



ESSENTIAL GUIDE

WELCOME

Congratulations on entering the Asics Bridges Fun Run. This is a community event conducted by the West Australian Marathon Club with proceeds being donated to Beyond Blue.

RACE DIRECTOR

Raymond Lampard

ENQUIRIES

WA Marathon Club
Office Phone: 9472 833
Email: wamc@wamc.org.au

RACE START TIMES & LOCATION

Start/Finish – Elizabeth Quay
8:00am - 5km
8:10am - 10km

ONLINE REGISTRATIONS ONLY

For all events, online registrations will be closing Thursday, 4 April at 12:00 noon sharp. There will be no registrations taken after this cut off.

BIB COLLECTION & EVENT EXPO

This year, an Event Expo and Bib Collection will be held at Elizabeth Quay during the following times:

EXPO

Saturday, 6 April: 11:00am – 3:00pm
Sunday, 7 April: 7:00am - 10:00am

BIB COLLECTION

Friday, 5 April: 4:30pm – 6:30pm
Saturday, 6 April: 11:00am – 3:00pm

VOLUNTEERS

Every WAMC event requires volunteers to make sure everyone has a safe, enjoyable run. Please join us in thanking all the volunteers on course. If you wish to volunteer, please email volunteer@wamc.org.au

BAG DROP

There will be a bag drop at the start/finish area. Whilst all care will be taken to ensure security of your belongings, we cannot take responsibility for lost or stolen goods.

CUT OFF TIMES

For both events the cut off will be 10:10am.

FREE Asics Bridges Fun Run T-Shirt

For runners lucky enough to be in the early bird registrations – you will receive an Asics Bridges Fun Run Event T-Shirt. These are only available at the Event Bib Collections and will be given out on a first in first served basis for size purposes. Shirts are not for sale. An **orange** token will be in your race pack. This token *must* be presented to receive your shirt at shirt collection. Please collect your race pack prior to shirt collection to receive your token.



Shirt Token

DISTANCE CHANGES

If you wish to change the distance you have entered, please notify the WAMC office by 12:00pm, Thursday, 4 April to allow enough time for processing.

FINISHER MEDALS

All finishers in the 5km and 10km event will receive a finisher medal as they cross the line!



DRINK STATIONS

There are three drink stations on the course located at approx. 2.5km intervals, they will be manned by volunteers from WAMC, and Beyond Blue.

Refer to the course maps for drink station locations.

PRESENTATIONS

Presentations will commence at 9:45am.

FREE ASICS SHIRT

FIRST **1000** REGISTERED

 *asics.*

 **WAMC**
Wind Australia Mountain Club



asics.
2019 BRIDGES
Fun Run
— **WAMC** —

5KM | 10KM

SUNDAY, 7 APRIL

wamc.org.au

WAVE STARTS

Due to the tight start and finish area within Elizabeth Quay, individuals will need to self seed according to the categories listed below. All times are calculated from the moment you cross the start line.

Placarded signs will be in place with categories listed from A to E

10km Wave Starts

- A: Sub 40
- B: 40min > 45min
- C: 45min > 50min
- D: 50min > 60min
- E: +60min

5km Wave Starts

- A: Sub 18min
- B: 18min > 22min
- C: 22min > 26min
- D: 26min – 30min
- E: +30min

TIMING

In 2019 all registered participants in the event will have an electronic time recorded by Bluechip Timing. A text message with your finish time will be sent to the registered mobile number upon finishing the event.

Participants will all receive a gun time and net time.

Disposable timing chips are attached to the back of the race bib. Do not remove or peel the plastic timing devices 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.

Please note that your WAMC Member shoe timing chip will not work at this event.

All participants are required to collect bibs on bib collection prior to event day. You may nominate someone to collect your bib if you are unable to attend during bib collection times.

** If you turn up without your race bib (lost or left at home) there will be a \$10.00 surcharge to have another race bib issued. **

FIRST AID

Talis First Aid will be located at the finish line. If you require first aid assistance on course, please notify a drink station attendant or course marshal who will be able to phone for help.

PARKING

Please see map for parking locations.



HEALTH & SAFETY

Entrants must not take pets on the run. Skateboards, roller skates / roller blades or similar devices are strictly forbidden due to the risk of injury to participants. Be aware we may not have exclusive use of some of the shared paths.

All runners will assemble in the advised start area by foot and obey Police and Officials' directions whilst awaiting the official start.

To ensure your safety and that of everyone else in the race, the use of headphones or any musical device is strongly discouraged. Any use of headphones is a safety hazard since such use may compromise a participant's ability to hear critical safety and/or directional instructions, especially instructions that may arise in an emergency.

EVENT DAY OFFERS

The Reveley at Elizabeth Quay has some great offers available on event day so why not finish your morning with a delicious, well deserved meal! When you purchase any main meal on the Ground Floor you will receive a complimentary beverage. (valid for coffee, non-alcoholics, house wine or beer). The Reveley will also have egg/bacon rolls from their BBQ going from 7:30am – 11:00am along with coffee, muffins and pastries!

THE
Reveley
EST. 2016

The team from the Oyster Bar at Elizabeth Quay are offering 10% off all food over the weekend along with a complimentary beverage with the purchase of any meal!

The Oyster Bar provides an extensive choice of Western Australian and Australian wine and beer selections complimented by delicious fresh South Australian Pacific chilled or grilled oysters, share-food and platters, and of course, the impeccable waterfront views over two levels.



AWARDS

10km

1st Male/Female overall
2nd Male/Female overall
3rd Male/Female overall
4th Male/Female overall
5th Male/Female overall
1st Wheelchair overall

1st Male/Female U16
1st Male/Female 16-19
1st Male/Female 20-29
1st Male/Female 30-39
1st Male/Female 40-49
1st Male/Female 50-59
1st Male/Female 60-69
1st Male/Female 70+

5km

1st Male/Female overall
2nd Male/Female overall
3rd Male/Female overall
1st U12 Male/Female
1st U16 Male/Female

ASICS BRIDGES FUN RUN DRAW PRIZES

After your event stay around for your chance to win some great draw prizes! You must be present at the 9:45am presentation to be eligible to win.

Some of the awesome draw prizes include a 20-minute river tour with Wild West Charters at Elizabeth Quay for 12 people! Valued at \$360.00!



TRAVEL

Take a break from driving and catch the train into Elizabeth Quay Station if you're traveling on the Joondalup or Mandurah Lines.

Make sure you reference the Journey Planner on the Transperth website to ensure you allow enough time to get to the start line.

To travel on any Transperth service, you need to purchase a ticket or use your Smart Rider.

Visit transperth.wa.gov.au for more information.

COMPETITIONS

Share your event photos on Instagram or Facebook by using #asicsbridgesfunrun and tag @westaustralianmarathonclub to go into the draw to WIN a one-month Step into Life voucher valued at \$250!

Entries close 6pm, 7 April 2019. Must be a registered participant in the Asics Bridges Fun Run to be a winner. Winner will be announced on Instagram & Facebook on Tuesday 9 April.

Presented By



In Support Of



Sponsors



City of Perth



ATTENTION WA MARATHON CLUB RUNNERS

Are you ready for the ASIC Fun Run?

**Book Your FREE Foot Check
Today!**

PODIATRISTPERTH.COM.AU

FREE Enhanced Biomechanic Assessment Valued at \$65



Our Enhanced Biomechanical Assessments (EBAs) are designed to uncover any movement dysfunctions that can cause pain and/or limit performance.



This is a No Obligation, **RISK FREE** chance to try us out and experience first hand, how we have been able to help people just like you.



Our team of experienced podiatrists are able to offer you professional advice to help you improve your running.

To avoid the disappointment of missing out, book your appointment **NOW** and be sure to quote the code **WAMC** to our friendly staff to take us up on this **LIMITED** offer.

CALL 9362 3668

PODIATRISTPERTH.COM.AU

Here is just a small sample of
conditions we can help at
PodiatristPerth.com.au

WE CAN HELP WITH

- Plantar Fasciitis
- Heel Pain
- Shin Splints
- Calf Pain
- Achilles Tendonitis
- Arch Supports
- Custom Made Orthotics
- Ingrown Toenails
- Corns or Callouses & much more!

CONVENIENTLY LOCATED ACROSS PERTH

- Atwell
- Balcatta
- Balga
- Cannington
- Carlisle
- East Fremantle
- Jandakot
- Mirrabooka
- Mt Hawthorn
- Nollamara
- Perth CBD
- Rivervale
- Scarborough
- Trigg Beach
- Wembley

CALL TODAY!
9362 3668

COURSE MAP

BRIDGES FUN RUN 10km & 5km



City of Perth

LEGEND

10km

5km OUT & BACK



ASSEMBLY AREA



DRINK STATION



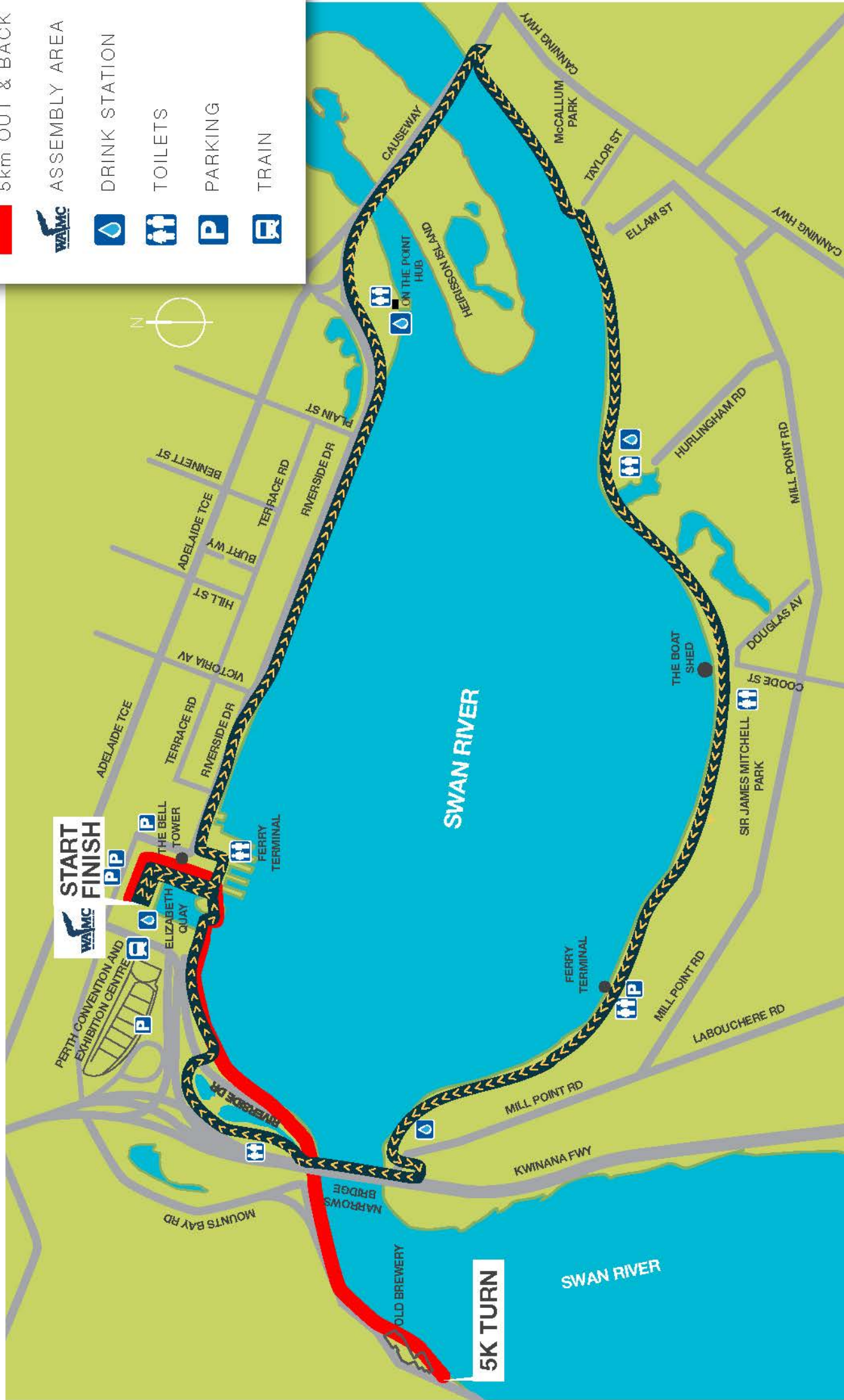
TOILETS



PARKING



TRAIN



Do You Want To Improve Your
Running Performance?

**BOOK TODAY FOR YOUR
FREE ASSESSMENT!**

Central City Health Professionals is offering all WA Marathon Runners a **FREE** No Obligation Assessment with our Physio & Chiro services, to improve performance and reduce any pain or discomfort. Normally valued at \$65.

PHYSIO & CHIRO

**HERE IS A SMALL SAMPLE OF
SOME CONDITIONS WE CAN
HELP WITH**

- Running Injuries
- Hip Pain
- Sprains & Pulled Muscles
- Pre & Post Event Care
- Pinched Nerves
- Sciatica
- Back Pain
- Torn Ligaments
- & Much More

Call & Quote Code WAMC

9421 1733

Upper Level of the Perth
Train Station
378 Wellington St
PERTH WA

CentralCity
Health Professionals
The Best Choice for Your Health

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Our Enhanced Biomechanical Assessments (EBAs) are designed to uncover any movement dysfunctions that can cause pain and/or limit performance. This is a No Obligation, RISK FREE chance to try us out and experience first hand, how we have been able to help people just like YOU!

To avoid the disappointment of missing out, book your appointment NOW for this LIMITED TIME Offer

ALSO!!

We're able to offer all WA Marathon Runners Remedial Massage, vital for Pre & Post Event Care.

Private Health Fund Rebates Available

Simply Quote WAMC & Receive \$10 OFF your Sports Massage

WE ARE THE BEST CHOICE FOR YOUR HEALTH

BOOK TODAY & QUOTE WAMC

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