

TAKE THE GET BACK ON TRACK CHALLENGE



BINYANG MATTA TRAIL



This is your step-by-step guide to participating in the Binyang Matta Trail Challenge.

Step 1 - Register

Register for the Binyang Matta Trail Challenge on the event website and choose from the free or paid entry options. Free entry participants receive a downloadable participant bib and downloadable finisher certificate. Paid entry participants also receive an official **Get Back on Track Challenge Finisher Medal and discounted entry into NAB RunWest**, which takes place on Sunday, October 25, 2020.

Once you submit your on-line registration you will receive a registration confirmation email with links for downloading your participant bib, uploading your results and downloading your finishers certificate. **Be sure to keep this registration confirmation email handy.** You will also be able to log-in to your Register Now account with the username and password that you used to register for the event.

Step 2 – Download your Participant Bib

In your confirmation email you will receive a link to your downloadable participant bib. Simply click on the link and save the file to your computer. You can then print the participant bib from your printer at home or at work. If you would like to attach your bib to your shirt when you complete your Challenge you will need to use four safety pins. We've placed four circles, one in each corner of the participant bib, to show you where to place the pins.

Wearing a participant bib is not compulsory for the Get Back on Track Challenge, but it is good fun! In addition to the link in your registration confirmation email, you can also download a participant bib directly from the Binyang Matta Trail Challenge webpage

You can access this page at <https://www.runthewest.com.au/gbot-binyang-matta-trail/>

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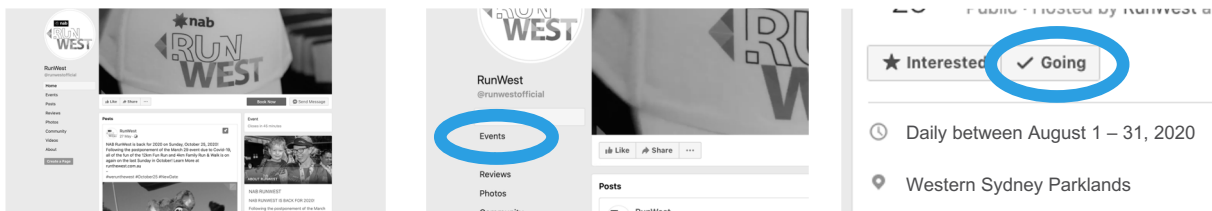


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HOW TO PARTICIPATE BINYANG MATTA TRAIL

Step 3 – Check in on Socials

You've committed to the Get Back on Track Challenge, so why not share it with the world (or your friends at least!) You can do this by 'checking-in' on the Get Back on Track Challenge Event Page on Facebook. Simply visit <https://www.facebook.com/WesternSydPark> or www.facebook.com/runwestofficial, click on 'Events' and then click on 'Going' on the Binyang Matta Trail event.



1. Visit the Facebook page
@runwestofficial or
@WesternSydPark

2. Click on 'Events' in the left-hand page menu.

3. Click 'Going' on your chosen
Get Back on Track Challenge
event

Step 4 – Download the Course GPX File or Connect on Strava (Optional)

If you would like to, you can choose to record your challenge via your preferred GPS tracker or wearable device. This includes Fitbit, Apple Watch, Garmin, or via a GPS tracking app on your smartphone, like Strava. We've created a GPX file for the Binyang Matta Trail course, which you can access by copy and pasting the link below into your web browser.

<https://drive.google.com/drive/folders/1OyWFcllBp68bsFl9QSS7z3cOBuzi5hcl?usp=sharing>

If you'd like to download the file and import it into your preferred run tracker platform, right click on the relevant course GPX file link to download the file to your computer and then import the GPX file into your preferred platform (e.g. FitBit, Apple Watch, Garmin). Your preferred platform will have instructions on how to import the file, which you can do by logging into your user account. If you're a Strava user, we've already uploaded the Binyang Matta Trail course directly into Strava, which you can view by copying and pasting the link below into your browser.

Binyang Matta Trail on Strava » <https://www.strava.com/routes/29013145>

Note that it's **not compulsory** to import a GPX file or connect on Strava to complete the Challenge but is preferred for the validation of your Challenge finish.

Step 5 – Getting There

Binyang Matta Trail starts and finishes at Western Sydney Parklands, Richmond Road carpark, Dean Park. The entrance is via Richmond Road, Quakers Hill. You can get there by car or public transport. If travelling by public transport, it's a 10-minute walk from Doonside Station or 10–15 minutes from Quakers Hill Station. Local residents can also walk, run or cycle into the Parklands. Local residents can also walk, run or cycle into the Parklands.

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westernsydneyparklands.com.au



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Step 6 – Take on Your Challenge

You can complete your Challenge any time between 1 - 31 August. You can choose your own start time and fit your Challenge in around your schedule. If using a GPS activity tracker, make sure your device or app is connected before you get underway and be sure to hit 'start' on your device when you begin your challenge and hit 'stop' when you finish to note your time. Remember, this is your *personal* challenge so you can run, jog or walk at your own pace. It's not a race (unless you want it to be) so enjoy your Challenge on your own terms.

Once you've completed your Challenge save your challenge file onto your GPS watch or smart phone so you can upload your results and download your finisher certificate. And, don't forget to share photos from your Challenge on your socials and tag **#getbackontrack** in your posts! We'd love to see you exploring Sydney's Biggest Backyard!



For your safety and the safety of others please remember to practice appropriate physical distancing measures while you participate in your challenge.

Step 7 – Upload Your Results and Download your Finisher Certificate

The Get Back on Track Challenge operates on an honesty system. Record your challenge time on your preferred GPS device or run tracking platform and validate your finish by following the steps outlined below. Once you upload the URL link to your activity tracker file, or manually input your finish time into the validation portal you'll be able to download your official Get Back on Track Challenge certificate after 1 August!

A detailed instruction guide, with visuals, is available in the 'How to Download Your Finisher Certificate' PDF on the event website. Simply follow these steps to upload your results and download your finisher certificate:

1. Visit <http://tomatotiming.racetecresults.com/> and enter the name of your Get Back on Track Challenge Event in the main search bar
2. Find your name using the search bar in the top right corner
3. Click "Edit Time"
4. Enter your finish time and all other necessary fields and click SUBMIT
5. If successful, click the RESULTS button in the top left corner to view your results
6. Click the printer icon to the left of your name to view and download your certificate.

If you have any questions about the Get Back on Track Challenge message us on the Event page on Facebook or email our team at getbackontrack@runthewest.com.au.

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