

Twilight Trail Run for Shake It Up

Saturday 1st March @ 4pm

So the time has come, only 3 days left till the Twilight Trail Run for Shake It Up!

We would like to say a massive THANKYOU for entering (or volunteering), and supporting us ahead of Shane's epic Tassie Traverse.

So add the finishing touches to your 80's outfit and start your carb loading ahead of what promises to be an awesome day!

Here's some info you may like to check out ahead of the big day!

Can't wait to see you there!

Cheers

Shane and Richelle

www.thultralife.com.au



***Twilight
Trail Run for
Shake It Up***



Race Times

- 4pm to 4.30pm – Race Registration
 - Please come to the registration table to get your name ticked off, pick up your coloured wristband, have your start time written on your wristband and collect your show bag.
- 4.30pm – Race Briefing
- 4.45pm – 5.30pm – 5km and 10km runners will start.
 - The slowest runners/walkers will start first, with the faster runners/walkers starting later. We will write your start time on your wristband when you register. It is up to you to start at your allocated time to make the race fair for all!
- 5.45pm – 6.15pm – All runners should finish around this time
- 6.30pm (or after last runner finishes) – Presentations and raffle draw
- 8.30pm – Park gates close

Fun Stuff

Prizes

There will be prizes for the male and female winners of the 5km and 10km event. There will also be prizes for best dressed male and female. So don your best 80's gear, and in case you are wondering, YES, you need to run in your outfit!!!

Raffle

Please be sure raid your piggy bank for your chance to win one of our great prizes in our raffle. All proceeds to Shake It Up.

Prizes include:

2 x Farm Fresh Fruit and Veggie boxes from Kelly Bros Farm to You, valued at \$42

\$50 Everything Wagyu voucher, Tender and Tasty Wagyu meat direct from their Cohuna Farm to you

2 x She Science sports bra gift packs

2 x Clif Bar sports nutrition packs

Infinet Nutrition packs

Fudge

Olivia Ferraro will be donating her world famous fudge. For a small donation, you can experience why this stuff is so unbelievable.....but get in quick, before Shane buys the whole lot!

Snags in Bread and Drinks for sale

Thanks to the kind donation from Woolworths in Ferntree Gully, we will be firing up the BBQ, and cooking up some snags in bread. \$2 a snag....all of it donated!

There will be coke and coke zero, Gatorade and water for sale at the event. All proceeds to Shake It Up.

Picnic

Feel free to bring the family and a picnic, and hang around after the race. Its a beautiful setting, with some tables and chairs, however you may want to bring something to sit on just in case. Gates to the park close at 8.30pm.

Practical Stuff

Drinks on course

There will be no drinks supplied on course, so please ensure you carry your own water if you need it. Water bottles will be available to purchase at the start area.

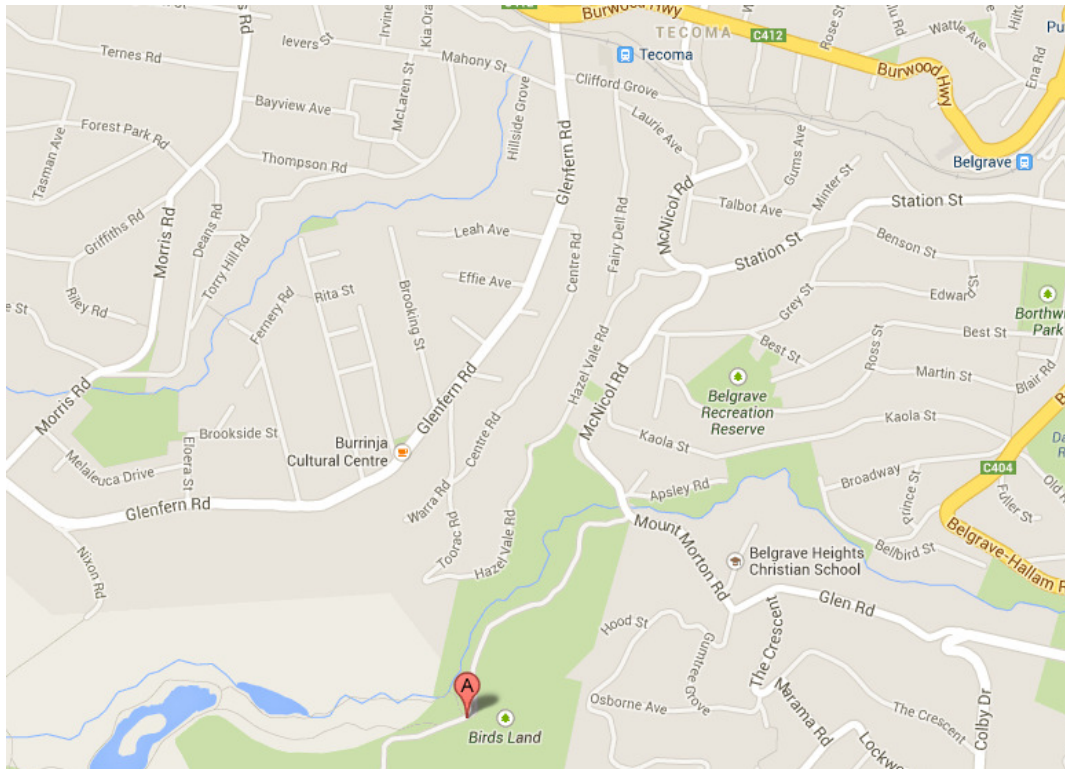
Electrolytes will also be available at the finish line, thanks to our sponsors, Infnit Nutrition.

Location

Birds Land Reserve, Mt Morton Rd, Belgrave. Note the park entrance from Mt Morton Rd isn't very clear – just look out for the balloons marking the entrance!

Parking will be tight, so please park sensibly, and close to other vehicles. There is additional parking through the gate from the main carpark, up the hill to the education centre. It is approx. 300m walk back to the start area. Please do not block any access points if parking up here.

Alternatively you can catch the train to Tecoma train station, on the Belgrave line, which is 2.5km from the venue.



<http://goo.gl/maps/73Twc>

Frequently Asked Questions

Can I walk instead of run?

Of course you can! However due to time restrictions, we ask that all walkers do the 5km course.

How does the handicapping work?

Have you ever dreamed of standing on the podium, but in reality, you know you will always be a middle or back of the packer? Well dream no more, this is your time to shine! Put simply, faster runners start after slower runners, kind of like giving the slower runners a head start.

Here's an example:

Blake's best 10km on the flat might be 35 mins

Shane's best 10km on the flat might be 40 mins

Richelle's best 10km on the flat might be 65 mins

During this race, if we are aiming for a 6pm finish, here's the start times:

Blake's start time: 5.25pm

Shane's start time: 5.20pm

Richelle's start time: 4.55pm

How much of my entry fee goes to Shake It Up?

We managed to obtain all of our permissions without cost, as such, your whole entry fee (less the booking fee) will go to Shake It Up!

Refunds and Changes

Name and distance changes are permitted on the day, just get there a few mins early

If you can't make it, unfortunately refunds are not available. Consider it your donation to Shake It Up!

Can children enter the event?

Due to insurance restrictions, all competitors must be over 18. Kids however are welcome to come along for a picnic, cheer everyone else on, and dress up of course!

What happens on a day of Total Fire Ban, or Code Red?

If the 1st of March 2014 is declared a Total Fire Ban, or a Code Red bushfire day, the race will be postponed until a later date (to be determined). Participants will receive an email the night before the race if this is the case.

So far the weather's looking to be about 25 degrees – PERFECT running conditions!

Volunteers

Many thanks to everyone who has offered to volunteer. Without these awesome people, we couldn't get everyone registered, photographed, marshal the course, sell raffle tickets or cook snags on the BBQ. Thankyou! Also a big thanks to all who have offered to help with equipment too, we couldn't do it without you!! If we could please ask volunteers to arrive around 3.30pm, it would be really helpful!

How do I contact the organisers?

Contact Shane and Richelle via email at: theultralifeevents@gmail.com, or call Richelle on 0402 936 397.