultra Mediocre in name, but we aim to provide a level of event that athletes enjoy, while maintaining the relaxed down to earth nature and the pure essence of trail running. However, we dial up the fun and frivolity to maintain the energy of the event throughout the weekend.

To maintain the integrity of the GUMBY the GumBABY and the Gumby laps are offset by 30 minutes, but the format dials up the hype and excitement at the event site as the GUMBY warriors push their limits.

Whether you are joining us to run 4 laps or 48, we wish you all the best, and make sure you tell your friends all about Ultra Mediocre and the GUMBY.

Finally a big shout out to the GUMBOC team who put in countless hours of their free time to bring this event together. It seems like a thankless task at times but without your collective input this event would not come together.

Aaron Broughton

Race Director



# Tailwind Nutrition



It's simple! Tailwind Endurance Fuel covers the 3 components of successful fuelling: Calories + Electrolytes + Water.

Moderate exercise burns 500+ calories/hr, and race pace can exceed 1000 calories/hr, but most people can process and absorb only 200-300 calories/hr during exercise. Given the calorie deficit, the goal of fueling is to make your stored energy (stored as glycogen) last as long as possible through efficient calorie uptake supplemented by energy converted from fat stores while maintaining electrolyte and hydration balance.

Tailwind's dextrose and sucrose fuel match the body's absorption, so it enters your bloodstream quickly without challenging the digestive system. Tailwind's fuel is combined with electrolytes and water in the proper ratios, which maximizes the absorption rate of each to maintain hydration and electrolyte balance. Once absorbed, Tailwind's fuel can be burned immediately, directly offsetting calories that would otherwise be drawn from glycogen stores.

How to mix (and use) Endurance Fuel:

1. Add 2-3 scoops or 1 single serving pack to 500 - 750mls of water for EACH hour of activity.
  2. Shake it up!
  3. Sip slowly and continuously throughout your activity for delicious, magical energy.
- Nutrition should be simple, don't you think?



## The Runner's Shop

The Runners Shop is Canberra's one stop shop for everything running. For all your pre-GUMBY needs, stop by at 76 Dundas Court Phillip for the ACT's best advice on all things running, or find them online at [The Runner's Shop](#).

## Event safety



**ABOVE FIRST AID**

Above First Aid has been ensuring the safety of runners at Ultra Mediocre events since the beginning. No matter how long the race goes, or how deliriously sweaty runners become from the sheer excruciating pleasure of running, our highly trained team is surveying conditions ready to pounce into action and keep runners safe. If you need first aid at your next sporting event, running or otherwise, get in touch at [office@abovefirstaid.com](mailto:office@abovefirstaid.com)

## Blue Range Hut

UMROC welcomes you to the historic Blue Range Hut in the hills to the west of Canberra.

Centred on the heritage-listed remains of a World War II Italian internment camp, the Blue Range camp is a very popular camping and event location. Blue Range Hut is also a great base for accessing some of the glorious alpine walking trails of northern Namadgi National Park.

Blue Range Hut is approximately a 50 minute drive from Canberra City with all but the last few kilometres on sealed roads. Access to the event site is generally fine in a 2wd car, but may be a little slippery if we have had some rain. Drive to the conditions and don't destroy the roads.

We strongly encourage all people travelling to the campsite to use Blue Range Road rather than East West Road. East West Road is narrow and has two small creek crossings. Blue Range Road is generally much better for 2wd vehicles.

A map of the event site, course and driving directions from Parliament House can be found [at this link](#).

**For the enjoyment of the event and fellow competitors and spectators we require you leave your four legged friends at home during the event.**



## Weather

While everyone will be hoping for picture postcard weather, on our site visits we have noticed the weather at Blue Range hut can vary drastically.

Weather averages in Canberra for April are maximums of 20 and minimums of 7. However out in the hills, you can expect cooler nights.

It is important you come prepared for icy nights, wet weather and unseasonably warm days. You don't want your event to be brought undone by the conditions.

It is highly recommended you are prepared with warm clothing for the conclusion of your event and between laps. You will rapidly cool down at the end of each lap (many LOS runners have been known to wear a sleeping bag between laps).

**We also require all participants in the GUMBY to give thought to how they will ensure they stay warm and dry, especially if they withdraw during the night. There will be a communal campfire, however competitors should ensure they have appropriate clothing, sleeping equipment and shelter (tent etc). While there is a hut at the campsite, during the event the hut is exclusively for the use of the event staff and first aid providers, unless there is an emergency.**

## Campsite

The Campsite Blue Range Hut offers plenty of space to camp and spread out. The campsite is divided into two sections. The *Swamps of Sadness*, and *Grass is Always Greener*.

The *Swamps of Sadness* is reserved exclusively for the GUMBY runners. This area is closest to the course. This area has been marked out into 3x3 squares. We ask that you take up no more than the following amounts of space:

- Support for 1 or 2 runners (one 3x3 area)
- Support for 3 or 4 runners (two 3x3 areas)
- Support for 5 or more runners (max three 3x3 areas)

If you are a group of runners who want more space than is afforded by three 3x3 areas we ask you set up in the main the *Grass is always Greener* section.

The *Grass is Always Greener* section is open for you to set up wherever you like.

GumBABY and GumbyMOON runners can set up their sites in the *Grass is Always Greener* section. There is no camping for GumBABY runners on Saturday night, but you are encouraged to stay Sunday night and support the end of the GUMBY. We encourage all runners to camp after their race and enjoy the atmosphere of GUMBY weekend.

**No Dogs - For the enjoyment of the event and fellow competitors and spectators we require you leave your four legged friends at home during the event. Anyone bringing dogs will be asked to leave. If you are linked to a participant, refusal to leave will result in that runner's disqualification.**



**Be self-sufficient!** – Blue Range Hut is a campsite with limited provisions.

Please bring everything you will need for your race and your stay, if you are camping. There is no running water or electricity at the hut.

**Respect the Environment** – as a club existing to further the sport of ultra and trail running, the Ultra Mediocre Runners of Canberra take great responsibility in leaving the environment as we found it. There are no bins at Blue Range Hut. Please take all your rubbish home with you.

**Water** – please bring all the water you think you will need (for drinking, cooking, washing socks, etc.) then add more. We will have limited water available at the hut. These provisions should not be relied upon. There is tank water (volume depending on rainfall at the hut) but it is considered non-potable.

**Food** – bring all your race food needs. Also bring all your regular camping food and food for your support crew. We will provide some basic provisions (tea, coffee, Milo, instant noodles etc.) However in keeping with the environmental focus of the event, we will not be supplying any single use cups or cutlery.

**Camping equipment** – please bring all the equipment you will need for camping. GUMBY runners will have a designated area where they can set up camp limited to 3m x 3m per entrant. However there is plenty of space away from the course for non-runners and those that wish to have more space. Note, there is no vehicle camping available at the hut or campground.

**Cooking facilities** – we encourage support crews to bring their own to support their athletes, however, there is a gas BBQ on site and we will provide a basic camp stove and kettle for individuals to use.

**Power** – there is no electricity and no charging options available. You will need to have enough battery power to get you through your entire stay. This includes lighting your campsite. There will be some communal lighting around the hut, but your crew zone will not have light, so make sure your crew has a head torch. If you want to run a generator please be considerate of the noise and fumes it makes, and where possible limit its use.

**Rubbish** – there are no bins at Blue Range Hut. We are required to remove every last piece of rubbish before we leave the site. So please secure your rubbish and take it home with you at the end of the event. We will provide a collection bin for recyclables.

## PARKING

**Parking** – at all times a volunteer is present, please park as per their instructions. We will attempt to maximise the amount of parking for GUMBY participants inside the campground gate. However, the campsite area has limited parking available, and will fill up quickly.

Where possible thought should be given to car pooling, to reduce the amount of traffic.

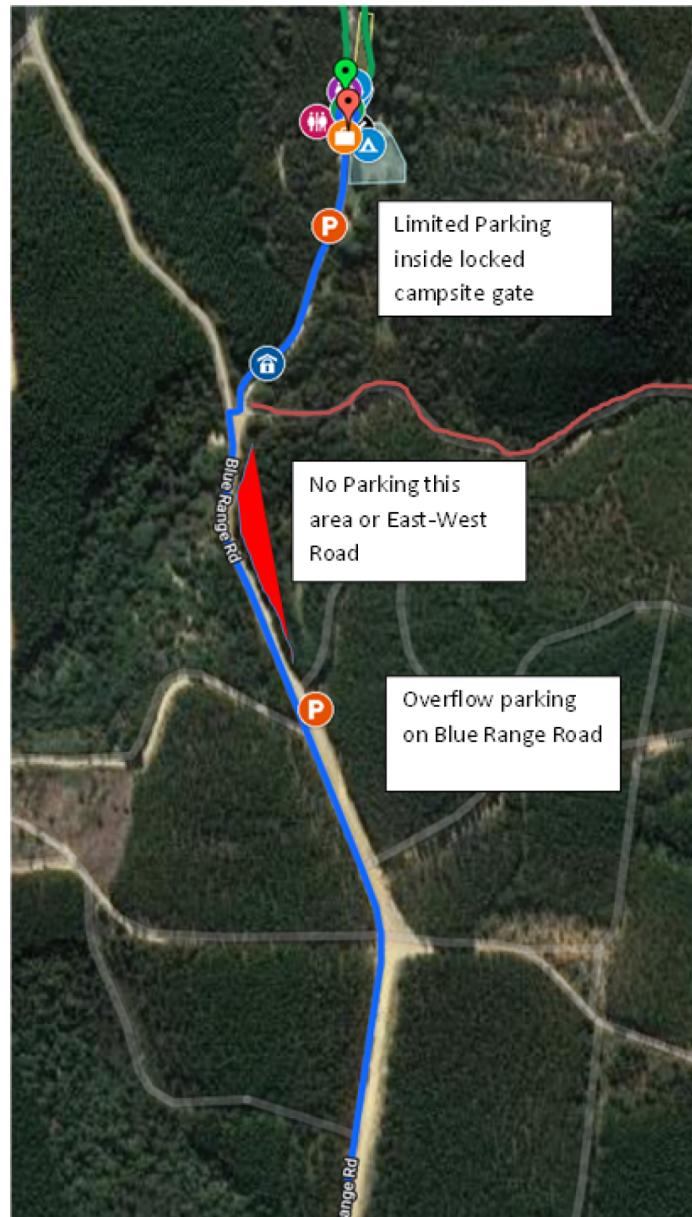
Participants will be able to drop off equipment near the hut from 1500 until 1900 on Friday and again from 0530 until 0730 Saturday morning.

If the parking is full inside the campsite gate, overflow parking is approximately 600m walk to the hut, on Blue Range Road.

If you park inside the hut grounds inside the gate you will only be able to leave upon request (the Race Director will organise someone to let you out as soon as they can, most likely at a quiet time after runners have commenced a lap).

We suggest arriving with plenty of time to drop off your gear and move your car to a parking spot. There is to be no parking on East-West Road.

On the Sunday morning for the Gumbaby, you will be able to drop off equipment near the hut from 0530 until 0730. It is highly likely that most Gumbaby participants will need to park back on Blue Range Road and walk back to the race site.



## Event Schedule

### *Friday 21 April*

15:00 – Camp gate open

15:00 – Campground opens for setup/camping overnight

15:30 – GumbabyMOON and early event check in opens (all events)

17:00 – GumbabyMOON starts. All runners must have their mandatory headtorch and wear a high visibility reflective vest to commence race

17:32 – Sunset

19:00 – Early event check in closes (all events)

21:00 – GumbabyMOON finishes

21:10 – GumbabyMOON presentation

21:30 – Camp gate closes (for the night)

### *Saturday 22 April*

06:30 – Camp gate opens

06:33 - Sunrise

06:45 – Event check in opens (Gumbaby only)

08:30 – Camp gate locked (entry/exit after this time to be negotiated with Race Director - parking outside gate after this time)

08:30 – Event check in closes

08:40 – Race briefing

09:00 – Event start (GUMBY)

17:00 – All GUMBY runners must have their mandatory headtorch and wear high visibility reflective vest to commence next lap

17:31 – Sunset

#### *Sunday 23 April*

05:30 – Camp gate opens for GumBABY gear drop off - parking back out on Blue Range Road

05:45 - Event check in (GumBABY)

06:33 - Sunrise

07:00 – Headtorches and high visibility reflective vest optional during daylight laps(GUMBY)

07:30 - Camp gate locked (exit/entry after this time to be negotiated with Race Director)

07:45 - Event Check in closes (GumBABY)

08:15 - Race Briefing (GumBABY)

08:30 - GumBABY start

15:30 – GumBABY last lap commences

16:40 - GumBABY presentation

17:00 – All continuing GUMBY runners must have mandatory headtorch and high visibility reflective vest

17:30 – Sunset

???:?? – Event concludes

???:?? + 15 minutes - GUMBY Presentations

#### *Monday 24 April*

06:34 – Sunrise

???:?? – Event concludes

???:?? + 15 minutes - Presentations

07:00 - (If event still going) Headtorches and high visibility reflective vest optional during daylight laps (GUMBY)

10:00 - Campground Closes

(If you wish to stay longer you will need to book directly through the [ACT Government website](#)).

# The Rules

## *The GUMBY*

**Mandatory safety gear** – you will need a head torch and a reflective high visibility vest if you are running after 5pm, through to 7am. If you do not have these items you will not be allowed to commence any laps after 5pm.

- Runners will start a 6.71 km (4.17 mile) on the hour, every hour until only one runner is left and able to complete a lap.
- Runners run the same course in the same direction once every hour.
- Runners must finish each lap within 1 hour
- Each loop starts precisely 1 hour after the last
- Runners will be called into the starting corral at 3 minutes prior to the commencement of the next lap.
- Runners must be in the starting corral upon commencement of the lap and must start running on the bell (no late starts). It is the responsibility of the runner and their support crew to ensure they are in the corral in time to start the lap.
- Any runner not in the starting corral for any lap is not eligible to continue and is recorded as DNF (did not finish)
- Any runner who fails to finish a lap is recorded as DNF (did not finish)
- No artificial aids (including trekking poles)
- Each Athlete is encouraged to carry a mobile phone with them, while reception is patchy it is available at certain points on the course. All runners will be provided with the phone number for the satellite phone that will be at the hut in case of emergencies.
- **Headlamps/torches and a high visibility reflective vest is required between 17:00 and 07:00 – No Exceptions. The vest must have reflective strips.** You can buy these from Bunnings for a few dollars.
- **No headphones are allowed at any time** – due to the event being held on public roads.
- Except for toilet stops competitors may not leave the course until each loop is completed
- Any competitor seen littering will be disqualified. If you take something on a loop, make sure it comes back. It's not hard to stuff a gel packet in a pocket.
- No non-competitors on the course (including previously eliminated runners). While we are all about encouraging athletes, this is an individual challenge.
- If no runner can complete one more loop than anyone else, there is no winner
- The winner is the last person to successfully complete a loop

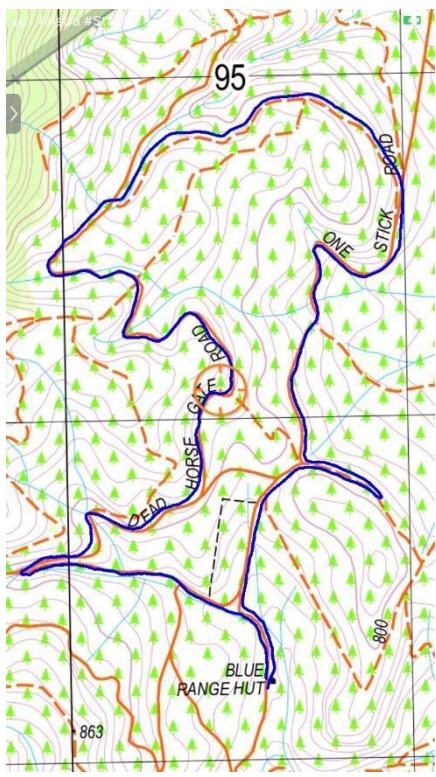
## *The GUMBaby*

- Rules are the same for the GUMBaby with the following exceptions:
  - The winner will be decided by a race on the last lap. Whoever completes the eighth loop first wins.
  - All others who finish within the time frame will be recognized as finishers instead of receiving a DNF.

## *The GumbbyMOON*

- Rules are the same for the GUMBaby with the following exceptions:
  - **Headlamps/torches and a high visibility reflective vest are required for the whole event. No Exceptions. The vest must have reflective strips.** You can buy these from Bunnings for a few dollars.
  - The winner will be decided by a race on the last lap. Whoever completes the fourth loop first wins.
  - All others who finish within the time frame will be recognized as finishers instead of receiving a DNF.

# The GUMBY Course



**In 2023 we are keeping the direction secret until Friday Morning.**

In 2021, we ran clockwise, in 2022, anti-clockwise. In 2023, which way will it be? Which way was your favourite, which way is harder? Which way has the best views?

It's only 6.7k how hard can it be? It might not be on laps one and two, but how many times can you continue to get around the Gumby.

The course is 6.7kms of undulating fire trail (all formed roads) offering a tasteful 180m of vertical per lap.

**Anti Clockwise:** The course begins in front of Blue Range Hut and exits the camping ground to the north gate – watch out for the locked gate about 150m in. After about 200m you will turn right onto One Stick Road and begin a nasty climb approximately 500m in length to Facebook Hill. At Facebook Hill turn right onto the out and back section on Gumbilical Lane. Run along Gumbilical lane for 300m to the turnaround point and make your way back to One Stick Road.

Turn tight upon returning to One Stick Road and enjoy its undulations (ignoring all side roads) for approximately one kilometer.

At this point there will be a fork in the road. **This is the one point of the course where it is the easiest to take the wrong path so pay attention.** Take the **LEFT** fork onto Burnt Knob Road. Here begins the real climbing as you make your ascent to the Mount Gumby KOM point. Follow Burnt Knob Road for approximately a kilometer (remembering to look behind you to enjoy the views back to Canberra. At the end of Burnt Knob Road, turn left on to Dead Horse Gate Road. Another 500m of climbing will bring you to Mt Gumby (the highest point on the course). From here it is all downhill.

Continue down Dead Horse Gate Road (ignoring all side roads) until it merges with Blue Range Road. At this point make a tight left hairpin turn and continue downhill on Blue Range Road for another 500m. Here you will turn right for the final 200m back to the campsite.

## Clockwise:

The course begins in front of Blue Range Hut and exits the camping ground to the north gate – watch out for the locked gate about 150m in. After about 200m you will turn left on to Blue Range Road. Follow Blue Range Road for another 700m before a sharp hairpin right on to Dead Horse Gate road.

You will continue climbing until approximately the 2.7k mark at which point you will reach the summit of Mt Gumby and the highest point on the course. About 500m later at 3.2 kilometres, you will need to take the right hand turn onto Burnt Knob Road (be careful, this is the one spot runners have been known to overshoot the turn).

Enjoying a downhill section on Burnt Knob Road follow this until it merges with One Stick Road at approximately 4.3 kilometres.

Some more climbing follows as you run along One Stick Road for about one kilometre to the 5.4 kilometre point. Here you will make a left for the out and back section on Gumbilical Lane. Run along Gumbilical lane for 300m to the turnaround point and make your way back to One Stick Road.

Upon returning to One Stick Road (approximately 5.9k) turn left and run 500m (6.4 kilometres) at which point turn left to enter the road back to the Hut and the end of the lap. Watch the locked gate as you return to the Hut. The finish is about 300m after the last turn.

A gpx file of the course can be downloaded here: [https://ultramediocre.run/Event\\_Gumby.html](https://ultramediocre.run/Event_Gumby.html)

## Event Check In

Only athletes will be able to check themselves in. **Please ensure you have some form of ID so we can verify that it's actually you.** Once checked in you will receive your race kit.

### Race Kits

You will receive the following at the event check in:

- Race Number Bib – this must be worn at the front at all times, and cannot be covered by clothing.
- Welcome gift – something from us to say thanks for attending our event.
- Event running shirt – if you pre-ordered an event running shirt.

## Preparing for the event and other FAQ answers

**Road Safety** – the GUMBY course is on public forestry roads so there may be the occasional 4WD coming through. For safety reasons runners are not permitted to have headphones whilst they are out on the course. You will also need to wear the mandatory safety gear.

**Mandatory safety gear** – you will need a head torch and a reflective high visibility vest if you are running after 5pm. If you do not have these items you will not be allowed to commence any laps after 5pm.

**Getting there** – please carpool if you can, Blue Range Hut is accessible by 2WD vehicle via the dirt Blue Range Road. Please drive to the conditions.

**Fires** – there are half a dozen fire pits at Blue Range Hut, the main fire near the hut will be lit late on Saturday afternoon and kept burning throughout the event. If you want to have a fire in one of the other pits please bring your own firewood. Scavenging for wood in the forest is prohibited. Campfires must be attended at all times, we will extinguish a fire if we find it unattended.

**Mobile phone coverage** – the reception out in the Brindabella range is patchy at best and depends on your phone company. The hut itself sits in a valley and there is no reception there. You will likely be able to get coverage if you are willing to walk 500m from camp to the top of "Facebook Hill". For runners, there are a number of places along the course where you will be able to get good reception.

