

Race Update

THANKS FOR ENTERING THE 11th ANNIVERSARY NEWCASTLE RUNNING FESTIVAL. The event is shaping up to be another great race for Newcastle and the Hunter. We already have a big field of runners entered to start the 4 running distances. Due to city improvement works around Newcastle, we have had to make some small last minute changes to the course. We have also decided to reconnect the event with the CBD, by staging our finish line at the Market St Lawns (old rail line). As long time event organisers in Newcastle, we believe this is a great way to connect the event with the Newcastle we love, and to give runners and spectators the opportunity to experience the great Queens Wharf and Hunter St Mall precinct hospitality. Below is lots of race info and news.

We trust this update can answer most of your questions, so please take a few minutes to read below.

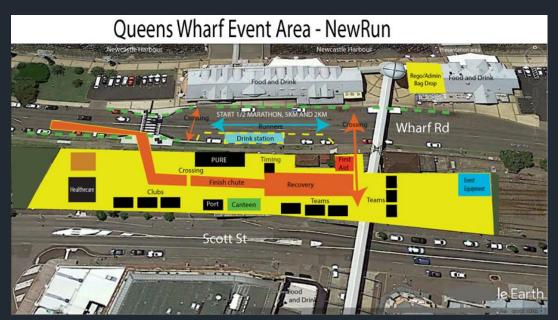
URGENT NEWS ON COURSE AND START/FINISH CHANGES.

Weather

The weather for next weekend is looking perfect for running. CHECK IT OUT

New Event Compound at Market Street Lawn

Our new Event Compound is ideally located and allows for easy access to the site from The Hunter St Mall and Scott St. Also a great opportunity to make a day of it and do lunch on the Harbour/Mall or picnic in the park after the race. Note that while all events finish at Market St Lawns, only the 1/2 marathon, 5km and 2km start on the Foreshore. The 10km starts at Bar Beach. Check out details below on parking in town and getting a free bus to the start.







Friends & Family alert - on line entries closing midnight Wednesday 29 March.

If you are still waiting on friends or family to enter, tell them to get in before the online system closes down. We can still enter people on Saturday or Sunday, but to save the stress, get in by Wednesday.

Help Lochlan do more than get to the Finish Line

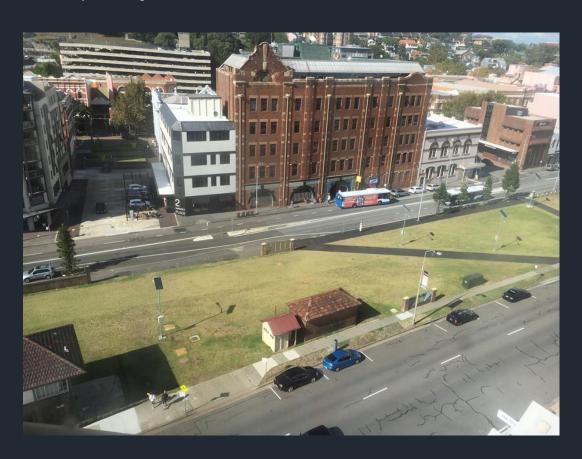
Get behind our official charity for 2017, CanTeen. They support Young People Living with Cancer. Set up a fundraising portal and ask your friends or family to support your run and help CanTeen. See how Lochlan is making a difference after his mum got cancer. READ MORE





Finish line - Train line opens up city

With the availability of open space opposite iconic Queens Wharf and Hunter St Mall, we have decided to use this space for the Finish Line for all events and start area for the Half Marathon, 5km and 2km events. By locating the finish line on these Lawns we are providing runners and spectators access to the great facilities of Queens Wharf Hotel and Six Degrees and also the multitude of cafe's, restaurants and specialty shop just 50m from the finish line. What a great opportunity to discover what the CBD of Newcastle has to offer, both before and after your event. The change in the finish line has required some small changes to the course and start lines, but the main route is essentially unchanged.

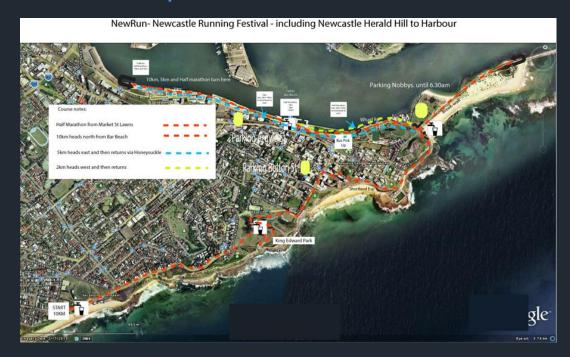


Course Changes

With the change in the finish line the following changes from previous years will take place:

- 1. **All events finish** at Market St Lawns between Wharf Rd and Scott St (oppoiste Market St)
- 2. **Start line** for Hill to Harbour 10km is UNCHANGED. Same location at Bar Beach
- 3. **Start line** for the 1/2 Marathon, 5km and 2km events are all on Wharf Rd at Queens Wharf
- 4. Race Registration for all events on Saturday is now Queens Wharf Hotel from 10am 4pm.
- 5. Race Registration on Sunday is:
 - 1. Queen Wharf Hotel for 1/2 Marathon, 5km and 2km from 5.30am
 - 2. Cooks Hill Surf Club for 10km from 6.30am.
- 6. **A new turn point** in the Honeysuckle precinct for all events will be approx 100m before Worth Place on the Honeysuckle Foreshore. This is the same turn point for all events.
- 7. **The 1/2 Marathon will start** on Wharf Rd and run 550m east towards Nobbys and then turn and run back to the start line (on the road). They then have exactly 20km to run. This will open up the start. The course is the reserve Hill to Harbour 10km to Bar Beach, then return doing exactly the same course to the finish line. All turn points well marshaled.
- 8. **The 5km will start** heading west for 140m and then make a turn and return until Nobbys roundabout and then return to Honeysuckle and then back to the start. This is a very fast and flat course.
- 9. The 5km start time is now 7.50am.
- 10. Due to the closure of the cliff access to King Edward Park and a late and unplanned closure of Shortland Esplanade (from Zarra to Watt St) we will be using part of Watt St, King St, Pacific St and Ocean St to get around these closed areas. These will be clearly marked and heavily marshaled.
- 11. Course distances have been remeasured and to make sure the distance of the 10km and half marathon are correct, there will be a small out and back section into the lower area of King Edward Park (heading to Boggy Hole approx 100m). This is just for 2017. The courses have been remeasured and accredited by am AIMS qualified measuring contractor.

Course Map below



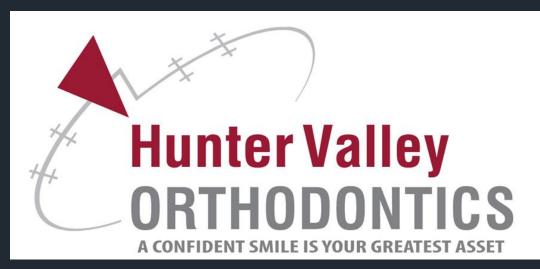
Mile High - GONE

After 3 years of persisting with this Saturday event, we have decided to no longer stage this 1 mile event at Bar Beach. We had a very small number of people interested over the years and while we love running interesting and challenging events in the Hunter, the costs and risks of running small events are increasingly prohibitive.



Pure Performance will again be on site for their now legendary on site sales. Bring some bucks and pick up a bargain on race day.

Give your Kids the thrill of finishing!



2k-4-KIDS



Race Start times and locations Sunday 2 April

Marathon Tyres Half Marathon - 7.00am from Queens Wharf Hotel, off Wharf Rd Newcastle.

Pure Performance Fort5 -5km - 7.50am from Queens Wharf Hotel, off Wharf Rd Newcastle. (NOTE CHANGE)

The Newcastle Herald 10km - 8.30am from Memorial Dr, Bar Beach (near the skate park)

Hunter Valley Orthodontics 2k4Kids - 10.00am from Queens Wharf Hotel, off Wharf Rd Newcastle.

Late Entries, Race Registration, Race Kit and Shirt collection

Note: you can pick up your race kit **EITHER** Saturday or Sunday. We strongly suggest Saturday. **Please bring some form of photo ID**. Note:

- 1. Entries are not transferable.
- 2. If you wish to collect another persons race kit, please bring a written authority to collect the race kit and some form of photo ID. We will **not** randomly hand out race kits!

Race Kits Saturday (the day before the event)

We strongly suggest that if you can, pick up your race kit on Saturday (the day before the Event). Competitors in **all events** should attend Queens Wharf Hotel off Wharf Rd Newcastle from 10.00am to 4.30pm.

Race Kits Sunday (race day)

Late entries or race kit pick up will be from the **starting point for each race**. Allow plenty of time if you want to pick up your race kit on the morning.

- 5km event will be at Queens Wharf Hotel, off Wharf Rd Newcastle from
 30am. The start line is just 25m away.
- 2. 10km event will be at Cooks Hill Surf Club opposite Empire Park Bar Beach on Memorial Drive from 6.30 8.00am Please leave enough time and watch for Half Marathon runners after 7.20am when crossing Memorial Drive.
- 3. Half Marathon at Queens Wharf Hotel, off Wharf Rd Newcastle from 5.30am
- 4. Hunter Valley Orthodontics 2K4Kids at Queens Wharf Hotel, off Wharf Rd Newcastle. from 8.30am

Timing Chips and Bibs

Timing chips will be attached to your race bib number. They are separate. The bib should be attached with supplied pins to your shirt on the chest. You must unpack the timing chip and wear it on your shoe. (connected with the shoe lace. See diagram below) If you do not have laces please ask for a cable tie at the registration table. If you have no shoe, then we have some multi-sport chips for your ankle. Please let us know in advance. Note NO chip = no race time. They need to register over the blue mats at the finish.

Running Chip Installation

Tie into shoe lace or attach via cable tie











Welcome Newcastle Flyers to the NewRun team - Check them out!



Providing a fun, friendly environment for Newcastle runners to achieve personal bests and celebrate each other's successes

www.newcastleflyers.org.au www.facebook.com/newcastleflyers

Getting to your start on Race Day - Buses

The finish for all events is Market St Lawns opposite Queens Wharf on the Foreshore, off Wharf Rd Newcastle. We are only running buses from the Harbour Foreshore to the 10km start from 6.30am to 7.45am **ONLY**. Therefore if you wish to hang around and enjoy the atmosphere after the race, you should park in the CBD and catch one of these buses. Note there are three buses who will shuttle during this time and the last bus will leave at 7.45am. Pick up is in Watt St next to Customs House, just near the Harbour and next to old Newcastle Station.

Half Marathon, 5km and Hunter Orthodontics 2k4Kids

Race Day Parking

You will be able to park in the Nobby's or Horseshoe car park until 6.30am however must enter via from Scott St and Nobbys Rd. Note you will not get out of this parking area until the whole event is over after 11.00am. If you need to exit before that time then park in the CBD area. DO NOT PARK IN WHARF Rd east past Argyle St. Roads will be closed from 5.30am and you will need to use Hunter St or Scott St to access the compound. Please do not park in NO PARKING ZONES and be aware of Sunday parking limits.

Left Bag Security / transport

For 10km competitors a 'left baggage' truck will be available on Sunday at the race start and gear will be transported to the finish line. A secure bag area will be provided at the registration area for the Half Marathon, 5km and 2km events.

Drink Stations

There are drink stations at 2.2, 4.5, 6.5, 7.5km on the 10km course. Note the old Newcastle Beach station has been taken out, opting for more stations at the end of the course. There will be water and gatorade on all stations. There are stations at the end of the event.

Half Marathon Finisher Medals

Given the length of the event, we offer finisher medals for the half marathon. We also reward our 2k4Kids competitors with medals. If you miss getting yours at the finish line exit, they can be collected at the admin tent after the race. You will need your race bib. There are age category medals for 1,2,3 for all running events.

First aid

We have a professional paramedical team on hand at this event including mobile units around the course.

Toilets

There are toilets at the start/finish and also King Edward Park and Nobbys. You must leave and enter the course at the same point when using the toilets.

Presentation of Prizes

Will be approx 11.00am at Queen Wharf.

Running and Surf Clubs on the JOB

With the event running straight past most of the cities Surf Life Saving Clubs, you will be glad to know that Nobbys and Cooks Hill Surf Life Saving Clubs are using the event to raise funds for their clubs. Give them a smile as you run past or take a drink from one of the nippers and senior club members helping their clubs raise funds to keep us safe on city beaches. Our friends at the 530 runners, Night Striders and Newcastle Flyers running groups are also on the job at the King Edward Park and new western drink station near Queens Wharf. It will be a blur of red as you hit the drink stations. Thanks to all our friends in the running community.

Hope to see you on race day.

Paul and Hanne Humphreys and the H Events Team