

“The Summit” Half Marathon – 4 July, 2010

THIS IS A CLUB RUN EVENT AND NEEDS YOUR ASSISTANCE, if your aren't going to Run then if you are going to watch we need your help as a volunteer.

It's time to get your entry's in for this year's race.

After the success of the inaugural summit run in 2009, this year's event will be bigger than ever (figuratively speaking- as I don't think anyone wants the hill to be made any bigger!)

This handicapped race starts from Newton, heads up Montacute and on to Norton Summit. In order to ensure it is the full 21.1kms there will be a slight deviation down and then back up the Cork Screw !! The run will be on the road but we will be erecting “Runners Ahead” signs and using support vehicles to make traffic aware. Last year there were very few cars, other than the multitude of Lakers support vehicles around.

A small team of wise people will allocate handicaps, based very limited information, with the slowest runner off at 8am and the fastest off “scratch” some time later. There will be a handicap winner and an overall (fastest time) winner.

Please note that complaints about handicaps will be treated with total disdain so don't bother!!!

The event will take place no matter what the weather conditions. In fact last year was cold and wet and it only added to the event! Naturally you will need to ensure that you bring sufficient clothing.

The details are as follows:

- **Event:** Half Marathon from Newton to Norton Summit with the 21.1km balance being made up with a short trip down the Cork Screw.
- **Course:** See maps for details. Starts at the cnr of Montacute Rd and Anderson Crt in Newton
- **Eligibility:** Restricted to **Laker members only** – event has been sanctioned by Triathlon Australia as a “Club member only” event. Lakers members who are also members of TA have the TA insurance coverage. This should go online for renewals on July 1st 2010 or to sign up as a member you should be able to do this on the day or check the website.
- **Name of Event:** “The Summit Half Marathon”

- **Date:** Sunday 4th July
- **Time:** 8am start
- **Type of Event:** Handicapped start with first runner off a 8am. **A two person relay has been added due to popular demand.**
- **You will need to advise of your team and we will allocate a handicap in the Teams event. The first runner will change over at the top of the Cork Screw.**
- **Awards:** Both handicap winner and overall time winner awarded
- **After Event:** Breakfast and presentations at Norton Summit CFS (TBC)

Volunteers – if you can't race but want to be involved please let me know- last year the volunteers made the event. In terms of volunteers we need the following (all must carry a mobile phone for emergencies):

- Two start Marshalls to start competitors in accordance with the handicapping
- Two Finish Marshalls to record finish times
- A Lead car with driver and a passenger with a mobile phone (carrying water)
- A Sweep car to follow the last runner with a driver and passenger (carrying water)
- Two Marshalls for the Cork Screw (10km) drink station
- A Mobile drink station – car with two passengers handing out water (competitors own marked drink bottles) and providing musical accompaniment

To Enter

- Simply email nigel@corporatefit.com.au indicating that you will be competing as an individual or a team (list both members). Please provide your mobile phone number just in case we need to check anything with you

To Volunteer

- Simply email nigel@corporatefit.com.au saying what role you may be able to help out with and your mobile phone number.

If you have any questions email me at nigel@corporatefit.com.au or phone 0413399453

See you on the **SUMMIT**