



BROOKS
Goondalup
RUNNING FESTIVAL
HALF MARATHON, 10KM & 5KM
Runner's
Guide



Beneficiary



Phone: 9472 4833 Email: wamc@wamc.org.au Web: www.wamc.org.au



WELCOME

Welcome to the official event guide for the 2024 Brooks Joondalup Running Festival! This guide has been carefully curated to provide you with all the essential information you need for an extraordinary event weekend.

RACE START TIMES

07:00am - Half Marathon (Yellow bib)

07:04am - 10km (Red Bib)

07:08am - 5km (Blue bib)

BIB COLLECTION

Saturday, 25 May - WAMC Clubrooms

10:00am – 12:00pm

We strongly advise race bibs are collected at Saturday bib collection. Don't risk a chaotic morning scramble—if you are unable to collect Saturday arrange someone to collect it on your behalf!

Sunday, 26 May - Neil Hawkins Park, Joondalup

6:00am – 6:45am



REGISTRATIONS

Online registrations close 12:00noon, Thursday, 23 May

For family members and friends who don't want to miss out on the awesome experience of the Brooks Joondalup Running Festival... it's not too late! **Late registrations will be taken on Saturday at bib collection at the WAMC only, unless sold out prior.** All late entries will have an additional \$10.00 late entry fee added, so we strongly recommend registering as soon as possible.

DISTANCE CHANGES

If you wish to change the distance you have entered, please notify WAMC office **before 12:00noon, Thursday, 23 May** to allow sufficient time for processing.

DRINK STATIONS

There are five drink stations on the course for the half marathon manned by our wonderful WAMC volunteers. Refer to the course maps for drink station locations.

KODA electrolyte drink will be available at 3 drink stations - located near Drivers Pl, Church St & Ocean Reef Rd.

Thirst is a poor indicator of fluid replacement needs, drink regularly and before you become thirsty. Even if the day is cool, the wind can dehydrate you by as much as 25%. Continue to drink after the run to replace the fluid loss.



HALF MARATHON FINISHER TEES

The first 500 Half Marathon participants who collect their bib will receive a free tee. Wear it with pride on race day!

FINISHER MEDALS

All participants in the Half Marathon, 10km & 5km will receive a finisher medal as they cross the line on event day.



BAG DROP

A bag drop area will be set up near the event start area. Whilst we will keep an eye out on the day, you leave your items there at your own risk.

TOILETS

Toilets are located in close proximity to the event hub. There are also public toilets along the course at the Rotary Park Playground area.

KILOMETRE MARKERS

To ensure you don't miss any of the kilometer markers, KM signs will be placed along the course so you can track your distance.

HALF MARATHON PACERS

Unleash your potential with expert guidance: Meet our pace team for the 2024 Brooks Joondalup Half Marathon!

Get ready to achieve your personal best as we proudly present our talented and experienced pacers for the upcoming Joondalup Half Marathon. These dedicated athletes are here to support you every step of the way, ensuring you stay on track to reach your desired finish time.

Joining us for this incredible event, we have:

1:30 Pace: Carl Harrison and Adam Loughnan will guide you to conquer the course with his expert pacing skills.

1:45 Pace: Trust the seasoned runners, Ryan Borgogno and Gary Langham, as they lead you towards achieving your target time.

2:00 Pace: Experience the perfect pacing of Nicholas See and Claire Franklin, who will help you maintain a steady rhythm throughout the race.

2:15 Pace: Stay motivated with the incredible support of Sk Wong and Tina Milambo as they guide you towards crossing the finish line in style.

Whether you're aiming for a new personal record or simply looking for a consistent pace to enhance your race experience, our pacers are here to inspire and guide you to success. Don't miss this invaluable opportunity to run alongside these accomplished individuals and make your half marathon journey one to remember!

Note: Pace groups may be subject to change. Please check the final race day schedule for any updates.

FIRST AID

For your safety and well-being, the team from Perth Medic will be stationed at the finish line, ensuring immediate assistance in case of any medical emergencies.

If you find yourself in need of first aid during the race, simply notify a nearby drink station attendant or course marshal. They will promptly contact the necessary medical personnel to ensure you receive the assistance you need.

CAHOOTS – Event beneficiary

Cahoots is a WA charity who provides inclusive opportunities for young people facing exceptional challenges or living with a disability, to help them gain life skills to live their best life.

Cahoots empower young people by providing a range of social, cultural, and recreational camps and programs that build self-confidence and connection and support families with much needed respite. By volunteering or donating, you can show your care! Visit www.cahoots.org.au to get involved.

CAHOOTS
camps & adventures
for all abilities

VOLUNTEERS

We are extremely grateful to all our volunteers who have donated their time to help make the Books Joondalup Running Festival the event that it is, please be friendly and courteous to our volunteers, as they will be to you.

In the spirit of camaraderie and appreciation, we kindly request all participants to extend friendliness and courtesy towards our remarkable volunteers, as they will undoubtedly show the same warmth and assistance to you throughout the festival.

Spotting our exceptional volunteers is a breeze! Look out for the vibrant orange WAMC Volunteer shirts they proudly wear, serving as beacons of assistance and guidance.



PRESENTATIONS

The presentation will be held at the Finish Area from 9:20am

21.1km

- First three males and female finishers
- First male and female receive a \$250 Brooks Voucher

10km

- First three males and female finishers
- First male and female receive a \$150 Brooks Voucher
- First male and female under 16

5km

- First three males and female finishers
- First male and female receive a \$100 Brooks Voucher
- First male and female under 16

DRAW PRIZES

After your run stay for your chance to win some great draw prizes! Place your bib tag in the entry box located near the stage **after your run**, hold on to your race bib and be present at the presentations to be eligible to win.

Draw prizes include:

- 1 x PeakMe Steam Sauna Pod (valued \$649)
- 1 x Shokz Headphones (valued at \$219)
- 3 x PeakMe Focus Ice Bath Bundles (valued \$149 ea)
- 3 x Sunwise Packs
- 1 x Fast Ferry Family Day Return to Rottnest Island + Love Local Merchandise Bundle!
- 2 x WAMC Packs incl KODA Energy Gels

Plus, Spot Prizes of PeakMe Gym Towels



VALUE CREATORS

Value Creators brings entrepreneurs, innovators, founders, and game changers together to help them think, create, activate, and commercialise. No matter where they are at, from an idea to a start-up or mature business, Value Creators gets them focused on what's next and how to get there. All this requires a confident launch into new horizons and that is exactly what Value Creators does.



BROOKS

Visit the Brooks display tent where our friends from Brooks will be showcasing new range samples!



FREE POST RUN PLUNGE

Dive into a world where mind, body, and soul alignment is achieved! Plunge into an Ice Bath after your run! Plus, go into the draw to win one of 3 Ice Baths (RRP \$149 each) and Steam Sauna Pod (RRP \$649). Listen out for details on the day.



CAFFEINE HIT

Emily from Melbourne Ground Coffee Van will be on site for your pre-race caffeine hit from 6:00am.

PHOTOS BY FAZE

Put on your best running face! Rourke from Faze Photography will be on site to capture you at your best!

FREE FACE PAINTING

Simone and Sera from Fantasy Faces will be on hand to create some fun transformations from 7:00am!

SUNWISE

Visit Pete at the Sunwise tent and pick up some of the latest sunglasses and running apparel!

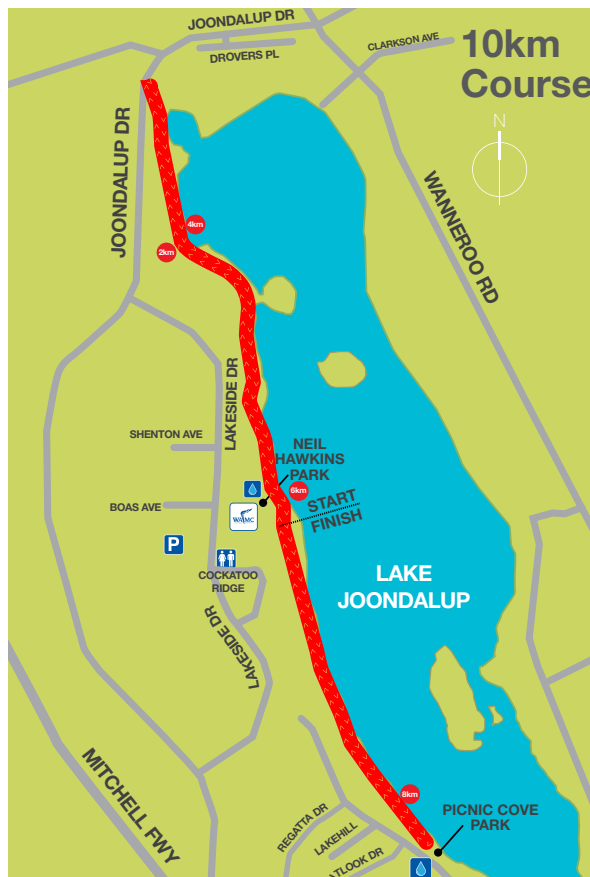
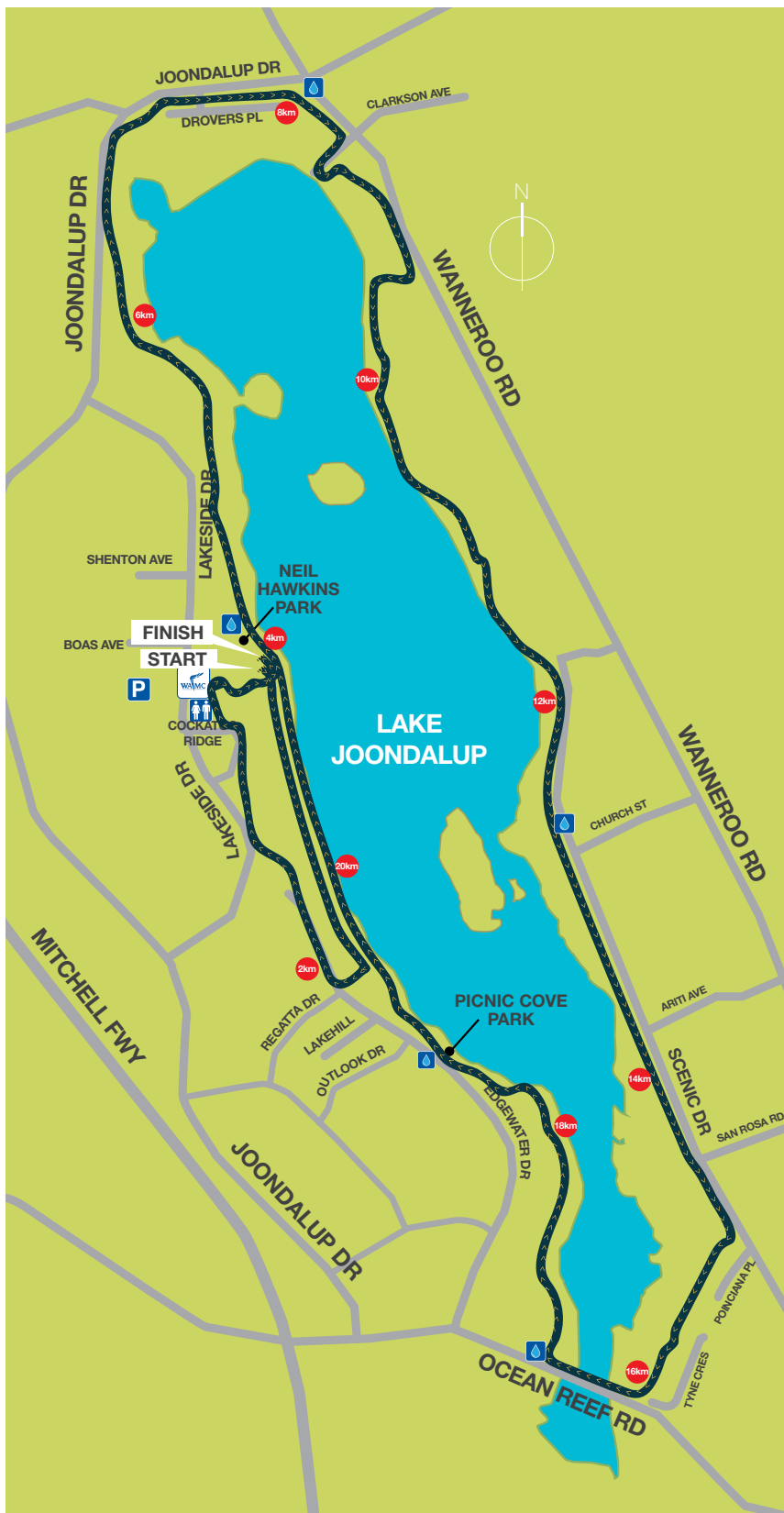
POST RUN REFRESHMENTS

Indulge in some delicious, well deserved post-race treats and the famous WAMC punch!



COURSE MAP JOONDALUP RUNNING FESTIVAL

21.1km, 10km & 5km



LEGEND

>>>> 21.1km
 >>>> 10km
 >>>> 5km
 TOILETS

REGISTRATION
 P PARKING
 DRINK STATION