



LARAFUNRUN

2017 & WALK

"the family fun runs"

INFORMATION KIT

Welcome to the Ray White Lara Fun Run Information Kit.

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 or ask at registration.

We hope you enjoy the day!



PRE-RACE NUMBER PICK UPS

Online registrations will remain open until 6pm Friday evening and we will also be taking registrations on the day, so its not too late to get family and friends involved.

Thursday November 3 **5pm - 6:00pm**
Ray White Lara
16 Hicks Rd, Lara (opposite the Train Station)

Saturday November 4 **9:00am – 10:00am**
The Running Company Geelong
2/226 Pakington Street, Geelong West

Please note: Race bibs will not be at these venues at any other time than the times listed above, so please do not call these venues requesting early pick ups.

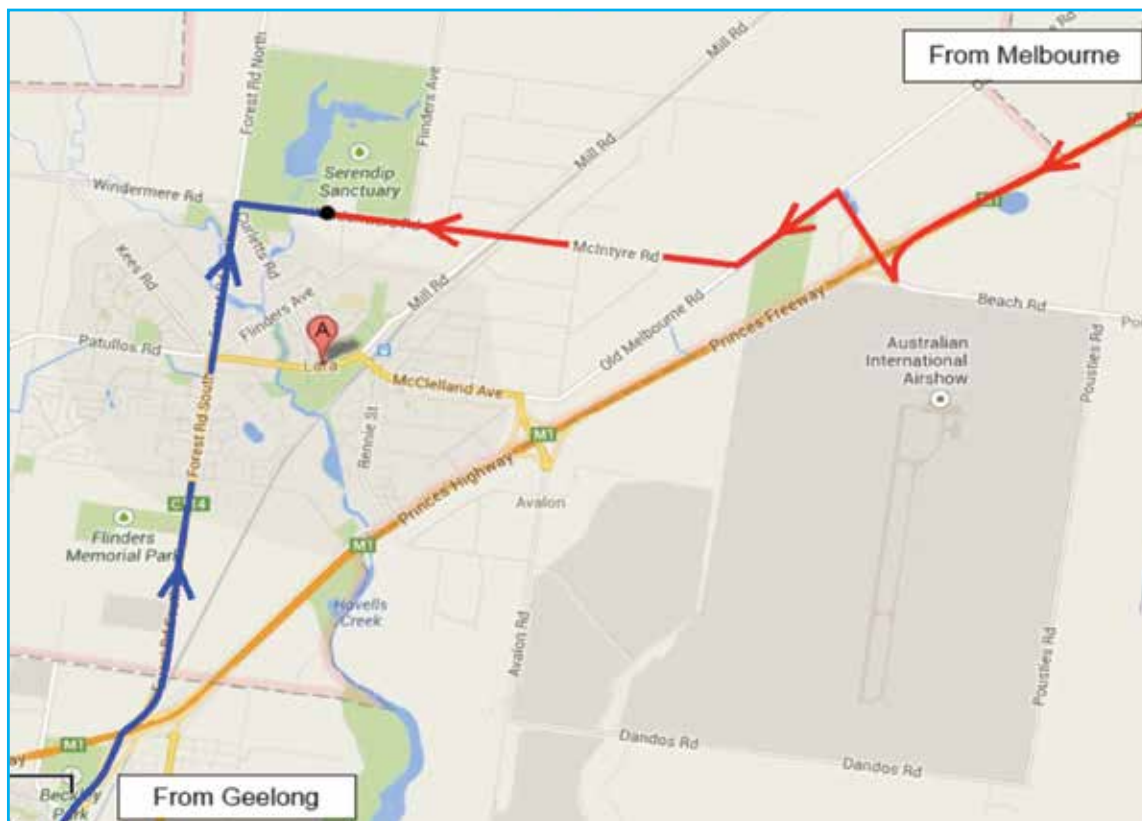
Sunday November 5 **7:30am – 8:45am**
Registration Marquee at Event site

We will be taking registrations at all of the times listed above (Cash Only).

RACE DAY SCHEDULE

| | | | |
|----------------------|-------------------------------|----------------|--------------------------------|
| 7:00am | Pirra Mansion Event Site Open | 9:00am | RACE START 10km |
| 7:30 – 8:45am | Pre race Registration Open | 9:05am | RACE START 5km Run and Walkers |
| 8:00am | Kids Dash Briefing | 10:20am | Presentation Ceremony |
| 8:10am | KIDS DASH START | 10:40am | Event Concludes |
| 8:50am | Pre race Warm up | | |

HOW TO GET THERE



FROM MELBOURNE

- Take the second Avalon Airport Exit off the Princess Freeway
- Turn right and drive over the highway until you reach a T intersection. Turn left onto Old Geelong Road.
- After approximately 500m turn right onto McIntyre Road. Cross the train lines and then turn left, then right (it is almost straight ahead) onto Windermere Road. The Car park is approximately 1km ahead on the left hand side.

FROM GEELONG

- Take the Lara Exit just past Beckley Park trotting track
- Follow Forest Road through 2 roundabouts. At the third round about turn right onto Windermere Rd.
- The Car park is about 500m ahead on the right hand side.

EVENT PARKING

Off street parking will be available for the event on land adjacent to Serendip Sanctuary. Marshals will be on site to ensure an orderly allocation of parks and easy access into and out of the car Park. A big Thank you to the Bisinella family for providing this land for use.

Please do not park on Windermere Road.



THE COURSE



5KM COURSE

One lap of the course.

10 KM COURSE

Two laps of Serendip Sanctuary. Runners do not return into Pirra Mansion at the completion of their first lap and also complete a small out and back section (top of map above) to ensure the 10km is achieved.

DRINK STATIONS

Water is available at approximately 2.5km, 5km, 7.5km 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. There will also be a first aid crew at the finish line.

COURSE MARSHALS

We have many marshals out on course. If you need assistance please approach them and they will help you. They will be in flouro orange vests.



EVENT SITE SERVICES

EVENT INFORMATION

The PB Events Information marquee is located beside the registration marquee. 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 (if your lucky enough to win one).

HUGE EVENT SITE SALES

Make sure you bring some cash along on Sunday and take advantage of the savings that will be available in our event site marquees. Great deals will be available.

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 key) storage area. 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.

There will also be a bike rack in this area for securely storing your bike while you run.

EVENT TIMING

The event will be electronically chip timed. The timing marquee is located near the finish line. Please allow the timing staff to complete their difficult job without interruption.

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

MASSAGES

The crew at Lara Physiotherapy Health Network are providing FREE pre and 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.

BBQ

Its now becoming a tradition to bring a couple of dollars to grab one of the delicious sausages and burgers provided by the 2nd Lara Scout Group. All proceeds to go directly to 2nd Lara Scout group.

COFFEE

City to Surf Coffee will be at the event once again this year. He will also have his slushy machine on the day if you want something to cool you down.

RANDOM PRIZES

There will be over 60 Random prizes given away this year. That's close to a 1 in 10 chance of winning a prize!! The lucky winners will be given a ticket and collect their prize from the PB Events information marquee.

RACE 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 your 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
- Yellow Bibs are for the Kids Dash. These bibs DO NOT have a timing chip as the KIDS dash is not a timed event



THE KIDS DASH



REGISTRATION AND NUMBER PICK UP

Numbers can be collected either on the morning of the Dash between 7:30-8:00am or either of the two pre event number pick ups listed on page 2 of this document.

MEDALS

Every finisher will be presented with a medal as they cross the finish line.

CERTIFICATES

All participants will also receive a special event certificate.

PARENT RUNNERS

We encourage parents to participate with the younger children (under 8 yrs). We ask just one parent per child.

ON COURSE MARSHALS

There will be course marshals on course at all times at 6 locations on course. There will also be a lead and tail bike rider for added safety. Please emphasise to your children that they are to stay on the course at all times. Along with these marshals there will be adults on course participating with their children.



TIPS FOR FIRST TIMERS

- Pick up your number pre event if possible. This will save time on race morning.
- Arrive in plenty of time to ensure you are not rushed and can undertake a relaxed warm up.
- Ensure you have read all the information in this booklet. Take a look at the information board at the event site for any reminders
- Ensure you listen to the event MC (Andrew) for announcements about the day.
- Complete a low intensity warm up before the event starts.
- 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
- Start Position - As with all fun runs, the start of the event is quite congested. Please 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.
- Take care over the first and last 100m of the course as it is congested and a little uneven.
- Walkers ensure they allow space for faster 10km runners to pass from behind when on the course. They will be completing two laps of the course and will pass at some stage.
- 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

Walkers: please be aware that there will be 10km runners coming from behind you completing their second lap of the course. Therefore, please do not block the entire road walking in large groups and allow space for these runners to pass.

PLEASE NOTE:

If you are entered in the 10km event and for any reason only complete one lap, this is ok but you **MUST** let the timing tent 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!



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