



Heathcote Fun Run

General Information

Come and join in the fun with the first ever Heathcote Fun Run! Bring your family and friends and take part in this fantastic event. You can run or walk, options from 500m for the 5 and unders as well as 2km, 5km and 10km for all ages and abilities. Every participant will receive a certificate, plus winners prizes, lucky door prizes and a great community atmosphere.

Baggage

A baggage drop area will be provided. Participants will be required to show race bib on completion to collect baggage.

Bib collection

Bib (race number) collection will be on the day between 7:00am – 8:20am.

There is no need to return race numbers after the run, however you can enter them in the lucky draw located in the activities fun zone for a chance to win some prizes.

Finishers ribbon

Every finisher will receive a finishers ribbon.

Contingency

In the event of extreme weather conditions or catastrophic fire danger the event will be cancelled. The organisers will make every attempt to inform people of this decision as soon as possible. Please see conditions of entry.

Course

All courses are an out and back course starting on the O'Keefe Rail Trail at Herriot St, Heathcote, across the road from the Heathcote Primary School/ Lions Club Shelter, and following the O'Keefe Rail Trail. All runs are partly bitumen but mostly on dirt road.

The 500m under 5s will travel out and back along the O'Keefe Rail Trail for 250m before turning around and heading back to the start.

The 2km run/walk will travel 1km along the O'Keefe Rail Trail before turning around and heading back to the start.

For the 5km and 10km see course maps below.

Course map

- 5km www.plotaroute.com/route/148165
- 10km www.plotaroute.com/route/148166

Event briefing

There will be a pre race briefing at the start area at 8:40am. This will be followed by the pre race warm up.

Event details - Cost

500m under 5s run - free

2km/5km - \$8 Adult \$4 Child

10km - \$12 Adult \$5 Child (under 17)

Event details - Date

Sunday 21st February 2016

Eligibility

2km - The 2km run is an all abilities race. Children 7 years and under must be accompanied by an adult

5km – Children 11 years and under must be accompanied by an adult

10km – must be 12 and over to enter.

Entry

Online: www.athleticsbendigo.org.au. Online entries close 17th February

In person: Heathcote Community House, Todd Property, Connallys Real Estate. Online and paper entries close 17th February

On the day: On the day entry is available (cash payment only). Cost for the 2/5km will be \$15 Adult/\$7 Child, for the 10km \$20 Adult/\$8 child. Entries close at 8:30am.

Events

500m unders 5s run, 2km run/walk, 5km run/walk, 10km run

First aid

First aid will be available at the start/finish area and on course. First aiders will be identified by vest or contact any race officials.

Location

The start and finish of all runs is the O'Keefe Rail Trail, opposite Heathcote Primary School, Herriot St, Heathcote.

Race bib pick up, bag drop, pre race briefing, warm up, post race celebrations and medal presentations will be held in the Lions Shelter area, Herriot St, Heathcote (directly across the road from start/finish)

Post run celebrations

A post run celebration zone will be set up at the Lions Shelter, Herriot St, Heathcote. There will be food, drink, and lots of fun family activities.

Lucky draw

Put bibs into the lucky draw bin located in the post run celebration zone for the chance to

win lucky draw prizes.

Photographers

TrewBella photography will be a course photographer. Photographs will be available for purchase after the run through GeoSnapShot (www.geosnapshot.com)

Start Times

10km – 9:00am

5km – 9:05am

2km – 9:10am

500m under 5s – 10:00am (prior to medal presentations)

Spectator cheering

The 2km course, most of the 5km course and up to approx. 2.5km of the 10km course are through Heathcote township so there is plenty of options for cheering on friends and family. Some suggested areas are:

- Corner of Polhman St/ Ebden St. The runners travel down Pohlman St and turn left on Ebden St before following Ebden St all the way along.
- Intersection of Baynton/ Brodie/ Flea St. The runners are now on dirt and will soon enter the One Eye Forest.

Parking

Parking is available next to Mitre 10 and on the opposite side of the road. As a section of Herriot Street will be closed from 7.00am, access to parking is via Pink Cliffs Rd turning right into Golden Gully Road, then right at Back Kyneton Road. There is no parking in this area from 8.00am. There is plenty of side street parking in surrounding streets or you can park in the picturesque main street of Heathcote and walk up to the race area.

Pre race warm up

A pre run warm up will be held at 8:50am to warm you up just prior to the run in the Lions Shelter area.

After finishing

Refreshments will be available directly after the finish in the finishers area. Please keep moving once you have crossed the finish line and make your way across to the Lions shelter area for post race celebrations zone. Please arrange to meet family and friends in the Lions Shelter area.

Toilets

Toilets will be available at the start/finish area and will be signed.

Presentation and prizes

Medal presentation will be held at 10:15 am just after the under 5s run.

Medals will be given for:

2km – 1st 3 males and females 14 and under

5km – 1st 3 males and females 17 and under, 1st 3 males and females 18+

10km – 1st 3 males and females open, 1st 3 males and females 50+

Training

Need some help preparing for your run? Whatever the distance we can help! We have a walk/run program written for you to help you work up to 5km. Training sessions will also be held at the Heathcote Barrack Reserve Thursday evenings from 5:45 – 6:45 pm. All levels and

abilities, walkers and runners are welcome.

Timing and results

The run will be timed. Results will be published in the Mclvor Times newspaper on Wednesday 24th January and be available online from Thursday 25th January on the community games website and at www.athleticsbendigo.org.au.

Volunteering

Want to help out but don't want to run the course? There are plenty of other ways to be involved on the day! Contact heathcotecommunitygames@gmail.com, or call Sandra 0417 350 911 or Vicki 0431 328 421

What is and isn't allowed

No dogs or other animals allowed (guide dogs excepted)

No motorized scooters/ bike/ skateboard/ rollerskates

Prams are allowed in the 2km run only due to the rough terrain

The use of headphones are discouraged as they can impede your ability to hear marshalls or other course officials. Participants who choose to wear headphones do so at their own risk.

Water Stations

Water stations will be located at the 5km turnaround and 10km turnaround points as well as at the finish.

Conditions of entry

Conditions of entry are also found on the online and paper entry forms.

Acknowledgement and declaration of entrant to the conditions of the event

Additionally acknowledgement by parent/Guardian if participant is under the age of 18.

- 1) I, for myself, my heirs, my executors and administrators hereby waive and release the event organizer, its agents, affiliates, employees, members, sponsors, promoters, volunteers and any person or body directly or indirectly associated with the event from all claims, demands and proceedings arising out or connected with my participation in this event and indemnify them against all liability for all injury, loss or damage arising out of or connected with my participation in this event. This release continues for ever and binds my heirs, successors, executors, personal representatives and assigns.
- 2) I hereby attest and verify that I am physically fit and have sufficiently trained for the Event. I further attest and verify that I do not have any physical or intellectual impairment that may make my participation unsafe for myself or others.
- 3) I hereby consent to receive such medical treatment which may be deemed advisable in the event of injury, accident and/or illness during the Event.
- 4) I hereby agree that if the Event is cancelled due to storm, rain, inclement weather, winds, fire or other Act of God conditions or other factors beyond the control of the Organiser my entry fee shall be non-refundable.
- 5) I agree to have my personal details recorded and used by the Organiser and related parties to manage the event, for future communications about similar events or the promotion of future events.

- 6) I agree for my photo to be taken to promote the event on websites, social media, newspapers, television or any other medium unless you inform us otherwise not to by emailing gm.athsbendigo@gmail.com.
- 7) I acknowledge the decisions made by the Organiser will be final in relation to race conditions and outcomes.