

RACE BRIEFING – DYNAMIC IN A DRESS RUNNING FESTIVAL, 31 MARCH 2019

- 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 race starts at 6.00am. The 10km race starts at 6.30am. The 5km race starts at 7.00am.
- There is a **mandatory race briefing** 10 minutes before the start of each race. You need to collect your race bib PRIOR to this time, or wait until after the race briefing. **Registration will be CLOSED** at the following times: 5.50-6.00; 6.20-6.30; 6.50-7.00. You can also collect your bib the day before, on Saturday, 30 March, from 8.00 to 10.00am at Muddy's Café, 174 Esplanade – you will be required to get your name ticked off on race day.
- If you are not dressed in your 'dress' on race day, and you did not pay the 'Opt out fee' you will be given an 'on the spot fine' on race day.
- When you cross the finish line you will receive your medal and a finish tag. Immediately get your bib number scanned and hand in your tag. Please DO NOT do a cool down first. We can only do the age category ribbons if the tags are collected in consecutive order.
- Lucky draw prizes will be handed out as competitors cross the finish line.
- Prize-giving will be at 8.00am for all competitors. Apologies to those who are still out running at this time, but we try to do the prize giving 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, 8 APRIL 2018

- You must complete the marked course on foot under your own power. Trekking poles are permitted.
- 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.
- It is your responsibility to hand in your finish token and get your bib scanned at the end of the event.
- If you need First Aid help on the course you must attract the attention of another runner or go to the nearest drink stations 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 if required.
- Use of profanity or aggression towards race officials or other competitors will result in immediate disqualification from the event. If you have a problem with the event management, speak directly to the race directors, rather than the volunteers/marshal.
- No roads are closed for this event. Obey all road rules and give way to vehicles and bicycles.
- **Do Not Litter** - Put your rubbish in the bins provided at the drink stations and the start/finish.
- Pets/Dogs anywhere along the course are **prohibited** – this applies to competitors and volunteers.
- Prams are not allowed in the 10km or 21.1km races.
- Due to safety considerations we do not allow bikes, scooters, skateboards, rollerblades and animals (e.g. dogs) in any of the events.
- Competitors wanting to compete in a wheelchairs must submit an application to the race director no later than one month prior to the event.
- All decisions of the race director are 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)

Dynamic Running Ltd. Waiver/Participant Agreement, last updated on 14 October 2018

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 or to another event. 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.