



Time limits

Cut-off times will apply to ensure that roads are reopened at the required times. Participants failing to reach designated points by the specified times, will either be picked up by a bus that will follow participants and transport them to Gloucester Park (event Finish Line) or be moved on to footpaths.

To assist us in ensuring that you meet the required time limits please arrive on time to the event – it is also important to note that if you arrive late you may not be allowed to start.

Your participant bib

Your participant bib is your race ID. Your participant bib must be worn on your front, pinned in each corner and clearly visible at all times. Please complete your medical information on the reverse side. One timing chip is attached to the back of your bib. Please do not tamper, bend, or cut the timing chip or bib. You are not required to return your participant bib or timing chip.

Different coloured bibs correspond to the starting group and make it easier to identify your start location. Please start in the start area assigned to your bib.

Bag drop

A bag compound area will operate in Forrest Place on event day only. The bag compound opens at 5.45am.

Please note: Bags left at this location will **NOT** be transported to the finish line. They will be available for collection from the same location until 12noon on event day for those returning to the city from the Finish Line at Gloucester Park.

Alternatively you can drop your bag at the HBF Event Centre between Thursday 25 and Saturday 27 May. Your bag will be transported to the Finish Line ready for collection.

While event organisers will do everything in their power to take care of your belongings, they accept no responsibility for their safety. Please **DO NOT** put any money or valuables in your bag.



Reason Village

Reflect on your achievements and say hi to some of the charities and partners at the Finish Line.

Refuel Zone at Gloucester Park

Leave your money at home and pre-purchase your breakfast online before event day. Collect your takeaway breakfast pack and relax in the Refuel Zone.

Medical

If you are unable to continue at any point along the course, you should seek the assistance of a marshal or volunteer. Your health is important to us, so please do not continue if you feel unwell. First Aid Stations are located at the start line, on course and at the finish line, please check the maps for exact locations. Remember to look out for your fellow participants and if you see someone in trouble give them a hand or let the nearest marshal/aid station know.



Toilets

There are toilets located at the Start area, please check the map for their location. Emergency on-course toilets are located at various point on all courses. Please refer to the course for more information and please be aware that toilets are limited on course due to road closures.

Drink stations

There are drink stations located at the start line, on course and at the finish line. Please check the maps for their exact locations.



Need more information?

Visit hbfrun.com.au or check-out the **HBF Run for a Reason Facebook page**

Visit the **Help Desk at the HBF Event Centre**

Start line:
Information kiosk at Forrest Place

Finish line:
Multiple information kiosks at Gloucester Park



Event week schedule

Thursday 25 7.30am – 6pm
HBF Event Centre, Perth CBD

Friday 26 7.30am – 6pm
HBF Event Centre, Perth CBD

Saturday 27 9am – 4pm
HBF Event Centre, Perth CBD

Sunday 28 5.45am
Bag Drop opens, Forrest Place
8.45am
Ramsay Health Care 4km starts
9.15am
Placegetter & Team Presentations, Gloucester Park
12noon
Bag collection closes, Gloucester Park & Forrest Place

Event information

Ramsay Health Care 4km

Start Time 8.45am – please arrive 45 minutes before your start time

Start Location Cnr William St and Hay St, Perth CBD

Start Groups Please refer to the start map for the location of the various start groups

Cut off Time Participants must reach Gloucester Park by 10.30am

Drink Stations Located at the 2km mark and at the finish line.

Exclusions Bikes, skateboards, roller blades and pets are not permitted on course.



Proudly supported by:

- ### Participant tips
- Night before**
 - Lay out your clothing the night before
 - Write your name and emergency contact details on the back of your participant bib
 - Run morning**
 - Plan your journey to the start line well in advance
 - Start in the wave according to your participant bib
 - Follow the warm-up video at the start line
 - On course**
 - Your health is important to us, so please do not take part if you feel unwell. If you are unable to continue, you should seek the assistance of an event marshal
 - Start the event well hydrated and drink enough throughout and after to recover
 - Keep left, unless overtaking
 - Arrange a meeting point with your friends and family at the finish line at Gloucester Park, we suggest the Meet & Greet Area
 - Thank the volunteers
 - Remember your reason
 - Have fun and enjoy the day!



Official charities

Thank you for helping fundraise for our four feature charities or one of over 170 affiliated WA-health related charities. Remember it's not too late! You can still fundraise or make a personal donation to one of these worthwhile causes. Fundraising closes 30 June. Visit hbfrun.com.au for information on how you can help!



Snap, Tag, Share



Ramsay Health Care
4km
pocket guide

hbf-run
FOR A REASON
Sunday 28 May 2017

hbfrun.com.au

hbf RUN FOR A REASON

Sunday 28 May

Transport

Public transport is the easiest way to get to and from the HBF Run for a Reason. Your entry fee includes free travel on all Transperth services on event day up to 3pm. Show your participant bib to travel at no cost.

Perth Station, Perth Underground & Elizabeth Quay Station are all a short walk to the start line. A special event train timetable will be scheduled to get you into the city and home smoothly. A schedule of services will be available in event week at transperth.wa.gov.au, please contact the Transperth Infoline on 13 62 13.

Bicycle racks

Secure public bike parking is available at the City of Perth's Elder Street Carpark.

Parking

There will be very limited parking in around the Perth CBD due to road closures. If you need to drive in on the day, the City of Perth's Elder Street Carpark has a special rate for participants.

Suggested drop-off and drive areas

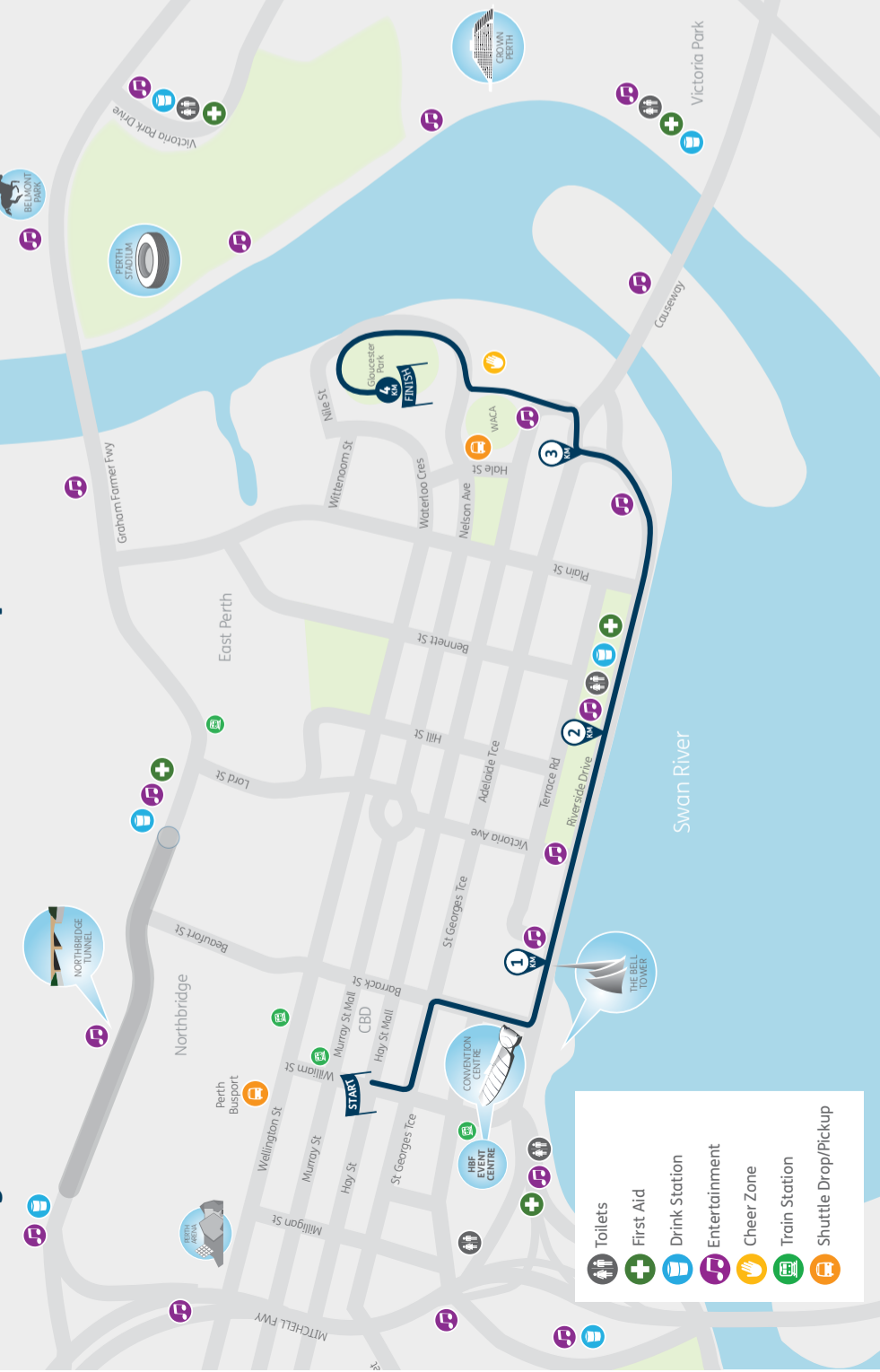
These suggested locations avoid road closures and are within easy walking distance to the start line. These drop off areas are not marshalled so please take care.

Road Closures

Please check hbfrun.com.au for a full list of road closures published in event week.



Ramsay Health Care 4km course map



Start map



Leave it for charity

Why not wear an old jumper or jacket that you no longer require to the start line. All discarded clothing will be collected for charity. Please do not bring garbage bags to keep warm as these are a tripping hazard.

- Ramsay Health Care 4km
- Start time: 8.45am
- Information
- First Aid
- Toilets
- Drink Station
- Train Station
- Shuttle Drop/Pickup



A **spectator shuttle bus service** is available on Event Day for spectators wishing to travel to Gloucester Park to meet family and friends. Buses will depart from the Perth City Busport from 8.30am, please follow signage where dedicated departure points will be clearly marked.

Finish map



Meeting points
We strongly recommend participants arrange a meeting point after the event as you will not be able to wait at the actual finish line. If you choose to meet in the **Meet & Greet Area**, decide in advance at which letter you will reunite. We suggest the first letter of your last name. It's best to be prepared as mobile reception is sometimes limited at the finish line.

Results

Check out your time at Gloucester Park. Results, times and photos will also be available at hbfrun.com.au on Monday 29 May.

Snap & share your #hbfrun fun

WACA