

2024 ATHLETE GUIDE



2024 PRESENTED BY:





We can't wait to welcome you all to the start line on Sunday 14 April for a record-breaking Run Shellharbour!

As we put the finishing touches on what is shaping up to be our biggest event to date, here is all you need to know to ready yourself ahead of race day.

Over the morning, we will see over 30,000km covered! spectacular and picturesque coastlines across the east coast.

We want to take this moment to thank our event partners: **Peoplecare Health Insurance, Shellharbour City Council, Ray White Shellharbour City, Loan Market Shellharbour City** and **Kennards Hire**, for giving us the backing we need to deliver this event.

Behind every great event is also a team of amazing individuals – event crew, volunteers (national treasures!), family and friends who have given up their time, their weekdays and weekends so that we could get to the start line - and to make sure you'll cross the finish.

Good luck to everyone taking on the course this year, we have pulled together the best in the business to get it ready for you and this Athlete Guide is full of all the information you need to know before your run.

Any questions, concerns or late changes, please contact our team via email - info@runshellharbour.com.au - otherwise, we'll see you on the start line!



EVENT DAY **Sunday 14 April, 2024**

Please collect your race bib + entry packs on the morning at the registration which will open from 5.45am at Shellharbour Surf Club

Event Location: 115 Junction Road, Shellharbour

Eric Creary Park, North Side of Shellharbour Surf Club



EVENT VILLAGE

Grab yourself a coffee, the latest in fashion, merchandise, supps, and nutrition or just browse your nervous energies out with several exhibitors onsite for the event.

With an event DJ and plenty of games and activities for the kids, this is a hub of energy and where you can cheer your loved ones home under the finish arches! Get your cameras - and tissues - ready!

SCHEDULE

With record numbers of entrants expected, we are in for a big morning of racing. We urge you to leave time to park, register, warm up (and nervous wee or) before your race start.

5.45 am	REGISTRATION OPENS	
6.50 am	Race Briefing - Marathon	Event Village
7.00 am	RACE START - MARATHON	Start Line
7.00 am	Expo Opens	Event Village
7.20 am	Race Briefing - Half Marathon	Event Village
7.30 am	RACE START - Half Marathon	Start Line
8.30 am	Race Briefing - 10km	Event Village
8.45 am	RACE START - 10km	Start Line
9.30 am	Race Briefing - 5km	Event Village
9.45 am	RACE START - 5km	Start Line
10.45 am	RACE START - Lil Rascals	Event Village

This is a reminder that plenty of external influences could see this schedule change at any time. Please check in regularly via our website and social media; registered runners will be notified via email.



TRANSPORT

Located just a 90 minute drive south of Sydney and east of Canberra, Shellharbour is one of the fastest emerging cities in NSW and offers a range of accommodation, travel and transport options to help get you here on time!

SHELLHARBOUR BY TRAIN: There are several train options to choose from travelling regularly from Wollongong, the South Coast and Sydney. The nearest station is the Shellharbour Junction Station, with local buses connecting to Shellharbour.

SHELLHARBOUR BY CAR: Shellharbour is a 90min drive south of Sydney and just over two hours from the nation's capital. If heading from the north we highly recommend leaving an extra hour or so and take the coast road to experience the Grand Pacific Drive.

PARKING: Getting around Shellharbour in a car is easy! There is ample parking wherever you need to go or nearby and almost all of it is unlimited and almost always free. Race day parking will be at a premium and we ask all competitors to drive with extreme caution and safety. There will be several options for parking onsite, including along Junction Road, in nearby streets and around the cricket grounds. We ask if you're parking on neighbouring streets that you avoid parking on lawns or across driveways.

ROAD CLOSURES: Junction Road will close to traffic at 5:00 am and re-open at 11:30 am as all races will start on Junction Rd, Shellharbour.

PLAN AHEAD: Don't rush on the morning - arrive with plenty of time to park, get to the Event village and register.



FREQUENTLY ASKED QUESTIONS

EVENT LOCATION:

115 Junction Road, Shellharbour
(The Park on the North Side of Shellharbour Surf Club)

START + FINISH LINE, REGISTRATION

The start and finish line zones are located in the park on the north side of the Shellharbour Surf Lifesaving Club. This is the 'Event Village' and where you need to register before your race.

RACE BIBS

You need to wear your race bib on the front of your torso. Safety pins will be supplied to attach the bib to your shirt or singlet. The timing chip is attached to the back and will record your times as you pass over the timing mats. It is compulsory that you wear your race bib to be in the race. The number must be clearly visible on the front especially when you cross the finish line so that the race timers and photographers can easily identify you.

WITHDRAWAL DURING EVENT

If you pick up your race bib and then decide not to race or drop out for any reason you must advise a staff member at the finish, or on course via a volunteer at a drink station or a run marshal so we know you are off the course safely.

TOILETS

Toilets are located at the Start and finish zone at the Event Village. On the run course public toilets are located at:

KM1 - Eric Creary Park North;

KM3.5 - Warilla Surf Club - near Drink Station 2

KM4.5 Reddall Reserve

KM5 - Reddall Reserve Kiosk - near Drink Station 3

In addition for the Half Marathon and Full Marathon:

KM8.5 PCYC Club - at Drink Station 4

KM10 Skiway Park - at Drink Station 5

FREQUENTLY ASKED QUESTIONS

VOLUNTEERS

This event could not go ahead without the generous time that our local volunteers are giving for race day. Please thank them when you are out on the run course or in and around the event village.

MEDICAL

There will be medical staff at the start and finish zones located in the Event Village. There will also be medical staff roaming around the run course.

PERSONAL MUSICAL DEVICES

Personal Music devices are strongly discouraged to be worn during the race for your own safety and the safety of others. If doing so the volume should be at a level that you are able to listen to directions from staff, volunteers, and traffic controllers. The event takes place on a public footpath so the crossing of paths and roads needs to be done safely.

DRINK STATIONS

There are drink stations approximately every 2.5km on each course.

5km Race - km2

10km race - km2, km4, km6 -and pass the same amount on the return leg.

21.1km race - km2, km4, km6 - and pass the same amount on the return leg

42.2km race - km2, km4, km6, km8 and km10

The drink stations will supply water and energy drink. There is also hydration at the finish zone.

BAGGAGE

A bag drop is available on the day. Baggage tags will be supplied to attach to your own bag(s). This will be located near the finish line.

FREQUENTLY ASKED QUESTIONS

RECOVERY

There will be a recovery stand stocked with fresh fruit and hydration.

For those needing extra support, there will be a medical tent onsite, BaiMed Physiotherapy will have several of their best staff on standby and the Bin City Ice Baths are back!

TIMING + RESULTS

The event will be professionally timed. Each participants race bib will have a built in timing chip. Race bibs can be collected at Registration opening times at the Event Village.

Race results will be available online post event.

Each participant will have access to a downloadable event completion certificate.

PRESENTATION + PRIZES

Unique finisher medals will be awarded to all entrants. The finisher medals are given out as you cross the finish line.

There will be 1st, 2nd and 3rd place medals awarded in each age category for 5km, 10km, 21.1km and the 42.2km

Placegetters will receive their medals in a rolling presentation that will happen at the completion of each race. Please see timing (located at registration) if you believe you placed in the top three of your age group.

LOST PROPERTY

Please ensure all items are clearly labelled – including those in the baggage area. While all efforts will be made to return any misplaced items, race organisers take no responsibility for lost property.

MEDICAL

Please do not hesitate to request help if you – or you notice someone – is feeling unwell or sustains an injury during the event. Contact the nearest staff member or volunteer; they can call for medical help.

We have a team of qualified medical staff at the Event Village and out on the run course. In the event of an emergency, if you are transported by ambulance, you could be required to meet all costs unless covered by an appropriate medical fund.

Any aid given by race medical is permissible and does not lead to disqualification. You will be withdrawn, and we, the event organisers, have the authority to withdraw any runner who we – or medical staff – deem unsafe to continued or presents a danger to your health or welfare of other runners.

Basic first aid can also be found at the drink stations.

It's best to hydrate a few days prior to your race and preferably not the day before. There will be energy drink (electrolyte) and water available on the course at each drink station and also at the recovery area at the finish line. We encourage you to bring your own hydration device to reduce touchpoints at drink stations.

There are drink stations approximately every 2.5km on each course.

5km Race - km2

10km race - km2, km4, km6, km8

21.1km race - km2, km4, km6, km8, km10 and pass the same amount on the return leg

42.2km race - km2, km4, km6, km8 and km10 and pass the same amount on the return legs.

The drink stations will supply water and energy drink. There is also hydration at the finish zone.

As per your signed waiver, if you have any medical conditions that have changed since your registration that our Medical Director needs to be aware of, please email – info@runshellharbour.com.au

RACE BRIEFING **Marathon**

The run course is TWO laps of the most scenic course on the NSW east coast.

The course will be marked with arrows to indicate direction and signs for turns; run course volunteers will also be onhand to keep you on the course, safe and to cheer you home.

5:45 am Registration Opens

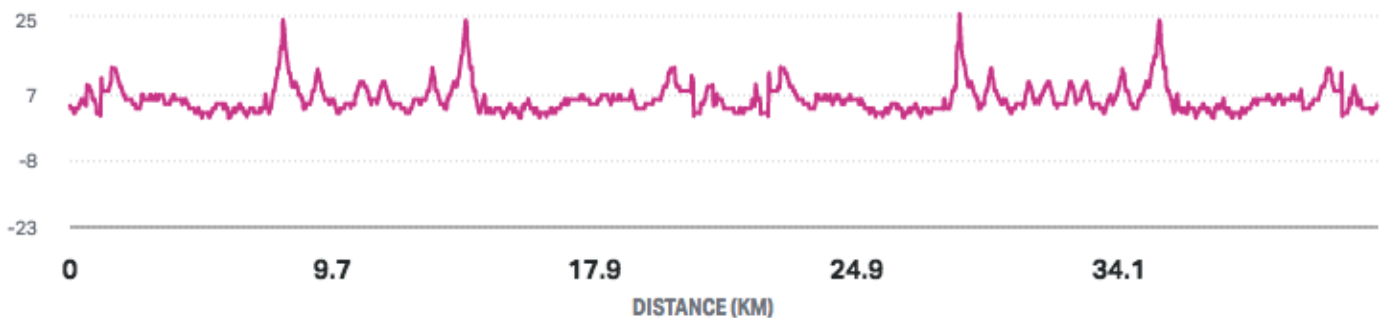
6:50 am Compulsory Race Briefing

7:00 am RACE START

There are drink stations approximately every 2.5km on each course - km2, km4, km6, km8 and km10

[THE INTERACTIVE MAP IS VIEWABLE HERE](#)

ELEVATION



RACE BRIEFING Half Marathon

The run course is an out-and-back course that will take you along the coast from Shellharbour to Oak Flats - and back.

The course is achievable, exciting and takes in some of the best sights on the South Coast.

Marshalls will be spread out across the entire distance to assist with anyone requiring directional support or first aid - there are drink stations approximately every 2.5km on each course - km2, km4, km6, km8 and km10 (and return)

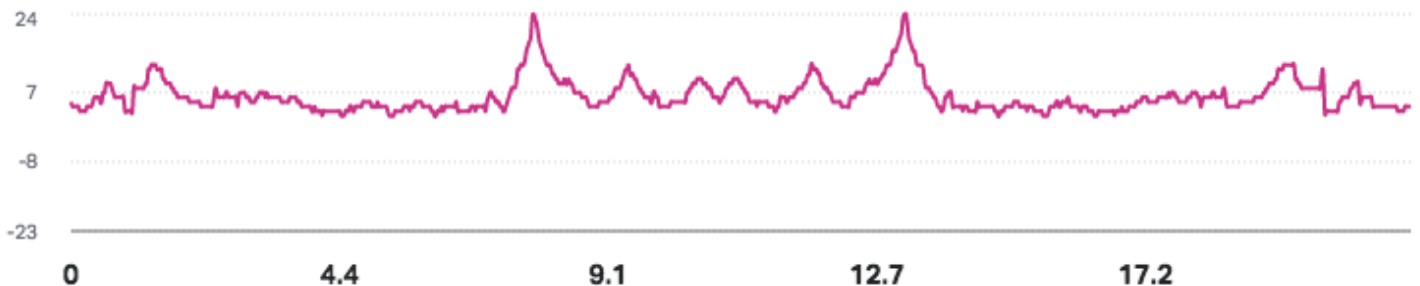
5:45 am Registration Opens

7:20 am Compulsory Race Briefing

7:30am RACE START

[THE INTERACTIVE MAP IS VIEWABLE HERE](#)

ELEVATION



RACE BRIEFING 10 km

The run course is out and back, you will complete ONE lap.

The course will be marked with arrows to indicate direction and signs for turns, run course volunteers will also be at key points.

There are drink stations approximately every 2.5km on each course - km2, km4, km6 and km8.

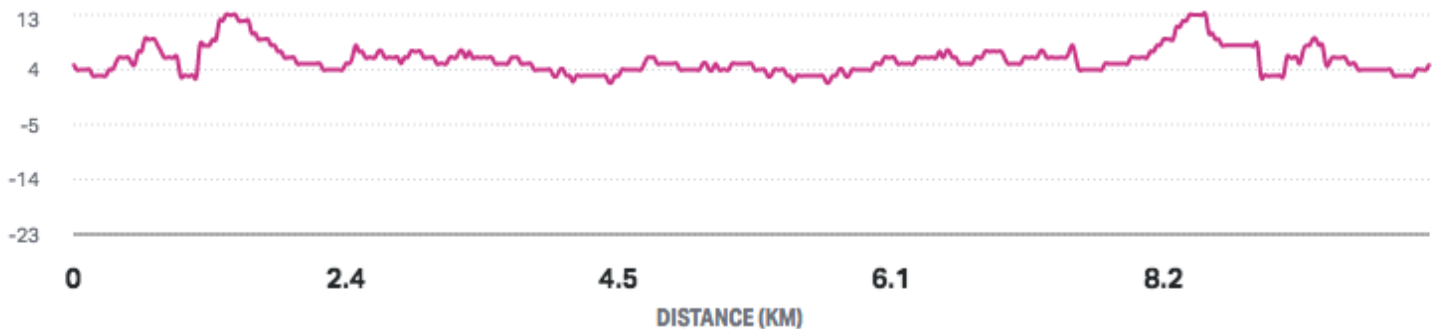
7:00 am Registration Opens (priority will be given to Marathon + Half runners).

8:30 am Compulsory Race Briefing

8:45 am RACE START

[THE INTERACTIVE MAP IS VIEWABLE HERE](#)

ELEVATION



RACE BRIEFING 5 km

The run course is out and back, you will complete ONE lap.

The course will be marked with arrows to indicate direction and signs for turns, run course volunteers will also be at key points.

There is a drink station at approximately the 2.5km mark on the course.

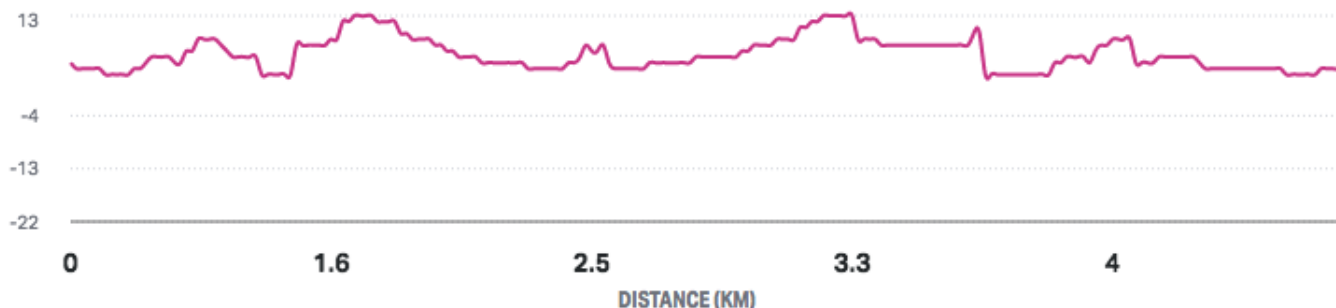
7:00 am Registration Opens (you don't need to arrive at 7, but allow plenty of time before your race to collect your timing bib, merch + get race ready).

9:30 am Compulsory Race Briefing

9.45 am RACE START

[THE INTERACTIVE MAP IS VIEWABLE HERE](#)

ELEVATION



RACE BRIEFING LIL RASCALS

It's safe, secure and a friendly introductory distance for those new to running, ready to have a run or simply looking to be like Mum and Dad!

And they aren't on their own! We welcome parents to participate right alongside on the same course for those who need a little extra support and encouragement. Remember all participants must be registered and wearing a race bib to complete the race.

And the person that doesn't run, get your cameras ready as the kids will be crossing under the very same finish arch as the 'big kids' - a moment you won't want to miss!

9:00 am Registration Opens

10:40 am Compulsory Race Briefing

10:45 am RACE START



THANK YOU

We can't wait to see you all back on the startline come Sunday 14 April, 2024!

If you haven't already, make sure you check out our Facebook + Instagram page for all you need to know and to check out the latest updates and event details as they drop:



/runshellharbour



/runshellharbour



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