

# **RUN** FOR THE **YOUNG** **MARATHON**



**REGISTER  
AT OUR  
WEBSITE**

*The Annual Run For The Young Marathon is a great event for all types of runners, from beginners to the more experienced. The event is open to national and international runners. Sponsorship and corporate stands are available.*



[www.runfortheyoung.com.au](http://www.runfortheyoung.com.au)

**Runners' Guide**  
**Sunday, 25<sup>th</sup> November 2018**  
[www.runfortheyoung.com.au](http://www.runfortheyoung.com.au)

## **WELCOME...**

Thank you for participating in the 5<sup>th</sup> Annual Run for the Young presented by Bridge Builders Youth Organisation, happening on Sunday 25<sup>th</sup> November 2018.

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 25<sup>th</sup> November 2018  
Venue: Box Hill Institute, Lakeside Campus, Jarlo Drive, Lilydale, Vic 3140  
Time: 6.00am to 1pm

**Registrations will close on: Thursday 16<sup>th</sup> November at 5pm.**

### **WILL MY RACE BIB BE POSTED?**

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

### **HOW DO I COLLECT MY RACE BIB?**



<b>Early bird!</b> Register by March 31  \$5 discount! FREE postage 	<b>SHOP PICK UP</b> REGISTER BY JULY 31  Pick up your race pack at any participating Active Feet Store  	<b>Customised Race Bib</b> REGISTER BY SEP 30  Your race pack will be mailed to you during the month of October.  	<b>Late SNAIL</b> Register by Nov 20  Pick up your race pack on the day of the event.  
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### **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.



**"The Charity Changing the Lives of Young People"**

## **MERCHANDISE**

The Run for the Young official event top has received an upgrade! A new design will be available to purchase online (and on the day if stocks last) Online purchases prior to the 31<sup>st</sup> October will be mailed out, any purchases after this date will be available to pick up from Registration on the morning. The 2014-2017 design is still available to purchase online, limited stocks available. \

## **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](http://www.mycause.com.au/events/runfortheyoung) to kick start your fundraising challenge.

## **RACE DAY...**

### **VENUE FOR THE START/FINISH LINE**

We are incredibly excited to partner with the Box Hill Institute Lakeside Campus! This venue is located on the Western side of Lilydale Lake. Please see the map on the following page for details on location.

### **PARKING**

Free parking is available for participants in the designated Event Car Parking Area (which is located onsite). 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 on the next page for details.

## **START TIMES**

Registration will be open from 5:30am. If you have pre-registered (which is advised) simple wear your bib and proceed to the start/finish line. Registrations after the 30<sup>th</sup> September will need to be picked up from bib pick up point at registration on the day.

We are introducing staggered start times due to the increase in participant numbers;

42 km Event – 7am

21 km Event – 7:10am

10 km Event – 7:20am

5 km Event – 8am

2.5 km Kids Run – 10am

**Run For The Young  
Marathon 2018  
Venue Map**



Lilydale Lakeside Campus  
Jarlo Drive Lilydale



**active feet**  
if the shoe fits...

## 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 (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



## COURSE SURFACE

The majority of all events are on a 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 are 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 qualifying in 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 42km Marathon event will be open for 6 hours approx, closing at 1pm.

## **FOOD/CAFE**

There is an onsite café where you can purchase food and beverages. 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.

## **USE OF HEADPHONES**

Use of any type of headphones is permitted; enjoy those tunes while you run!

## **USE OF PRAMS**

The use of prams is permitted across all categories. Please keep in mind that the course has a bit of undulation.

## **ENTRANTS WITH VARYING ABILITIES**

This event is completely inclusive, and we encourage all people with varying abilities to participate. Please keep in mind that entrants enter the run at their own risk.



**"The Charity Changing the Lives of Young People"**

## **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 (this is dependent on stock availability)

### **PODIUM PHOTOS AND RACE PHOTOS**

If you finish your event in 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> place please make your way to the podium for a photo. If you finish 1<sup>st</sup> in your category, be sure to collect your winners prize!! Podium photos will be taken approximately 10mins after the 3<sup>rd</sup> place runner has passed the finish line. Professional race photos will also be available for purchase after the event.

### **EVENT VILLAGE**

The Event Village will be situated near the start/finish line. This area will foster a range of exciting activities including sponsors marquees, a cafe, giveaways, entertainment stage, and 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](http://www.runfortheyoung.com.au).

### **ACKNOWLEDGEMENTS**

Active Feet

Box Hill Institute

Park Run Lilydale

Traffic Works

Yarra Hills Secondary College – Mt Evelyn Campus

**ALL OF OUR AMAZING VOLUNTEERS**

**All the people who have supported the participants of this event!**