



2017 Shepparton Running Festival

Entrants Handbook

Event date:

27 August 2017

Start & finish:

**Victoria Park Lake
Shepparton
Victoria
Australia**



Table of Contents

ENTRY PACKS	3
ENTRY ON THE DAY	3
BAGGAGE DROP.....	3
START PROCEDURE.....	3
AID STATIONS	4
PERSONAL NUTRITION.....	4
TOILETS	4
iPODS / iPHONES / MP3	4
ANIMALS.....	4
WHEELS / MOTORS & OTHER TOYS.....	4
PRAMS	5
DIRECTIONS	5
CAR PARKING.....	6
START & FINISH AREA.....	6
EVENT PROGRAM	7
EVENT RULES	8
Marathon.....	10
Half Marathon	11
10km walk or run.....	12
5km walk or run.....	13
Kids 2km dash (walk or run)	14
COURSE MARKING.....	15
ACCOMMODATION	16
AID STATION SUPPLIES	16
PRE-START BRIEFING	16
COURSE ETIQUETTE.....	16
RESULTS	17
PHOTOS	17
PRIZES	18
WEATHER.....	19
SPONSORS	20
VOLUNTEERS	20



ENTRY PACKS

Entry packs will be sent out initially in early July. Entries in July will be posted out in the first week of August. Entries in August will be held for collection on Saturday at the start / finish area or on the day. In some cases, event bibs may be provided to team coordinators. If you have paid for postage prior to the end of July and have not received your entry bib within 14 days of the event date, please contact us.

You may like to pick up your race packs or register on Saturday 26th August. You are welcome to join us at the Start / Finish area at the Shepparton Park Lake between 10:00pm and 3:00pm to collect your bib.

If you choose to collect a pre-paid bib on the morning of the event, please ensure that you arrive at least 30 minutes prior to your race start as pre-registration ceases 15 minutes prior to each event start time.

ENTRY ON THE DAY

Entries will NOT be accepted on the day.

BAGGAGE DROP

Space will be set aside as a baggage area right near the start and finish at Victoria Park Lake. Please look for a sign on a gazebo or marquee in this area. Your event bib number will be attached to your bag and so remember to bring this back with you when you collect. Use of this service is included in your event entry fee.

START PROCEDURE

Pre-entrants who have received their race bibs prior to event day need NOT register or check in on the day. Simply attend the start line at the scheduled time. Refer to the program section below for times and details. Entrants MUST cross the timing mat at the finish of the event or they will not receive a time for the event.

Water will be available for entrants pre-race. Other event supplied food and beverage items will be available to entrants after their event.

Bibs must be attached to the front of your body and visible at all times during the event.



AID STATIONS

Aid stations will be set-up on course at regular intervals. Refer to the individual event pages for location details. There will be a minimum of one aid station for 2km and 5km entrants and a minimum of two aid stations for 10km entrants. These aid stations will include generally include energy sports drink and water.

Additional Marathon and Half Marathon aid stations will be established at distances between 2.0 and 3.0km apart. These aid stations will include energy sports drink, water and lollies (ie snakes or jelly beans or similar).

PERSONAL NUTRITION

Drink stations are placed at 2-3km intervals on course. We discourage placement of own drinks to avoid confusion, however for individual special circumstances please contact us prior to discuss.

TOILETS

Toilets are located at the start/finish line, and at the 4 and 7km points of the 14km primary loop.

iPODS / iPHONES / MP3

Personal music devices are allowed. However, we request that you don't start these until after the pre-event briefing and that they are kept at a volume that only you can hear and that allows you to hear any instruction given by marshals and assistants on course.

ANIMALS

Animals such as dogs are not allowed to accompany entrants in any event. The exception of course is Guide Dogs.

WHEELS / MOTORS & OTHER TOYS

Bicycles, skateboards, rollerblades and similar devices / vehicles whether motorised or not are prohibited from use by entrants. Any other toys, signs, placards, unusual clothing etc. that may unreasonably offend or inhibit other competitors will also be banned.



PRAMS

Prams are absolutely, completely and total encouraged! Only single width prams are allowed however as the course is narrow in places. People with prams must not walk or run beside each other unless passing, and must keep to the left edge of the course.

FINISH PROCEDURE

Once you go through the finish your bib number will be electronically recorded. A video will also record your finish to cover against any timing chip mis-reads. Please ensure that your bib number is clearly visible on the front of your clothing. Failure to have bib displayed may result in a 'did not finish' (DNF) being recorded.

POST EVENT

Some simple refreshments may be available to entrant's post-race. In previous years this has included juice and fruit. Additional food and drinks will also be available for purchase for non-entrants or entrants who prefer something different. There will also be a coffee van and BBQ (fee) in attendance.

SHOWERS

Thanks to Aquamoves Shepparton, showers are available to entrants. To use these facilities, please present your event bib at the reception of Aquamoves. Entrants need to bring their own towels and / or toiletry supplies.

WITHDRAWAL

If you need to withdraw from any event please inform a volunteer at the nearest aid station or make contact with race administration by phone at your next opportunity (phone details supplied in event information pack).

DIRECTIONS

- ❖ From Melbourne: Take Shepparton Exit (Goulburn Valley Freeway) off Hume freeway. Follow main road into Shepparton and you will literally come along Wyndham Street and into the event precinct. Note that significant road closures and traffic alterations will be in place, so entrants coming into the city are encouraged to avoid Wyndham Street between Sobraon St and Macintosh St in the south.
- ❖ From Albury / Wodonga: Take Benalla exit off Hume freeway. Turn right into the Benalla-Yarrawonga Rd and then after a few kilometres turn left into Link Road. At the "T" intersection, turn right onto the Midland Highway and follow until arriving in Shepparton.
- ❖ From Bendigo: follow the Midland highway (A300) North from Bendigo. Remain on the Midland highway until arriving in Shepparton (via Elmore, Stanhope & Mooroopna).

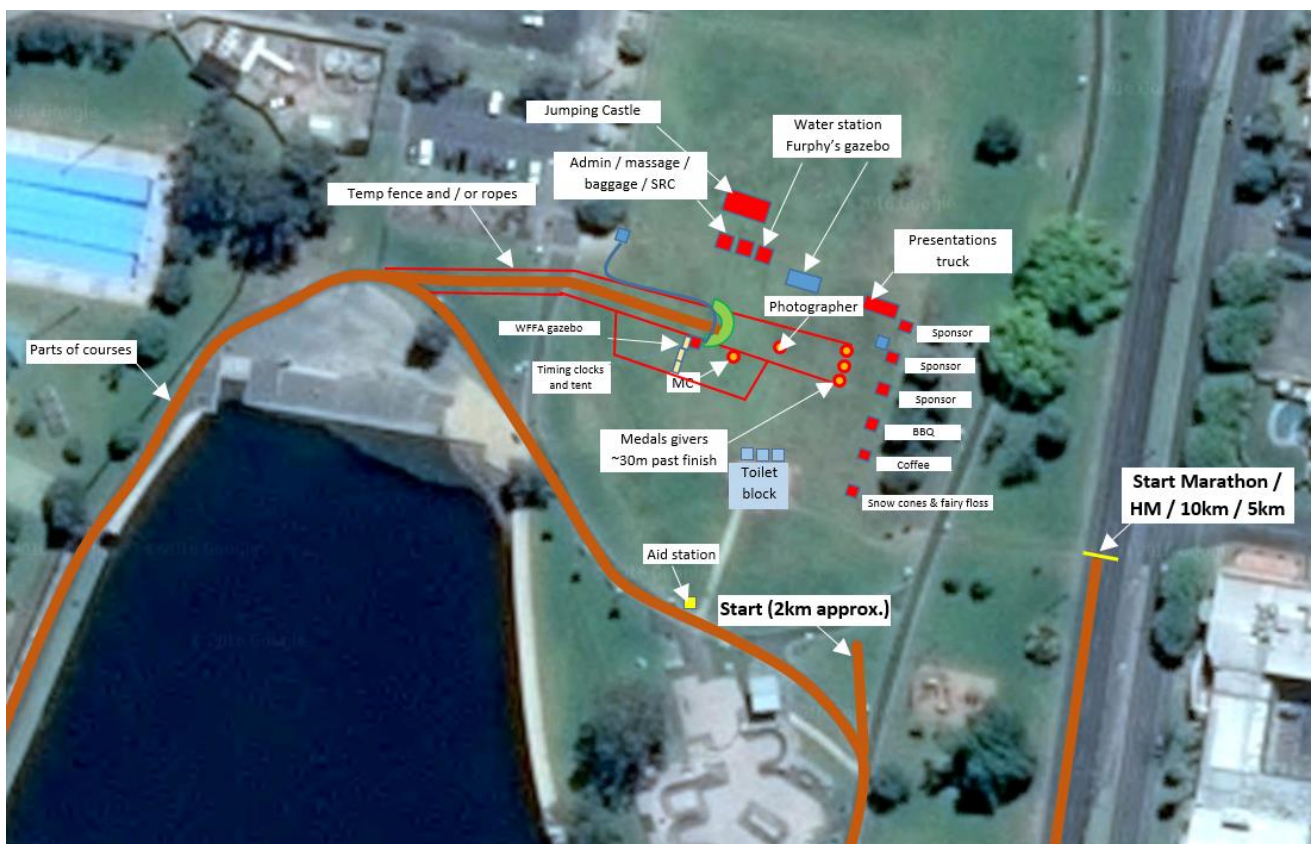


CAR PARKING

Some limited car parking is available at the Northern end and Western side of Victoria Park Lake. These parking areas should be approached from the north to avoid traffic alterations along Wyndham Street.

The Shepparton City Centre also offers a range of parking option with walk to the start varying between 200m and 1.1km depending on exact parking location used.

START & FINISH AREA



COURSE ACCURACY

Course accuracy is critical. Simple. The marathon, half marathon and 10km courses are AIMS / IAAF certified. The 5km and 2km courses are not officially measured or certified.



COURSE TIMING

A timing chip will be attached to entrant race bibs (except 2km). All tags will become active when each event starts and will be 'read' by a decoder as entrants cross the finish mat. A video will also be in place to protect against miss-reads or any other issues that may arise at the finish.

The start line and the finish line are in different locations, approximately 100m apart. Results will be compiled from "gun" times only.

EVENT PROGRAM

Saturday 26 August	
10:00am	New registrations & bib collection opens at Start / Finish area, north end of Victoria Park Lake Shepparton. Entry bib collection for pre-paid entrants is also encouraged at this time.
3:00pm	Pre-registrations and kit collection close.
Sunday 27 August	
6:00am	On-day bib collection opens
7:00am	Marathon start
8:00am	Half Marathon start
8:30am	10km start
9:10am	5km start
10:00am	Kids 2km Superhero start
9:30am	<u>Presentations:</u> 10km
10:30am	Half Marathon followed by the 5km
11:45am	Marathon



EVENT RULES

General:

- Entrants will run on the approved course as directed and will not accept outside assistance.
- Entrants will accept any marshal, event volunteer, organiser or judge's decision as final.
- No competitor will be awarded an event placing unless they are wearing an event number on the front of their body visible throughout the entire event.
- No competitor deemed to have received outside assistance will be eligible for official placings or prizes.
 - This includes but is not limited to an accompanying cyclist, a runner or pacer who is not an entrant in the same event and of the same gender or any person placed deliberately at some point on the course with the intention of providing specific assistance to an entrant.
 - Exceptions include, but are not limited to a person placed within 50m of an official aid station who provides advice and / or nourishment to an entrant, and family and friends that wish to run across the line with an entrant who may do so from the point where the finish chute turns onto the grass section (about 100m from the finish line).
- Officials, including but not limited to course marshals, drink station attendants, first aid personnel and road traffic control personnel have the authority to disqualify or remove entrants from the course. Failure to obey the direction of an official will result in disqualification.
- A "fall-back" date of 3 September 2017 is proposed in the case of "extreme" conditions. This may include, but is not limited to temperature forecasts in excess of 36 degrees at 12pm on event day, a flooded course, severe storm warning, other environmental conditions that event organisers consider may place entrants at an unreasonable risk.
- The Event Organisers reserve the right to reject or cancel any entry in any event at any time particularly in but not limited to weather conditions that make the event dangerous. In any circumstances where cancellation is necessary due to safety concerns entry fees will not be refunded and recompense may not be claimed by entrants for any other consequential loss.

Event changes, transfer and withdrawal:

- Entrants may transfer their entry to a **longer event** prior to 13 August 2017.
 - If entry pack has not been sent out, entrants may change events paying only the difference in entry fee (at regular prices).
 - If entry pack has been sent out, entrants may change events but must pay the difference in event price and an additional \$10 administration charge to cover the cost of a new bib and the timing chip.
- Entrants may transfer their entry to a **shorter event** prior to 13 August 2017.
 - If entry pack has not been sent there is no charge for this.
 - A part refund will be paid where the event prices vary by greater than \$20 in which case the amount over \$20 will be refunded (eg if transferring from Marathon to 5km the price difference could be \$55 so a refund of \$35 would be made).
- If entry pack has been sent then an additional \$5 administration charge must be added to cover the cost of a new bib and the timing chip.



- This will be waived if the event being changed to is greater than \$20 cheaper than the event initially entered.
- To change events, please send your request via a [contact us](#) form.
- Entrants may **transfer entry** to another person, but only if the other person is provided with the event bib and any other entry material supplied to the entrant by organisers.
 - To transfer an entry, the new entrant must complete a full entry form for the same distance, and add comments stating the name of the entrant they are replacing. Entrants doing this should then choose the "other" payment option, and submit their entry.
- Entrants may **withdraw** from the event prior to 13 August 2017 and receive a refund minus \$20 administration fee, or \$25 administration fee if entry bib has been sent by mail (except for super early birds which are not entitled to a refund).
- No changes to entry details or distances are permitted after 13 August 2017.
- No refunds will be payable after 13 August 2017.
- To change basic details (phone numbers, address etc.), logon to your entry form using the details provided in your entry confirmation email. If you entered via paper form (eg Community Team) or have misplaced your confirmation, then [contact us](#) for options.

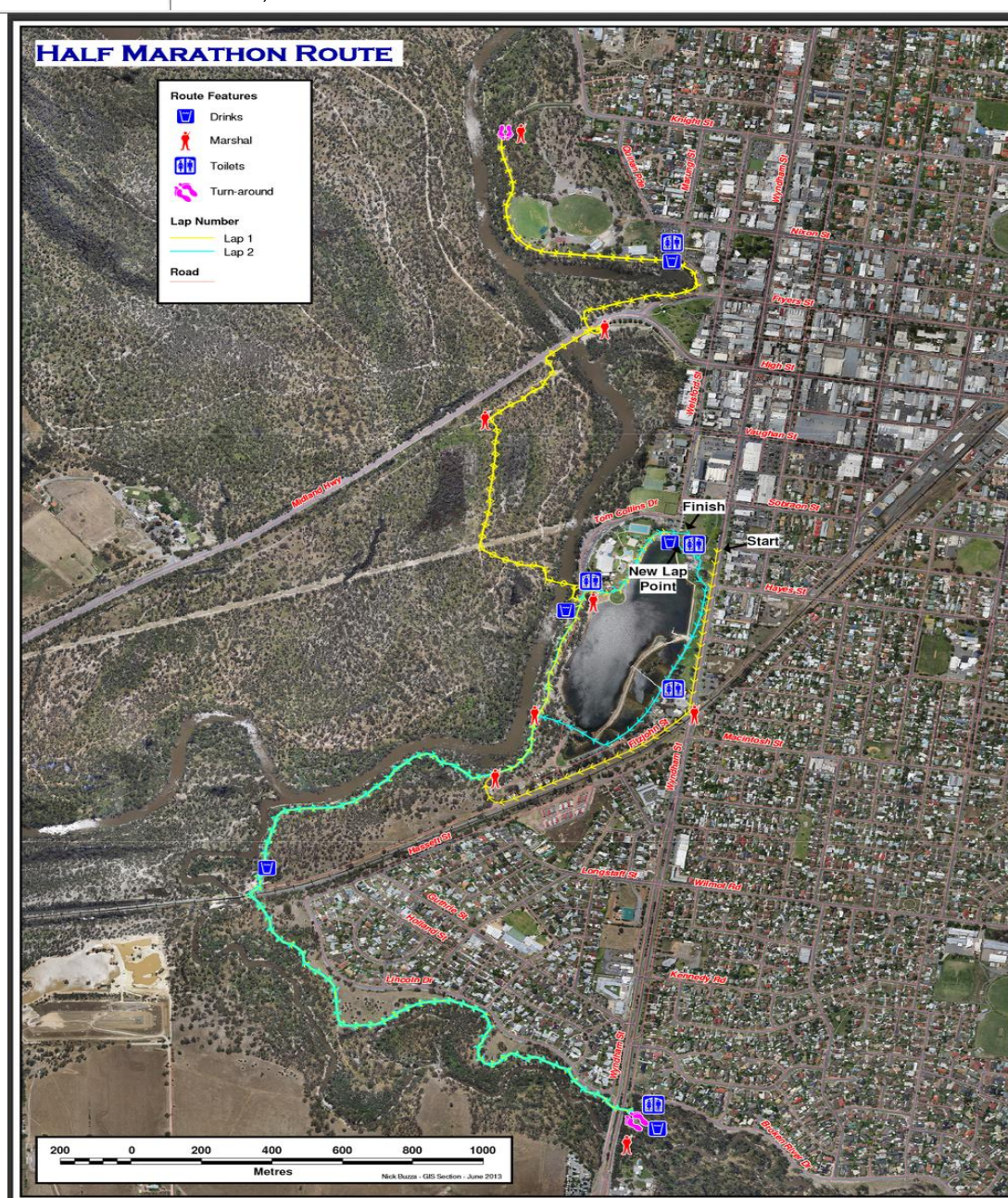
Super Early Bird entries (5/3/2017):

- Super Early Bird entry fees may not be refunded or transferred under any circumstances.
- Race organisers reserves the right to alter without notice any rules and conditions which govern the event.



Half Marathon

Start time:	8:00am
Presentations:	10:30am
On day entries:	No on-day entries are available.
Cut-offs:	There are no cut-offs in this event. (Entrants advised to complete the course in less than 4 hours).
Aid Stations:	2.1km, 4.0km, 5.8km, 7.5km, 9.3km, 10.5km, 12.0km, 12.5km, 14.6km, 16.5km, 18.4km, 20.6km





10km walk or run

Start time:	8:30am
Presentations:	9:30am as close to as possible
On day entries:	No on-day entries are available.
Cut-offs:	There are no cut-offs in this event. Runners and walkers are encouraged to participate. (even those looking for a relaxed stroll).
Aid Stations:	2.1km, 4.0km, 6.0km, 7.9km, 9.5km





5km walk or run

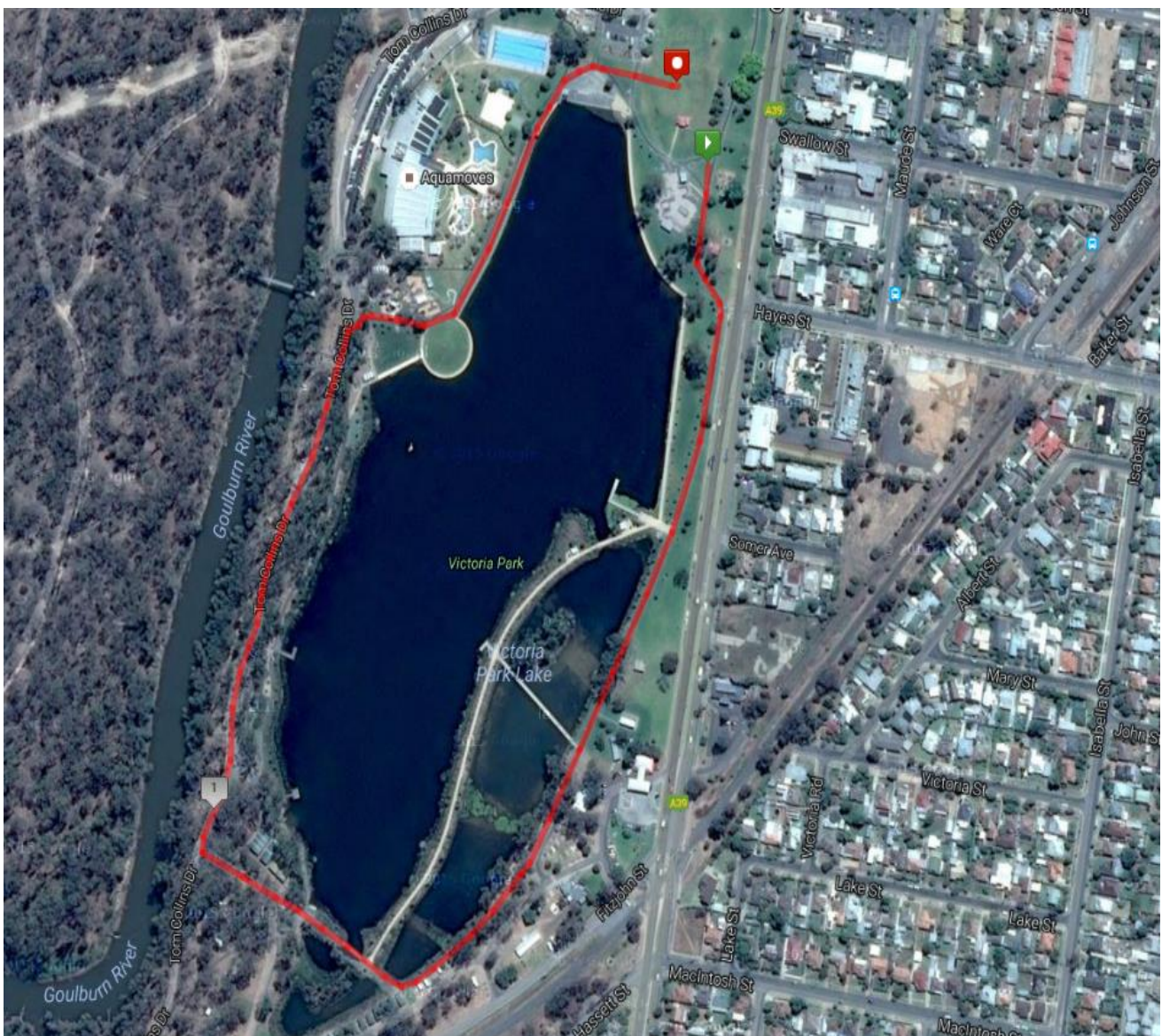
Start time:	9:10am
Presentations:	10:30am just after the Half marathon presentations.
On day entries:	No on-day entries are available.
Cut-offs:	There are no cut-offs in this event. Runners and walkers are encouraged to participate. (even those looking for a relaxed stroll).
Aid Stations:	2.1km, 2.9km, 4.5km
Charity Support	50% of profit from 5km event entry fees is donated directly to the Pink Ribbon Foundation in aid of Breast Cancer Research.





Kids 2km dash (walk or run)

Start time:	10:00am
Presentations:	11:00am
On day entries:	There are no on-day entries available.
Cut-offs:	There are no cut-offs in this event. All children are encouraged to enter this event and walk or run with participation being the primary objective.
Aid Stations:	Water will be available from cups at approximately 1km.
Notes:	This event is for primary aged children only. Parents / carers can accompany their children but are asked to start near the back of the field.





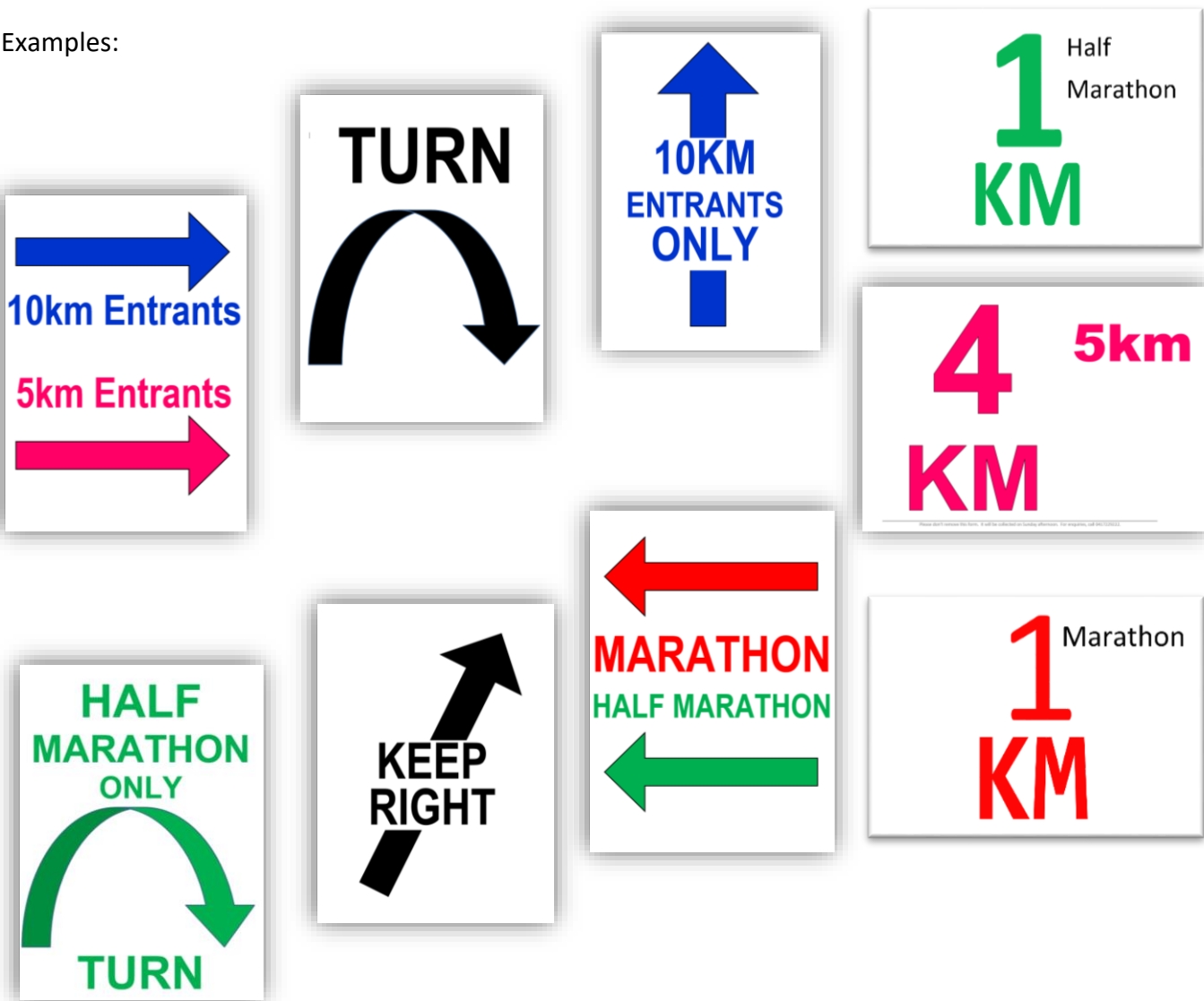
COURSE MARKING

The course will be marked at intersections with laminated, A4 signs like those shown below, as well as with chalk arrows (various colours) on the sealed surface.

There are also a lot of volunteer marshals out on course to assist with navigation. Entrants must take particular notice of the marshals, especially as there are a few places on the course where entrants from different events are required to go in different directions.

Kilometre markers for each course are marked, with the exception of the 2km event. Distance markers are in the same colour as entrant bib numbers.

Examples:





ACCOMMODATION

There are many accommodation options within Shepparton and nearby towns and cities. The best way to get specific information and assistance with bookings is by contacting the Shepparton Visitors and Tourism Centre on:

Phone: 1800 808 839

email: info@discovershepparton.com.au

website: <http://greater/shepparton.com.au/visitors/accommodation>

AID STATION SUPPLIES

All on-course aid stations will have sports drink, water and lollies, with the exception of the aid station table at the start line which will have water only, and the course aid stations for the 2km and 5km entrants which will also have water only.

Water and additional supplies will be available at the finish line.

Basic first aid supplies will be available at all aid stations on course.

Cups:

Sports drink will be served in **paper** cups.

Water will be served in **plastic** cups.

The sports drink is a carefully balanced mixture of high and low GI carbohydrates, including Glucose, Fructose and Maltodextrin. It is orange flavoured, contains some sodium and a hint of peppermint.

PRE-START BRIEFING

Compulsory briefing 10 minutes prior to your allotted start time. Please don't be late.

COURSE ETIQUETTE

- ❖ Runners and walkers are to stay on the left side of the course.
- ❖ When passing another competitor, please do so on their right.
- ❖ Avoid running or walking two abreast in sections where the course is narrow.
 - Prams must stay in single file.
- ❖ Move to single file early when oncoming traffic is noticed.



RESULTS

Results are expected to go live to the website before 4pm on Event Day. Printed lists of results from each event will be published for viewing, available near the presentation area.

PHOTOS

Photographers will be strategically placed on the course. Remember to wave and smile. A photographer will also be stationed at the finish area. Photographs will be available after the event for viewing and purchase.





PRIZES

Every finisher will receive a medallion once they cross the finish line. We also have the following prizes on offer:

Marathon:	Cash and/or prize and trophy for 1st, 2nd and 3rd Male and Female
Half Marathon:	Cash and/or prize and trophy for 1st, 2nd and 3rd Male and Female
10km:	Cash and/or prize and trophy for 1st, 2nd and 3rd Male and Female
5km:	Cash and/or prize and trophy for 1st, 2nd and 3rd Male and Female

Age Category Winners will receive a certificate recognising their achievement.

Marathon	Half Marathon	10km	5km
18 - 39 Male Winner	18 - 39 Male Winner	18 - 39 Male Winner	18 - 39 Male Winner
18 - 39 Female Winner	18 - 39 Female Winner	18 - 39 Female Winner	18 - 39 Female Winner
40 - 59 Male Winner	40 - 59 Male Winner	40 - 59 Male Winner	40 - 59 Male Winner
40 - 59 Female Winner	40 - 59 Female Winner	40 - 59 Female Winner	40 - 59 Female Winner
60+ Male Winner	60+ Male Winner	60+ Male Winner	60+ Male Winner
60+ Female Winner	60+ Female Winner	60+ Female Winner	60+ Female Winner
		Under 18 Male Winner	15 – 17 Male Winner
		Under 18 Female Winner	15 – 17 Female Winner
			Under 15 Male Winner
			Under 15 Female Winner

Presentation of prizes will take place at the Start/Finish area at Victoria Park Lake on the day of the Shepparton Running Festival.

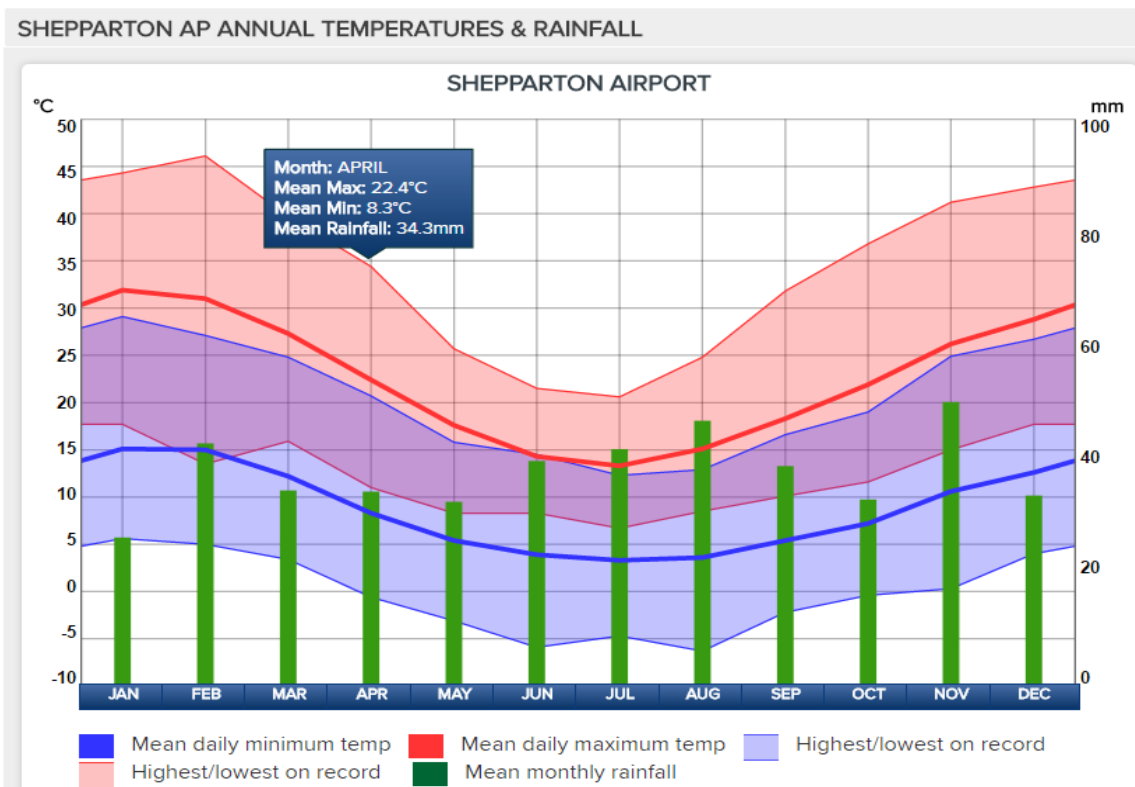
Community Team Challenge result will be determined within 7 days of the event. The Team Leader will be advised by Event Organisers. There are varied levels of award for Community teams.



WEATHER

Weather can be variable at best in Shepparton in late winter. Be prepared for anything between 0 degrees and 20 degrees, but note that average overnight lows are around 3 degrees with days averaging 15 degrees in August.

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Ann
High Mn. Max (°C)	34.4	33.8	29.4	25.8	19.4	16.0	14.5	16.8	20.7	25.0	31.2	30.2	23.4
Low Mn. Max (°C)	28.7	26.7	24.0	19.7	15.9	13.0	12.0	13.0	15.7	18.0	22.6	26.1	21.5
High Mn. Min (°C)	17.1	17.2	13.8	10.7	8.9	6.1	4.7	5.1	7.2	8.4	14.1	14.6	9.4
Low Mn. Min (°C)	11.8	12.4	10.0	6.0	4.1	0.1	0.4	1.5	3.9	5.3	8.0	10.4	7.8
High Rain (mm)	100.8	137.6	132.0	85.4	64.4	75.0	79.4	97.2	76.4	104.4	123.0	85.6	770.6
Low Rain (mm)	3.2	2.0	0.2	0.0	2.2	15.8	8.0	2.8	6.4	0.4	7.6	4.0	183.0



Full details of Shepparton's weather: <http://www.weatherzone.com.au/vic/northern-country/shepparton>



SPONSORS

These organisations help the Shepparton Runners Club to deliver an affordable, good quality event. We are grateful for their support. We hope that you will enjoy the benefits of their support during the event and support them in return where the opportunity arises:



VOLUNTEERS

Your volunteers are your best assets in this event. Please show them some support and they will provide you with great encouragement and support in return.

In many cases they are out there setting up and helping out while you're still in bed and no doubt will be toiling away in some cases when you're enjoying a cool beverage and celebrating the glory of your finish!

Also special thanks for on-day support from community groups and organisations including:

- 1st North Shepparton Scout Group (Aid station volunteers)
- Plunketts Orchards (volunteers & fruit)
- Furphy's (1 x Water trucks & gazebo)
- Goulburn Valley Water (volunteers, child entertainment & water truck at finish line)
- Aquamoves Shepparton (provision of free showers)
- Shepparton Tri Club (volunteers)
- Shepparton Cycling Club (Lead cyclist)
- Tatura Milk (donation)
- Sportsmans Warehouse (prize donation)