

This document was last updated on 21/6/2016

2016 RACQ NQ Games Foot Races

Date: Saturday, 25 June 2016

Lengths: 21.1km, 10km, 5km

Email: info@dynamicrunning.com.au

Race Organiser: Dynamic Running

Race Director: Lorraine Lawson

Mobile: 0417 798 444

IN BRIEF

What are the prerequisites? None, but the expectation is that competitors would have followed a training program leading up to the event to cope with the demands and distance of their race. If you are not well on race day, don't race.

Mandatory gear: Race bib, provided by the race organiser, to be worn on the FRONT of the body at all times.

Start (6.30am)/Finish: Redlynch Central Sports Stadium, Redlynch Connection Road.

EVENT RULES

- No whinging.
- You must complete the marked course on foot under your own power, unless in a wheelchair.
- Wheelchairs may be competing in this event and will leave prior to the runners, if applicable.
- Study the course map and know where you are going.
- Your race bib must be visible at all times on the **front** of your body.
- No roads are closed for this event. **Obey all road rules** and give way to vehicles and bicycles.
- You must stay on the footpaths of the marked course. Short cuts are not permitted.
- When on the road (Christies Drive, Redlynch Intake Road and Norfolk Circuit), you must keep to the right and run on the grass where possible. Wheelchairs will take an alternate route.
- Be aware that the footpath along Lordin Drive (from 2.5km to 4km) cross over MANY driveways. Actively look for cars reversing out of their driveways.
- Be aware that there will be recreational cyclists and people walking their dogs on the paths. Be polite and share the path.
- Support crew on foot or bicycles anywhere along the course are **prohibited**.
- 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.
- There are toilets on the course, please use those if required.
- The use of iPods or other music players with headphones are **NOT allowed**.
- **Do Not Litter** - Put your rubbish in the rubbish bags provided at the water stations and the start/finish.
- Pets/Dogs anywhere along the course are **prohibited** – this applies to all competitors and volunteers.
- 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.
- **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 organiser's discretion and are final.