

## GENERAL INFORMATION

This community Fun Run is conducted by the West Australian Marathon Club with the proceeds being donated to Channel 7 Telethon.

RUN DIRECTOR: Phil Webb

### ENQUIRIES:

West Australian Marathon Club (Inc) Tel: (08) 9472 4833

Mon - Fri 9.30 to 2.30

Runner's World

Tel: (08) 9227 7281

### STARTING TIME:

**5km 7.30am** Sir James Mitchell Park, near Wesley Boat Shed adjacent to Coode Street on South Perth foreshore.

**10km 8.00am** On Riverside Drive, adjacent to Supreme Court Gardens.

## HOW TO ENTER

### • ONLINE REGISTRATIONS

Click on to [www.wamc.org.au](http://www.wamc.org.au) and follow the prompts. Enter online before 5.00pm Friday 26<sup>th</sup> February and receive a \$5.00 discount on your entry fee. Race bibs will be mailed out for online entries received before 5.00pm Friday 19<sup>th</sup> March. Online entries received after this time will require the race bib to be collected on race day. Online entries cease at 5.00pm Friday 26<sup>th</sup> March. Family entries are not available online.

### • BY MAIL

Fill in the form and mail it to: Asics Bridges Fun Run, PO Box 104, Burswood WA, 6100. Please don't forget to include your entry fee and a \$1 stamped self-addressed 230mm x 160mm (C5) envelope so we can return your official race bib promptly. **One entrant per entry form.** For mail entries received up until 5.00pm Friday 19<sup>th</sup> March, race bibs will be mailed out, for mail entries received after this time, the race bibs will be available to collect on race day. Entries will only be accepted on the official entry form (Photocopies are acceptable).

### • IN PERSON – RUNNER'S WORLD

Entry forms may be lodged in person at **Runner's World**, 5 Fitzgerald Street (corner of Roe Street), Perth, anytime during the normal seven days trading hours up until **12 noon** on Saturday 27<sup>th</sup> March, 2010.

### • IN PERSON – WAMC OFFICE

Entry forms may be lodged in person at the WAMC office at the Burswood Water Sports Centre, 1 Camfield Drive, Burswood on Saturday 27<sup>th</sup> March from 1pm to 4pm.

- **NO ENTRIES WILL BE ACCEPTED ON THE DAY.** This action has been taken in an endeavour to present all awards on the day.
- The organisers reserve the right to reject or cancel any entry at any time. The entrant must sign the waiver.
- **FAMILY entry** comprises parent(s) or guardian(s) and their immediate children (under 16 or attending secondary school) living at a common address. **STUDENT** concession is for bona fide secondary school students only.
- Team entries must have the same **TEAM NAME** on each entry form to be recognised as part of that team. Teams may have any number of runners (min. 3) however the winning teams are decided by the fastest total of the first three members of each team to finish.
- Results will be posted on the WAMC website [www.wamc.org.au](http://www.wamc.org.au) and printed copies will be available from **RUNNER'S WORLD** from 12<sup>th</sup> April.
- **Entrants must not take pets on the run. Skateboards and roller-skates / rollerblades or similar devices, are strictly forbidden due to the risk of injury to participants.**

## TIMING

All registered participants in the event will be recorded by an electronic timing system on crossing the finish line. A disposable timing chip is attached to the back of the race bib. Do not remove or peel the plastic timing device from the race bib. Attach the race bib to the front of the body only, by pinning the bib in the holes at the four corners. Please make sure that the race bib is kept flat and not folded or crumpled. The race bib is allocated to the person nominated on the entry form and is non-transferable to another person. The race bib must remain in its issued form.

**LOSS OF THE RACE BIB OR IF THE BIB IS LEFT AT HOME ON THE DAY, WILL RESULT IN A \$5.00 SURCHARGE FOR ISSUE OF ANOTHER RACE BIB.**

## START

• The 10km start will be divided into categories (the estimated time to complete the 10km course) as follows:

**A** – Under 38 minutes **B** – 38 - 45 minutes

**C** – 45 - 55 minutes **D** – Over 55 minutes

Entrants will be assigned to their relevant categories based on their best 10km time. Any runner wishing to enter category "A" (other than those who are members of the WAMC) must supply written proof of an adequate time from an official athletic event when they lodge their entry form.

• All runners will assemble in the cordoned off category corresponding to your time category, await the official start, proceed on foot on the approved course and obey Police and Officials' directions at all times. Failure to do so will result in disqualification. We do not have exclusive use of the dual-use paths, please be courteous to other users. Due to limited space on the paths, cyclists are discouraged from accompanying competitors.

• There are no prizes for running prams and we request all those pushing running prams not to be competitive, start from the rear and enjoy the experience. There is limited space on the shared paths and pushing through runners can lead to injuries – it is a running race not a pram race.

## 5km WALK / RUN

Participants again have the option of starting from the halfway point that is near the Wesley Boat Shed on Sir James Mitchell Park adjacent to Coode St and finishing on the Esplanade. The 5km walk / run is designed for those who want to be part of this great community event but feel 10km is too far. It is ideally suited for walkers or the very young with their parents.

Park in PCC No.1 car park (adjacent to Supreme Court Gardens) and take the ferry. A **free** ferry is being provided by Captain Cook Cruises that will leave from the end of **Jetty 3, West Pavilion Barrack St Jetty at 6.30am and arrive at Coode St Jetty at 6.45am**

(If required, a second ferry will depart at 7.00am and arrive at 7.15am). Participants using their own transport to South Perth are advised that the free ferry is not available after the event.

**FREE FERRY**



### PLEASE NOTE:

**NO FREE WEEKEND PARKING** in the CITY of PERTH CAR PARKS.

**GLASS CONTAINERS and CONSUMPTION of ALCOHOL ARE NOT PERMITTED** on THE ESPLANADE for this event.

## AWARDS

Every endeavour will be made to present all awards on the day. Where this is not possible they will be announced with the final results (including confirmation of all awards). Every entrant who completes either course will receive a Finishers' Certificate.

### CORPORATE CUP AWARD

A special trophy, named the Corporate Cup, will be awarded to the company with the largest number of entrants (current employees only eligible). Entrants may be in either the 5km or 10km event.

**AWARD CATEGORIES** Medallions will be awarded to:

**10km:** First 10 males and 10 females

- First three Wheelchairs
- 1<sup>st</sup> Husband and Wife Team
- 1<sup>st</sup> Parent and Child Team
- 1<sup>st</sup> Open Team
- 1<sup>st</sup> Corporate Team (employees of same organisation)



**5km:** First five males and females

**AGE AWARD WINNERS** Medallions will be awarded to:

**10km:** First three Males and Females under 16.  
1<sup>st</sup> Male and Female in the following age groups: 16-19, then 5 year age groups up to 65-69 and one group for 70 and over.

**5km:** First three Males and Females under 12.

## DRAW PRIZES

Several fabulous draw prizes will be drawn after the event for those who have completed the run. The draw prizes include Asics running shoes, a Polar heart rate monitor and Ryders sunglasses.



Entrants need to be present in person (i.e. not have someone holding your race number on your behalf) to be eligible to win any of the draw prizes.

## TEAM CATEGORIES

- (A) Husband and Wife Team
- (B) Parent and Child (U/16) Team
- (C) Open Team (min. three members)
- (D) Corporate Team (min. three members)
- (W) Wheelchairs

### FANCY DRESS CATEGORIES

- Best Team Entry
- Best Individual Entry



CITY of PERTH

## BECOME A HERO



You can be a hero for the **Channel 7 Telethon** appeal by building your own personal fundraising page by going to: <http://www.everydayhero.com.au/events/register>.

The process is easy; you simply register and then follow the instructions to create your own online fundraising page.



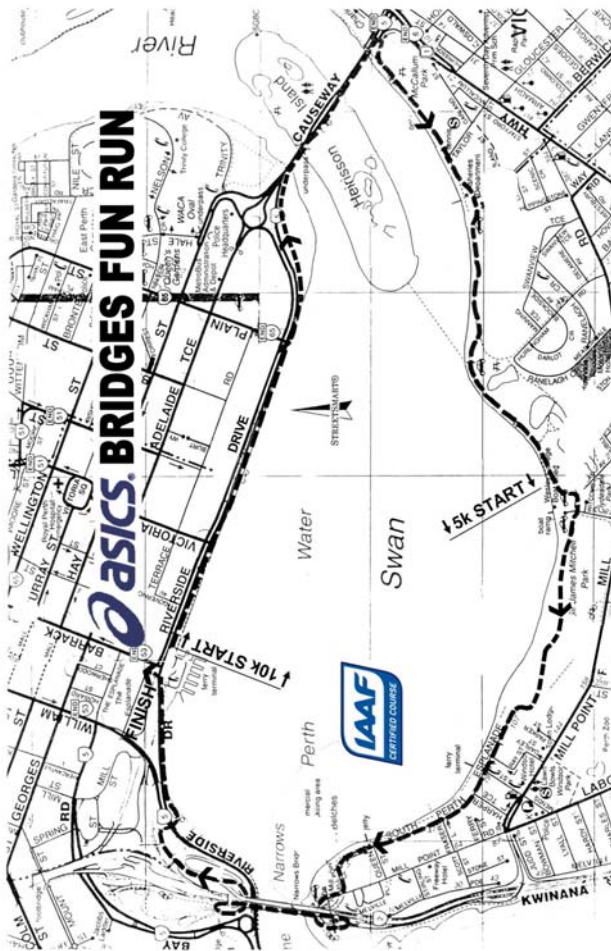
The Channel 7 Telethon Trust is a registered charity dedicated to financially supporting the medical and social welfare of children and young people in WA and funding research into children's diseases. Since its inception in 1968, Telethon has raised over \$94 million for the children of WA and provided much needed financial assistance to a significant number of children's charitable organisations, children's hospitals and research/medical facilities.

Telethon's three major beneficiaries each year are; **Telethon Institute for Child Health Research, Princess Margaret Hospital for Children** and the **Telethon Speech and Hearing Centre**.

However, there are generally around thirty other beneficiaries as well. All grants are utilised for the purchase of new medical equipment, aids and devices, undertaking medical research into children's diseases, establishing new facilities, provision of counselling and support services for children and young people.



## COURSE



## HEALTH ADVICE

1. Dehydration can be potentially lethal, particularly if you overextend yourself in hot and/or humid conditions. However, your body can still overheat even if climatic conditions are only moderate. Ensure you drink plenty of water throughout the day prior to the event and drink early in the event before you become thirsty. Stop, walk or at least slow down at drink stations to allow adequate rehydration. **DO NOT** compete if you have had diarrhoea within 48 hours prior to the event or are suffering from a viral infection or even feeling unwell. **REMEMBER** to also drink plenty of water after the event.

2. If you feel distressed, disorientated, dizzy, or excessively tired, SLOW down or rest for a while. If you do not improve **WITHDRAW**.

**IT'S YOUR BODY – LISTEN TO IT – IT'S YOUR LIFE**



# BRIDGES FUN RUN 2010



Proceeds to Channel 7 Telethon

**28<sup>th</sup> March** 5km Walk / Run Start 7.30am  
Sir James Mitchell Park, South Perth Foreshore  
10km Run Start 8.00am  
Riverside Dve, adjacent to Supreme Court Gardens



**START / FINISH LOCATION  
WITH COURSE CLOCKWISE AROUND RIVER**

### HOW TO ENTER

1. Register on line: [www.wamc.org.au](http://www.wamc.org.au)  
*Early bird online entries close 26<sup>th</sup> February*
2. In person: go to Runner's World
3. By mail: fill in entry form and post to  
WAMC, PO Box 104, Burswood WA 6100

**ENTRIES WILL NOT BE ACCEPTED  
ON-THE-DAY**



CITY of PERTH



Organised by:  
West Australian  
Marathon Club Inc

