



## WELCOME

Welcome to Run Melbourne, presented by The Age 2010. Joining together two strong passions – running and raising money for your favourite charity – is what this event is all about. As the first and largest participation event in Victoria that gives you that choice, Run Melbourne has seen rapid growth in recent years with 14,000 participants in 2009 taking in all that the streets and parklands that Melbourne has to offer. So join Melbourne's major fitness event that offers you the choice of running and raising money at [www.runmelbourne.com.au](http://www.runmelbourne.com.au) and be there with family and friends on the St Kilda Road start line on Sunday, July 18, 2010.

## JOIN OUR FINAL FREE SUUNTO TRAINING SESSION

Complete your preparation by joining our FREE Suunto Run Melbourne Training Sessions, held for the final time this Tuesday, from 5:45pm. Starting at the Atrium, Federation Square, experienced trainers will put you through your paces, with groups catering for all ages and abilities. It's also a great way to meet some new (or old) running buddies. Visit [www.runmelbourne.com.au](http://www.runmelbourne.com.au) for details and to download your Run Melbourne training program.

## RAISE FUNDS FOR CHARITY

Whether you're up for the 5km walk or taking on the half-marathon challenge, anyone can raise money for charity through Run Melbourne. The best part is, you choose where your fundraising dollars go. In 2009, participants raised an incredible \$530,000 for more than 200 charities. This year, the target is \$750,000. How much can you contribute?

## EVENT INFORMATION

**Assembly Area:** Is located at Federation Square, Melbourne (Melway Ref: 2F H5). Please arrive at the assembly area at least 45 minutes before your event.

**Start Area:** All events start on St Kilda Road at the corner of Linlithgow Avenue.

**Wave Starts:** To ensure your safety, all events will be sent off in waves, due to the large number of participants expected. The waves will be determined by your expected finish time. You will assemble into these groups at the start line and we request that you stay in these groups. The times listed below refer to the time you expect to complete the course. Please see the website for more information.

### Half-marathon run - 7:15am

- 1st Group) Under 1hr:45 mins
- 2nd Group) 1hr:45 – 1hr:55 mins
- 3rd Group) 1hr:55 mins +

### 10km run - 9:00am

- 1st Group) Under 50 mins
- 2nd Group) 50:00 – 55:00 mins
- 3rd Group) 55:00 – 60:00 mins
- 4th Group) 60:00 mins +

### 5km run/walk - 10:10am (new start time)

- 1st Group) Under 30 mins
- 2nd Group) Schools
- 3rd Group) 30:00 – 35:00 mins
- 4th Group) 35:00 mins +

Each group will be divided and sent off in smaller waves to alleviate course congestion.

**Timing:** Run Melbourne, presented by The Age is using the IPICO Sports Timing Tag System, which is the most accurate sports timing tag. All you have to do is attach the tag to your shoelace with the twist ties provided. There will be event staff ready to clip the tag from your shoe after the finish line. If our event staff miss you on the day, or you are not able to complete the distance, then we kindly ask you to return the timing tag by Friday, July 30, 2010 to the event organisers:

Run Melbourne, presented by The Age  
12 Rocklea Drive,  
Port Melbourne, VIC, 3207.

Please note that a \$50 replacement charge applies to participants who do not return the tag.

**Event Numbers:** All participants need to pin their event bib on the front of their top before arriving at the event. Runners without official event numbers will not be permitted on the course.

**Colour Coded Event Numbers:**

Half-marathon – Yellow

10km – Red

5km – Blue

Schools (5km) – Green

The kilometre markers for each event will be colour coded according to your event distance.

**Finish Area:** Is located within Birrarung Marr.

**Event Timetable:**

6:00am Registrations open

6:50am Aerobics warm up

7:15am Half-marathon starts

8:30am Aerobics warm up

9:00am 10km run starts

9:00am Feddish open for after party

9:30am Aerobics warm up

10:10am 5km run/walk starts (**new start time**)

11:00am Presentations

12 noon Formalities conclude

**Aerobics warm up:** Held at Federation Square's main stage.

## GETTING THERE

**Car Parking:** Is extremely limited, see options below. It is strongly recommended you use public transport to get to the event where possible.

1) Arts Centre open 24hrs for a flat rate of \$12.

2) Southgate (access from City Road or Southgate Avenue)  
open 24hrs for a flat rate of \$8.

3) Federation Square open from 8am for a flat rate of \$10  
(access via Russell Street).

4) Secure Parking, Flinders Street (opposite Federation  
Square) open 24hrs for a maximum of \$16.

Please adhere to parking restrictions if you are parking on the streets.

**Public transport:**

**Train** – Disembark at Flinders Street Station and take the Swanston Street exit from the station and cross to Federation Square.

**Tram** – Disembark at the corner of Flinders Street and Swanston Street. Timetables can be found at [www.metlinkmelbourne.com.au](http://www.metlinkmelbourne.com.au).

Please note: Public transport may not be possible for half-marathon participants due to the early start time.

**Bicycle parking:** Will be available at Federation Square.

## ADDITIONAL INFORMATION

**Additional Entries:** Bring your friends along! Enter online at [www.runmelbourne.com.au](http://www.runmelbourne.com.au) or phone **Start to Finish** on (03) 9285 0600 for an entry form. Please note, there are no refunds.

**Enter on the Day:** The on-day entries marquee will be located in the assembly area at Federation Square. If you have not entered before the day, we recommend arriving early to ensure you receive your registration and timing chip well before the start of your event.

### On-Day Entry Fees

Half-marathon \$88

### 5km & 10km events

Adults \$53

Children U15 \$28

**Clothing Storage:** Clothing storage is available at Federation Square during the event. Follow the signs to the area reserved for your distance. Please do not leave valuables in your bags. Run Melbourne accepts no responsibility for lost or stolen items.

**Clothing Storage ID:** Attach the tear off strip on the bottom of your event number to your bag by looping one end of the tag through the hole. Keep your event number for bag pick up.

### Official Event Photographer – Supersport Images:

Event photos can be viewed and will be available for purchase at [www.supersportimages.com.au](http://www.supersportimages.com.au)

## COURSE INFORMATION

**Toilets:** Are clearly signed and located at the assembly area, start line, finish line and on the course.

**Drink and First Aid Stations:** Should you no longer be able to continue at any point along the course, please seek the assistance of a race marshal who will contact the nearest first aid provider. Please refer to the maps for the placements of drink and first aid stations.

**Course Conditions:** Please adhere to the following guidelines to ensure your safety out on the course.

- Please follow the instructions of race marshals at all times.
- Only participants who have registered and have an official Run Melbourne, presented by The Age event number will be permitted on the course.
- No dogs, rollerblades or bikes are permitted on the course.
- Prams are welcome but please start from the back of the field.
- All participants in the half-marathon and 10km events who have not completed the Park St / Fawkner Park section of the course by 10:30am will be directed on to footpaths.

\*Please be advised the courses are subject to change without notice.

## EVENT AMBASSADORS

As Melbourne's leading community fitness event, we're proud to have some of the city's favourite identities joining us. Out to prove that anyone can, these influential and respected personalities are taking on the Run Melbourne challenge, both for their own personal reward and to support the charities closest to their hearts.

### Sam Lane

As one of The Age's leading football journalists, Sam Lane has witnessed more than a few training sessions in her time. Now we get to watch Sam take to the track as she prepares for the 5km Run Melbourne course to raise money for Médecins Sans Frontières.

### Shannon Bennett

Not afraid of a challenge, renowned chef and owner of three-hat restaurant Vue de Monde, Shannon Bennett is taking on the Run Melbourne half-marathon in support of the Starlight Children's Foundation.

### Father Bob Maguire

Supporting the Father Bob Maguire Foundation, the city's most outspoken parish priest will prove that anyone can Run Melbourne when he lines up for the 5km walk.

### Sue Stanley

Keeping fit is all in a day's work for Sue Stanley, three-time World Aerobic Champion and health and wellbeing expert. Supporting the Victoria Police Blue Ribbon Foundation, Sue is looking forward to taking on the Run Melbourne 10km course.

### Ryan Shelton

Cheered on by Monty and Wippa, Nova 100's Drive host, Ryan Shelton will be pushing himself to the limit. Not only to finish the Run Melbourne 5km course, but also to raise money for a cause he feels passionate about - beyondblue.

To see how the Run Melbourne Ambassadors are going with their training and fundraising check out [www.runmelbourne.com.au](http://www.runmelbourne.com.au)

## EVENT WINNERS AND PLACEGETTERS

Run Melbourne, presented by The Age will award the male and female winners and placegetters for each distance with a trophy and the following prize packs, kindly provided by our event partners, in recognition of their achievement.

### First place

1st Place Trophy  
Deluxe package at Bayview Eden \$270\*  
2XU Elite Compression Tights \$185  
2XU Compression Shorts \$85  
2XU Compression Race Socks \$50  
Pair of Mizuno runners \$270  
Suunto T1C watch \$200  
Power Balance Performance pack \$120  
TOTAL RRP per pack: \$910

### Second place

2nd Place Trophy  
2XU Compression Tights \$140  
2XU Compression Race Socks \$50  
Pair of Mizuno runners \$270  
Suunto T1C watch \$200  
Power Balance Performance pack \$80  
TOTAL RRP per pack: \$740

### Third place

3rd Place Trophy  
2XU Compression Calf Guards \$60  
2XU Compression Race Socks \$50  
Pair of Mizuno runners \$270  
Suunto T1C watch \$200  
Power Balance Performance wristband \$60  
TOTAL RRP per pack: \$640

**Presentation Ceremonies:** Will take place from the main stage at Federation Square from 11am for the following:

- The largest teams in the Run Melbourne Power Balance Team Challenge will each receive \$1,000 to their charity of choice.
- Fancy Dress winner will receive \$1,000 to their charity of choice.
- Age category winners will receive a medal however these will be posted after the event.

**Medals:** All participants who complete their event will be presented with the 2010 edition of the Run Melbourne, presented by The Age "Icons of Melbourne" medal featuring Princes Bridge, once they have crossed the finish line.

**Results and Certificates:** Once you've Run Melbourne, make sure you run for The Age on Tuesday, July 20 to get your official Results Liftout. No matter what distance you've participated in, inside you'll find your time and placing. You may even spot yourself in one of our event photos. Results will also be available on [www.runmelbourne.com.au](http://www.runmelbourne.com.au). Official Run Melbourne, presented by The Age event certificates are downloadable free from [www.runmelbourne.com.au](http://www.runmelbourne.com.au) after you have successfully completed the event.

## FESTIVITIES

We welcome all participants and their families to join us at Federation Square after the event to watch themselves finish via the delayed telecast on the big screen. The footage will be delayed by 20 minutes so you can watch yourself complete the race. Other festivities include product samplers, live entertainment, guest appearances and the presentation ceremonies.

## FAN ZONE

Get your family and friends down to the Fan Zone area located on Batman Avenue close to the finish line. Here, they can cheer and spur you on during your race. There will be fantastic live entertainment at the Fan Zone during the morning for all to enjoy plus it's a great place for mid-race photos.

## COURSE ENTERTAINMENT

Melbourne has an international reputation for its musicians and music venues. Many of those artists are joining us on the streets as part of our on-course entertainment.

## AFTER-PARTY

After your run or walk, kick on to our Official After-Party at Feddish where you can catch up with friends and family, socialise with other participants and reward yourself with a refreshing beverage and a bite to eat. Located in Federation Square overlooking River Terrace, Feddish will be open to runners from 9am - 12noon. So come on in and enjoy the egg and bacon rolls, sausage sizzle and a well deserved cold celebratory beer. Coopers will be selling their low carb beer, 'Clear' for \$3.50 to runners while stocks last.

## MAJOR PRIZE

Enter Run Melbourne, presented by The Age, and you could be driving home in a brand new Ford Fiesta Zetec! Packed full of features, this sporty five-speed manual is valued at \$23,742 drive away. With thanks to New Oak Ford, anyone can win. All you have to do is... Run Melbourne! Terms and conditions at [www.runmelbourne.com.au](http://www.runmelbourne.com.au). Vic Permit No 10/2076.

## TOP FUNDRAISER PRIZE

Anyone can participate in Run Melbourne, presented by The Age and fundraise to win a luxurious Broome holiday valued at over \$5,000. The highest fundraiser will win a relaxing getaway package to award winning Cable Beach Club Resort & Spa with 7 nights accommodation, breakfast daily overlooking iconic Cable Beach, return airfares for 2 people - courtesy of Australia's North West - and airport transfers. So to make sure you're in the running for this great prize, start fundraising for your charity of choice today!

## OTHER FUNDRAISING PRIZES

Thanks to Run Melbourne, presented by The Age, the top four individual fundraisers and the top four fundraising teams will each WIN \$1,000 to their chosen charity! So, to make sure you're in the running for these prizes, keep fundraising!

## VOLUNTEER PRIZES

The two charities that attract the highest number of volunteers by Friday, 16 July will also receive \$1,000 each.

## DRESS UP FOR CHARITY

Thanks to Nandos, get dressed-up in the most creative, wacky and fun costume at Run Melbourne, presented by The Age and you could win \$1,000 for the charity of your choice! After running the 5km course himself, Barcelos the Nando's cockerel will announce the winner at 11am at the Federation Square main stage.

## POWER BALANCE TEAM CHALLENGE

Get your friends, family or workmates together to enter Run Melbourne, and take on the Power Balance Team Challenge! With thanks to Power Balance, the largest teams in each category (community, school, small business, medium business and large business) will each receive a \$1,000 donation to their charity of choice. Power Balance performance wristbands use holograms embedded with frequencies that react positively with your natural energy field and may give you greater balance, strength and flexibility as you run. Visit [www.runmelbourne.com.au](http://www.runmelbourne.com.au) for more info.

[www.facebook.com/runmelbourne](http://www.facebook.com/runmelbourne)

[www.twitter.com/runmelbourne](http://www.twitter.com/runmelbourne)