



SAT 8 AUG 2026 · KILMORE RACING CLUB, VIC

2026 ATHLETE INFO PACK

CONTENTS



01	Welcome & Introduction	3
	What you signed up for, and how to use this pack.	
02	Key Event Details	4
	Date, timings, venue and the format in one page.	
03	Contact Information	5
	Who to talk to before the event and on the day.	
04	Pre-Race Information	6
	Getting there, transport, where to stay, check-in and how to prepare.	
05	During the Race	8
	How a round works, the dropping cutoff, sirens and timing.	
06	The Start Line	9
	When you can step on the track, where to form up, and what happens when you're out.	
07	The Course	10
	The track, the surface and the conditions to expect.	
08	Site Map	11
	Where everything lives at Kilmore Racing Club.	
09	The Athlete Rest Area	12
	Your home between rounds, and the rules for your support person.	
10	Event Rules	13
	The rules of the format. Read every one of them.	
11	What to Bring	14
	Must-brings, smart-brings and what stays at home.	
12	Prizes & What You Get	15
	The cash, the winners' prize pool and what every athlete walks away with.	
13	Spectators & Supporters	16
	Bringing your people, and where they watch from. Entry is free.	
14	Emergency Information	17
	Medical on the day and emergency contacts.	

WELCOME & INTRODUCTION



G'day legends, welcome to Harry's Longest Mile.

You put your hand up for a format that has never been run in Australia. A track. A stopwatch. One winner. That's the whole thing.

Here's the deal: run a mile. Beat the cutoff. Then do it again. Every round the cutoff drops 10 seconds. Round 1 is a brisk walk. Round 30 is not. Somewhere between those two, you'll find out exactly what you signed up for.

You don't need to be fast. You need to not quit. When your legs say no and your brain says "**f**k it, one more**", that's the race actually starting.

This pack is your race day bible. Where to park, when to show up, how the format works, what to bring, and what happens when the siren finally gets you. Read the lot now, then read it again the week of the race.

➤ What makes this one different

- **First time in the country.** Nobody owns a Longest Mile title yet. One of you will leave with it.
- **A one-off field.** When it's done, it's done. The tee, the field, the format: none of it gets re-run the same way twice.
- **Every round on the livestream.** The same crew that pulled 100k+ views at King of the Hill is calling your name on YouTube, all day.
- **Flat, fast and brutally simple.** No hills. No trails. No excuses. Just you, the track, and a clock that won't stop dropping.

Train with intent. Embrace the suck. We'll see you on the track.

From the Harry's team

KEY EVENT DETAILS



8 AUG

SATURDAY · 2026

9:00AM

CHECK-IN OPENS

11:00AM

FIRST ROUND STARTS

1

LEFT STANDING

➤ Race day timings

Check-in	9:00am to 10:30am. Bib collection at check-in in the John Kelly Pavilion (marker 3 on the site map). Check-in closes at 10:30 sharp.
Pre-race briefing	10:45am at the start line. Mandatory for all athletes.
First round	11:00am sharp. Round 1 cutoff is 15:00 for the mile. That's a brisk walk.
Finish	~8:00pm. The event runs until only one athlete is left standing, roughly 9 hours end to end.

➤ The venue

Where	Kilmore Racing Club, East Street, Kilmore VIC. About 55 minutes north of Melbourne CBD.
Parking	Free, on-site. Park in the Longest Mile parking area off East Street, then walk to check-in. See the site map on page 11.
Facilities	Full bar and bistro, indoor and outdoor viewing with TVs running the livestream, toilets, and a grandstand at the finish line.
Spectators	Free entry. Bring your people.

➤ The format in one paragraph

Every round, the whole field runs 1 mile: two laps of the 800m training track. Cross the line before the cutoff or you're out. Round 1 cutoff is 15 minutes. Every round after that, it drops by 10 seconds. The event continues until a single athlete is left standing. The last male and the last female standing each take home \$1,000 and the endurance prize pool.

CONTACT INFORMATION

EVENTS LEAD · ATHLETE QUESTIONS

Alex Cleary

alex@hardcoreharrys.com.au
0491 278 291

Phone is for emergencies only. Email for everything else: entries, transfers, tees and format questions.

RACE DIRECTOR

Ethan Fleming

ethan@hardcoreharrys.com.au

Runs the race on the day. On race day, find the nearest official rather than your phone.

MEDICAL & SAFETY

On-site medical team

Medics are on the ground from check-in until the last athlete is done.

IN AN EMERGENCY

Call 000 first

Then notify the nearest event official. Full emergency details are on page 17.

➤ Follow the build-up

- Instagram: **@harryslongestmile** for everything about this event, and **@hardcoreharrys** for the wider madness.
- Web: **hardcoreharrys.com.au**
- Livestream: **YouTube**, every round with commentary.

Watching from home? The livestream link goes up in the @harryslongestmile Instagram bio links on race day. Point your people there.

PRE-RACE INFORMATION



➤ Getting there

Kilmore Racing Club, East Street, Kilmore VIC. Roughly 55 minutes up the Hume from Melbourne CBD. Parking is free and on-site — follow the signs to the **Longest Mile parking area** off East Street (shown on the site map, page 11). Give yourself buffer: a full field arriving in the same window means the car park will be busy.

➤ Check-in • 9:00am to 10:30am

- Check-in is in the **John Kelly Pavilion** (marker 3 on the site map).
- Collect your **race bib**. Wear it visible for every single round. No bib, no round.
- Ordered an event tee? Collect it at check-in too. Sizes are locked to your order.
- **Someone else can grab your bib for you.** If a mate is checking in before you, they can collect yours too. Just have them give your full name at the pavilion.
- Check-in closes at **10:30am sharp** so everyone makes the briefing. Don't be the person sprinting the car park at 10:29.



Your bib. Collect it at check-in, wear it every round. Your name and number are how the timing crew, the commentators and the livestream know who's still standing.

➤ Pre-race briefing • 10:45am

Held **at the start line**, mandatory for every athlete.

This is where we confirm the rules, the round procedure and anything that's changed since this pack went out. First round starts 15 minutes later. Miss the briefing and you're guessing. Don't guess.

➤ Set up your rest area

Once you're checked in, cross the track at the athlete crossing (marker 6) — reached from the check-in / John Kelly Pavilion side — and set up in the athlete rest area (marker 7). Bring your support person across with you if you've got one: once racing starts, the crossing goes one-way and volunteer-guided. Full rules on page 12.

GETTING THERE & STAYING OVER



Driving up is the simple option: free parking on-site, straight off East Street. This page is for everyone coming from further out, or without a car.

➤ Getting here without a car

- **Train.** The V/Line Seymour line runs from Southern Cross to **Kilmore East station**, the closest stop to the track. Fair warning: it's a rural station a fair way out of town with nothing around it, so sort a lift or a pre-booked rideshare for the last few kilometres. Timetables at vline.com.au.
- **V/Line coach.** Some Seymour services connect by coach to a stop in the middle of Kilmore (corner of Bourke and Sydney St), only a few minutes from the racecourse. Often handier than the train station. Check it on the V/Line app.
- **Rideshare.** Uber does cover Kilmore, but this far from the city drivers are thin on the ground, especially at night when we wrap up. Don't bank on hailing one on the spot. Pre-book with Uber Reserve and keep a backup.
- **Carpool.** Honestly the easiest fix. Find someone in the field, split the drive, park free on-site. We'll help connect people closer to the day, keep an eye on [@harryslongestmile](https://twitter.com/harryslongestmile).

➤ Staying nearby

Coming from interstate or a long haul out? Book early. Kilmore is a small town with a handful of beds, and race weekend fills them.

- **Fox on the Run Motel**, central Kilmore. A 29-room motel in the middle of town, short walk to the pub.
- **Kilmore Caravan Park**, cabins and powered sites close to town.
- **Wallan** (about 15 minutes south) or **Broadford** (about 10 minutes north) for more rooms, plus **Airbnb** around Kilmore if these are booked out.

We're not affiliated with any of these, we're just pointing you at what's close. Book direct and book early.

➤ How to prepare between now and August

- **Repeat miles, not one fast mile.** The race is won by the athlete who can do it again, not the one with the quickest opener.
- **Practise the walk-jog mix.** Early rounds reward moving cheap, not moving fast.
- **Rehearse eating on short recovery.** Your gap between miles shrinks every round.
- **Train in the cold.** August in Kilmore is single digits, wind, and a decent chance of rain.
- **Test everything.** Shoes, layers, fuel, chair. Nothing new on race day.
- **Plan your day job story.** You're going to be sore Monday.

DURING THE RACE

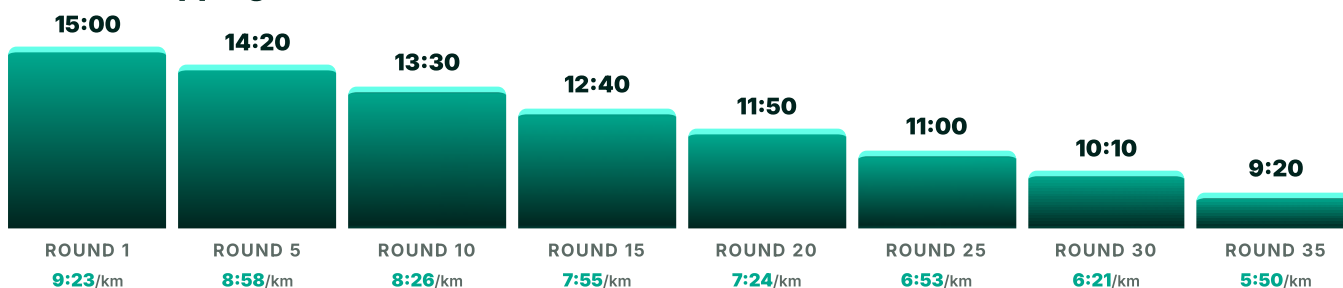


➤ How a round works

Every athlete still in the race starts each round together. You run 1 mile: two full laps of the track, anti-clockwise. Cross the start/finish line before the round clock hits zero. When it does, the siren sounds, the cutoff drops 10 seconds, and the next round is on.

The clock never stops. Whatever's left on the clock after you finish your mile is your recovery. Run an 8-minute mile on a 15-minute cutoff and you've bought 7 minutes to eat, sit and reset. Cut it fine and you're straight back on the line. Racing hard early is spending recovery you'll want later. Spend it wisely.

➤ The dropping cutoff



Round 1 at 15:00 works out to roughly 9:23/km. A brisk walk. It does not stay that way.

➤ Sirens & timing

- **Three sirens run your day.** One at 3 minutes to go, one at 1 minute to go, and one when the round starts. Learn them fast.
- **Manual timing.** A race clock at the line, a stopwatch, and a siren. No chips, no mats. You either beat the cutoff or you don't.
- **Live standings** run on the venue TVs and the livestream scoreboard: round number, current cutoff, athletes remaining.

➤ No outside help mid-round

From the start siren until you cross the line again, the only people allowed to help you are **other runners still in the race**. No handing you water, no pacing from the rail, no support person jogging the home straight with you. Whatever you need mid-mile, you carry or you earn from the field.

➤ Water, food and fuel

You bring your own and you manage it yourself. Set your drinks and food up in your rest area and top up between rounds, because once the siren goes nobody off the track can hand you a thing. There's a water jug at the **trackside aid station** if you get caught short, but treat it as a backup, not your plan. Bring a bottle, know what you're drinking, and don't rely on us to hydrate you across a nine-hour day.

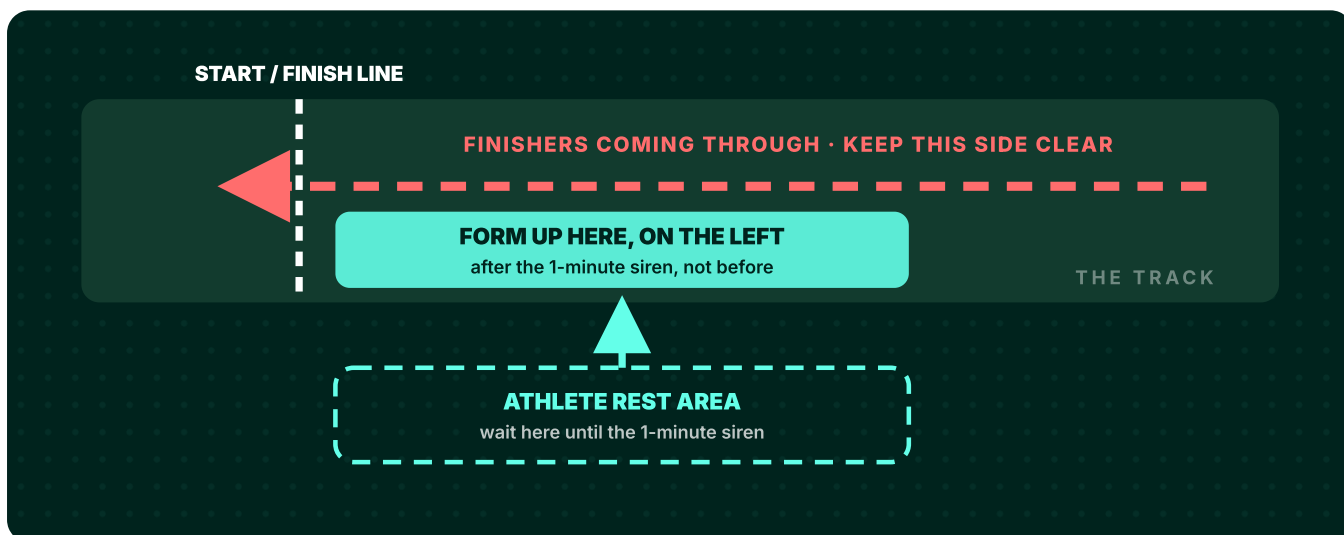
THE START LINE



The one place this format gets tight is the start line. While you're lining up for the next round, the back of the field is still finishing the last one, on the same piece of track. Here's how we keep it clean.

➤ When you can step on the track

- **Stay off the track until the 1-minute siren.** Not the 3-minute one. The 1-minute one. This is a hard rule.
- When the 1-minute siren sounds, walk onto the track at the section closest to the athlete rest area.
- **Form up on the left** as you look at the start line. The right-hand side stays completely free, because that's where athletes are still finishing their mile.
- Once the start siren goes, the whole track is yours again.



Bird's eye view of the start straight. You're looking at the start line from the athlete rest area.

➤ When you're out

- ✗ You miss the cutoff.
- ✗ You can't finish the mile.
- ✗ You pull the pin. No shame in it. There's a bar right there.

Eliminated athletes are recorded at the line. Then, when you're ready, a volunteer walks you back over the crossing. Grab a beer, take the grandstand, and watch the field get smaller.

➤ Recovery: sauna & ice baths

Over on the bistro side, in the recovery area (marker 5), there's a **sauna and ice baths**, open to every athlete across the day. One catch: they sit outside the race zone. You can't nip over between rounds, because leaving the infield means crossing the athlete crossing, and once you cross out, you're out. So they're for **before your first round, or once your day is done** and you've come back over. When you're out, they're all yours.



Distance per round	1 mile: two laps of the 800m training track
Track	Flat training track, on the inside of the harness track at Kilmore Racing Club
Surface	Compact sand and dirt. Firm and fast underfoot.
Direction	Anti-clockwise, every round
Elevation	Dead flat. Zero. The hill events can keep their hills.
Start / finish	Same line, right beside the athlete rest area

➤ Underfoot

This is a groomed racing surface, not a trail. Standard road running shoes are all you need. If it rains, the track is built to drain and stay firm. It's what the horses train on, and they're heavier than you.

➤ The line matters

Two laps sounds simple until you've done twenty-five of them. The full mile counts every round: both laps, all the way across the line. There are no shortcuts on a loop, and cutting inside the track edge is an elimination. Run the track as marked.

➤ Racing after dark

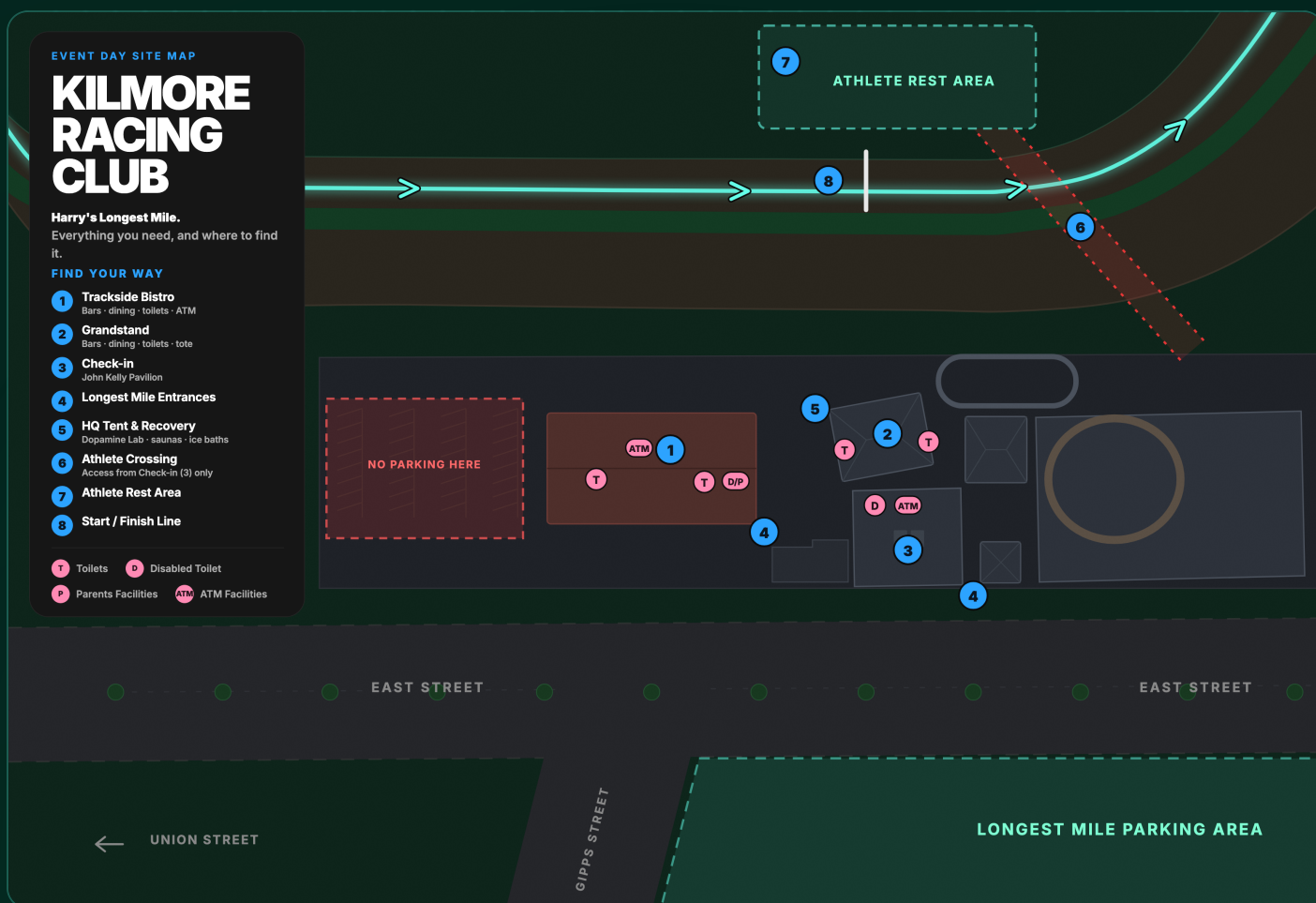
The sun sets in Kilmore around **5:30pm** in August, and the event runs until roughly 8:00pm, so the last couple of hours happen in the dark. Good news: **the track is floodlit**. The lights come on as the light fades, around 5:30pm, and the whole racing surface stays lit right through to the final siren. You will not need a head torch to run. Bring one if you like for the walk back to your car after it's all over, but that's the only place you'll want it.

➤ Weather

August in Kilmore is proper winter: cold mornings, wind that finds every gap in your layers, and a real chance of rain. The event runs in rain, wind, whatever. The racetrack is built for it. Your layers and your dry socks are what make the difference between a long day and a miserable one.

Extreme weather: if conditions genuinely endanger athletes, the event may be postponed or cancelled and you'll be notified as fast as we can type. Watch your email in the days before the event.

SITE MAP



Getting to the start: park in the **Longest Mile parking area**, check in at **3**, then cross the track at the athlete crossing **6** only. Once racing starts, the crossing is volunteer-guided and one-way: out means out.

Once you're in, you're in. No crossing back until you're out of the race. Eliminated? When you're ready, a volunteer walks you back over to the bistro side, where the beer and the grandstand live.

THE ATHLETE REST AREA



The middle of the track is yours for the day. Set up your spot, because between rounds it's the only place you'll want to be: the start line is right there, and so is your chair.

➤ Setting up

- **Shared gazebos are set up in the athlete rest area.** Rock up with a camp chair and an esky and you're covered.
- Want your own setup? You're welcome to bring your own gazebo. Just a reminder: you're carrying it from the car park, across the track and back.
- **Spots are first in, best dressed.** Set up wherever you like inside the roped athlete area. The rope is the boundary: your gear and your setup stay inside it, all day.
- You can't drive onto the infield. Park in the car park and carry your gear across at the crossing.
- Portable toilets are set up on the infield, so you never have to leave.

➤ Your support person

- **Each athlete can have a maximum of one support person** in the athlete rest area. They cross when you do, before racing starts.
- **They're in for the long haul.** Once your support person leaves the rest area, they can't come back in. If they're the duck-in-and-out type, they'll enjoy the grandstand more.
- Everyone else you brought watches from the grandstand, the rail or the bistro. Nobody else comes onto the infield.

➤ Getting on and off

The athlete crossing (marker 6) is the only way on and off the infield, and once racing starts it's volunteer-guided, every time. Nobody walks across a track that people are racing on. Traffic is one-way: once you or your support person cross back out, that's it, no re-entry. When you're done, gear comes back over the crossing with you, and your patch of infield looks like you were never there.

➤ Pack it out

You're responsible for your own rubbish and everything you carried in. Leave nothing on the infield: no wrappers, no broken gear, no shame-abandoned camp chairs. This venue is how the event exists. Treat it like it.

EVENT RULES



- 01 Run the full mile, every round.** Two complete laps, across the line before the siren. Every round, until you can't.
- 02 Miss the cutoff, fail to finish, or pull the pin and you're out.** No re-entry, no exceptions, no "the siren was quiet".
- 03 Stay on the track.** Cutting the course or running inside the marked edge is an automatic elimination.
- 04 Stay off the track until the 1-minute siren.** Then form up on the left as you look at the start line. The right side stays free for finishers.
- 05 Be on the line when the round starts.** Sirens at 3 minutes and 1 minute warn you before every round. In the toilet, mid-sandwich or asleep in your chair is not a defence.
- 06 No outside help mid-round.** From the start siren until you cross the line, the only help allowed is from runners still in the race.
- 07 Bib on and visible, every round.** It's how the timing crew knows you're still alive out there.
- 08 Cross at the athlete crossing only.** Once racing starts it's volunteer-guided and one-way. Never cross the track anywhere else.
- 09 Headphones are allowed.** But we'd rather you talk. The field is the best part of this event, especially in the early rounds. Save the headphones for the pain cave.
- 10 Officials' decisions are final.** Approach them with questions any time, that's what they're there for. Argue the call, and you're arguing your way out of the event.
- 11 Medics outrank everyone, including you.** They can withdraw you on medical grounds and their call is final.
- 12 Behave like a legend.** Abuse toward staff, volunteers or athletes gets you removed from the venue.
- 13 Last one standing wins, but you have to earn it.** To win, you must complete one final full mile, inside the cutoff, after everyone else is out. If the last athletes standing all fail the same round, nobody wins. Same as a backyard ultra: no final mile, no title.

WHAT TO BRING



➤ Must bring

- **Running shoes.** Road shoes are perfect for this surface.
- **Water bottle.**
- **Warm layers.** Beanie, jumper, track pants for between rounds. August. Kilmore. Trust us.
- **Wet weather jacket.** The event runs in rain. You do too.

➤ Smart to bring

- **Camp chair and esky** for your spot in the rest area. Shared gazebos are already set up, so a chair is all you really need.
- Food and race fuel you've actually trained with
- Spare shoes, and more dry socks than feels reasonable
- Towel and a full change of clothes for the drive home
- Power bank for your phone
- Cash or card for the bistro and bar
- Sunscreen. Winter sun on an open track for 9 hours still bites.
- **Head torch**, only if you want one for the walk to the car park after dark. The track itself is floodlit, so you won't need it to race.

➤ Leave at home

- ✗ **BYO alcohol.** It's a licensed venue with a full bar. They take that seriously and so do we.
- ✗ **Glass** of any kind.
- ✗ **Drones** or anything else that flies.
- ✗ **Pets.** Service animals excepted.
- ✗ **Open flames or BBQs** on the infield.

The bistro has you covered. Hot food, coffee and a full bar are a short walk from the track all day. But don't make the venue kitchen your entire race nutrition plan: bring the fuel you've trained on.

PRIZES & WHAT YOU GET

\$1,000

LAST MALE STANDING

Cash, plus the full endurance prize pool below

\$1,000

LAST FEMALE STANDING

Cash, plus the full endurance prize pool below

➤ What each winner takes home

- **A ticket to King of the Hill 2026.** Otherwise sold out. You literally cannot buy this.
- **Free entry to the next Longest Mile.** Come defend it.
- **\$500 of Harry's gear.**
- **3 months of the Harry's app.**
- **Creative partnerships access.** A seat at the table with the Harry's brand.

➤ Every athlete walks away with

- **A gnarly trophy.** Every single athlete takes one home.
- **Your race called live.** Every round streams to YouTube with commentary, your name on the screen. Same crew that pulled 100k+ views at King of the Hill.
- **All event footage.** Every camera angle lands in a shared drive within 24 hours. Cut whatever you want from it.
- **A personalised results graphic** within 24 hours. Your name, your rounds, made to be posted.
- **A feature on @harryslongestmile and @hardcoreharrys.**
- **A story nobody at work will believe** and a field of athletes who were there when it happened.

How it ends: the event runs until a single athlete is left standing, and the title has to be earned: the winner must complete one final full mile inside the cutoff after everyone else is out. If the last athletes standing all fail the same round, nobody wins. The last male and the last female each take home everything on this page.

SPECTATORS & SUPPORTERS



Spectator entry is free. Bring your people. This format was built to be watched: the whole field passes the grandstand twice a round, all day, while the cutoff strangles the race one athlete at a time. It's genuinely good viewing, and the venue was made for it.

➤ Where they watch from

- **The grandstand**, looking straight down the finish line.
- **The rail**, close enough to hear you breathing.
- **The bistro and bar**, indoors, heated, with TVs running the livestream. The soft option. Also the smart one.

➤ The house rules for supporters

- Spectators stay off the track and off the infield, all day. **One support person per athlete** is allowed in the athlete rest area (rules on page 12); everyone else watches from the good side, where the bar is.
- Parking is free in the main car park. Follow staff directions on the day.
- Kids are welcome with supervision.

➤ Can't make it to Kilmore?

The whole event streams live on YouTube with commentary, a live scoreboard and every round from the gun to the last siren. The link goes up in the **@harryslongestmile** Instagram bio links on race day. Send it to your mum. She's going to worry either way; she may as well watch.

EMERGENCY INFORMATION



In a serious emergency: call 000 first. Then notify the nearest event official or the medical team. Do not wait for an official to make the call for you.

➤ Medical on the day

- A medical team is on-site from check-in until the last athlete is done, based at check-in (marker 3) and the HQ / recovery area (marker 5 on the site map).
- Feeling wrong mid-round? Stop. Flag a volunteer or official. The mile will still be there next event; make sure you are.
- Report any injury to officials or medics straight away, even the ones you think you can run off.

➤ The cardiac rule

Every athlete with any cardiac history was required to clear it with us before registering. If that's you and you never sent that email, contact alex@hardcoreharrys.com.au now, not on race morning.

➤ Emergency contacts

Police / Ambulance / Fire	000 (critical incidents)
Kilmore & District Hospital	(03) 5734 2000 · Kilmore
Police non-emergency	131 444
State Emergency Service	13 25 00
Event contact (day-of emergencies)	Alex Cleary · 0491 278 291

Weather: bom.gov.au · Emergencies and warnings: emergency.vic.gov.au

By participating you accept the conditions described in this pack and the terms you agreed to at registration (hardcoreharrys.com.au/events/the-longest-mile/terms). Details in this pack are correct at time of writing; anything that changes will be confirmed at the pre-race briefing.



HARRY'S **LONGEST MILE**

**ONE MILE.
EVERY ROUND.
UNTIL ONE OF YOU IS LEFT.**

FROM THE HARRY'S TEAM

PROUDLY BACKED BY

KILMORE
RACING CLUB

•

HARRY'S

•

ALTRA

@harryslongestmile · hardcoreharrys.com.au · Hosted by Hardcore Harry's AU Pty Ltd