

PROUDLY SUPPORTING
River's Gift
Stamp Out SIDS



Medals
for all
finishers!

RIVER RUN & WALK 2017



INFORMATION KIT

Welcome to the River Run.

This document outlines many of the things that you will need to know to make your day on Sunday a success. If you have any further questions, please do not hesitate to contact us at justin@pbevents.com.au.

We hope you enjoy the day!



PRE-RACE NUMBER PICK UPS

Friday February 24

5:30pm - 6:30pm

Goodlife Health Club Belmont

312-320 High Street, Belmont

Saturday February 25

9:00am - 10:00am

The Running Company Geelong

2/226 Pakington Street,
Geelong West

Please note: Race bibs arrive at these locations at the above time. You cannot collect them at any other time.



Sunday February 26

6:45pm - 7:45pm

Registration Marquee

Barwon Valley Park, Belmont (Event Site)



We will be posting all the latest news over the coming days on the PB Events facebook pages. Any last minute messages or reminders will be posted here. www.facebook.com/tryapbevent



COLLECTION OF RIVER'S GIFT MERCH



It is fantastic that so many participants are supporting River's Gift by purchasing a item through the registration process.

Items will be available for collection at the times and locations below:

Friday February 24

5:30pm - 6:30pm

Goodlife Health Club Belmont

312-320 High Street, Belmont

Saturday February 25

9:00am - 10:00am

The Running Company Geelong

2/226 Pakington Street, Geelong West

Sunday February 26

6:45pm - 7:45pm

Registration Marquee

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ABOUT RIVER'S GIFT

River's Gift is the only non-government SIDS organisation in Australia that directs its funds directly into research into a cure.

Rivers Gift's primary objective is to fund world leading SIDS Research and make a formidable contribution to the discovery of a cure for this heartbreaking loss of life.

With the help of our sponsors, our primary goal is to raise a minimum of \$250,000 per year and in April 2014 we launched River's International SIDS collaboration between Harvard University – Boston, The Florey Institute of Neuroscience and Mental Health – Melbourne and The University of Adelaide.

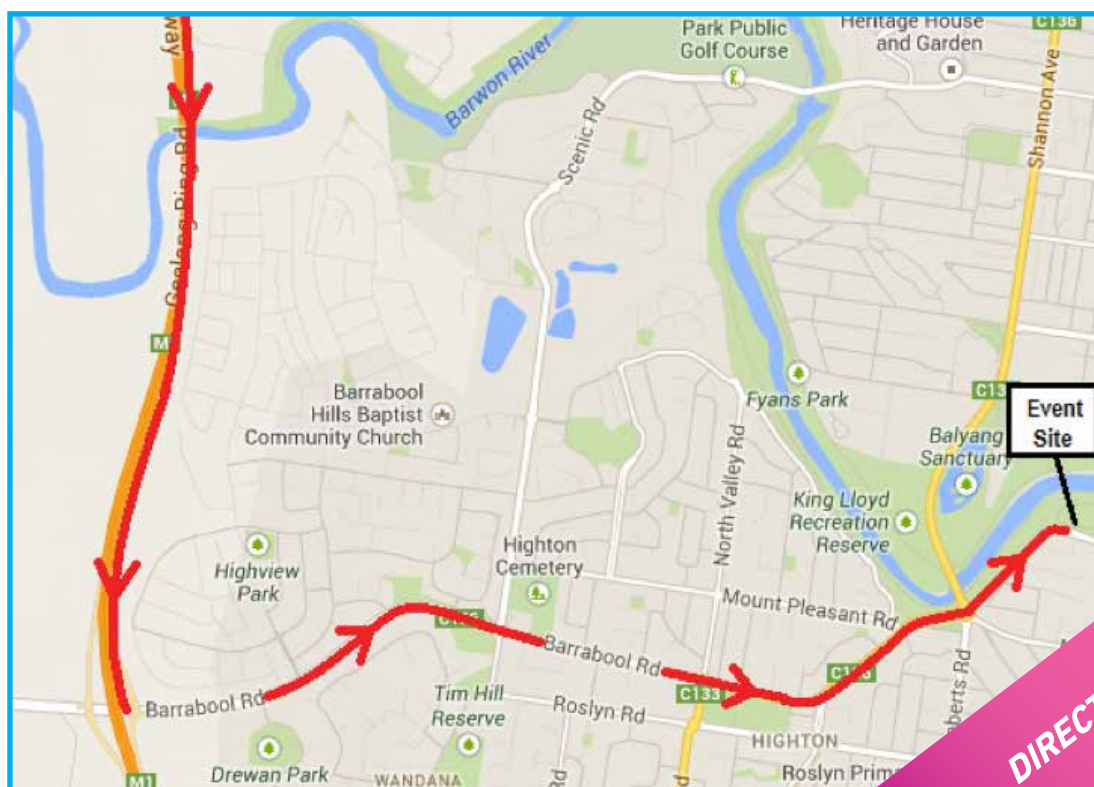




RACE DAY SCHEDULE

7:00am	Registration Open
7:30am	Bag Storage opens
7:40am	Warm up with Jodi Vac from Your Mission Possible
8:00am	RACE START 10km
8:10am	RACE START 5km Run and Walkers
9:30am	Presentation Ceremony

HOW TO GET THERE

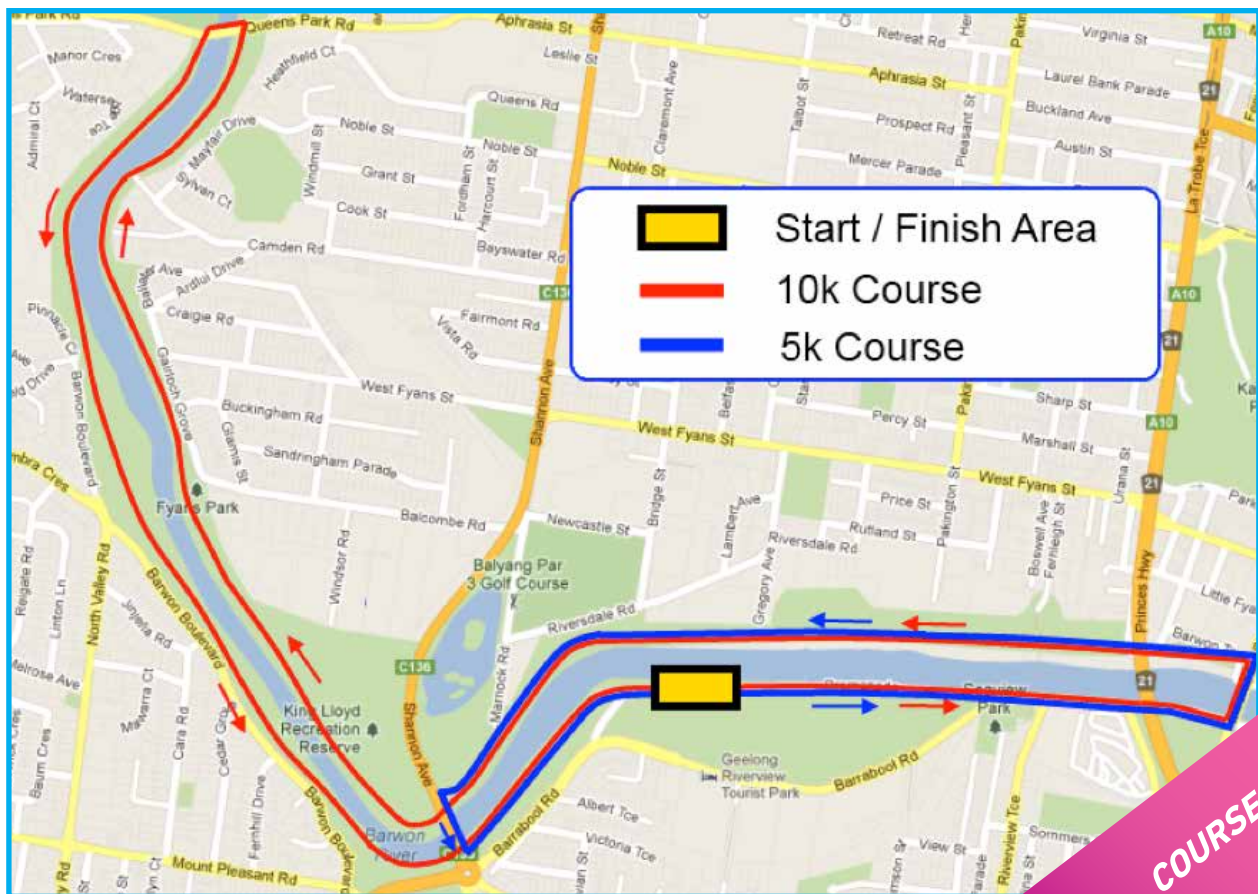


FROM MELBOURNE

Turn Left off the Geelong Ring Road at the Barabool Road Exit. Follow Barabool Road for 4 km, through 3 roundabouts. Approximately 200m after the third roundabout on the left hand side of the Road is the event site (Barwon Valley park).



THE COURSE



DRINK STATIONS

Water is available at approximately 2.5km, 4km, 6km, 7.5, 9km and at the finish line.

ON COURSE FIRST AID

We will have two (2) St Johns ambulance staff out on the course to ensure you are safe or need treatment (as well as first aid at the finish line).

COURSE MARSHALS

We have marshals out on course at each change of direction (plus drink station staff). If you need assistance please approach them. They will be in fluoro orange vests.



EVENT SITE SERVICES

EVENT INFORMATION MARQUEE

The PB Events Information Marquee is located beside the registration tent. If you have any questions on the day, please see one of the staff in this tent to assist. This is also where you collect a random prize post run/walk (if your lucky enough to win one)

POST RACE DRINKS

At the completion of the run, make sure you grab a 600ml bottle of water (near the finish line). We have allocated one bottle of water per participant (plus a few), please only take one to leave some for our later finishers

BAGGAGE STORAGE FACILITY

We have a secure bag (and car key) storage area open from 7:30am. This area is fenced and has a volunteer there at all times. Although it is secure, please do not leave valuables in the baggage storage area.

POST RACE MESSAGES

The crew at Latrobe Health Centre are providing FREE post race massages to participants.

FIRST AID

St Johns first aid staff will be located in a marquee near the finish line. We will also have 2 St Johns mobile First Aid units out on the course. If at any time you are in need of assistance, please alert a court marshal asap.

COFFEE

City to Surf Coffee will be at the event once again this year.

FREE ICE CREAM

For this year's Geelong River Run, Bulla is taking street-side treats to the next level, giving away FREE ice cream with a special tech twist - a free instagram print. Bulla is also giving away the chance to win a visit from the ice cream truck at a private event, workplace or home. To enter, follow @BullaFamilyDairy and upload a picture with the ice cream truck, tagging @BullaFamilyDairy and #bullatruck.

RANDOM PRIZES

Along with the \$3000 worth of random prizes already given out pre event, we still have over 20 random prizes to be given out on the day. The luck winners will be given a ticket and collect their prize from the PB Events HQ marquee.



EVENT SITE FEATURES

Latrobe Health Centre

- ✓ Expert Chiropractic Advice
- ✓ FREE Pre and Post-race Massages
- ✓ FREE Orthotic Checks



LATROBE HEALTH CENTRE
CHIROPRACTIC & ALLIED HEALTH

Injury Rehab' advice from Latrobe Health Centres Exercise Physiologist

Nutritional advice from a qualified Dietitian

WIN A FitBit – Go to the Latrobe Health Centre Marquee to go into the draw. FitBit will be drawn at the Presentation ceremony

Stomp Apparel

Discounts off all clothing and apparel in the STOMP APPAREL Marquee.

Cash and card will be available at the marquee on race morning.

Stomp Apparel is owned and based locally, offering quality Active and Casual wear at friendly prices.

Available on line at www.stompapparel.com.au



Steigen

Steigen is a locally owned and operated business specialising in high performance running socks.

The steigen team will be on site and offering great deals and advice from their marquee.

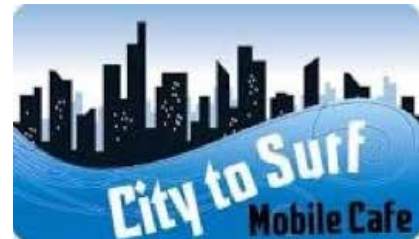




EVENT SITE FEATURES

Coffee!!

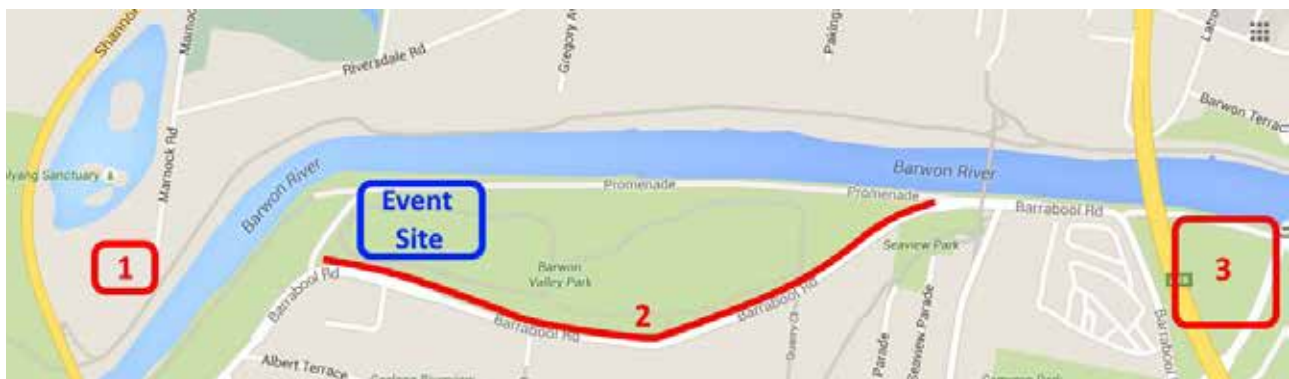
Coffee will be available from City to Surf Mobile Café from very early race morning (7am)



EVENT PARKING

Parking is available on the many roads around the start finish area. There are 3 areas of off road parking available.

- 1. Balyang Sanctuary car park** - approximately 1km walk/jog to the start line
- 2. Barrabool Road** - Approximately 1 km of this road has plenty of off road parking on the grassed areas beside the road
- 3. The area underneath the main bridges** - approximately a 1.5km walk/jog to the start line.



RACE PACKS / BIBS

At race bib pick up you will receive an envelope that will contain your race bib and some pins to attach it to the front of you top on race day. On the back of the bib is the electronic timing device. It is covered in a thin layer of foam for protection. Please do not remove this from your bibs.



- Red Bibs are for participants in the 5km event.
- Blue Bibs are for participants in the 10km event

If we run out of these bibs on the day, some participants who register on the day may be given a plain white bib. These bibs will include the timing chip and work in exactly the same way as all the other bibs.



TIPS FOR THE FIRST TIMERS

We will have many first time fun runners or walkers on Sunday. Below are just some of our tips to help you make your first event a memorable one.

- Pick up your number pre event if possible. This will save time on race morning.
- Arrive in plenty of time.
- Ensure you listen to announcements from the Race MC on race morning
- Complete a low intensity warm up before the event starts. The Club Exec crew will run all those interested through a great warm up in front of the stage at 7:45am
- Don't leave the toilet stop to the last minute.
- Ensure you are well hydrated on the day. This means you need to increase your fluid intake in the days before the event, not just on the morning of the event
- Bibs – Your run bib will contain the timing chip (under a foam strip), do not remove this foam strip.
- Start Position - As with all fun runs, the start of the event is quite congested. Attempt to seed yourself according to your ability. If you are a slower runner, please do not start at the front of the field. As you pass the start line you will run over a timing mat. Your official time does not begin until you pass over the start line, so there is no need to push to the front.
- Walkers ensure they allow space for faster 10km runners to pass
- Let course marshals know of any concerns. At the first sign of injury or distress, please let one of the course marshals know and we will get assistance to you

PLEASE NOTE:

If you are entered in the 10km event and for any reason only complete 5km, this is ok but you **MUST** let the timing tent (at the finish line) know of this. Otherwise your extremely fast time for 10km (because you only did 5km) will throw out the event results and prizes.

HAVE FUN!



RIVER RUN

2017

EVENT SPONSORS

