

10th Dynamic in a Dress Running Competitor Information Pack

In its 10th year this event is held in the heart of Cairns.

Date: 17 March 2024
Length: 21.1km or 10km
Email: racedirector@dynamicrunning.com.au

Event Organiser: Dynamic Running Ltd.
Race Director: TBC
Mobile: 0417 798 444

IN BRIEF

Register here: <https://www.racespace.com/au/dynamic-running-ltd/dynamicinadress2024>

Condition of entry:

Age restrictions apply. The decision to approve registrations is at the race director's discretion.

- **Half marathon (21.1km)**, 16 years and older only
- **10km**, 13 years and older only

Your entry fee includes:

- Entry into your nominated race
- Race bib
- A finisher's medal
- Novelty gifts for the winners of each race
- Fruit at the finish line
- Basic first aid service
- A fun, safe and professional activity
- Public liability insurance

Mandatory requirements:

- You must wear your race bib on your front and it must always be visible.
- All Half Marathon runners are required to have a torch as you will be starting in the dark.

Race bibs will be available for collection at check in on race day.

Start/finish location: Redlynch State College, Jungara Road, Redlynch.

Start times:

5.30am – 21.1km Note that it is still dark at this time. Wear a head torch, and leave it with the marshal in Goomboora Park. Pick up at the finish line after the race.

6.00am – 10km

Mandatory race briefing: There is no race briefing on the start line. Read and abide by the race rules given on page 5. Study the course.

Terrain: Flat, shared concrete footpaths.

Water: Water is provided approximately every 5km.

Refreshments: Water and fruit will be available at the finish.

Toilets: There are toilet facilities at Redlynch State College. There are public toilets at Glenoma Park, Goomboora Park and at The Rocks picnic area.

Photos can be accessed free of charge from the [Dynamic Running Facebook page](#).

Race results will be published on the [Dynamic Running website](#) in the week following the event.

OTHER USEFUL INFORMATION

Be happy and smile a lot. Be safe.

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. This year the event falls on St. Patrick's Day – wear GREEN.

RACE FEES, REGISTRATION CUT OFF DATE AND ENTRY REQUIREMENT

Race fee for the half marathon and 10km: \$50.00

Registrations close at 5:59pm, 16 March 2024.

Please note:

- All entries include a non-refundable online registration fee of up to \$2.90.
- Dynamic Running club members receive a 35% discount.

Entry requirements

Age restrictions apply. To register for the 21.1km you must be 16 years or older on race day. To register for the 10km you must be 13 years or older on race day.

The decision to approve registrations is at the race director's discretion. Parents/guardians can submit a request via email for consideration if their child is younger than the ages given yet wants to participate in a particular distance.

Strict conditions are set on entrants under 18 years of age. Only register for this category if your junior runner has a parent or responsible adult that can be present at the event.

CANCELLATIONS AND REFUNDS

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.

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 be attached 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.

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.

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.

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 an event 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 racedirector@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 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.

COURSE DESCRIPTIONS, DISTANCES, MAPS AND PROFILES

Course description

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 College regarding this and do not want to lose our privilege of using their facility.

Map of the course: <https://www.alltrails.com/explore/map/map-cbcb58a--18?u=m>

Know the course. The half marathon starts at 5.30am, followed by the 10km at 6.00am on the oval at Redlynch State College. Follow the footpath out to the underpass. Use the underpass to reach the other side of Redlynch Intake Road. Turn LEFT and follow the footpath through St. Andrew's School. At St. Andrew's footy field, turn RIGHT and follow the footpath to the T-intersection. Turn LEFT and run to Glenoma Park. You will turn around just as you enter Glenoma Park. There is water, a rubbish bin and toilets here (Note that you will need to go off course if you wish to use the toilets). On your way back from Glenoma Park, stay on the footpath until you hit the T-intersection with some cane fields in front of you. Turn LEFT and run to the turn that will take you into Goomboora Park. Turn LEFT and go into Goomboora Park. Do a clockwise loop around the car park and dog park. There is water, a rubbish bin and toilets here. Leave the same way you came in.

10km competitors: When you come out of Goomboora Park, you will only run a short distance along the path out towards The Rocks. LOOK for the turnaround sign. Come back and return to Redlynch State School Don't go into Goomboora nor Glenoma Park again! When you get back into the school grounds, you'll do a lap of the oval to finish between the flags and collect your medal and a finish tag. Hand in your tag and join in to cheer the others to the finish. Help yourself to some cold water and fruit.

21.1km competitors: When you exit Goomboora Park, continue to The Rocks. Once you reach The Rocks Picnic area (water, a rubbish bin and toilets), stay on the footpath and you will cross over the river. Follow the footpath adjacent to the creek towards Redlynch Valley Estate. You will eventually reach the T-junction, turn RIGHT. Stay on the footpath as it goes **under** Mary Parker Drive. Not far from here there is a bubbler/water at the kids' playground. Continue on the footpath as it meanders to where you'll meet the checkpoint marshal. Turn around here and head back to Redlynch State College where you started. Don't go into Goomboora nor Glenoma Park again! When you get back into the school, you'll do a lap of the oval to finish between the flags and collect your medal and a finish tag. Hand in your tag and join in to cheer the others to the finish. Help yourself to some cold water and fruit.

WATER TAPS AND PUBLIC TOILETS

WATER TAPS AND PUBLIC TOILETS ARE AVAILABLE AT

1. Start/Finish at Redlynch State College
2. Glenoma Park - these toilets are about OFF the course
3. Goomboora Park
4. The Rocks Picnic Area (21.1km only)
5. WATER ONLY: Kids' playground in Redlynch Valley Estate (21.1km only)

COURSE MARKING

There will be course markings and marshals at major path junctions.

MEDALS, TROPHIES AND PRESENTATIONS

A medal is included in your race fee.

PRESENTATIONS

Award presentation will take place at 8.00am.

There is a random draw prize for a lucky volunteer.

RACE RULES

- 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!
- 21.1km runners must use a torch until there is enough daylight to navigate the course safely.
- 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.**
- 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 director, 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 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.
- Bikes, scooters, skateboards, rollerblades and animals (e.g. dogs) are allowed in the event due to safety considerations.
- Wheelchair competitors must apply to the race director no later than one month prior to the event.

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

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.

DYNAMIC RUNNING WAIVER (PARTICIPANT AGREEMENT)

You had to agree to the Dynamic Running waiver when you registered for this event online. If you required a copy of the waiver (Participant agreement), please email us (info@dynamicrunning.com.au).

COURSE RECORDS

21.1km Male 1:25:47 (2020, Race 3, Jeff Herbert)

10km Male 36:52 (2022, Lachlan McIntosh)

10km Male U18 0:49:50 (2021, Race 1, Archie Evans)

The 5km race was discontinued in 2021 due to small participant numbers.

21.1km Female 1:33:33 (2019, Akane Goode)

10km Female 44:16 (2020, Race 3, Janine Woodside)

10km Female U18 51:27 (2017, Bec Smith)

PAST WINNERS

You can [peruse a summary of the past winners online](#).

Where is the event held? The start/finish line is at Redlynch State College, Redlynch Valley. There is street parking available.

When is the event held? 17 March 2024.

Are there any restrictions? Yes. Participants must be at least 16 years old to participate in the 21.1km race and at least 13 years old for the 10km. However, we may allow those younger than these ages to participate in a race as long as a parent or guardian has contacted the event organiser prior to race day and are present at the race on the day. Juniors under 11 must be accompanied by a parent/guardian, who must also be registered for the race. 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 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. For the easy of our volunteers, the half marathon is only open to runners and we have allocated a 3-hour cutoff for this race. Please contact us if you think it may take you longer than that, yet you are keen to participate.

Is there a cut off time? All competitors will be allowed to finish the race in their own time – within reason. Walkers will not be able to complete the half marathon as we expect most people to finish within 3 hours. Race officials can and will withdraw competitors from the course as required.

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.

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? \$50 per entry.

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 at 6pm the day prior to the race.

What does my entry fee pay for?

- Entry into your nominated race
- Race bib
- Finisher's medal
- Novelty gifts for the winners of each race
- Some fruit at the finish line
- Basic first aid service for those at the event
- A fun, safe and professional activity
- Public liability insurance

Can I change and do another distance once I've registered? Yes.

Can I get transfer my registration to another race or another person? No.

Can I get a refund if I am injured/sick/etc. and cannot run. No.

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. 17 March is St. Patrick's Day! Wear GREEN.

What roads will be closed? No roads are closed.

Is there somewhere to leave my gear? No. Please secure all valuables in your car.

Where are the toilets? There are 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, 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? Approximately every 5km.

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 and people walking their dogs also use the path and you need to be focused on your surroundings. If you do, you must be able to hear marshals and other path users.

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 after I cross the finish line? Line up to get your bib number and finish token recorded. Results will be published on the Dynamic Running Website.

What prizes are up for grabs? Male and female winners' for each race receive a novelty gift.

Are there any food vendors? No. You can help yourself to some water and fruit at the finish line.

What time does the event finish? 8.30am.

Do any local charities/organisations benefit from the race? No.

I know someone that can help out. Do you need any volunteers? Yes please. We need 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 racedirector@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 racedirector@dynamicrunning.com.au.