

# Written Race Briefing 2019 - 5KM

**\* RUNNERS & WALKERS START @ 0930hrs**

## Your Start Area

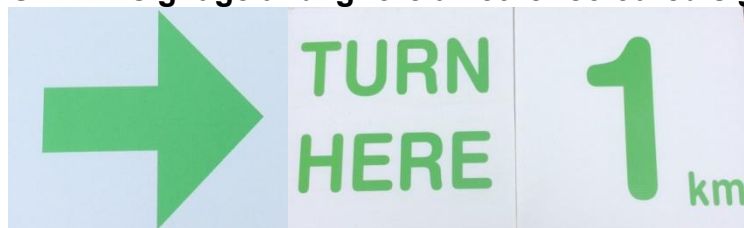
- Please be in the start line area 10 minutes prior to your start time.
- The start line is outside #139 Waratah Street (a 2 minute walk from Fergusson Park).
- You'll need your race number on your front & your timing transponder on your shoe lace.
- Self-seeding applies in the start area with elite entrants up the front please.

## Your Event Course

- The event course is a mix of road, footpath and walkways.
- Where there is a coned lane provided, please remain hard left inside that coned lane.
- **Please treat all roads as OPEN TO TRAFFIC THROUGHOUT THE WHOLE EVENT.**
- Please follow all event marshals' instructions & take care at each of the road crossings.

## Following Your Event Course

- It is your responsibility to know the route of your event course.
- Important intersections have been marked with GREEN arrows (shown below).
- Distance markers will be placed at every km with GREEN km markers (shown below).
- **The colour of the numerals shown on your unique race number is GREEN. Follow all GREEN signage and ignore all other coloured signage.**



## Medical Assistance

- There is medical support provided by EMT Ambulance (0800 367 368).
- If you need urgent medical attention on the event course please inform the closest event marshal who will communicate with EMT. Alternatively, dial 111 as soon as possible.

## Aid Station Distances

Water and R-Line available @ 2.3km.

**Enjoy your event experience and we'll see you at the finish line.**

**Event prizegiving is at 11.00am.**