



3rd Annual

RUN FOR THE YOUNG MARATHON

SUNDAY 27TH NOVEMBER 2016



Lilydale Lake - Swansea Rd Lilydale

Categories

5km Fun Run
10km Event
21km Half Marathon
42km Marathon Newbie
42km Marathon

Benefits

- *Officially timed
- *Finisher medals
- *Winners trophies
- *Prizes
- *Charity Fundraiser

All categories begin at 7am, except the 5km event.

WWW.RUNFORTHEYOUNG.COM.AU

Register online!!





"The Charity Changing the Lives of Young People"

Runners' Guide
Sunday, 27th November 2016
www.runfortheyoung.com.au

WELCOME...

Thank you for participating in the 3rd Annual Run For The Young presented by Bridge Builders Youth Organisation, happening on Sunday 27th November 2016.

The following guide has been split into 3 sections; pre-race, race day, and post-race to provide you with all the important information you need for the event.

PRE-RACE...

Event Details

Date: Sunday 27th November 2016
Venue: Lillydale Lake Reserve
Time: 6.15am to 2pm

Registrations close on: Friday 11th November at 10pm.

Will my race bib be posted?

Yes, if you enter prior to 31st October you will receive your race bib in the mail, which will include valuable race-day information.

How do I collect my race bib?

People can register on the morning in the **5km ONLY**, but **may not** receive a bib and **cannot** be timed and will only receive a finisher's medal if stock has not run out.

Can I swap between the 10km, 21km or 42km events?

Transfers of entries are allowed, however in doing so participants will be forfeit fees from original entry. You can cancel your original entry and create a new entry.

Merchandise

The Run For The Young has an official event top. This can be pre-ordered until 31st of October and will be available when you sign in on the morning, ready for you to wear on the day. There will be a limited amount of t-shirt's available to purchase on the day. The official event top is a fantastic way to mark your participation with a sweet memento in our 3rd Annual Run For The Young.

Run for a cause

Make fundraising the focus of your Run For The Young experience and raise much needed funds to support local young people.. The Run For The Young is a charity fundraiser for Bridge Builders Youth Organisation.

Online fundraising is a fantastic and easy way to get involved before the run. So if you haven't already, take your challenge to the next level and create a fundraising page.

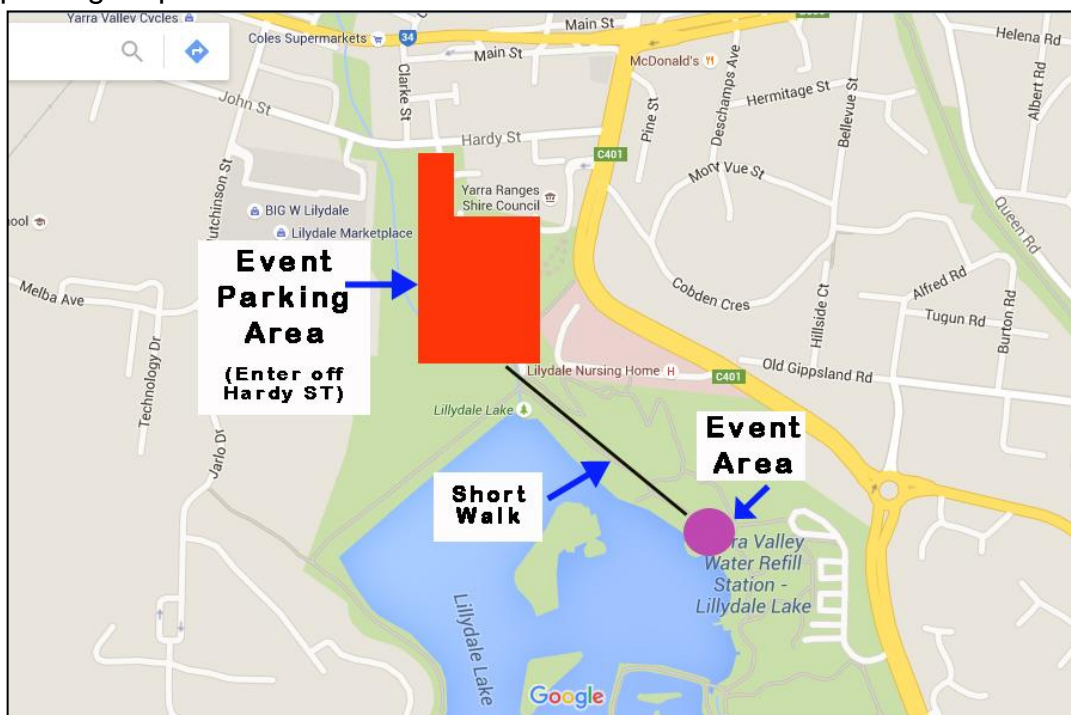
Visit: www.mycause.com.au/events/runfortheyoung to kick start your fundraising challenge.

RACE DAY...

Parking

Free parking is available for participants in the designated Event Car Parking Area (which is located off the Hardy Street entrance. ALL participants MUST use this car park, as we need to leave space in the main car park for public patrons. It is then only a short walk to the Start line, which will be marked and directed by our friendly volunteers.

See the parking map below for details.



Start times

Registration will be open from 6:00am for the 5km event only, if you are competing in any other category you do not need to register. Simply wear your bib and proceed to the start/finish line.

The 10km, 21km Half Marathon and 42km Marathon events will all begin at 7am.

The 5km event will begin at 8am.

What can I do with my gear?

At registration on the morning (between 6.00am-8:00am) you can organise with the registration team to leave your gear there, to be collected at the end of your event.

The procedure for gear drop off is:

- You can collect a plastic bag and name tag at the time of registration.
- Please write your name and bib number clearly with the markers provided.
- Individual items only may be placed within the bag, such as a change of clothes, light weight jacket, water bottle and post-race snacks.
- After your run you will be asked again to show your bib to collect your bag.
- **No personal bags of any description (backpacks, purses, handbags) will be accepted.**
- **Any valuables such as wallets, keys or phones placed in these bags are at your own risk.** The event team will take care of your belongings, but no responsibility will be taken for valuables or clothing that are lost or damaged.

Elevation Map





“The Charity Changing the Lives of Young People”

Course surface

The majority of all events are on a gravel surface/trail. If you have not done much running on this type of surface we would advise you do so prior to participating in Run For The Young. Participants in the 10km, 21km and 42km events get to experience the beautiful surrounds of the Warburton Trail.

Drink Stations

All drink stations will be approximately 3 to 4 kilometers apart. The Run For The Young team have provisions for water and Powerade/Gatorade at each station. We have also added additional stations at the Lake for the 5km event, and the end of the 42km Marathon.

First Aid

The Run For The Young has engaged an external service to provide first aid on the day. They will be positioned at the start/finish line, at the half way point of the marathon and also a roving team.

If you have any enquiries or need to discuss any special requirements with the first aid officers please connect with our team prior to your event starting on the morning.

Timing/ Race Bibs

All events including the 5km, 10km, 21km half marathon and 42km Marathon will be professionally timed. For those participants in the 42km marathon you will be able to use your results as qualifier for some other marathon events. **Please note:** Results from the Run For The Young may not be eligible for all marathon events, please check before hand.

You can be assured that this course has been measured and is accurate.

In order to receive an accurate time, runners should ensure:

- Bibs are clearly visible on the front of the torso and not covered (e.g. by a jumper).
- Bib tag is unaltered and unmodified – please do not bend or fold your bib.

The 42kms Marathon event will be open for 6 hours approx, closing at 1pm.

Food

All participants are responsible for provisions of their own meals and snacks in the lead up to, during and post event. The Run For The Young team will have provisions of water and Powerade/Gatorade at all drink stations as previously stated.



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Post- Race...

I've finished my race. What do I do now?

Congratulations on your achievement!!! Once you cross the finish line please keep moving past the finish line to receive your finisher's medal, which will be handed to you before enjoying the Event Village.

Please don't wait for friends and family just past the gates. This creates congestion for runners finishing after you.

Please note if you did not register prior to the morning of the event you may not receive a finisher's medal.

Podium photos

If you finish your event in 1st, 2nd or 3rd place please make your way to the podium for a photo. If you finish 1st in your category, be sure to collect your winners prize!! Podium photo's will be taken approximately 20mins after the 3rd place runner has passed the finish line.

Event Village

The Event Village will be situated in Lillydale Lake Reserve near the start/finish line. This area will foster a range of exciting activities including things for the family, giveaways, entertainment stage, a cool down zone.

Results

Results will be available online soon after the race, where you will also be able to download your finisher's certificate. Photos from the event will be made available at www.runfortheyoung.com.au.

Acknowledgements

Bendigo Bank – Mt Evelyn

Active Feet

Yarra Hills Secondary College – Mt Evelyn Campus

Park Run Lilydale

Yarra Ranges Council

Traffic Worx

Devilbend Fun Run

Rosebud Aus Day Fun Run

All the people who have supported the participants of this event

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