

RACE BRIEFING – DYNAMIC IN A DRESS RUNNING FESTIVAL, 7-8 APRIL 2018

- We have SPECIAL PERMISSION to start at 6.00am. There is to be **NO NOISE prior to 7.00am**. If we cannot abide by this condition, we will not be able to use this venue in the future. Please be very mindful of this and remind others on the morning.
- Please **park on the left side** as you drive up along Jungara Road, Redlynch, once you have turned right off Redlynch Intake Road.



- There will be no 'On the Day registrations'.
- A toilet block on the school grounds will be open from 5.30am.
- The 21.1km and 10km races start at 6.00am. The 5km race starts at 6.30am.
- Half marathon and 10km competitors need to collect their race bibs from 5.30am to 5.45am at the start line, or from 8.30 to 10.00am at Muddy's Café, 174 Esplanade, on Saturday, 1 April.
- Registration will close at 5.45am. If you are late you will have to wait to collect your bib until after 6.00am, when it will reopen for the 5km registration.
- When you cross the finish line you will receive your medal and a finish tag. Immediately get your bib number scanned, hand in your tag. Please DO NOT do a cool down first. We can only do the finish ribbons for the age-category winners if the tags are collected in order.
- Lucky draw prizes will be handed out as competitors cross the finish line.
- Prize-giving will be at 7.30am for the 5km and 10km competitors and at 8.30am for the 21.1km competitors. Apologies to those who are still out running at this time, but we try to do the prize givings before too many people leave.
- After the race, join the other competitors for a chat, have some fruit and snacks and start your plans for next year's event.
- Stay behind and help clean up.
- All volunteers are invited to join us at the Coffee Club at Redlynch Shopping Centre for a debrief from 9.30am onwards.

EVENT RULES – DYNAMIC IN A DRESS RUNNING FESTIVAL, 2 APRIL 2017

- You must complete the marked course on foot under your own power.
- You must stay on the marked course. Short cuts are not permitted.
- Your race bib must be visible at all times on the **front** of your body.
- If you need First Aid help on the course you must attract the attention of a marshal, another runner, go to the nearest water station or to the finish line.
- If you withdraw from the event, report to the finish line and hand in your race bib. Please **Do NOT leave without informing someone!**
- If another competitor is in trouble, you must stop to help them.
- You must obey all directions of race officials.

- All competitors will be allowed to finish the race in their own time – within reason. Race officials can and will withdraw competitors from the course, as required.
- Use of profanity or aggression towards race officials or other competitors will result in immediate disqualification from the event. The volunteers/marshals on the course are NOT the people to talk to or abuse if you have a problem, speak directly to the race director.
- **Do Not Litter** - Put your rubbish in the rubbish bags provided at the water stations and the start/finish.
- No roads are closed for this event. Obey all road rules and give way to vehicles and bicycles.
- The footpaths are not closed for the event and there will be recreational cyclists and people walking their dogs on the path. Be aware, make sure your children are aware of this (if applicable) and take care.
- Support crew on bicycles anywhere along the course are **prohibited** – this applies to all participants in all events.
- Pets/Dogs anywhere along the course are **prohibited** – this applies to all participants in all events and volunteers.
- There are toilets on the course, please use those if you need to go to the toilet.
- All decisions of the race director is final. The race director is the sole judge of fact, there is no right of appeal regarding any decision made by the race director.

Breaking any of the rules may incur a time penalty or disqualification. Any such penalties are at the event director's discretion and are final.

DYNAMIC RUNNING WAIVER (PARTICIPANT AGREEMENT)

Please read this waiver carefully. Your ability to participate in the event is subject to your acceptance and agreement to the terms of the waiver below.

An 'event' includes races, training runs, training programs such as the Beginner Runners' Clinics or Squads, social activities, or any other activities organised by Dynamic Running Ltd.

WARNING: This is a legal document that affects you and your family's rights.

1. I acknowledge that running and walking involves the real risk of injury or death from various causes which may include but is not limited to overexertion, dehydration, heart problems, disorientation, accidents with other participants, spectators, volunteers or road users, equipment failure, unforeseen events, the course, or the weather conditions.
2. I have read the conditions of entry for this event and I attest that I am sufficiently fit and have sufficiently trained for the exercise associated with the event I have chosen. I understand that I should not participate in the event unless a medical practitioner has verified my physical condition.
3. I am not aware of any medical condition or impairment that will be detrimental to my health if I participate in this event. In the event that I become aware of any medical condition or impairment or am otherwise sick or injured prior to the event, I will withdraw from the event.

(Optional) I will inform the organiser of my medical and/or physical conditions from which I suffer that might affect my performance or be relevant. I accept the risk of participating, despite these conditions.
4. By participating, I accept all risks necessarily flowing from my participation that could result in injury or death. Accordingly, I release all people associated with the conduct of the event from, and will indemnify them against, all liability (including liability for their negligence) for any and all injury, loss or damage arising out of or connected with my participation in these activities. For clarification, the people released include board members, coaches, organisers, sponsors, managers, government and public authorities, contractors, volunteers and medical and paramedical personnel supporting the event. This release and indemnity is perpetual and binds my heirs, executors, personal representatives and assigns.
5. I consent to receive any medical treatment that organisers or medical or paramedical personnel believe is necessary for my health because of illness or injuries suffered by me before, during or after the event.
6. I understand that the organiser does not provide health insurance for me, and I will bear all financial responsibility for all and any medical treatment arising from my participation in the event; including but not limited to ambulance, doctor, and hospital fees. I understand that I should have my own personal accident and ambulance cover (if applicable).
7. The organisers cannot be held responsible for lost or stolen valuables. I am fully responsible for the security of my personal possessions at the event.
8. I acknowledge that safety precautions undertaken by the organisers (such as event briefings, trail maps and signage, drink stations) are a service to me and the other participants but are not a guarantee of safety. I agree to abide by the conditions of the event as stated in the race rules and as directed by any volunteer or official involved with the event.
9. Entry information is to be collected into a database which is and shall remain the property of Dynamic Running Ltd. The database will be used in the management of Dynamic Running Ltd. and for the purpose of conducting the event.
10. I consent to the publication and/or use in any form of media whatsoever of my name, image, voice, statements or otherwise, before, during or after the Event whether for broadcast, telecast, advertising, promotion, or otherwise, without payment or compensation.

11. The organisers reserve the right to delay, alter or cancel any activities in the event of dangerous weather conditions or other unforeseen circumstances.
12. Should the event be cancelled for any reason whatsoever I understand that entry fees in full or part may not be refunded and that no liability of any kind will attach to any person, corporation or body involved or otherwise engaged in promoting or staging the event.
13. My registration is not transferable to other people. If I am unable to compete, a request for refund of the registration fee must be submitted to the organiser at least one month prior to race day. A 10% administration fee applies to all refunds.
14. The organiser reserves the right to reject or disqualify any participant whose conduct is inappropriate to the spirit of Dynamic Running Ltd. It is expected each participant participates in the appropriate spirit.
15. The organisers reserve the right to make additions, changes or clarifications of these terms and conditions without prior notice to participants. The organisers will endeavour to advise participants of any changes, but any such change shall be considered effective for all participants whether or not the participant has received notice of the change prior to participation.
16. I acknowledge that the information on the online registration form or otherwise provided by me (or my parent/s or guardian/s, if Under 18) to Dynamic Running Ltd. is true and correct.
17. I have read the Terms and Conditions and the rules applicable to the event and I Agree (or I Agree on behalf of my child or ward) to comply with them.
18. By progressing with my registration and payment I accept the rules and conditions listed above.