



PARTICIPANT INSTRUCTIONS

Friday 27 February 2009

4km Run – 7pm

River Terrace, Federation Square

Thank you for entering the Runner's Relief Bushfire Appeal 4km Run. The event starts and finishes on Birrarung Marr. Instructions for the event are detailed below. If you have any queries, please call Start to Finish on (03) 9645 1333.

Entries:

Are accepted on the day until 7pm. Bring your friends along. Cost \$30 for adults, \$20 for children under 15.

100% of the entry fee will be donated to the Australian Red Cross. **NO REFUNDS**

Your family and friends can still enter at Federation Square from 5pm.

Car Parking:

Parking is available in Linlithgow Ave, Alexandra Ave, around The Tan and on St. Kilda Rd. Boathouse Drive will not be available for parking. Please adhere to parking restrictions.

Public Transport:

All trains to Flinders Street Station. Go to Metlink Melbourne website www.metlinkmelbourne.com.au for timetable information for trains and trams to Flinders St Station.

Race Numbers:

Race numbers will not be sent. **You will be able to pick up your event number at number pick-up from 5pm.** Anyone without an event number will not be permitted to enter the event.

Timing:

The Runner's Relief Bushfire Appeal 4km run will not be timed. A time clock will be located on the finish line for you to check out your finish time.

Clothing Bags:

The clothing marquee will have bags and storage for clothing. **Do not leave any valuables in clothing bags; we cannot accept responsibility for the loss of any valuables.**

Runner/Walker Services:

Drink stations will be located at the start/finish area and half way around the course. Kilometre points will be clearly signed. The course is completed in a clockwise direction.

For your own safety please ensure you eat and drink adequately the day prior to the event and the day of the event.

For the safety of all, **NO DOGS, ROLLERBLADES, OR BIKES ALLOWED.**

Contingency:

Start to Finish, in the interest of participant safety, reserves the right to alter the course without notice.

Supporters:

BEARCOM

City of Melbourne

Emma and Tom's Juice

Federation Square

Budget Rental Car

Honan Insurance Group

Nobles Pureau Water

Sportscover

Victory Press - Race Bibs

Start to Finish