



REGISTRATION

Registration dates

Registrations open Friday 8th March 2019

Registrations close Midnight Sunday 21st July 2019

Registration fees

Early Bird (before midnight 31st May)	\$49.95
General	\$56.95

Registration for Children

Children under the age of 13 can enter for free provided that they are running with a paying adult. There is an option on the online registration form for this type of entry. Children who enter as a free entry will receive a timing bib and their times will be registered however they will not receive a free singlet.

Children under the age of 13 must be accompanied by a parent or guardian (who will be identified during the registration process) at all times during the event.

Children over 13 but under 18 can run in the event without an adult but with the express permission of a parent or guardian (this will be confirmed during the registration process)

Entries on the day

Sorry but there will be no registrations on the day. Please make sure that you have registered prior to 23rd July.

How do I register?

Registrations are all online through the Mountain to Mountain website - www.m2mchallenge.com.au

What is included in my registration?

Registration includes :

- Timing bib
- Transport of clothing to finish line
- Pocket poncho (if it rains)
- Water and snack on route
- Water and fruit at finish
- Free shuttle from finish to start
- Singlet (for first 600 entrants)
- Transport to Short Course start (for short course participants)

Event date and times

The event will be held on Sunday July 28th 2019

The event start time is 8.30am from Edmund Rice College (112 Mount Keira Road, West Wollongong)

EVENT DETAILS

We are asking all participants to be at the marshalling area no later than 7.30am. This is so that we can give you important event information and allow you time to warm up before the start.

Short Course Participants

Short course participants should also gather at the marshalling area where you will be directed to busses that will transport you to the short course start.

Race bibs and timing

The event will be a shotgun start. Each participant will have a timing bib with dual timing chips which will record time across the finish line.

It is very important that you wear your allocated race bib otherwise the published results will not show your name against your actual time.

The timing chips are attached to the race bibs and must be securely attached and visible at all times. Bibs should be located on the front of your shirt.

Note that bibs for short course participants will be a different color to full course participants. This enables us to check that no one "accidentally" starts at the wrong place which might give them a better time than might otherwise be expected.

Event pack

Event packs will be available for pickup on specified dates closer to the event. We will notify you by email when these dates will be. You can also have your pack mailed to you for \$13.00 (you can choose this option when you register).

Results

Full results will be published in the Illawarra Mercury on Monday 29th July.

We will also be uploading all times as well as age placings to the "Race Result" website as soon as possible after the event. We will email a link to all participants and will have the link on the M2M Challenge website.

Starting protocols

General Information / Frequently Asked Questions



We want our serious runners to be able to set their best time so there will be 2 start zones. We will be asking competitive runners to self-seed to the front of the start line to the sectioned off 'Runners Start Zone'. Please be mindful of your capabilities and allow those wishing to set fast times to seed to the front. Walkers and non-competitive runners will gather behind the 'Runners Start Zone' and will join the back of the running pack once all the competitive runners are in place a few minutes before the start.

Event duration

The course can be walked at a moderate pace in 3 hours. If you take it slow and stop for a break at Robertson's lookout, you should finish the course in 4 hours. Our serious runners will be attempting to go below the 1 hour mark. At all times, however, please be mindful of your own personal fitness levels and run/walk within your capabilities. If you feel that you are unable to complete the course due to illness or injury, notify one of our event marshals on the route and they will be able to assist.

Safety

The course is run on sealed roads, however, there are slip, trip and fall hazards on the route. We have made every attempt to indicate where these hazards are located and in some circumstances, we have placed event marshals at these locations to ensure you are made aware of the hazards. There are also some areas where the edge of the road is adjacent to a steep drop. While we have identified these locations, please exercise common sense and do not put yourself or others in danger by climbing over or sitting on the road guardrails or moving close to steep drops.

Pram and baby carriers

For safety reasons, under no circumstances will we allow strollers, prams, baby backpacks or baby carriers to be used during the event.

First Aid

For minor cuts and scrapes, the event marshals can assist. For more serious injuries, locate an event marshal who will call for assistance or call the first aid number indicated on the "kilometres to go" signs located every 1 km on the route. For life threatening situations, call "000" and contact one of our event marshals or call the first aid number. We will have trained first aid staff with defibrillators located at Robertson's Lookout and at the finish line and on motorbikes during the

event. There will also be mobile first aid personnel on motorbikes as well as a fully trained mobile paramedic.

Hydration

While this is a winter event, you can still become dehydrated. There will be water stations at approximately 3 km intervals along the route, however, we encourage you to bring along a water bottle and manage your own hydration. There will be bottled water at Robertson's Lookout and at the finish line. It is important that you manage your own hydration throughout the event.

Recovery

Water and fruit will be available for all participants at the finish line. First aid will be on hand as well.

What to wear

You will need to take note of the conditions forecast for the day and dress accordingly. Note that you will be running at elevations of 450 metres above sea level. Temperatures can drop up to 1 degree for every 100 metres of elevation and wind chill can also factor into the temperatures you will experience. All participants will be issued with a plastic poncho at the start area in the event of rain.

Clothing and personal items

Participants can choose to have their personal items transported from the start area to the finish area. Your timing bib has a tear off number. We will give you a clear plastic bag and cable tie to allow you to affix the number and seal the bag. These bags will be available at the finish line and will only be released to the corresponding bib number. All care will be taken, but no responsibility for lost or damaged goods. Valuable items should not be placed in the bags.

Food and beverages

Drinks and snacks for participants will be available at Robertson's Lookout (the halfway point). Water and fruit will

FAQ's

be available at the finish line for participants. The finish line is adjacent to Kembla Heights Bowling Club which will have several food options available on the day. A coffee van will be available for those who need a fix at both the start and finish lines.

General Information / Frequently Asked Questions



I want to get dropped off near the starting line – will the road closures make this difficult?

Due to road closures, we believe the best drop off point will be at the end of Poulter Street or Kiera Mine Road. You can walk through the school to the start marshalling area from these points.

Where can I park near the starting line?

Please make sure you allow yourself plenty of time to get from your car to the start marshalling area. Note that there are over 1500 competitors so you may have to park a short distance away – you will need to allow yourself time to find a parking space. Please refer to the parking map in your event pack.

Will there be parking near the finish line?

Parking near the finish line is limited to volunteers and officials. Parking is available on Cordeaux Road just below Dendrobium Mine to Cudgee Crescent. The road will be closed above Dendrobium Mine to allow people parking below the mine to safely walk to the finish area. Parking shuttle busses will operate from Cudgee Crescent to the finish line area.

I am thinking of dropping my car off at Kembla Heights before the event – is that a good idea?

There will be many areas in Kembla Heights that will be cordoned off for the running of the event. It would be unfortunate and embarrassing if you parked your car in an area that was to be used for the running of the M2M Challenge and this caused us to have to rearrange the finish and marshalling areas. You can be sure that if this occurs, we will make every attempt to highlight and embarrass the owners of any offending vehicles. Please don't take the risk – use the return shuttle service or have a friend pick you up.

How do I get back to the starting line?

Three shuttle busses will run from the finish line back to Edmund Rice College from 10am until around 2.30pm. Note that dogs will not be permitted on the shuttle busses.

With so many people in the event, won't there be problems getting us all back to the start on the free buses?

At times there may be a queue for the return buses but we hope that everyone will show a great deal of patience on the day as we work to get everyone back to the start line.

What will be happening at the marshalling area prior to the start of the event?

There are a few formalities to be completed including a safety briefing, event instructions and a warm up session with our Fitness Sponsor – Chodat Fitness.

Are there toilets at the starting line?

Yes – there will be toilets at the starting line marshalling area.

Where are the toilets on the course?

There are toilets at the start, middle (7km) and end of the course.

My friends and family want to see me finish – can they cheer me on at the finish line?

They certainly can – we would love to see them there. See “will there be parking at the finish line” for more details.

Will there be food and drink at the finish line?

While they are waiting for you at the finish line they can grab a drink or meal from the Kembla Heights Bowling Club or at one of the coffee vans located near the finish line.

Will there be presentations for the winners?

Yes. At approximately 10.00am we will be presenting the event winners with their prizes. Other category winners will be announced later in the morning.

What if I can't make it to the finish?

We will have transport available for those not able to complete the course because they are injured or unwell. If you find you are unable to continue, notify one of our marshals who will ensure that you are picked up. Our bus will sweep the route from the rear to pick up those not able to complete the course. Participants unable to complete the course will be taken to either the start or the finish at our discretion.

Will there be cars on the course?

No, other than service and emergency vehicles. The entire course will be closed to traffic from 7.30am until the completion of the event. The roads will be progressively reopened as the last walker moves past.

Will we be running on any dirt/bush trails?

No. We will be running on sealed roads, however, some sections of road can be rough or slippery. We have made every effort to identify hazards with signage and place marshals in high hazard areas, however, all participants need to take care to run/walk according to the prevailing conditions.

General Information / Frequently Asked Questions



I woke up and it's raining – will the M2M Challenge still be on?

Absolutely – you did register for a challenge! We will provide ponchos for all participants. These will be available at the starting area.

What if the M2M Challenge is called off – how will I find out?

The event will take place even under moderately adverse conditions. In the event of very high winds or lightning, the organisers will make a decision on whether the event will progress. You will be notified by SMS (to the mobile number given during registration. Note that in the event that the challenge is cancelled, there are no refunds. We will reschedule the challenge for another time and advise you accordingly.

I've lost my timing bib – can I get another one?

We understand that sometimes things get lost. We will try and help if we can by providing you with a new number (if we have any remaining – these are limited) but please note that this does cost money and takes away from the funds that we are trying to raise. If you have lost your number, please go to the registration pickup desk and they will try to assist.

My friend wants to participate as well – can they register on the day?

Unfortunately, we won't be allowing any registrations on the day – for safety reasons we need to fix our participant numbers five days before the event.

My entry said it included a drink and snack – where do I get this?

Your drink and snack will be distributed at Robertson's Lookout (halfway). Fruit and water will also be available at the finish line.

I really need coffee – will I be able to get some?

Yep – we know the feeling. In case you need an early morning kick there will be a chance to buy coffee at the start area. There will also be coffee at the finish line.

I have not picked up my event pack yet – can I get this on the day?

Sunday will be a busy time and we would prefer that we are not having to distribute registration packs on the day. If you absolutely can't get your pack before the event, please download the event safety instructions and parking map from the M2M Website and plan to turn up at 7.20am to allow yourself time to pick up your timing bib.

I have raised money through sponsorship – what will this money be used for?

All the money raised from the M2M Challenge will be used by Greenacres to ease the challenge for people living with disability in the Illawarra. Thank you so much for your generous support.

Some of my friends and family still want to sponsor my run – can they still give after the event?

Absolutely – they can go to m2mchallenge.com.au and donate for at least a month after the event finishes.

What about the view – are there any great vantage points?

The Illawarra escarpment is unique and offers amazing views and vistas of the coastal plain. Along the route you will find many great opportunities to see the best of the Illawarra towards the coast but don't forget to look the other way! Nestled into the escarpment you will see fantastic pockets of rainforest and hidden waterfalls – take the time to enjoy them.

What about wildlife?

The escarpment is alive with wildlife. You could see lyrebirds, bush turkeys, a wide range of parrot species, wombats, wallabies and a host of other fauna. You should also be aware that being Australian bush – there will be ticks and leeches. Make sure you check yourself at the finish line for any of these "passengers" that may have hitched a ride.

I've taken some great photos – what hashtag should I use?

We are hoping there will be lots of photos on social media with the hashtag - #m2mchallenge

I saw official photographers taking photos – can I get a copy?

We will be attempting to take images of all participants crossing the finish line as well as having many candid shots taken during the event. These will all be available online for free a couple of days after the event. We will email the link to participants after the event.

On behalf of everyone at Greenacres, thank you for registering to be a part of the 2019 Mountain to Mountain Challenge.