



Athlete Race Guide

Sunday 30 July 2023

www.racetheroo.com



Event brought to you
by Caloundra Tri Club

WELCOME

Thank you for entering the Preferred Plaster RACE THE ROO.

The race is a race with a difference, a race that runners of all abilities (from social parkrunners to elite athletes) can enter and enjoy. The objective is to complete as many laps of a 1.1km course ahead of the “ROO”. Everyone starts each lap together with the ROO, everyone gets a minimum rest of 1 minute between laps. All you have to do is finish ahead of the ROO on each lap to stay in the event. Each lap gets progressively faster. Those who can’t stay ahead of the ROO will be eliminated. Winners are the last male and female remaining.

Every entrant receives a quality Race The Roo singlet and medal. Your medal can be engraved for free with your race result. Your race result is the distance in kilometres of the number of complete laps you finish ahead of the Roo.

EVENT DISTANCE

That’s up to your stamina, your speed, and your race strategy!

EVENT TIMETABLE

TIME	ACTIVITY
07:00 AM	Head to the Caloundra Triathlon Club marquee on arrival to register. Please bring your confirmation email with you to registration. You will receive your wrist band with race number and singlet at registration. Registration will be open from 7:00am to 7:45am. On-line registration closes 11.59pm Friday 28th, July. “On the day” cash or card entries accepted if race not sold out beforehand.
07:45 AM	Registration closes
07:55 AM	Race Briefing between Start & Finish arches
8:00 AM	Race start
11 – 11:30 AM	Expected Race conclusion and winner prizes presented



TRAINING PLANS

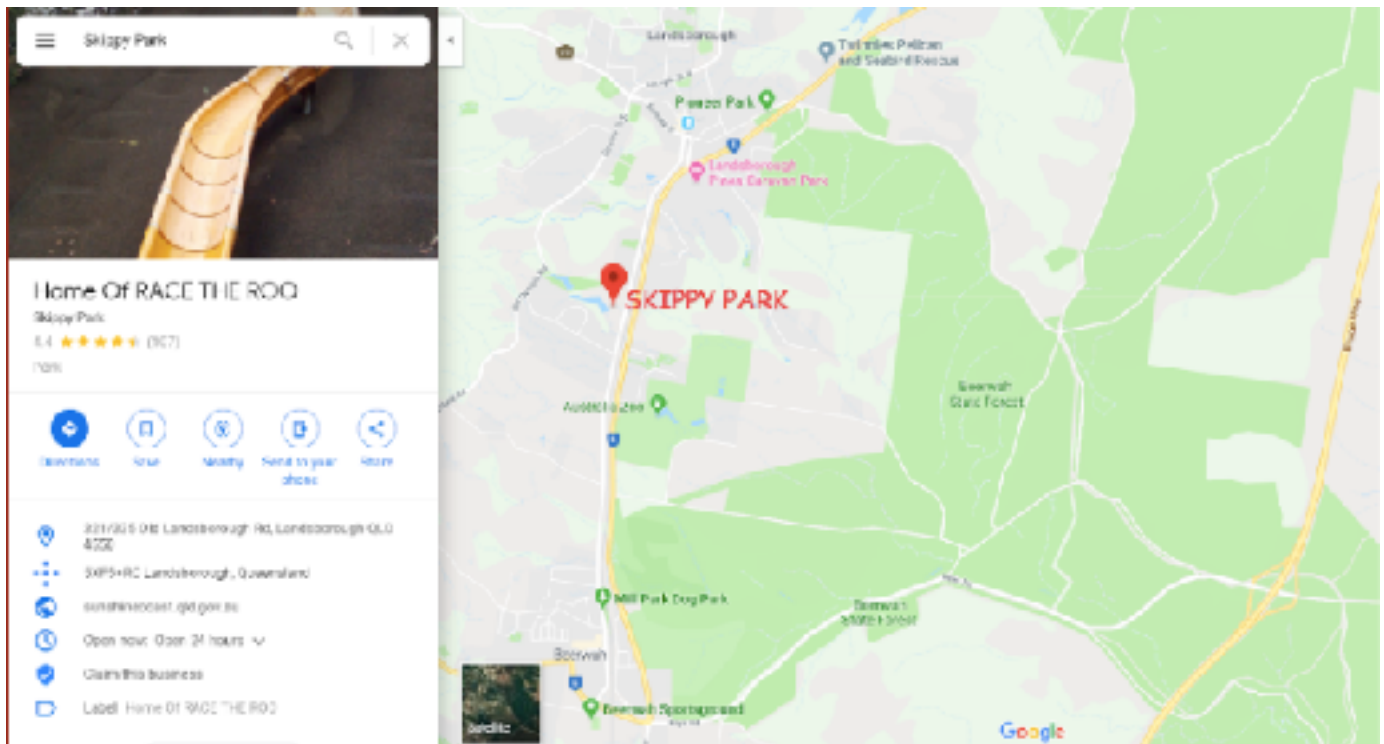
Want to achieve the best result possible? Training plans from Peddlar are available at :- <http://caloundratriathlonclub.com.au/rtr-programs>

GETTING THERE

The race is located in Skippy Park, which is found on the Old Landsborough Rd. Landsborough, halfway between Beerwah and Landsborough townships. It's approximately 4km from either township.

- If travelling by car, please car pool if possible (and if permitted under current COVID guidelines).
- If travelling by public transport, the north coast rail service stops at Landsborough and Beerwah. A bus service runs between Landsborough and Beerwah. Link to plan your trip by public transport is below:- <https://translink.com.au/>

SKIPPY PARK - click on link for Google Maps



PARKING

There is adequate, but not unlimited, parking on site. No parking is permitted on Old Landsborough Rd due to drainage culverts on either side. Overflow parking, if necessary, is available in Plover Crt., at the northern side of Skippy Park. There is an entrance gate from Plover Crt. into Skippy Park.



FACILITIES ON SITE

Toilets, picnic facilities, nature based play gym, 6m wide bitumen criterium track, parking. Probably best summed up by this Google review:-

This park is awesome. Sorry, but there is so much room for activities! A poke stop, a pokemon gym, a giant playground and picnic area, with room for team sports, running, walking. Easy to spend a day here with the kids and not get bored. Easy to spend a few hours here alone to get fit. I love this place.

- **Bean Craving** coffee van will be on-site selling delicious coffees, drinks and snacks.
- The team from **Caloundra Movement Lab Physiotherapy** will be there with their massage table in tow for all your aches and pains.

CLUB & CORPORATE COMPETITIONS

Entrants are welcome to also participate in either the Sporting Club or Corporate/Business Competitions. You can nominate your sporting club **or** corporation/business at registration on Sunday 30th July. Only one club or business can be nominated per participant. See racetheroo.com for more details.

A sporting club should have a recognisable in-person or online presence. The winning club will have accumulated the most completed laps by their nominated athletes.

A corporation/business should have an ABN. Corporate/business teams should consist of 3-5 entrants. The winning corporation/business will be decided by the sum total of laps completed by the top 3 entrants in each team.

PRIZES

\$250 for the winning male and \$250 for the winning female entrant.

Random prizes will occur at times throughout the race and extra prizes are on offer for the Sporting Club Champions and Corporate Champions.

CHILDREN/PRAMS/DOGS

Children over 10 are welcome to enter the race.

Prams may be used, but for safety reasons, please start each lap at the rear of the pack.

Dogs on a lead are welcome in the precinct, but no dogs in the race please.

HYDRATION

Your water bottles should be stored on the tables provided between the Finish and Start arches. Please only handle your own water bottle and maintain social distancing whilst re-hydrating. Further drinking water is available from the tap in the playground and water fountain at the toilet block. Hand sanitiser is available on all tables.



WHAT TO BRING

- Own water bottle - in an effort to reduce waste no plastic cups will be available. Please mark your water bottle appropriately so you know it's yours.
- Any gels or powerdrinks you wish to use.
- Hat/sunscreen/picnic blanket/your best smile
- Your own cheersquad of friends and family

PRESENTATION & PRIZES

Winners prizes will be presented just after expected race finish 11 – 11:30AM.

RESULTS

Results will be posted online as soon as practical (within 24hrs).

COVID PRACTICALITIES

You can be rest assured everyone's safety is important and COVID-19 mitigation measures will be in place.

- Any govt. social distancing guidelines or mask mandates will apply, if applicable at the time
- If you feel unwell with cold/flu-like symptoms on the day please do not attend
- Do not share water bottles
- No spitting and no high fives



THE NITTY GRITTY - RACE RULES

**Objective: Cross the finish line of each lap ahead of the ROO.
Be the last person standing.**

- Each 1.1km lap starts at the Start Arch, proceeds in an anti-clockwise direction to finish at the Finish Arch.
- The ROO will complete laps to a pre-planned steady pace, with each lap being slightly faster than the previous lap.
- Run as fast or slow as you like, but you must pass under the Finish Arch in front of the ROO to stay in the race.
- Do not leave the bitumen path to take a shortcut.
- In the run to the finish, there is a "CLEAR LANE" on the right hand side for the ROO marked by orange cones. Please keep left of that lane.
- Minimum 1 minute break between laps.
- Rehydrate & refresh yourself in that break.
- You cannot start the next lap until the starter says "go" for that lap. You must start the next lap with the ROO. The ROO will be in its start box on the right hand side.
- Your race result is the distance in kilometres of the number of complete laps you finish ahead of the Roo.
- There will be a 5 minute toilet break after approx. 90 minutes of the race.

IN-RACE NOTIFICATIONS

- When the ROO crosses the finish line, a bell will be rung, indicating 1 minute to the start of the next lap.
- 15 seconds before start, a bell will be rung to let you know to ready yourself at the start line.
- Start will be a whistle from the starter at the Start Arch.

ELIMINATION

You are eliminated if you:-

- Don't complete the lap ahead of the ROO.
- Choose not to start the next lap, even if not eliminated to that point.
- Skip a lap.

If eliminated, please proceed to the Caloundra Triathlon Club marquee with your wristband where you will receive your medal and have it engraved.



RACE WINNER

The race winners are the last male & female entrants yet to be eliminated by the ROO.

In the event:-

- The ROO eliminates all remaining female competitors on a lap, the female winner is the first female through the Finish Arch on that lap.
- The ROO eliminates all remaining male competitors on a lap, the male winner is the first male through the Finish Arch on that lap
- The race time exceeds our event approval time, a last lap will be called, and the winners will be the first male and female through the Finish Arch on the last lap.
- The Race Official's decisions are final.

RACE ENVIRONMENT

- We do NOT have exclusive use of the track, so you may encounter walkers, bicycles, roller bladers, other runners.
- Please keep to the left, be courteous & respectful to other park users.
- Please use the existing toilet facilities at the clubhouse. Do not use a bush in the park.
- If you need to use the toilet during the race, use your break between laps (run fast to get ahead so that you will be ready to start again on the starter's whistle!), or use the break at 90 minutes.

[See full conditions of entry here.](#)



SPONSORS

Thank you for the support of main sponsor Preferred Plaster.

And thank you to Peddlar for the training plans and the Roo eBike, Caloundra Movement Lab



Physiotherapy for their massage service, Twenty-2 Personal Training Studio and many others, for their generous prize donations.



Please support these local businesses without whom community events cannot take place.

