

EVENT PROGRAM



8 SEPTEMBER 2019

facebook.com/forestvillerun 

runforestrun.com.au 



WELCOME

Congratulations on entering Run Forest Run. It is a fabulous community event benefitting the Forestville Public School, which this year introduces a trail running and walking element to the 4km and 10km events. Whatever course you have chosen you will have a fantastic day. Our event program outlines information you will need to be prepared for, and to enjoy the day.

For all the latest updates and any last minute notifications please follow the [Facebook](#) page.

EVENT CENTRE

The Event Centre will be at the Forestville Public School with entrances on Melwood Avenue or Darley Street. All events will start and finish on the Melwood Avenue side of the Event Centre in and around the school oval.

Don't forget the Fair will be taking place at the same time as the running and walking events so there will be plenty of entertainment.

Runners should note that there will be a number of facilities including:

- > Water refill station
- > Bag storage facility
- > Toilets

TRANSPORT AND PARKING

If you are planning on driving to the event, please be aware that parking will be at a premium, but is available at the following locations:

- > Forestville Memorial Playing Fields – Melwood Avenue
- > Forestville Library – Darley Street
- > Coles Carpark – Starkey Street

Please consider car pooling or catching public transport to our event! The closest bus stops are along Warringah Rd at Jamieson Square or the corner of Melwood and Warringah Rd, Forestville. You can visit transportnsw.info to better plan your trip.

EVENT DAY SCHEDULE

06:45	Registration opens	08:10	4km race briefing
07:00	Fair opens	08:15	4km race begins
07:50	10km registration closes	10:00	Awards ceremony (10km & 4km)
07:55	10km race briefing	10:20	2km registration closes
08:00	10km race begins	10:25	2km race briefing
08:05	4km registration closes	10:30	2km walk begins

REGISTRATION

Please note that race numbers are **NOT** sent out before the event and must be collected at registration on Friday 6th September between 2:30pm and 6pm or on the morning of the event from 6:45am.

The registration desk will be located in the Staff Room of the Forestville Public School. On race day registration will be open from 6:45am until 10 minutes before the start of each race. When you report to registration, please provide the registration official with your name. The official will check your name against the competitor list, and issue you with your race number (with attached timing tag) and safety pins.



Entry transfers

Online entry transfers are now closed. All remaining **entry transfers should therefore be made at the registration desk on Friday or Sunday**. Replacement competitors are required to bring the registration details and written evidence from the original competitor stating that they agree to the transfer taking place.

Transfers will incur a \$20 administration fee (cash only) and competitors should allow extra time to complete registration. Exchange of funds for race entry fees will be a private transaction between the two runners.

Category changes

Online entry category changes are also now closed. All remaining **entry category changes should therefore be made at the registration desk on Friday or Sunday**. Competitors changing their entry to a more expensive category will be required to pay the difference in entry fee together with a \$20 administration fee (cash only).

Competitors changing their entry to a less expensive category will be required to pay a \$20 administration fee (cash only). No refunds will be made for category changes where the entry fee is lower than what has already been paid.

BAG STORAGE FACILITY

A bag storage area will be available on event day in the Staff Room. Your race number will include a tear off bag tag – which can be removed and attached to your bag to ensure easy identification.

We recommend that you do not leave valuables in your bag as all care, but no responsibility will be taken.

INSURANCE AND DISCLAIMER

Forestville Public School, Bare Events and ChallengeWorks are covered by their own public liability insurance. This does not include personal accident insurance.

You may wish to take out your own personal accident and ambulance insurance cover for the event. Your private health insurance policy may include this, but you will need to check with your insurer.

TIMING

A timing chip will be attached to the back of your race number and this will record your start and finish time as you run across the timing mat, enabling your race time to be calculated.

For the chip to work, you must wear the race number on the front of your body, attached with safety pins or a race belt. You should take care to not bend or fold your timing chip. The timing chip is disposable and does not need to be returned.

If you withdraw from the race at any time, please see the event staff and advise them of your withdrawal.

COURSE MARKING

The course will be marked using arrows, signs, and coloured tape. Please be aware that on the 10km and 4km courses some junctions serve different race distances and care should be taken to ensure you are following the correct course. Marshalls will be stationed at all major junctions to assist you.

The [event website](#) contains maps of each course.

TOILETS

There will be toilets available at the Event Centre but not at any location along the course. If you are caught short whilst on the trail portions of the course please apply the best practice principles contained in the [Bushwalking NSW health guidelines](#).



SUPPORT STATIONS

There will be one water station on the 10km and 4km course. The 10km runners will pass this at the 2km and 6km mark. The 4km runners will pass this at the 2km (halfway) mark.

There will also be water refill facilities in the Event Centre.

* Please note that for environmental reasons we operate a **NO CUP policy** at all water stations. Please make sure you bring a Camelbak, bottle, or collapsible cup if you wish to refill.

RULES

For reasons of fairness, safety and responsibility you are expected to abide by the following rules. Failure to comply may lead to penalties or disqualification.

- Follow the course as signposted and as directed by the marshals.
- No outside assistance is allowed during the event.
- Co-operate with event officials at all times.
- Winners will be determined by the fastest time.
- Show respect for the environment, landowners, local communities and other recreational users.
- Make sure you are wearing your timing chip and race number.
- Always take your litter with you and please dispose of any litter in the bins provided.
- The Event Director's decision is final.
- Runners are expected to assist competitors who have injured themselves. If you come across an injured runner, provide assistance and ask a fellow runner to inform race officials of the injury and the injured runner's number at the next available opportunity on the course. Times will be adjusted to compensate for any time lost helping fellow runners.

RESULTS AND PRIZES

Every finisher will be presented with a finisher's medal at the finish line.

Category results will be available online (linked on the event website) within 48 hours. The prize giving presentation will be at 10:00am for the 10km and 4km.

Based on entry volumes, prizes will be awarded to the male and female winners of the following categories:

4km

- > Under 8
- > 8 – 12 Years
- > 13 – 17 years

10km

- > Open age group

PHOTOS

Professional race photographers will be out on the course capturing images of the participants. These images will be made available soon after the event concludes and will be available to purchase.

CONTACT DETAILS

Lisa Murphy
Director
Bare Events Pty Ltd
0408 246 544