



Proudly supporting

**Beyond
Blue**



mornington RUNNING festival

incorporating

MORNINGTON HEALTH & LIFESTYLE EXPO

PARTICIPANT INFORMATION

Mornington Running Festival

Incorporating Mornington Health & Lifestyle Expo

22 and 23 September 2019

www.morningtonrunningfestival.com

Mornington Park, Mornington



A MESSAGE FROM EVENT DIRECTOR

The team at Event People welcomes you to another edition of the Mornington Running Festival and the Mornington Health & Lifestyle Expo!

We are excited to be bringing even more to the 6th running of the Mornington Running Festival.

Our aim is for you to have a safe and enjoyable race weekend, while experiencing an array of events including exhibitors' stalls and so much more at our Expo on Saturday and Sunday, and not to mention our running events on Sunday at the Mornington Running Festival. We've got fantastic support from local businesses, partners and sponsors so it is going to be a fantastic weekend for the whole family!

The information enclosed in this Participant Information Guide includes important participant, event and course information for participants and spectators. It is the participant's responsibility to read this information prior to event day. Please check our website for any further updates or changes.

We look forward to seeing you on Saturday 21 & Sunday 22 September 2019!

Scott Hollow
Event Director

EVENT INFORMATION

EVENT DATE

Mornington Health & Lifestyle Expo:

Saturday 21 September 2019, 1:00pm - 4:00pm

Sunday 22 September 2019, 6:00am - 12:00noon

EVENT LOCATION

The start/finish line and event village is located at Mornington Park (schnapper drive), Mornington. A half road closure will be in effect from 6:00am to approximately 10:30am Sunday 22 September from Mornington Park to Bradford Rd, Mount Martha. (Approximately 10km).

EVENT CONTACT DETAILS

Website: www.morningtonrunningfestival.com

Email: info@eventpeople.com.au.

Race Day Contacts:

Scott Hollow Event Director 0458 151 306

EVENT TIME TABLE

Event Day: Saturday 21 September 2019

Race Bib Pick up & Late Registration 1:00pm-4:00pm

Event Day: Sunday 22 September 2019

All Distances will Start/Finish from Mornington Park.

- 6:00am Event Village Opens
- 6:00am Bib Pick and Late Rego Opens
- 7:00am Registration Closes for 21km
- 7:15am Start 21.1km race start
- 7:30am Registration Closes for 10km

- 7:45am 10km race start
- 7:45am Registration Closes for 5km
- 8:00am 5km race start
- 10:15am Kids 1km dash (under 10 only)
- 10:30am presentations (approx.)

Warm Up and race briefing will commence 10mins prior to starting time for each event near the start line. It is the participant's responsibility to attend the individual race briefing to ensure any changes.

TIMING & BIB/RACE NUMBER COLLECTION

Each competitor will be given a timing device built within their race bib which will record their time on the day. Ensure you cross the finish line timing mats to record your race time.

Bibs/race numbers will be required to be picked up between the following times:

- Saturday 21 September 1.00pm-4.00pm
(during Mornington Health & Lifestyle Expo)
- Sunday 22 September 30mins before race start

Competitors can also collect friends/family race bib.

Please ensure you know the name, age category and race distance of the participant you are picking up for.

****If you are unable to collect during these times, please email info@eventpeople.com.au to arrange collection on Sunday.***

LATE ENTRIES

Online entries close 6.00pm Friday 20 September 2019. Limited late entries will be available at the venue during the following times:

- Saturday 21 September 2019 1.00pm-4.00pm
- Sunday 22 September -30 mins before each race start time

NB: Kids can enter up to 15min prior to their 1km race start on race day.

FINISHERS MEDALS

All competitors receive a commemorative medal after completing their race distance plus voucher for a free donut.

AWARDS & PRESENTATIONS

The top 3 finishers in each category (male & female) will receive a trophy.

Presentations will be held at approximately 10.30am.

Please ensure you are present to collect.

5km, 10km and 21.1km Half Marathon

Junior (age U16), Open (17-44) and Veteran (45+).

Kids Race - No Awards. Each child will receive a medal and spot prizes available

CUT OFF TIMES

The Half Marathon has a cut off time of 3 hours. And all participants in all distances must cross the finish line no later than 10.15am. All endeavours will be made to allow you to continue to the finish line if and when safe to do so.

If you feel these cut off times could be a concern for you, please contact info@eventpeople.com.au.

GOODLIFE MORNINGTON OPENING SOON!!!

Goodlife.

HEALTH CLUBS

Goodlife Health Clubs is one of Australia's largest and most popular health club chains supporting more than 270,000 members to live healthier and more active lifestyles. Our purpose is very clear – we move people to achieve great things – whether it's finding a better work/life balance, creating healthy habits or training for your first marathon. With over 80 convenient locations across Australia, and a range of flexible membership options and many new 24/7 clubs, Goodlife is sure to have your fitness needs covered. To check out the club nearest you, visit: [Goodlife Health Clubs](#).



RUN RULES & PARTICIPANT EXPECTATIONS

- All competitors must wear a race bib number and must be clearly visible at all times.
- A shirt, singlet, racing top that covers the torso must be worn at all times.
- Participants must only discard any litter including bottles, cups or rubbish at designated aid stations.
- Non-participant runners or cyclists are not allowed on the course. This may include supporters, coaches, athletes who have withdrawn or been disqualified.
- No dogs, bikes, scooters or rollerblades are allowed on course for safety reasons.
- Participants found not to have completed the entire Run course may be disqualified.
- It is expected that all participants run a fair race taking into consideration those other participants around them.
- If a participant decides to withdraw from the race at any time, it is the responsibility of the participant to report to the drop out clerk at the information tent near the finish line and have their details recorded. It is essential that race officials know where participants are on the course at all times.

ADDITIONAL INFORMATION

AID STATIONS

There will be 4 aid stations on course, plus refreshments at the finishing line.

Aid Station 1: Located approximately 2.5km into the course at the 5km turn around point.

Aid Station 2: Located approximately 5km into the course at the 10km turn around point.

Aid Station 3: Located approximately 7km into the course.

Aid station 4: Located approximately 9.5km into the course.

Water and **32GI** Electrolyte will be available at each aid station.

5km race will have access to aid station 1 at 2.5km.

10km race will have access to aid stations at 2.5k, 5km and 7.5km marks.

Half marathon will have aid stations at approx 2.5km, 5km, 7km, 9km, 11.7km, 14.2km, 16.2km and 18.7km.



PARKING

There is plenty of local parking areas, including car parks and off street parking. Please ensure you obey local parking restriction signs and allow time to park and walk to the event start/finish area.

Bike parking is available at the event site. It's a great way to warm up! Please bring your own lock.

TOILETS

Public toilet blocks and portable toilets will be located at the event site at Mornington Park. There are also public toilet blocks on the course, which'll be signed.

FIRST AID

Mr Paramdeic will be located at the finish line, and on the course. If you require first aid assistance on the course, please notify a drink station attendant, course marshal or a course bike rider who will be able to radio for help. Bike crews will also be roaming the course.

CLOTHING / BAG DROP AREA

A Clothing bag drop area will be located in the event site for storage of your clothing during your event. Simply bring your bag to the bag drop area in the event village and we will provide you with an identification tag. This tag will match your race number, so please ensure you keep this to pick your bag up post event. Please do not place any valuables in the clothing bags, as we cannot accept responsibility for valuables being lost or stolen.

RESULTS

All results will be live on website no later than 6pm on race day <http://www.morningtonrunningfestival.com/>

RACE PHOTOS

All race photos will be displayed via link on website after race.

COURSE CONTINGENCY

Event People reserves the right to alter the course, start time and/or format without notice because of circumstances outside the control of the organiser and under the direction of sponsors, councils, police or other organisations that are associated with the event.

FOOD/COFFEE

Food trucks will be onsite and available for take away coffee, hot drinks and food; there are also plenty of fantastic café's within walking distance to the race start. We encourage competitors, friends and family to enjoy the local café's pre and post-race.

LOST PROPERTY

Any personal items that are lost or misplaced, and handed in to race officials will be available for collection at the Information tent on the day or email

info@eventpeople.com.au post event with details of your lost property. If lost property is not able to be picked up from Event People, cost to post the property will be at the participants' expense.

Please note that the race organiser does not take responsibility for lost property.

32Gi[®]

Sports Nutrition

32Gi is a leading endurance supplement provider. Our complete focus is providing our customers with high quality balanced and sustainable energy supplements, while empowering them with knowledge of healthier nutrition options.



www.32gi.com.au

COURSE INFORMATION

The Mornington Running Festival starts at Mornington Park, heading southbound along the Esplanade. **The Esplanade has half of the road closed (being the beachside) to all traffic.** The course will be up and back on the beachside of the road, separated by cones. It is the participant's responsibility to know the course.

COURSE DESCRIPTION:

All distances will start on The Esplanade, Mornington Park. *(excluding the 1km Kids Dash).* Competitors will head south along The Esplanade toward their turnaround.

The 21.1km Half Marathon is a 1 LAP out-and-back course and will follow the same route as the 5km & 10km, the turnaround point is past Mount Martha village

at Stanley Crescent (this is the furthest turn around point). You will then head back north along the Esplanade, turning left back into Flinders Drive then veering right into Mornington Park and into the finishing chute.

The 5km turn around point will be located approximately 500m past Strachans Road and will then head back north along the Esplanade, turning left into Flinders Drive then veering right into

The 10km turn around point will be located just past Craigie Road and will then head back north along the Esplanade, turning left into Flinders Drive then veering right into Mornington Park and into the finishing chute.



The Kids 1km Father's Day Dash

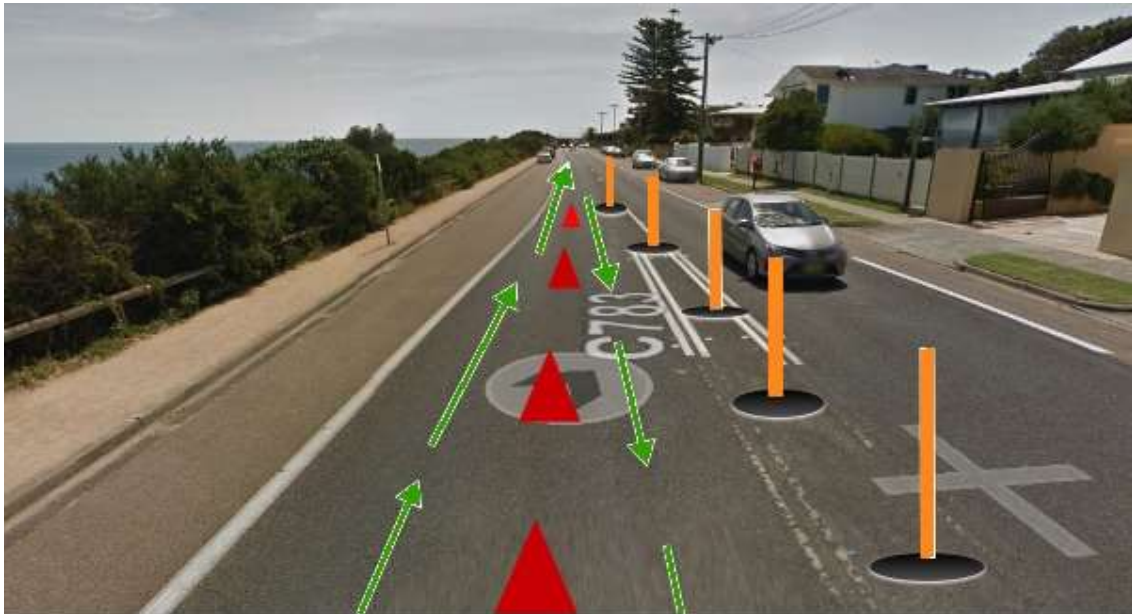
Will START and FINISH in the finishing chute in Mornington Park. All kids should gather near the finishing line at least 5min prior to start time.

The run will head out turning left onto Flinders drive, doing a u-turn before the Esplanade and heading back up Flinders Drive to the furthest turn around point before heading back towards the finishing chute in Mornington Park. Parents are encouraged to run with kids to enjoy the experience



PLEASE NOTE ONLY ONE SIDE OF ROAD CLOSED DURING EVENT

Please see the diagram below showing how the road closure and course layout will operate during the race. The course will be up and back on the beachside LANE ONLY. Bollards will be placed in centre of road to separate runners from traffic. Then cones will be placed in middle of lane to separate runners travelling in different directions.



www.32gi.com.au

SignMeUp32Gi

20% discount code (excludes sale items)

**Note: Using this discount code will also sign you up
to the mailing list.**

EVENT PARTNERS

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The Event People and Mornington Running Festival are proud to announce the Partnership with 32Gi. 32Gi will be supplying all on course and recovery nutrition, On course will be 32Gi endure (most likely Orange). At 32Gi we understand that not all athletes are created equal. What works for one athlete does not necessarily work for another and each has different requirements. An athlete's nutrition intake will depend entirely on the kind of session he or she is doing and these are not always performance based. Science has shown that during high intensity exercise glycogen (natural carbohydrate) stores are mainly utilised to provide energy to the muscles. 32Gi will be available for purchase at the Mornington Running Festival Health and Lifestyle Expo, however it is also available online at www.32Gi.com.au and also at a range of STOCKISTS



EVENT PEOPLE