

Sixth Dynamic in a Dress Running Festival Competitor Information Pack

In its sixth year this event is held in the heart of Cairns.

Dates: 13-14 June; 18-19 July; 16 August 2020

Length: 21.1km (Sunday), 10km, 5km, 3km

Email: info@dynamicrunning.com.au

Event Organiser: Dynamic Running Ltd.

Race Director: Lorraine Lawson **Finish line manager:** Alison Jordan

Mobile: 0417 798 444

IN BRIEF

Event dates

For 2020 the Dynamic in a Dress has been updated to series of three races held over three weekends. Competitors can choose how many of the races they want to compete in. They also have the option to do the races virtually. Restrictions apply.

Race	Date	Distance	Conditions
#1	13 June 2020	10km, 5km and 3km only	Maximum 16 competitors and 4 volunteers per race. Follow COVID Safe Plan. Zero tolerance on noise at the start/finish line. 'You come, you race, you leave'. Online check-in within 12 hours of race. No spectators.
	14 June 2020	21.1km only	
#2	18 July 2020	10km, 5km and 3km only	Maximum 500 competitors per race. Follow COVID Safe Plan. Zero tolerance on noise at the start/finish line. 'You come, you race, you leave'. Online check-in within the 24 hour window prior to race start time. Online check-in of any spectators and volunteers.
	19 July 2020	21.1km only	
#3	16 August 2020	21.1km, 10km, 5km and 3km only	Maximum 500 competitors per race. Follow COVID Safe Plan. Zero tolerance on noise at the start/finish line. 'You come, you race, you leave'. Online check-between 7am-7pm 15 August 2020. Online check-in of any spectators and volunteers.

Age restrictions

- **Half marathon (21.1km)**, 16 years and older only
- **10km**, 13 years and older only
- **5km**, 11 years and older only
- **3km**, everyone welcome

Condition of entry: Age restrictions apply. The decision to approve registrations is at the race directors' discretion.

Your entry fee includes:

- Entry into your nominated race
- Race bib (this can be collected at the start line or in case of a PDF, you need to print it out prior to your race)
- Finisher's medal for all competitors in the 21.1km, 10km and 5km
- Gift vouchers for the winners of each race
- Training program
- A bottle of water and some fruit at the finish line
- Basic first aid service for those at the event
- A fun, safe and professional activity
- Public liability insurance

Mandatory requirements:

- You must check in online between 7am – 7pm on 15 August 2020. (Link will be sent via email)
- All supporters and volunteers entering Redlynch State College must also check in online prior to the race.
- You must wear your race bib on your front and it must always be visible.
- ALL half marathoners require a torch/source of light for the first 3km.
- You must provide your own cup or carry your own water on the course.

Race Kit: Race bibs can be collected prior to the start of the race. Those who receive a PDF bib must print it out prior to race day. Merchandise (if applicable) can be collected on race day.

Start/finish location: Redlynch State College, Jungara Road, Redlynch. Virtual Dynamic Runners complete the race anywhere in the world.

Start times:

5.45am – 21.1km (slower runners)
6.00am – 21.1km (everyone else)
6.30am – 3km/5km/10km

Mandatory race briefing: There is no race briefing on the start line. Ensure you have read over the race rules, COVID Safe Plan and studied the map for your race.

Merchandise: Order a singlet, T-shirt, tutu, cap and/or towel. Cut off dates apply.

Terrain: Flat, shared concrete footpaths.

Water: Provide your own hydration for the race or bring your own cup and drink from the water barrels along the course. There are taps at Glenoma Park, Goomboora Park, and for the half marathoners, at The Rocks and at the playground in Redlynch Valley Estate.

Refreshments: Bottled water and bananas will be available at the finish.

Toilets: There are limited toilet facilities at Redlynch State College. There are public toilets at Glenoma Park, Goomboora Park and at The Rocks picnic area. The closest toilets to the start/finish line is at McDonalds at Redlynch Shopping Centre.

Remember:

- Dynamic Running will be following their COVID SAFE plan on race day. All competitors, volunteers and spectators are required to abide by the plan.
- There is a ZERO tolerance on noise at the start/finish line at Redlynch State College.
- 'You come, you race, you leave'. And you have to be quiet around the school so as not to disturb any of the neighbours!
- No roads are closed for this event. The entire event is held on footpaths and you should not ever be on or cross over a road.
- All spectators must be signed in via the check-in survey prior to entering Redlynch State College.
- Your bib must be visible on the front of your body at all times.
- Study the maps and read the course description PRIOR to race day. Half marathoners will be starting in the dark, you will need a torch/light.
- Stay on the marked course. Short cuts are not permitted.
- Kids in prams must be registered for the event. This is a free entry.
- 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 wheelchair must submit an application to the race director no later than one month prior to the event.

(Read all the event rules, our COVID safe plan and waiver on pages 9-12).

Photos can be accessed free of charge from the Dynamic Running Facebook page.

<https://www.facebook.com/dynamicrunningaustralia/>

Race results will be published on the Dynamic Running website and in The Cairns Post in the week following the event.

OTHER USEFUL INFORMATION

Be happy and smile a lot. Be safe by following our COVID Safe plan.

The event is open to males and females. Participants of all levels of fitness (walkers, recreational and competitive runners) are welcome to compete. There is a female-focus to celebrate female runners; their strength and their ability to use running as a means to connect with one another. Join us and run in fashionable, feminine running gear.

Founded by managing director and running coach of Dynamic Running, Lorraine Lawson, the Dynamic in a Dress Running Festival and free training program is designed to promote health, wellness and fitness among women, girls and their families.

No refunds one month out from each race.

Race fees

Category	Race 2 Fee – 18-19 July 2020	Those doing the full series – all three races
21.1km	\$70.00	Race 3 FREE
10km	\$45.00	
5km	\$25.00	
3km (no medal)	\$8.00	

- Fee includes a \$5.00 day license for anyone that is not a member of Athletics Australia/Queensland Athletics/North Queensland Athletics.
- Team entries, five or more team members, are available on request. Please contact the race director for the discount code.
- Dynamic Running club members receive a 35% discount on race fees for the event. Excludes Blitz period.
- Families (min 1 / max 2 adults and min 1 / max 4 children under 18) – 10% discount/ family member.
- Juniors (Under 18 years of age) - 20% discount
- Non-dress up fee \$15.00.
- Competitors who select to do the event as a ‘Virtual Dynamic Runner’ will have their medal and merchandise (if applicable) sent to their front door after the race.
- If you are a single mum or dad with kids and you want to participate, please contact us on info@dynamicrunning.com.au for special consideration.

Virtual race fees

Category	Race Fee
VIRTUAL 21.1km	\$36.00
VIRTUAL 10km	\$25.00
VIRTUAL 5km	\$25.00
VIRTUAL 3km (no medal)	\$12.00

Merchandise costs:

- Singlet \$35.00
- Female-cut t-shirt \$35.00
- t-shirt \$25.00
- Towel (40x100cm) \$20.00
- Cap \$20.00
- Tutu \$12.00

TRAINING PROGRAM

There is a FREE training program for you to access on our Dynamic Running website. Go to the ‘Training programs’ page and download it. Enjoy.

ENTRY REQUIREMENTS

Age limits

21.1km - 16 years or older on race day

10km - 13 years or older on race day

5km - 11 years or older on race day

3km – open to all walkers/runners (children under 11 must be accompanied by a responsible adult)

Start Waves for 21.1km (you will need a head torch)

1. 5.45am
2. 6.00am

Start Wave for 10km/5km/3km

1. 6.30am

INSURANCE

Event organiser, Dynamic Running Ltd. has \$20 million public liability insurance cover. This does **not include travel and personal accident insurance** for competitors or volunteers. We recommend that you arrange your own personal accident insurance before participating in the event to cover any unforeseen personal costs you may incur due to travel, accommodation, medical expenses or time off work due to injuries sustained whilst participating in the event.

Entry fee includes a \$5.00 day license for anyone that is not a member of Athletics Australia/Queensland Athletics/North Queensland Athletics.

CANCELLATIONS AND REFUNDS

Dynamic Running Ltd. are following the latest advice from the Queensland government in terms of easing of restrictions due to the COVID-19 situation.

We recommend you carefully consider travel restrictions and changes that may be imposed by the Queensland government in terms of group sizes. Delay your registration until closer to race day if you are concerned or select the 'Virtual' option for the event so you can complete it anytime on or before race day, anywhere in the world, and still claim your medal.

We appreciate that circumstances arise where you may no longer be able to participate in the event. Your registration is not transferable to other people. A request for refund of the registration fee must be submitted to the organiser one month prior to race day. A 10% administration fee applies to all refunds. PLEASE cancel your registration or inform the race director if you can no longer compete.

Should the event be cancelled for any reason whatsoever entry fees in full or part may not be refunded and no liability of any kind will attach to any person, corporation or body involved or otherwise engaged in promoting or staging the event. In the event that the course is, in the opinion of the event organiser, unsafe (for example due to heavy rains), the organiser may attempt to re-route the course, find an alternative shortened course or cancel the event.

MEDICAL ADVICE

Ensure that you are in good health and that you do not have any illness that will hinder your ability to complete the event. It is your responsibility to monitor your health and condition prior, during and after the event. You must withdraw from the event if you are not fit to continue. Whether you have a medical condition or not, if you feel unwell on race day - don't race.

The Commonwealth Government's COVIDSafe app aims to support contact tracing. We encourage you to review the information regarding the [COVIDSafe app](#), including FAQs.

If you have any known medical condition (such as diabetes, asthma, allergy to penicillin, etc.) please ensure you have written all your medical details including any medication on the back of your race bib, include your Medicare number, next of kin and emergency contact details. This is not just an administrative request, it could be a matter of life and death in an emergency.

FIRST AID

Apart from staying hydrated, competitors must take responsibility for their own nutritional needs and safety during the event. A basic first aid kit and a mobile phone are available at the start/finish and manned drink stations. If you get injured, you must attract the attention of others out on the course. You must inform the race director at the finish line prior to leaving.

VOLUNTEERS AND RACE SUPPORT

Races like these don't just happen. It takes a lot of effort before, during and after a race to make it a successful and enjoyable experience. The more people that are involved, the easier it is on individuals and the stronger the sense of community we build. Below is a list of 'positions' we need to fill to ensure a memorable race. Some of the duties happen before and after the event, so even if you are a competitor, you can still help out. Please also ask family and friends to help out and let us know on info@dynamicrunning.com.au

List of duties:

- Shopping. This is done before race day, so you can help out doing this and still run the race.
- Set up/pull down.
- Help at the finish line.
- Marshals at turn arounds along the course.
- 21.1km race sweep.
- Photographer. Most runners openly (or secretly) love to see action photos of themselves on race day. Fancy yourself as a photographer? Please let us know.

Volunteers are provided with fluorescent safety vests.

LEFT LUGGAGE

There is nowhere for you to leave gear at the finish line. Please leave it in your own car or with your support crew who is dropping you off/picking you up.

COURSE DESCRIPTIONS, DISTANCES, MAPS AND PROFILES

Course description

Map of the course: <https://www.google.com.au/maps/d/u/1/edit?mid=15JMPe1VSsCYUOk0kXWq03hvyROs&ll>

The course for 2020 has changed and now includes the new footpath out towards Glenoma Park. You will also only go into Goomboora Park only once.

TERRAIN: Mostly flat and shared concrete footpaths.

ROADS AFFECTED: None

STAY ON THE FOOTPATHS AT ALL TIMES.

Please abide by our race rules and be DEAD QUIET at the start line! We are under strict instructions from Redlynch State School regarding this and do not want to lose our privilege of using their facility.

HALF MARATHON

Know the course. The half marathon will start in waves from 5.45am to 6.20am at Redlynch State College (no water and no toilets available). Start on the oval at the Junior School campus. Run a lap of the oval. Then follow the footpath out to the underpass. Use the underpass to reach the other side of Redlynch Intake Road. Turn RIGHT. Follow the footpath, cross over the train tracks and turn LEFT onto the footpath that leads to Glenoma Park – veer left away from the school/Redlynch Shopping Centre. There is water, rubbish bin and toilets at Glenoma Park to the turnaround sign/marshal. Turn around and come back the way you came. Once back on the Redlynch path, run down to the turn into Goomboora Park (marshal). Do a loop in Goomboora Park on the footpath (water, rubbish bin and toilets).

Back on the footpath leading to Redlynch Valley, continue towards The Rocks area.

Once you reach The Rocks Picnic area (water, rubbish bin and toilets), stay on the footpath and cross over the bridge. Follow the footpath adjacent to the creek towards Redlynch Valley Estate. At the T-junction, turn right. Follow the footpath that leads under Mary Parker Drive. Do NOT cross over the little bridge at this section! Not far from here there is a bubbler/water at the kids' playground. Stay on the footpath as it meanders to where you'll meet the marshal at William Hickey Close (do NOT cross over any roads). Turn around here and head back to Redlynch State College where you started. DO NOT go back into Goomboora Park nor Glenoma Park! Make sure your bib is clearly visible on the front of your body at all times. When you get back into the school, you'll do another lap of the oval to finish between the flags and collect your medal, rose, a bottle of water and a piece of fruit. Please abide by our COVID Safe plan and go home!

10KM

Know the course. The 10km race will start at 4.30pm at Redlynch State College (no water and no toilets available). Start on the oval at the Junior School campus. Run a lap of the oval. Then follow the footpath out to the underpass. Use the underpass to reach the other side of Redlynch Intake Road. Turn RIGHT. Follow the footpath, cross over the train tracks and turn LEFT onto the footpath that leads to Glenoma Park – veer left away from the school/Redlynch Shopping Centre. There is water, rubbish bin and toilets at Glenoma Park to the turnaround sign/marshal. Turn around and come back the way you came. Once back on the Redlynch path, run down to the turn into Goomboora Park (marshal). Do a loop in Goomboora Park on the footpath (water, rubbish bin and toilets).

Back on the footpath leading to Redlynch Valley, continue towards The Rocks area. You will turn around about 500m along this footpath – watch out for the turnaround sign.

Turn around here and head back to Redlynch State College where you started. DO NOT go back into Goomboora Park nor Glenoma Park! Make sure your bib is clearly visible on the front of your body at all times. When you get back into the school, you'll do another lap of the oval to finish between the flags and collect your medal, rose, a bottle of water and a piece of fruit. Please abide by our COVID Safe plan and go home!

3K / 5KM

Know the course. The 3km and 5km races will start at 4.45pm at Redlynch State College (no water and no toilets available). Start on the oval at the Junior School campus. Run a lap of the oval. Then follow the footpath out to the underpass. Use the underpass to reach the other side of Redlynch Intake Road. Turn RIGHT. Follow the footpath, cross over the train tracks. When you see the sign for 3km turnaround if you are doing 3km! Otherwise continue and turn LEFT onto the footpath that leads to Glenoma Park – veer left away from the school/Redlynch Shopping Centre. Turn around when you see the sign for the 5km turnaround and head back to Redlynch State College where you started. Make sure your bib is clearly visible on the front of your body at all times. When you get back into the school, you'll do another lap of the oval to finish between the flags and collect your medal, rose, a bottle of water and a piece of fruit. Please abide by our COVID Safe plan and go home!

WATER TAPS AND PUBLIC TOILETS

WATER TAPS ARE AVAILABLE AT

1. Glenoma Park (21.1km and 10km only)
 2. Goomboora Park (21.1km and 10km only)
 3. The Rocks Picnic Area (21.1km only)
 4. Kids' playground in Redlynch Valley Estate (21.1km only)
 5. Footpath at most western end of the course (21.1km only)
- There will also be bottled water at the finish line.

PUBLIC TOILET LOCATIONS

1. McDonalds (at Redlynch Shopping Centre) opens at 5am and is the closest public toilets.
2. There are *limited* facilities at Redlynch State College school grounds. We would prefer people to go straight home as per our COVID Safe Plan 'You come, you race, you leave'.
3. Glenoma Park (these toilets are about 200m OFF the course) (21.1km and 10km only)
4. Goomboora Park (21.1km and 10km only)
5. The Rocks Picnic Area (21.1km only)

COURSE MARKING

There will be course markings at all path junction and road intersections. Marshals are in place at turnarounds and at the entrance into Goomboora Park to direct runners.

EVENT RULES AND COVID SAFE PLAN

- You must follow and abide by the Dynamic in a Dress COVID Safe Plan (see below).
- You must [check in online between 7am – 7pm on 15 August 2020](#).
- Any spectators intending on coming into Redlynch State College grounds must also check in.
- There is a ZERO tolerance on noise at the start/finish line at Redlynch State College so as not to disturb any of the neighbours!
- 'You come, you race, you leave'. Do not congregate before or after the event. Wait in your car until a few minutes before your allocated start wave time.
- 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 always be visible on the **front** of your body.
- If you need First Aid help on the course you must attract the attention of another runner or go to the nearest drink 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. If you have a problem with the event management, speak directly to the race directors, rather than the volunteer/marshal.
- Earphones must be used with **extreme caution**. You MUST be able to hear ALL instructions from course marshals, other path users and also need to listen out for anyone that may be in distress.
- No roads are closed for this event. DO NOT run on any roads or cross over any roads.
- **Do Not Litter** - Put your rubbish in the bins at the parks along the course.
- Pets/Dogs anywhere along the course are **prohibited** – this applies to competitors and volunteers.
- Kids in prams must be registered for the event. This is a free entry.
- Due to safety considerations no bikes, scooters, skateboards, rollerblades and animals (e.g. dogs) are allowed in the event.
- Competitors wanting to compete in a wheelchair apply to the race director no later than one month prior to the event.
- All decisions of the race directors are final. The race directors are the sole judges of fact, there is no right of appeal regarding any decision made by the race directors.

DYNAMIC IN A DRESS COVID SAFE PLAN

'You come, you race, you leave'

Personal and community responsibility of participants and coach

Ensure you are following these principles in your daily life.

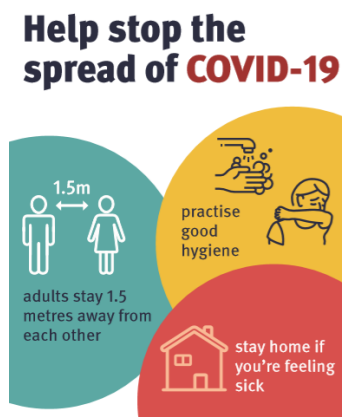
Encourage your family and friends to follow these principles in their daily life.

Take responsibility - it is only if the community work together that we will keep Queensland safe.

- Continue to do your running training from home on your own.
- Clean your hands regularly with soap and water or alcohol-based hand sanitiser.
- Cover your nose and mouth with a tissue or bent elbow when coughing or sneezing, dispose of tissues immediately after use and wash your hands for 20 seconds or apply hand sanitiser.
- Avoid touching your face, nose and mouth and shaking hands.
- Avoid close contact with anyone who is unwell. Try to stay 1.5 metres away from anyone coughing or sneezing.
- Stay home if you are unwell.
- You must take reasonable care for your own health and safety and the health and safety of others.
- You must co-operate with any reasonable policy or procedure that relates to health or safety at activities organised by Dynamic Running.

Dynamic Running's responsibilities

- Follow advice from health authorities on social distancing and public gatherings.
- Provide alcohol-based hand sanitiser.
- Promote good hygiene practices.
- Encourage participants who are sick with respiratory illness to stay home until they are recovered.
- Advise participants to seek immediate medical advice if they develop symptoms or are concerned about their health.
- If a club member/participant is confirmed to have COVID-19, call 13HEALTH (13 43 25 84) for advice. Inform other participants in their group about possible exposure to a confirmed case of COVID-19, but maintain confidentiality.



Conditions for participating in the Dynamic in a Dress events 2020

- Follow all restrictions in place for current phase. Stage 3: maximum of 500 people, including competitors, volunteers and spectators.
- **Stay at home if you are sick.**
- Read the race rules and [submit the signed waiver online](#) between 7am – 7pm on 15 August 2020.
- All spectators must also submit the signed waiver.
- Sign up to the COVIDSafe app (optional, see details below).
- Dynamic Running reserves the right to refuse any competitor, volunteer or spectator entry into Redlynch State College.
- If you received a PDF bib, you must print it out, otherwise collect your race bib from the table at the start line.
- Wear your race bib with the race number clearly visible on the front of your shirt/singlet.
- Do not congregate before or after the race – **'You come, you race, you leave'**.
- **LIMITED access to toilet facilities at the finish location at Redlynch State College.**
- Arrive a few minutes before your scheduled start wave is due to set off.
- Follow strict 1.5m social distancing rules.
 - Run two abreast or run in single file if someone is approaching from the front.
 - Maintain social distancing when stationary e.g. at a water station.
- ALL participants are required to ensure we follow the rules. Be very conscious and mindful of public perception.
- Everyone involved must abide by the Dynamic Running Code of Conduct outlined below.

COVIDSafe app

The Commonwealth Government's COVIDSafe app may assist in contact tracing. We encourage you to review the information regarding the [COVIDSafe app](#), including FAQs.

Dynamic Running Code of Conduct:

- 1) The responsibility of members for the welfare, health and safety of the other members shall at all times take precedence.
- 2) Members shall act with honesty and integrity.
- 3) A member shall not make disparaging remarks or unwarranted comments about other members, verbally or in writing (including on social media, email etc.). Comments made at any properly constituted meeting of the Association shall be privileged.
- 4) Members shall give evidence, express opinions or make statements in an objective and truthful manner and on the basis of adequate knowledge.
- 5) Members shall continue the development of their knowledge, skills and expertise and actively assist and encourage other members to do likewise. Members shall apply their knowledge, skills and expertise for the benefit of all members.
- 6) Members shall at all times, consider a person's merit and standing over and above other characteristics, such as age, gender, race, religious belief, sexual preference, cultural or ethnic background, and shall encourage such behaviour in other members.

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) LAST UPDATED ON 24 OCTOBER 2019

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.
18. By progressing with my registration and payment I accept the rules and conditions listed above.

MEDALS, TROPHIES, RIBBONS AND PRESENTATIONS FOR THE 5KM, 10KM AND 21.1KM

All finishers in the 21.1km, 10km and 5km receive a medal. **Age category ribbons** will be sent out in the mail to the 1st, 2nd and 3rd finishers in each age category. Age categories are: U12; 12-15; 16-17; 18-29; 30-39; 40-49; 50-59; 60-69; 70+ (age on race day).

There are gift vouchers for the male and female winners in each race.

PRESENTATIONS

There will be no award presentations at the event this year due to COVID-19 pandemic restrictions on social distancing.

There is a random draw prize for a lucky volunteer.

PAST WINNERS

2020: Race #2 of 3, 77 competitors and 0 DNF. Event Organiser: Dynamic Running Ltd.

21.1km Adults (18+)

Female: 1st Clare Zappala (1:46:18); 2nd Jacqueline Funch (1:47:57); 3rd Tamara Ryan (1:48:17)

Male: 1st Luke Wenitong (1:32:37); 2nd Alan Dugan (1:33:36); 3rd Brent Gargan (1:34:57)

21.1km Junior (Under 18)

Female: Emily Bartlett (1:58:05)

Male: Jamieson Herring (1:37:41)

10km Adults (18+)

Female: 1st Carissa Burns (51:45); 2nd Claire Mcguire (55:58); 3rd Christina Callaghan (58:47)

Male: 1st Michael Hill (49:28); 2nd Garry Craven (57:27); 3rd Miles Vallely (1:04:31)

10km Junior (Under 18)

Female: Jordan Hackett (1:04:31)

Male: 1st Miles Vallely (1:04:31); 2nd Thomas Hackett (1:05:23)

5km Adults (18+)

Female: 1st Eve Jacks **23:45 – Adult course record**

Male: 1st Jeff Campbell **20:46 – Adult course record**

5km Junior winners

Female: 1st Grace Campbell **19:53 – Junior course record**

Male: 1st Nicholas Fogale **18:44 – Junior course record**

More detailed junior results are available on our website.

2020: Race #1 of 3, 31 competitors and 0 DNF. Event Organiser: Dynamic Running Ltd.

21.1km Adults (18+)

Female: 1st Jordan Anderton (1:37:26); 2nd Juanita Barter (1:55:12); 3rd Adelaide O'connor (2:01:13)

Male: 1st Derek Mcdonagh (1:37:12); 2nd Clifford Jones (2:10:32); 3rd Dermot Cahill (2:28:19)

10km Adults (18+)

Female: 1st Margie Shearer (57:12); 2nd Annie Hayes (1:14:26); 3rd Jo Van Gorp (1:14:28)

Male: 1st Steve Comport (1:05:05)

5km Adults (18+)

Female: 1st Suzanne White (28:14)

Male: 1st Andrew Stevens (31:07)

5km Junior winners

Female: Grace Campbell (20:52)

More detailed results are available on our website.

2019: 140 competitors and 0 DNF. Event Organiser: Dynamic Running Ltd.

21.1km Adults (18+)

Female: 1st Akane Goode (2nd overall) **1:33:33 (course record)**; 2nd Alena Scurrah (4th overall) 1:41:15; 3rd Tam Ryan (6th overall) 1:47:21

Male: 1st David Von Senden 1:32:47; 2nd James Milner 1:39:52; 3rd Jamie Walker 1:46:57

10km Adults (18+)

Female: 1st Jane Sherriff (1st overall) 52:06; 2nd Masako Rogers (2nd overall) 54:30; 3rd Linda Hohenhaus (3rd overall) 54:56

Male: 1st Craig Hundt (5th overall) 55:44; 2nd Todd Stein (7th overall) 56:10; 3rd Ram Randhawa (32nd overall) 1:16:47

5km Adults (18+)

Female: 1st Amelia Gallichan (1st overall) 26:31; 2nd Suzanne White (4th overall) 29:34; 3rd Julie Williams (6th overall) 30:45

Male: 1st Craig Kuliesa-Jewel (2nd overall) 27:52; 2nd James Wong (5th overall) 29:53; 3rd Shaun Savage (27th overall) 42:06

5km Junior winners

Female 16-17: Emily White (13th overall) 39:00

Female 12-15: Courtney Proctor (3rd overall) 29:02

More detailed junior results are available on our website.

2018: 165 competitors and 0 DNF. Event Organiser: Dynamic Running Ltd.

21.1km

Female: 1st (3rd overall) Akane Goode (1:37:12 course record); 2nd Alena Scurrah (1:40:30); 3rd Tracy Marcel (1:43:16).

Male: 1st David Von Senden (1:31:31); 2nd Stephen Cunningham (1:36:52); 3rd (4th overall) Quinn Lawson (1:40:03).

10km Adults (18+)

Female: 1st (3rd overall) Monica Olivier (50:14); 2nd Imogen Coates-Marnane (50:17); 3rd Rebecca Green (54:33).

Male: 1st Brett Hayes **44:33 (course record)**; 2nd Ash Green (48:37); 3rd (5th overall) Jerry Vella (50:26).

5km Juniors (U18)

Male: 1st Noah Hayes **20:48 (course record)**; 2nd William Galvin (22:36); 3rd Daniel White (25:24).

5km Adults (18+)

Female: 1st Sandra Carpanzano (31:20); 2nd Suzanne White (31:34); 3rd Adele Wright (31:51).

Male: 1st Andrew Fraser (27:21); 2nd Dale Rohde (27:25); 3rd Roy De Jongh (41:04).

More detailed junior results are available on our website.

2017: 111 competitors and 0 DNF. Event Organiser: Dynamic Running Ltd.

21.1km

Female: 1st (4th overall) Georgina Beech (1:39:11 **course record**); 2nd (6th overall) Bridget Webber (1:40:37), 3rd (7th overall) Louise Saggars (1:42:06).

Male: 1st David Von Senden **1:30:18 (course record)**; 2nd Peter Saggars (1:31:26); 3rd Derek Mc Donagh (1:38:11)

10km

Female: 1st (1st overall) Alena Scurrah (47:59); 2nd (2nd overall) Kylie Bruyn (52:41); 3rd (3rd overall) Kira James (53:26)

Male: 1st (4th overall) Garry Craven (54:39); 2nd (5th overall) Zach Tappenden (55:43); 3rd (10th overall) Josh Keating (1:00:31)

5km Adults (18+)

Female: 1st (2nd overall) Brenda Taylor (27:10); 2nd Adele Wright (33:58); 3rd Robyn Howser (34:52).

Male: Mark Jordan (31.57).

5km Juniors (U18)

Girls: 1st (1st overall) Quinella Dagan (27:09); 2nd Courtney Proctor (3rd overall) (31:15); 3rd Alivia Kotzur (39:16).

Boys: 1st Douglas Proctor (32:07).

2016: 123 competitors and 0 DNF. Event Organiser: Dynamic Running Ltd.

21.1km

Female: 1st (6th overall) Alena Scurrah (1:44:23); 2nd (7th overall) Toni Ferguson (1:49:26); 3rd (8th overall) Kristine Tracey (1:52:51)

Male: 1st David Von Senden (1:31:51); 2nd Derek Mc Donagh (1:37:20); 3rd John Kilkelly (1:39:28)

10km

Female: 1st (2nd overall) Kaya Laird (**47:43 course record**); 2nd (3rd overall) Lauren Seeto (50:16); 3rd Sharon Jones (56:24)

Male: 1st Keith Scandlyn (46:42); 2nd Garry Craven (55:04)

5km

Adults (18+)

Female: 1st Anita Spuler (26:39); 2nd Angie Charteris (30:02); 3rd Hedy Verhulst (30:29)

Juniors (U18)

Female: 1st (1st overall) Aoife Puri (**23:56 course record**); 2nd Ellie Hogan (28:04); 3rd Samantha Charteris (29:47).

Male: 1st (2nd overall) Liam Scott (26:08).

Fun run/walk cancelled.

2015: 118 competitors and 0 DNF. Event Organiser: Dynamic Running Ltd.

21.1km

Female: 1st (2nd overall) Alina Bell (1:41:29), 2nd (3rd overall) Lesley Walker 1:43:10; 3rd (5th overall) Alena Scurrah (1:44:43),

Male: 1st Rob Martin (1:34:23); 2nd (4th overall) Derek McDonagh (1:44:29); 3rd (6th overall) Larry Lawson (1:47:02)

10km

Female: 1st Rachael Thompson (49:18); 2nd Kylie Brand (50:16); 3rd Faith Atkins & Meagan Cross (52:20)

Male: 1st (9th overall) John Edwards (59:48); 2nd (18th overall) Lynton Bowen (1:07:46)

5km

Female: 1st Kylie Brand (24:15); 2nd Simone Kay (24:49); 3rd Kerry Bell (28:05)

Male: 1st (2nd overall) Dylan Lazzaroni (24:16); 2nd Shaun Muddock (29:52); 3rd James Gray (32:00)

FREQUENTLY ASKED QUESTIONS

Where is the event held? The start/finish line is at Redlynch State College, Redlynch Valley. There is street parking available. Virtual Dynamic Runners will do their race in their own neighbourhood, or another selected location.

Where do I run the virtual event? If you select to do the event virtually, you can do it anytime, anywhere in the world on or before race day. Please do not come to the area where we are doing the race in Redlynch Valley. You are not included in our event or insurance cover and this will create problems for us in terms of our strict limit on competitor numbers and volunteer requirements.

When is the event held? There are three race weekends: 13-14 June 2020, 18-19 July 2020 and 16 August.

Are there any restrictions? Yes. We ask that participants be at least 16 years old to participate in the 21.1km race, 13 years old for the 10km or 11 years old for the 5km. However, we will allow those younger than these ages to participate in a race as long as a parent or guardian has contacted the event organiser **at least** three weeks prior to race day. Juniors under 11 must be accompanied by a parent/guardian, who must also be registered for the race. Please contact us before the event. Due to safety concerns scooters, bicycles, rollerblades and animals are not allowed. If you want to compete in a wheelchair, you need to contact the event organiser at least one month out from the event.

Who can participate? Anyone is welcome to participate if they want to run or walk. It will take about 1 hour to walk the 5km and 2 hours to walk the 10km; that is about 12 minutes per kilometre. For the safety of the walkers, they will be directed to start behind the runners.

Can I run with a pram? It is free to register a child in a pram. You are required to start at the back of the field for the safety of the child as well as the other participants. The child must be registered for the event.

Is there a cut off time? 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.

What training do I need? It is recommended that you follow a training program for at least 8-12 weeks to prepare for the event.

What is the terrain like? Mostly flat and on shared concrete footpaths.

Where can I stay? There are plenty of accommodation options on the Cairns Esplanade. Or try Coolwaters Holiday Park close to Goomboora Park.

How much does it cost to participate and what are the cut-off dates? Race fees can be viewed on our website at <http://www.dynamicrunning.com.au/dynamic-in-a-dress-festival/>.

What does my entry fee pay for?

- Entry into your nominated race
- Race bib (this will be sent to you in the mail or emailed through as a PDF for you to print)
- Finisher's medal for all competitors in the 21.1km, 10km and 5km
- Gift vouchers for the winners of each race
- Training program
- A bottle of water and some fruit at the finish line
- Basic first aid service for those at the event
- A fun, safe and professional activity
- Public liability insurance

Do I have to enter online? Yes, all entries are processed online as this enables us to manage all aspects of the event accurately. Entry cut off is 12 hours prior to the race.

Can I change and do another event once I've registered? Yes, as long as you pay the difference in price for any upgrade. Please note, we do not refund for the difference in price if you downgrade in distance one month out from the event.

Can I get a refund/Can I transfer my registration to another person/I am injured/sick/etc. and cannot run. We recommend you delay your entry if you are concerned about travel restrictions/cancellation of the event due to changes in the easing of restrictions as a result of the COVID-19 situation. We appreciate that circumstances arise where you may no longer be able to participate in the event. Your registration is not transferable to other people nor to another event. 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. PLEASE cancel your registration or inform the race director if you can no longer compete.

How can we register as a team or family? Team entries, five or more team members, are available on request. Please contact the event organisers for the discount code.

Families of 2 to 6 receive a discounted entry.

If you are a single mum or dad with kids and you want to participate, please contact us on info@dynamicrunning.com.au for special consideration.

Can I dress up in a costume? Of course! The more fun you have at the event the better, so feel free to dress up in your favourite running gear, all-weather make-up and even a tiara and tutu. Or choose to wear your tailor-made women's fit singlet. Those that opt to NOT wear a dress/skirt/tutu etc. must pay a \$15.00 opt out fee.

What roads will be closed? No roads are closed.

Is there somewhere to leave my gear? No. Please secure all valuables in your car, or leave it with a running buddy.

Where are the toilets? There are limited toilet facilities at Redlynch State College. There are public toilets at Glenoma Park, in Goomboora Park. For those in the 21.1km, there are also toilets at The Rocks picnic area.

Is childcare available? No.

What happens if it's raining? We are in tropical Cairns! The event will only be cancelled if there are severe weather conditions such as flash flooding, thunder and lightning or strong winds or other unforeseen problems with the course. The event organiser reserves the right to cancel the event at short notice depending on race conditions.

Where are the drink stations along the course? You must supply your own hydration system, or drink from the taps in the parks

Where will the first-aid stations be located? There is basic first-aid available at the start/finish area. **If you show any flu-like symptoms, do not attend the event.** If you don't feel well, or hurt yourself during the race, report to the marshals on the course or at the finish line, or ask another competitor for help.

Can I wear earphones? Preferably not. Cyclists also use the path and you need to be focused on your surroundings.

Can I run with a dog? No.

Can I ride my bike, scooter or skateboard alongside my friend who is running? No.

What do I do when I finish? Your bib number will be recorded. Pick up your medal at the finish line. If you are an age category winner, you will receive a ribbon in the mail after the race. Results will be published on the Dynamic Running Website and in The Cairns Post.

What prizes are up for grabs? All competitors in the 21.1km, 10km and 5km races receive a finisher's medal. Male and female winners in these races will be awarded gift vouchers. Unfortunately there will not be a prize-giving at this year's event due to the COVID-19 situation.

Are there any food vendors? No. You will receive a bottle of water and some fruit at the finish line.

What time does the event finish? 6.00pm for those competing on Saturday afternoon and 9.00am for those on Sunday morning.

Do any local charities/organisations benefit from the race? Yes. To be announced.

Can I volunteer at the event? Yes please. We need a few marshals, someone to help with set up/pull down and helpers at the finish line. We'd love to have you as part of the volunteer team. Call 0417 798 444 or email info@dynamicrunning.com.au.

How can I find out more? If your questions haven't been answered in this section and you need to find out more, please check out our website (<http://www.dynamicrunning.com.au/dynamic-in-a-dress-festival/>), or email the race director on info@dynamicrunning.com.au.