



Sandgate

SUNSET RUN 2018

SANDGATE SUNSET RUN 2018

RUNNERS' INFORMATION PACK

Not long now until the 5th annual Sandgate Sunset Run! We hope your team is feeling fit, healthy and ready to take on Brisbane's most fun and unique team relay event! **Saturday October 13th** is fast approaching and we look forward to sharing in the community, atmosphere and fun that will be the Sandgate Sunset Run.

Please make sure everyone in your team reads this information, to ensure the event runs safely and smoothly.

Don't forget follow us on Facebook & Instagram, using the hashtag #sandgatesunsetrun

RUNNING SCHEDULE

- 4:00pm – Lendlease JUNIOR RELAY (20 minutes)
- 4:40pm – Full Moon Hotel SOCIAL RELAY (40 minutes)
- 5:30pm – HOT LAP Heats
- 5:50pm – DEADLY DASH for Kids (5 minutes)
- 6:00pm – HOT LAP Final
- 6:30pm – Northside Family Law OPEN RELAY (2 hours)

*****ALL runners are to gather at the Main Stage 10 minutes before their event is scheduled to start for an important safety briefing.*****

Please also gather at the Main Stage after receiving your medal, for prizes and presentations (except the Deadly Dash). Presentations will happen approximately 5 minutes after each event finishes (except the Deadly Dash).

There is no bag drop, but runners can store their belongings in the middle of the roundabout (no access for the general public). Please be aware of other runners when entering/leaving the roundabout, and only do so where a marshal is stationed.

Deadly Dash for Kids: Please check in your child at Race Pack Collection (details below) to receive a wrist band – ONLY children with a wrist band will be permitted to run. Parents or guardians are permitted on the track with their child.

This year, children will start the Dash in small waves, with a rolling start, for the safety of all participants.

Children will receive their medals on the track in front of the Main Stage upon completion. Please listen to instructions given by race marshals at all times.



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ENTERTAINMENT

Make sure you bring the whole family and check out the entertainment on the Main Stage:

4:00pm – 8:30pm: DJ Kipps
5:00pm – Nexus Youth Dance Crew
6:15pm – Nexus Youth Dance Crew
7:40pm – “Lanes” (solo performer)

For the first time this year, we also have the amazing DJ Kaz in a giant inflatable Kids’ Disco tunnel! Bring the kids in for some fun, music & dancing – it’s FREE and running from 4:30 – 7:30pm.

SPECTATORS

The Sandgate Sunset Run is a spectator event too! Please encourage your friends & family to come along to enjoy the amazing festival and entertainment! Non-runners will be kept occupied with World Food Markets, Kids’ Disco, roving entertainment, Main Stage entertainment and more! The heart of Sandgate Village will be buzzing – this is a night not to be missed!

ROAD CLOSURES

The following road blocks will be in place from 1pm-10pm. All areas will be accessible to pedestrians at all times:

Bowser Parade (at Rainbow St)
First Avenue (at Cliff St)
Seymour St (at Loudon St)
Brighton Rd (at Lagoon St)
Brighton Rd (at Third Ave)

PARKING

The central roundabout in front of the Sandgate Town Hall will be closed for the event. Parking will be available around the event precinct. We suggest:

- the car park at Einbunpin lagoon, access off Keogh Street
- on-street parking along Rainbow Street

Please be respectful of our local residents and don’t block property access.



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SITE MAP





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RUNNERS' PRECINCT

Team members (and only team members) are required to stay in the runners' precinct (inside the roundabout) for the duration of the fun run.

The area will be off-limits to general spectators, family and friends who are not registered, due to space constraints. To avoid disruption to runners and walkers on the track, you will need to stay on the inside and cheer on your team (and prepare for your next strategic team move!) There will be marshals, water, fruit and toilets in the precinct.

STRATEGY

The race strategy is up to you and your team! You may choose to run a set number of laps each, or just one lap at a time. There are no rules about how many laps each team member should run, or how you take it in turns – it's completely up to you! There will be a live scoreboard on the big screen on the night and your results will also be available to you after the run at www.sandgatesunsetrun.com.au.

EMERGENCY PROCEDURES

Please follow all instructions given to you by event marshals.

RACE PACK COLLECTION

Race packs will be available for collection at the following locations:

Date: *Friday 12th October, 2018*

Time: 5pm – 7pm

Location: Sandgate Creative Engine, Shop 1, 7 Second Avenue, Sandgate

Date: *Saturday 13th October, 2018*

Time: 8am – 2:00pm

Location: Sandgate Creative Engine, Shop 1, 7 Second Avenue, Sandgate

Time: 3:00pm – onwards

Location: Information Stand onsite at the Sandgate Sunset Run (outside Coffee Club Sandgate)

Race packs will be bundled in teams – one member can collect all of the bibs for their team. Please make sure every member of your team is registered online as part of your team.



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MERCHANDISE

Available for purchase at Race Pack Collection (cash only):

Sandgate Sunset Run Singlets for \$30 (men's, women's and kids' sizes available)



RUNNERS' BRIEFING

Please be at the main stage **10 minutes before your scheduled event** for an important runners' briefing. The rules on baton changes will be explained, along with other information. Please ensure your team is clear on the rules before the run begins. There is no bag drop, but runners can store their belongings in the middle of the roundabout (no access for the general public). Please be aware of other runners when entering/leaving the roundabout, and only do so where a marshal is stationed.

PRIZES

Trophies will be awarded for the following categories:

- most number of laps by a male team (Open Relay)
- most number of laps by a female team (Open Relay)
- most number of laps by a mixed team (Open Relay)

Other prize categories also include:

- most number of laps by a male team (Junior Relay)
- most number of laps by a female team (Junior Relay)
- most number of laps by a mixed team (Junior Relay)
- community spirit (Junior, Social & Open Relays)
- best team name (Junior, Social & Open Relays)
- best team costume (Junior, Social & Open Relays)

Feel free to get creative & have some fun as a team!



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BATON CHANGES

Your team will receive a baton just before the start, which needs to be passed between team members in the pit lane (your pit lane will be allocated to you when you pick up your race pack). One member of the team must be on course, with the glow baton, at all times. You may make as few or many baton changes as you like – the strategy is up to your team!

WHAT TO BRING

This year, we are a “NO PLASTIC CUP” zone. Please bring your own water bottle. There will be two water stations in the runners’ precinct in the middle of the roundabout – feel free to bring your own sports drink if required. There will be some reusable drink bottles provided at the water stations. Suitable running/walking attire is necessary (but dress-ups are more than welcome!) Please bring your race pack – you will need a bib (which has a timing chip in it) for each member of the team. A baton will be provided to each team. Bring some spare change: there is plenty happening in the community festival, which kicks off at 4pm.

AFTER PARTY

There is no official after party this year, but we do encourage your team to stick around the 4017 area and celebrate your achievements! There are several of restaurants and bars in the local vicinity for those who want to refuel and rehydrate.

FIRST AID

First Response First Aid Service will be onsite for the duration of the event.

PUBLIC TRANSPORT

It’s easy to get to Sandgate by public transport and the Sandgate Sunset Run is happening within metres of the Sandgate train station and bus stops. For more information including timetables and to plan your journey, visit the Translink website.

FUNDRAISING

Our chosen charity this year is the Indigenous Marathon Foundation. Please join us in supporting this great cause.





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SPONSORS

The Sandgate Sunset Run would not be possible without the support of our wonderful sponsors:



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Sandgate Sunset Run Terms and Conditions of Entry

- It is strongly recommended that participants have trained for the run and have prepared for the Sandgate Sunset Run (SSR). All participants are strongly advised to consult their doctor prior to undertaking any exercise programme or running event. It is the responsibility of all participants to ensure they are medically fit to participate in the event.
- The participant agrees that they are physically capable of competing in the Event and agrees to be solely responsible for their actions and the Event Organiser, affiliates, associated companies, sponsors or medical advisers are not responsible for any injury or illness that the Participant may suffer as a result of their participation in the Event.
- The participant accepts that should any medical or physical condition arise prior to the Event, which is likely to affect their ability to compete, the participant will withdraw in accordance with these Conditions.
- The participant acknowledges and accepts that they have a duty of care to take all possible actions to avoid injury to themselves, other participants or damage to property.
- Sandgate Sunset Run (SSR) reserves the right to refuse entry to any participant to the race control area for behaviour likely to cause damage, injury, nuisance or annoyance or for failure to comply with reasonable requests. Intoxication, aggressive or anti-social behaviour is unacceptable and will result in disqualification from the event and/or ejection from race control area.
- Participants assume all risk of any damage or loss (including property damage, personal injury, economic and consequential loss) however it arises at the SSR. Participants bring personal effects onto the premises at their own risk. SSR will not be responsible for any damage to or loss or theft of an athlete's personal property.
- By entering the SSR, participants consent to being filmed and photographed during the race. Footage or images may be reproduced, published and exploited by the SSR without restriction including but not limited to marketing and promotional use and in all media.
- The SSR reserves the right to cancel or re-schedule the Event. If the Event is cancelled or re-scheduled, the SSR will use best endeavours to notify athlete's via its website and social media. Teams unable to attend the re-scheduled race must apply for a refund within 5 days of the re-scheduled race.
- The SSR reserves the right to change the course layout without prior notification. In the event of a change of the layout, refunds will not be available.
- No alcohol. Alcohol may be available for purchase at established licenced premises in the area but all patrons must abide by that establishment's licence. Participants found to have brought alcohol into the race-controlled area will be evicted from the Venue.
- Participants who are, in the opinion of SSR, offensively attired or whose attire may cause a hazard or compromise safety may be refused entry into the event.
- By entering this competition, the participant is indicating his/her agreement to be bound by these terms and conditions.