

SHEPPARTON RUNNING FESTIVAL



26TH AUGUST 2018

Athletes' Guide

sheppartonrunningfestival.com.au



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TABLE OF CONTENTS

ENTRY BIBS	3
ENTRY ON THE DAY	3
BAGGAGE DROP.....	3
START PROCEDURE.....	3
AID STATIONS	4
PERSONAL NUTRITION.....	4
TOILETS	4
iPODS / iPHONES / MP3	4
ANIMALS.....	4
WHEELS / MOTORS & OTHER TOYS.....	5
PRAMS	5
FINISH PROCEDURE	5
WITHDRAWAL.....	5
POST EVENT REFRESHMENTS AND FOOD	5
SHOWERS.....	5
DIRECTIONS	6
CAR PARKING.....	6
START & FINISH AREA.....	6
COURSE ACCURACY & TIMING	7
EVENT PROGRAM & CONTACTS	7
EVENT RULES	8
GENERAL:.....	10
Shepparton Runners Club Marathon	10
Shepparton Show Me Half Marathon	11
Prime 7 - 10km Run	12
Shepparton News 5km Pink Ribbon Run/Walk.....	13
McDonald's 2km Kids Dash	14
COURSE MARKING.....	15
ACCOMMODATION	16
COURSE ETIQUETTE.....	16
RESULTS	16
PARTICIPATION CERTIFICATES.....	16
PHOTOS	17
EVENT SHIRTS	17
PRIZES	18
WEATHER.....	19
SPONSORS	20

EVENT BIBS

Your race bib is your event identifier and comes with a timing chip attached. Race bibs will be sent out in early August to all entrants who pre-paid postage before 31 July. If you have paid for race bib postage prior to the end of July and have not received your race bib within 14 days of the event date, please contact us.

For entries after 31 July, or those who did not pay for postage, race bibs will be available for collection at the registration marquee in the event venue at Victoria Park Lake on Saturday 25 August between 10am – 3pm. We prefer all entrants to collect their race bib prior to race day.

If you choose to collect a pre-paid race bib on the morning of the event, please ensure that you arrive at least 30 minutes prior to your race start as pre-registration ceases 15 minutes prior to each event start time.

ENTRY ON THE DAY

Entries will NOT be accepted on the day. Last minute registrations will take place from the event venue from 10am until 3pm on Saturday 25 August. After this time registration or enquiries can be made to info@sheppartonrunningfestival.com.au or phone the Race Director – 0407 081 070

BAGGAGE DROP

Space will be set aside as a baggage drop close to the start and finish area at Victoria Park Lake. Please look for a sign on a gazebo or marquee in this area. Your race bib number will be attached to your bag, therefore remember to bring your race bib back with you as identification when you are collecting your bag. Use of this service is included in your event entry fee.

START PROCEDURE

Entrants who have received their race bibs prior to event day are NOT required to register or check-in on Saturday or Sunday. You can simply head straight to the start line at the scheduled time. Refer to the program section below for times and details.

For any reason you are unable to start or finish you MUST notify race officials of your race bib number. Entrants MUST cross the timing mat at the finish of the event or they will not receive a time for the event.

Please ensure your race bib is attached to the front of your body and visible at all times during the event.

Water will be available for entrants pre-race. Other event supplied food and beverage items will be available to entrants after their event.

AID STATIONS

Aid stations will be set-up on course at regular intervals. Refer to the individual race maps for their locations. All aid stations will have sports drink, water and lollies with the exception of the start line and the 2km course aid stations, which will only have water.

There will be a minimum of one aid station for the 5km course and a minimum of two aid stations for 10km entrants. Additional Marathon and Half Marathon aid stations will be established at distances between 2km and 3km apart.

The sports drink is a carefully balanced mixture of high and low GI carbohydrates, including Glucose, Fructose and Maltodextrin. It is orange flavoured, contains some sodium and a hint of peppermint.

Sports drink will be served in **paper** cups.

Water will be served in **plastic** cups.

Water and additional supplies including fruit, will be available at the finish line.

Basic first aid supplies will be available at all aid stations on course.

PERSONAL NUTRITION

Personal Drinks are not encouraged but are available by arrangement at two aid stations only, the Broken River Drive and Marungi Street locations. The Personal Drinks service is available to competitors in the full marathon only. Personal drinks must be a clearly named bottle and placed by the entrant in the buckets provided at the registration marquee on Saturday 10am – 3pm or on Sunday before 6:30am (30 mins before race start).

It is the entrants' responsibility to find their own bottle at the Personal Drinks Station.

Race organisers will not be held responsible for lost drink bottles.

You must not drop your bottle on course; it must be dropped in an event bin at another aid station or in a bin at the event venue.

TOILETS

Toilets are located at the start/finish line, and at the 4 and 7km points of the 14km primary loop. There are additional public toilets close to the edge of the course, for these locations please refer to your race map.

iPODS / iPHONES / MP3

Personal music devices are allowed. However, we request that you don't start these until after the pre-event briefing and that they are kept at a volume that only you can hear and that allows you to hear any instruction given by marshals and assistants on course.

ANIMALS

For the safety of all participants, no dogs or pets are allowed on course.

The only exception is personal service dogs eg: Guide Dogs.

WHEELS / MOTORS & OTHER TOYS

Bicycles, skateboards, rollerblades and similar devices / vehicles whether motorised or not are prohibited from use by entrants. Any other toys, signs, placards, unusual clothing etc. that may unreasonably offend or inhibit other competitors will also be banned.

PRAMS

Single Prams are only permitted on the 5km and 2km course. Double prams are not permitted. Participants pushing prams must not walk or run beside the pram and for the safety of all participants if you are pushing a pram you must stay in single file and keep to the left at all times. Some sections of the pathway network are narrow and cannot fit double file runners/walkers in both directions.

Requests for pram use in the longer distance events can be made to the event manager on info@sheppartonrunningfestival.com.au

FINISH PROCEDURE

Once you go through the finish arch your race bib number will be electronically recorded. A video will also record your finish to cover against any timing chip mis-reads. Please ensure that your bib number is clearly visible on the front of your clothing.

Failure to have your bib displayed may result in a 'did not finish' (DNF) being recorded.

WITHDRAWAL

If you need to withdraw from any event please inform a volunteer at the nearest aid station or make contact with race administration by phone at your next opportunity.

Race Admin – 0403 651 509

Event Manager – 0409 790 751

POST EVENT REFRESHMENTS & FOOD

Water, sports drink and other refreshments will be available to entrant's post-race. In previous years this has included juice and fruit. Additional food and drinks will also be available in the event venue for purchase. This includes coffee, refreshments, bbq food including, egg & bacon rolls, hamburgers, chicken steaks, salad rolls, vegetarian options and more.....

SHOWERS

Thanks to Aquamoves Shepparton, showers are available to entrants. To use these facilities, please present your race bib at Aquamoves reception. Entrants need to bring their own towels and / or toiletry supplies.

COURSE ACCURACY

Course accuracy is critical. The Marathon, Half Marathon and 10km courses are AIMS / IAAF certified. The 5km and 2km courses are not officially measured or certified.

COURSE TIMING

A timing chip will be attached to entrant race bibs (except 2km). All tags will become active when each event starts and will be 'read' by a decoder as entrants cross the finish mat. A video will also be in place to protect against miss-reads or any other issues that may arise at the finish.

The start line and the finish line are in different locations, approximately 100m apart. Results will be compiled from "gun" times only.

EVENT PROGRAM

Saturday 25 August	
10:00am	Event registration, including last minute entries and bib collection will open in the event venue located at the northern end of Victoria Park Lake, Shepparton We encourage all entrants who do not already have to their race bib to collect it before 3pm
3:00pm	Event venue registration close
Sunday 26 August	
6:00am	Race day bib collection and information desk opens
7:00am	Shepparton Runners Club Marathon start, race briefing at 6:50am
8:00am	Shepparton Show Me Half Marathon start, race briefing at 7:50am
8:30am	Prime 7 - 10km start, race briefing at 8:20am
9:10am	5km Pink Ribbon Run/Walk start, race briefing at 9:00am
10:00am	McDonald's 2km Kids Dash start, race briefing at 9:50am
9:30am	<u>Presentations:</u> Prime 7 - 10km
10:30am	Shepparton Show Me Half Marathon followed by the 5km Pink Ribbon Run
11:45am	Shepparton Runners Club Marathon

FOR EMERGENCIES OR UNFORESEEN CIRCUMSTANCES PLEASE CONTACT THE FOLLOWING:

Race Director – Sharon Scholz – 0407 081 070

Event Manager – Nadine Edwards – 0409 790 751

Race Admin – Sue Olley – 0403 651 509

Media, Publicity & Sponsorship – Liz Connick – 0409 967711

Email: info@sheppartonrunningfestival.com.au (this email will be checked over event weekend)

EVENT RULES

General:

- Entrants will run on the approved course as directed and will not accept outside assistance.
- Entrants will accept the decision of the Race Director, Event Manager and any marshal, event volunteer, or event judge as final and no correspondence or dispute entered into.
- No competitor will be awarded an event placing unless they are wearing an event number on the front of their body visible throughout the entire event.
- No competitor deemed to have received outside assistance will be eligible for official placings or prizes.
 - This includes but is not limited to an accompanying cyclist, a runner or pacer who is not an entrant in the same event and of the same gender or any person placed deliberately at some point on the course with the intention of providing specific assistance to an entrant.
 - Exceptions include, but are not limited to a person placed within 50m of an official aid station who provides advice and / or nourishment to an entrant, and family and friends that wish to run across the line with an entrant who may do so from the point where the finish chute turns onto the grass section (about 100m from the finish line).
- Officials, including but not limited to course marshals, drink station attendants, first aid personnel and road traffic control personnel have the authority to disqualify or remove entrants from the course. Failure to obey the direction of an official will result in disqualification.
- A “fall-back” date of 2 September 2018 is proposed in the case of “extreme” conditions. This may include, but is not limited to temperature forecasts in excess of 36 degrees at 12pm on event day, a flooded course, severe storm warning, other environmental conditions that event organisers consider may place entrants at an unreasonable risk.
- The Event Organisers reserve the right to reject or cancel any entry in any event at any time particularly in but not limited to weather conditions that make the event dangerous. In any circumstances where cancellation is necessary due to safety concerns entry fees will not be refunded and recompense may not be claimed by entrants for any other consequential loss.
- Race organisers reserve the right to alter without notice any rules and conditions which govern the event.

Event registration terms & conditions:

Cancellation Policy:

- Super Early Bird entries are non-refundable, but can be transferred
- 2KM race entries are non-refundable
- Cancellation prior to 1 June 2018 will incur a \$20 cancellation fee
- Cancellation from 1 June 2018 to 31 July 2018 will incur a 50% cancellation fee
- Cancellation from 1 August to 12 August 2018 will incur a 75% cancellation fee
- No Refunds will be payable after 12 August 2018

Event changes or transfers:

- 2KM race entry withdrawals and transfers will be considered under special circumstances only. Written application must be made to the Event Manager prior to event day.
Email: info@sheppartonrunningfestival.com.au

- Event Transfer to a longer distance will be permitted up until 12 August 2018
- Event Transfer to a longer distance will require payment of the difference of entry fee at the time of transfer
- Event Transfer to a shorter distance will incur a cancellation as per the cancellation policy and the residual amount going towards your new entry at the time of transfer. Entrants will be required to pay any difference in entry fee at the time of transfer
- Event Transfer to a shorter distance after 12 August will not receive a refund of the difference
- Entry transfer to another person for the same distance permitted up until 31 July and will incur a \$20 administration fee
- If an entry or event transfer occurs after 31 July and your race bib has been mailed, you will be charged an additional \$10 for a new Race Bib
- Entry updates or changes, including personal information, new email address, optional purchases or decision to make a donation can be managed by yourself. Simply click on the link provided on event confirmation, make changes and don't forget to save
- For entry or event transfers please email your request to info@sheppartonrunningfestival.com.au This email is attended to on a part time basis therefore your request could take up to 3-5 working days

Shepparton Runners Club Marathon

Start time:	7:00am. The pre-race briefing is at 6:50am
Presentations:	11:45am
On day entries:	No on-day entries are available
Cut-offs:	There is no cut off for the Marathon event. All competitors will receive an official finish time and a participants' medallion, however marshals, markers and drink stations will begin being brought in after 5 hours
Aid Stations:	2.1km, 4.0km, 5.8km, 7.5km, 9.3km, 11.8km, 13.5km 16.2km, 18.1km, 19.9km, 21.6km, 23.4km, 25.9km, 27.6km, 30.2km, 32.1km, 33.9km, 35.6km, 37.4km, 39.9km, 41.6km
RELAY:	The first relay entrant will start with the regular marathon entrants. The 2 nd and 3 rd relay members will start from the transition in the event venue.



Shepparton Show Me Half Marathon

Start time:	8:00am. The pre-race briefing is at 7:50am
Presentations:	10:30am
On day entries:	No on-day entries are available
Cut-offs:	There are no cut-offs in this event. (Entrants advised to complete the course in less than 4 hours)
Aid Stations:	2.1km, 4.0km, 5.8km, 7.5km, 9.3km, 10.5km, 12.0km, 12.5km, 14.6km, 16.5km, 18.4km, 20.6km



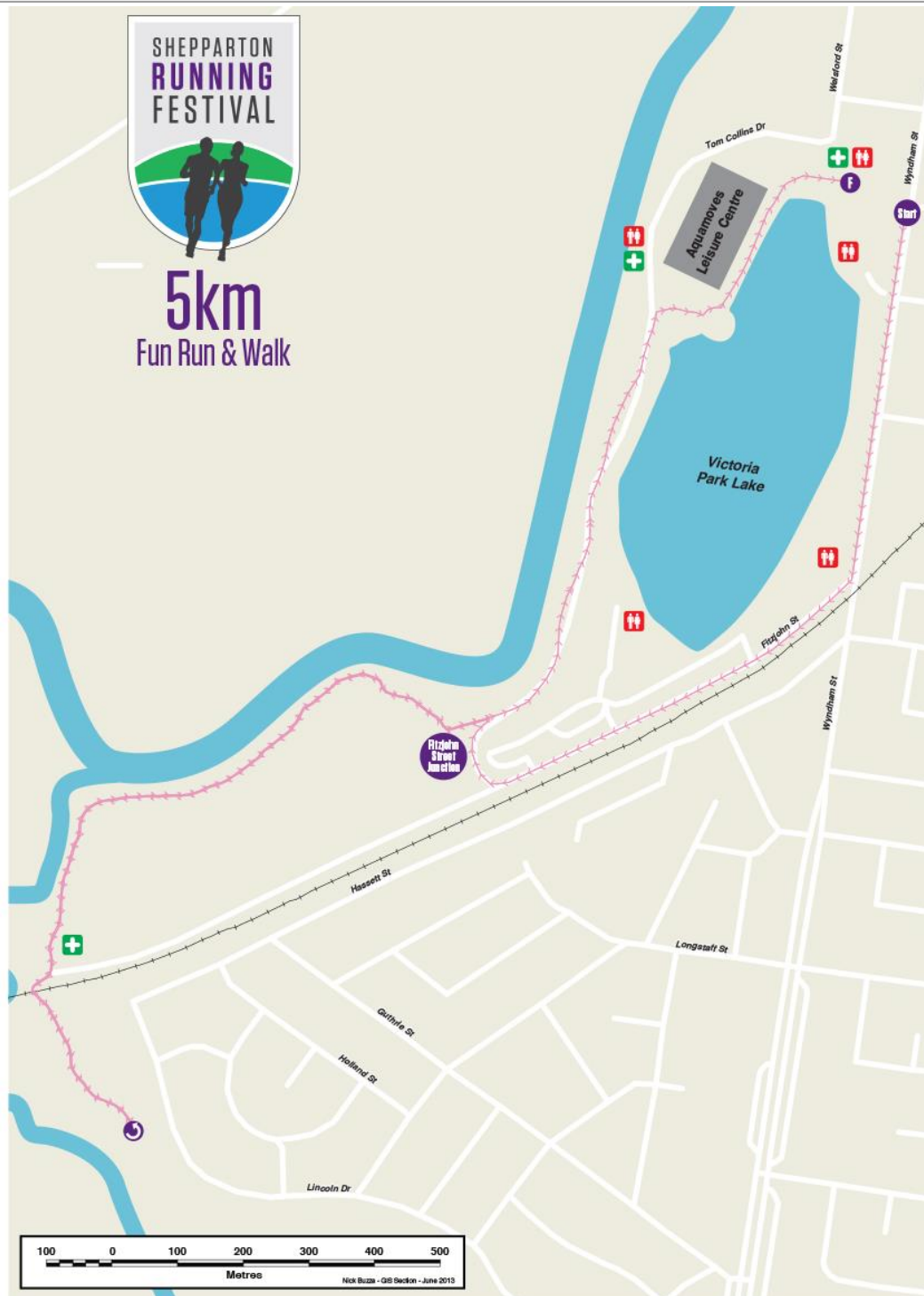
Prime 7 - 10km Run or Walk

Start time:	8:30am. The pre-race briefing is at 8:20am
Presentations:	9:30am as close to as possible
On day entries:	No on-day entries are available
Cut-offs:	There are no cut-offs in this event. Runners and walkers are encouraged to participate. (Even those looking for a relaxed stroll)
Aid Stations:	2.1km, 4.0km, 6.0km, 7.9km, 9.5km



Shepparton News 5km Pink Ribbon Run/walk

Start time:	9:10am. The pre-race briefing is at 9:00am
Presentations:	10:30am just after the Half marathon presentations
On day entries:	No on-day entries are available
Cut-offs:	There are no cut-offs in this event. Runners and walkers are encouraged to participate. (Even those looking for a relaxed stroll)
Aid Stations:	2.1km, 2.9km, 4.5km
Charity Support	All donations made through our event registration will go directly to the Shepparton Pink Ribbon Brunch which supports Breast Cancer Research



McDonald's 2km Kids Dash

Start time:	10:00am. The pre-race briefing is at 9:50am
On day entries:	There are no on-day entries available
Cut-offs:	There are no cut-offs in this event. All children are encouraged to enter this event and walk or run with participation being the primary objective.
Aid Stations:	Water will be available from cups at approximately 1.4km
Notes:	This event is for primary aged children only. Parents / carers can accompany their children for free, but are asked to start near the back of the field



COURSE MARKING

The course will be marked at intersections with laminated, A4 directional signs like those shown below, as well as with chalk arrows (various colours) on the sealed surface.

There are also numerous volunteer marshals out on course to assist with navigation. Entrants must take particular notice of the marshals, especially as there are a few places on the course where entrants from different events are required to go in different directions. To save any confusion it is advisable to study your course map.

Kilometre markers for each course are marked, as follows:

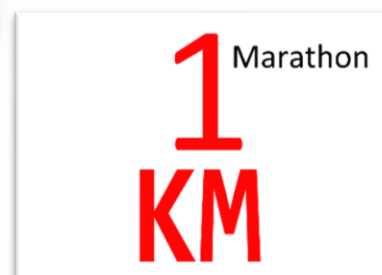
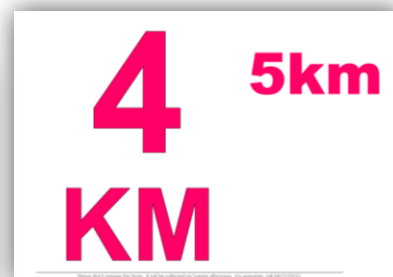
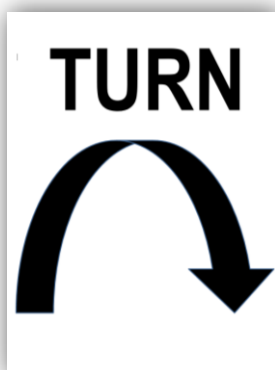
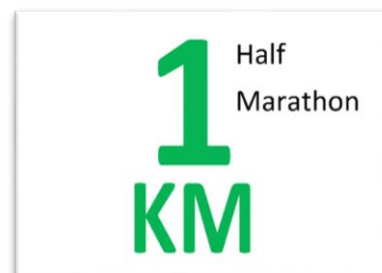
Marathon – **red**

Half Marathon – **green**

10km – **blue**

5km – **pink**

2km – **yellow**



ACCOMMODATION

Shepparton has a wide range of accommodation and something to suit all needs and budgets and many of these options are close to Victoria Park Lake. To view the variety of options look up the Visit Shepparton website and for things to see and do whilst on route or visiting Shepparton, contact the Visitor information Centre:

Phone: 1800 808 839

Email: info@visitshepparton.com.au

Website: <http://visitshepparton.com.au>

COURSE ETIQUETTE

- ❖ Runners and walkers are to stay on the left side of the course.
- ❖ When passing another competitor, please do so on their right.
- ❖ Avoid running or walking two abreast in sections where the course is narrow.
- ❖ Prams must stay in single file.
- ❖ Move to single file early when oncoming traffic is noticed.
- ❖ Be mindful of runners who are faster they might be chasing a qualifying time or PB.

RESULTS

Results are expected to go live to the website at approximately 4pm on Event Day. Printed lists of results from each event will be published for viewing and made available near the presentation area.

PARTICIPATION CERTIFICATES

All entrants will have access to a participation certificate via the Shepparton Running Festival website. All Age Category winners will be presented with their certificates on race day.

To download and print your participation certificate go to: www.sheppartonrunningfestival.com.au
Click on RESULTS and find your race distance.

CHARITY PARTNERS

Each year we choose to support two local charities and we hope you can also assist by making a donation. Our Charity Partners this year are:

Shepparton News Pink Ribbon Brunch; which raises valuable funds for the Breast Cancer Foundation where money goes directly towards research to help beat breast cancer.

Voice4kidz is the campaign of two local women who are running 12 marathons in 12 months to raise funds and awareness to help put a stop to child sexual assault. They are working with GV CASA (Goulburn Valley Centre Against Sexual Assault) and the Shepparton Runners Club Marathon will be #8 in their journey towards #12.

PHOTOS

Photographers will be strategically placed on the course. Remember to wave and smile. A photographer will also be stationed at the finish area. Photographs will be available after the event for viewing and purchase. See our Facebook Page post-race day for details.



EVENT SHIRTS

Event shirts are available for collection on event weekend. All entrants who ordered their shirt by 15 July will be guaranteed their size.

Additional shirts can be purchased through the registration system or on event weekend from the registration marquee. Sizes are limited so they are available on a first in best dressed basis. Thanks to Project Clothing our quality event shirt is only \$30.00.



PRIZES

Every finisher will receive an event medallion once they cross the finish line. We also have the following cash prizes and placegetters medals on offer:

RACE		1ST PLACE	2ND PLACE	3RD PLACE
Shepparton Runners Club Marathon	Male & Female	\$250 + 1 st place medal	\$175 + 2 nd place medal	\$100 + 3 rd place medal
Shepparton Show Me Half Marathon	Male & Female	\$150 + 1 st place medal	\$100 + 2 nd place medal	\$50 + 3 rd place medal
Prime 7 - 10km Run	Male & Female	\$100 + 1 st place medal	\$50 + 2 nd place medal	\$25 + 3 rd place medal
5km Pink Ribbon Run	Male & Female	\$75 + 1 st place medal	\$35 + 2 nd place medal	\$20 + 3 rd place medal

Age Category Winners will receive a certificate recognising their achievement.

Marathon	Half Marathon	10km	5km
18 - 29 Male Winner	18 - 29 Male Winner	18 - 29 Male Winner	18 - 29 Male Winner
18 - 29 Female Winner	18 - 29 Female Winner	18 - 29 Female Winner	18 - 29 Female Winner
30 - 45 Male Winner	30 - 45 Male Winner	30 - 45 Male Winner	30 - 45 Male Winner
30 - 45 Female Winner	30 - 45 Female Winner	30 - 45 Female Winner	30 - 45 Female Winner
46 - 59 Male Winner	46 - 59 Male Winner	46 - 59 Male Winner	46 - 59 Male Winner
46 - 59 Female Winner	46 - 59 Female Winner	46 - 59 Female Winner	46 - 59 Female Winner
60+ Male Winner	60+ Male Winner	60+ Male Winner	60+ Male Winner
60+ Female Winner	60+ Female Winner	60+ Female Winner	60+ Female Winner
		Under 18 Male Winner	13 – 17 Male Winner
		Under 18 Female Winner	13 – 17 Female Winner
			Under 13 Male Winner
			Under 13 Female Winner

Presentation of prizes and certificates will take place at the Shepparton Show Me truck stage located in the event venue at Victoria Park Lake on race day.

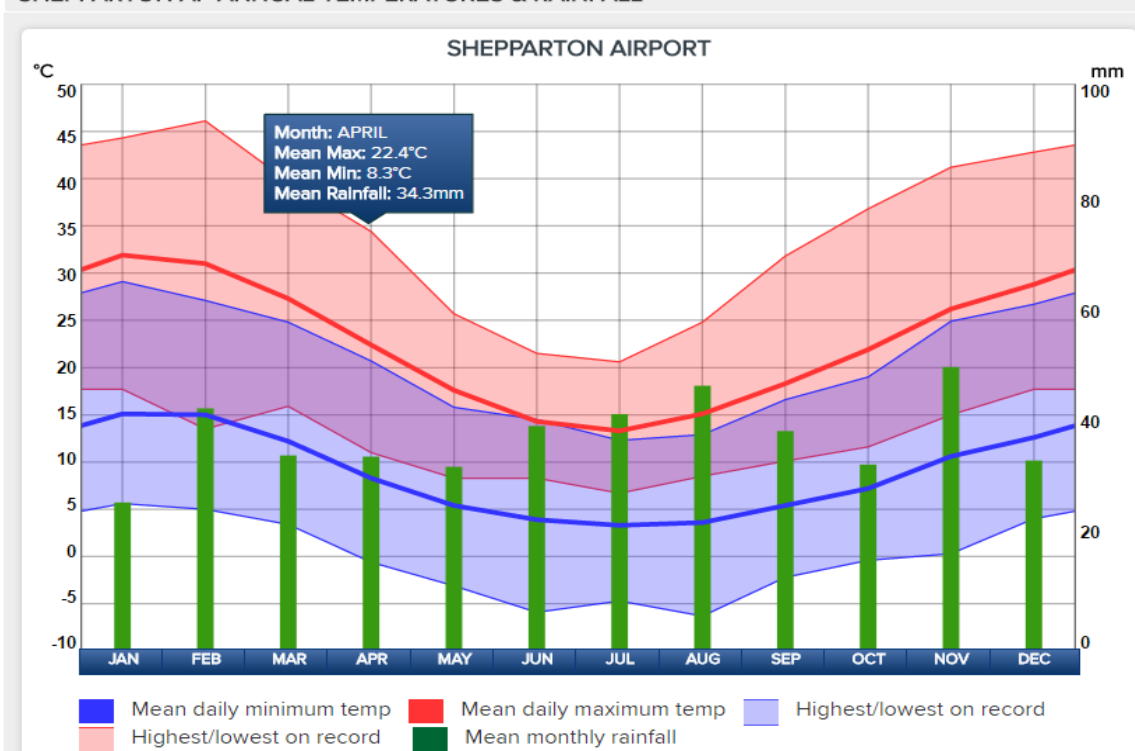
WEATHER

Weather is still variable in Shepparton in late winter. Be prepared for anything between 0 degrees and 20 degrees, but note that average overnight lows are around 3 degrees with days averaging 15 degrees in August and days are normally sunny.

SHEPPARTON AP MONTHLY RECORDS

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Ann
High Mn. Max (°C)	34.4	33.8	29.4	25.8	19.4	16.0	14.5	16.8	20.7	25.0	31.2	30.2	23.4
Low Mn. Max (°C)	28.7	26.7	24.0	19.7	15.9	13.0	12.0	13.0	15.7	18.0	22.6	26.1	21.5
High Mn. Min (°C)	17.1	17.2	13.8	10.7	8.9	6.1	4.7	5.1	7.2	8.4	14.1	14.6	9.4
Low Mn. Min (°C)	11.8	12.4	10.0	6.0	4.1	0.1	0.4	1.5	3.9	5.3	8.0	10.4	7.8
High Rain (mm)	100.8	137.6	132.0	85.4	64.4	75.0	79.4	97.2	76.4	104.4	123.0	85.6	770.6
Low Rain (mm)	3.2	2.0	0.2	0.0	2.2	15.8	8.0	2.8	6.4	0.4	7.6	4.0	183.0

SHEPPARTON AP ANNUAL TEMPERATURES & RAINFALL



We recommend you check the weather forecast in the days leading up to race day. Details for Shepparton's weather can be found here: <http://www.weatherzone.com.au/vic/northern-country/shepparton>

SPONSORS

Our event celebrates community, health and well-being and assists driving economic benefit via visitation to our region. Shepparton Running Festival would like to thank our Sponsors and Partners, as each year their valuable contribution helps bring our event to life.

Presenting Partner



Major Partner



Event Naming Rights



Event Supporters & Partners

