

2022 SUNDAY
19 JUNE

COOKS RIVER FUN RUN



FRESHWATER PARK, STRATHFIELD

IMPORTANT
INFORMATION

THANK YOU FOR REGISTERING FOR THE COOKS RIVER FUN RUN 2022!

The details:

Event day: Sunday 19 June 2022

6.40am On-the-day registrations and bib collection open at Freshwater Park

6.45am Free shuttle bus from Strathfield station commences

8.00am 5km registration closes

8.05am 5km Run/2km Kids Run/5km Walk warm up

8.30am 5km Run start

8.34am 2km Kids Run start

8.35am 5km Walk start

8.40am 10km registration closes

8.45am 10km Run warm up

9.10am 10km Run start

**FREE
SHUTTLE
BUS**

Information for on the day:

- Included in this pack is your race bib with your timing chip attached. Please ensure you bring this race bib with you on the day and ensure it is visible on the **FRONT** of the outer layer of your clothing, prior to your event category starting.
- Warming up is vital to prevent injury and have a good time, so be sure to visit the start line for your warm-up ahead of your race, led by Rise Personal Training and Fitness!
- Help us run to schedule - please ensure you are at the starting line at least 10 minutes prior to your race start time.
- A free baggage drop-off service will be available to all participants on event day at the Bag Drop marquee at Freshwater Park. There is a limit of one bag per person – please secure all items. The bag-drop will be open from 6:40am to 11:10am on event day. **Please note:** This area will be supervised at all times however, the organisers take no responsibility for lost or stolen items.
- Please avoid crowding, practice good hand hygiene and do not attend the event if you are feeling unwell.

Cooks River Fun Run is proud to be supporting Bowel Cancer Australia!

\$5 of every registration will be donated to this vital cause and will help to save lives and improve the health and wellbeing of people living with bowel cancer.



FREQUENTLY ASKED QUESTIONS



How do I find out my result?

Results and certificates will be available to view and download via the results page below, post event
<https://www.multisportaustralia.com.au/races/cooks-river-fun-run-2022>

Are there prizes?

All finishers in all categories will receive a finishers medal and water bottle. There will be a Sydney Water Hydration Station on site for you to fill up your water bottle. The Hydration Station is now installed with touchless sensors to reduce contact, so you simply need to hover your hand over the sensor for water flow.

Where is the start and finish area?

Freshwater Park, corner of Ada Avenue and Wilson Street, Strathfield. A free shuttle bus will operate from Strathfield train station. For more transport information to the park, please visit the transport page on the website.

Do I need to bring anything with me?

- If you registered online and received your race bib in the post, all you need to bring is your bib.
- If you registered online and are collecting your bib on the day, simply turn up to the registration tent and collect your bib by quoting your name or confirmation number on the event guide that will be sent to you during event week. You do not need a receipt.
- Registrations will be available on the day and we accept card payments through EFTPOS. Cash will not be accepted to reduce contact.
- Please wear appropriate clothing and enclosed footwear and limit any valuables you bring to the park.
- Please complete the medical information and emergency contact details section located on the back of your bib.

What time does race bib collection close?

Race bib collection will close strictly 30 minutes before each event commences (8am for the 5km and 8.40am for the 10km). Please arrive with plenty of time, as you will not be able to collect your bib after check-in has closed.

Why does the 5km start before the 10km?

A key consideration when planning the Cooks River Fun Run is the width of the path and the possible congestion. The start times are designed to ensure that there is the least possible congestion on the course at any given time. Thus the 10km event commences after the majority of 5km participants are off the course.

What is my starting group?

The Cooks River Fun Run does not have separate starting groups based on estimated finish times; however runners are strongly encouraged to self-seed. For slower runners, joggers or walkers it is important for safety reasons to start behind the faster runners. Your time will not be affected as the timing chip will only record your time from when you cross the start mats to the finish line mats. This will allow everyone to enjoy the event at their own pace.

Can I run with my child in the 2km Kids Run?

Parents are welcome to supervise their children participating in the run. Parents running with their children in the 2km Kids Run must adhere to directions by race officials and the terms and conditions of the event.

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