



# Sandgate Love Run 2017

## Official Race Information

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## SANDGATE LOVE RUN 2017

### RUNNERS' INFORMATION PACK

It's not long now until the first ever Sandgate Love Run! We hope you are feeling fit, healthy and excited to be part of Brisbane's newest and most picturesque fun run! **Saturday June 10<sup>th</sup>** is approaching fast and we look forward to sharing in the atmosphere, romance and fun that is the Sandgate Love Run.

Please make sure you read this information carefully to ensure the event runs smoothly and safely for everyone involved.

Don't forget to follow us on Facebook, using the hashtag #sandgateloverun!

#### SCHEDULE

- 4:00pm – Pier closes to general public
- 4:00pm – Race bib collection opens at Shorncliffe Pier
- 5:00pm – Warm Up 1 with F45
- 5:10pm – Warm up 2 with F45
- 5:20pm – Race briefing at Shorncliffe Pier for all participants
- 5:30pm – **8km couple/individual event begins**
- 5:40pm – **4km couple/individual event begins**
- 5:43pm – Moonrise over Bramble Bay
- 8:00pm – Event officially finishes & Pier reopens to the public

#### LOCATION

The event starts and finishes at the Shorncliffe Pier, Park Parade, Shorncliffe.

#### RACE BIB COLLECTION

Race bibs and safety pins can be collected from the race precinct at the **Shorncliffe Pier from 4pm** on the day of the event, Saturday 10<sup>th</sup> June, 2017. Please bring confirmation of registration, either printed or electronic. Under 18s will be issue with a coloured wristband with emergency contact information.

#### BAG DROP

Bag drop is available on the Shorncliffe Pier (under the shelter) using the tear-off section of your race bib. Belongings are left at your own risk. The Shorncliffe Pier will be closed to the general public, and is for the exclusive use of the Sandgate Love Run from 4pm-8pm.

**PLEASE NOTE:** all bags will be checked by security personnel upon entry to the Shorncliffe Pier for safety & security reasons.



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---

### **MEDALS**

Medals will be handed out on the Shorncliffe Pier as participants finish the event. There will also be fruit and a little extra surprise for participants.

### **CHILDREN**

Children aged over 4 years old are allowed to participate. Children aged 4-11 must be accompanied by an adult at all times. All children aged under 18 will be required to wear a pink wristband (supplied) with emergency contact details for the event. Children aged under 4 are permitted in a pram/stroller, but will not receive a timing bib or finisher's medal. Prams will be allowed if they are suitably lit (e.g. a head lamp, bike light or fairy lights) and they must start at the back of the pack for safety reasons.

### **SPECTATORS**

The Shorncliffe Pier will be closed to the general public and is for participants only. Spectators may watch along Lovers' Walk and the Sandgate foreshore. No road closures will be in place; the run will take place on the footpath.

### **PARKING**

Parking is available at:

- Lower Moora Park, near the Shorncliffe Pier (limited spots available)
- Upper Moora Park on Park Parade and Swan Street
- Full Moon Hotel, 118 Eagle Terrace, Sandgate: take a 1km stroll down Lovers' Walk to get to the starting zone.

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

### **EMERGENCY PROCEDURES**

Please follow all instructions given to you by event marshals.

First aid officers will be onsite for the duration of the event, both at the Shorncliffe Pier and on a bike on the course. All marshals along the course will have contact details for the event organisers and first aid officers.

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### **COURSE MAP (see following page)**

The run will start and finish on the pier, which will be closed to the general public. It will head north down Lovers' Walk, then along the Sandgate foreshore. Marshals and signs will instruct when to turn around and head back to finish on the pier.



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## LOVE Run SCHEDULE

- 4:00 pm Pier closes to general public
- 4:00 pm Race bib collection opens at Shorncliffe Pier
- 4:15 pm Bag drop opens
- 5:00 pm Sunset & Warm up 1
- 5:10 pm Warm up 2
- 5:20pm Race briefing at Shorncliffe Pier for all participants
- 5:30pm 8km couple/individual event begins
- 5:40pm 4km couple/individual event begins
- 5:43 pm Moonrise over Bramble bay. The moon will be more than 99% illuminated on the evening.
- 8:00 pm Pier reopens to public.

## CAR PARKING

- 🚗 Lower Moora Park, near the Shorncliffe Pier (limited spots available)
- 🚗 Upper Moora Park on Park Parade and Swan Street
- 🚗 Full Moon Hotel, 118 Eagle Terrace, Sandgate: take a 1km stroll down Lovers' Walk to get to the starting zone

**RACE PRECINCT**

Collection for:  
Race bibs & finishers medals.  
Warm up & bag drop.

theloverun.com.au



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### **WATER STATIONS**

There will be two water stations – one at the start/finish area and one at the 2km mark (available for both 4km and 8km participants). There are also water bubblers at regular points along the Sandgate foreshore. Feel free to also bring your own hydration.

### **TOILETS**

Public toilets are available at Lower Moora Park for participants (see map for location), near the Shorncliffe Pier. There are also public toilets along the path at the

### **LIGHTING AND MUSIC**

The Full Moon happens the night before the run, so the moon will be offering plenty of light. We will also have special lighting set up along the course, as well as plenty of marshals, so you won't get lost! There will be music for your enjoyment and we also have a few extra surprises planned for the night – you're in for a treat!

### **LEAD AND TAIL**

There will be a lead bike for the safety of the frontrunners. There will also be a tail walker for the safety of the back of the pack.

### **AFTER THE EVENT**

Celebrate, debrief and wind down after the Sandgate Love Run at the Full Moon Hotel. Drinks and nibbles will be available for purchase.

### **PUBLIC TRANSPORT**

It's easy to get to Shorncliffe by public transport and the Sandgate Love Run is happening near the Shorncliffe train station and bus stops. For more information including timetables and to plan your journey, visit the Translink website.

### **ORGANISERS**

The Sandgate Sunset Run not-for-profit association is behind the Sandgate Love Run. It is run by a group of passionate, local volunteers and runners.

### **VOLUNTEERS**

We have a large team of volunteers. Please be kind & courteous to them at all times & join us in thanking them for giving up their time to make the event happen!



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## CHARITY

Our chosen charity is SANDBAG (Sandgate and Bracken Ridge Action Group), specifically their Community Café. Every entry helps towards providing food for those in need in the community. A donation will be made after the event.



## SPONSORS

The Sandgate Love Run would not be possible without the support of our amazing sponsors. Please join us in thanking them and please consider using their services.





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### TERMS AND CONDITIONS OF ENTRY

It is strongly recommended that participants have trained for the run and have prepared for the Sandgate Love Run (SLR). 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 Love Run (SLR) reserves the right to refuse entry to any participant to the race control area for behavior likely to cause damage, injury, nuisance or annoyance or for failure to comply with reasonable requests. Intoxication, aggressive or anti-social behavior 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 SLR. Participants bring personal effects onto the premises at their own risk. SLR will not be responsible for any damage to or loss or theft of an athlete's personal property.

By entering the SLR, participants consent to being filmed and photographed during the race. Footage or images may be reproduced, published and exploited by the SLR without restriction including but not limited to marketing and promotional use and in all media.

The SLR reserves the right to cancel or re-schedule the event. If the event is cancelled or rescheduled, the SLR will use best endeavours to notify athletes via its website and social media. Participants unable to attend the re-scheduled race must apply for a refund within 5 days of the re-scheduled race.

The SLR 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 area.

Participants who are, in the opinion of SLR, offensively attired or whose attire may cause a hazard or compromise safety may be refused entry into the event.

By entering this event, the participant is indicating his/her agreement to be bound by these terms and conditions.