



Bay to Bay
Half Marathon
12 KM Fun Run
and Kids Run

PARTICIPANT INFORMATION PACK

THIS RACE PACK CONTAINS IMPORTANT INFORMATION.
PLEASE READ THE WHOLE DOCUMENT

Woy Woy to Gosford | 18 June 2017

Race Day Locations

Both the 12km and the half marathon are linear runs, the start is in Woy Woy and the finish line in Gosford.

Woy Woy can be accessed by taking the exit off the M1 marked Gosford and turning south on Brisbane Water Drive and driving through Point Clare, Tascott and Koolewong.

Alternatively, it can be approached from the east through Daleys Point, Booker Bay and Blackwall.



There are portable toilets at the Start and a Coffee Van (for that last-minute caffeine boost)! Please leave plenty time to use the toilets as there will inevitably be queues – there are public toilets on the course and drink stops.

THE FINISH LOCATION

Once more we are lucky to have the Central Coast Stadium as our finish line. As in previous years there will be refreshment stalls on the grass within the concourse, as well as more information from our sponsors.

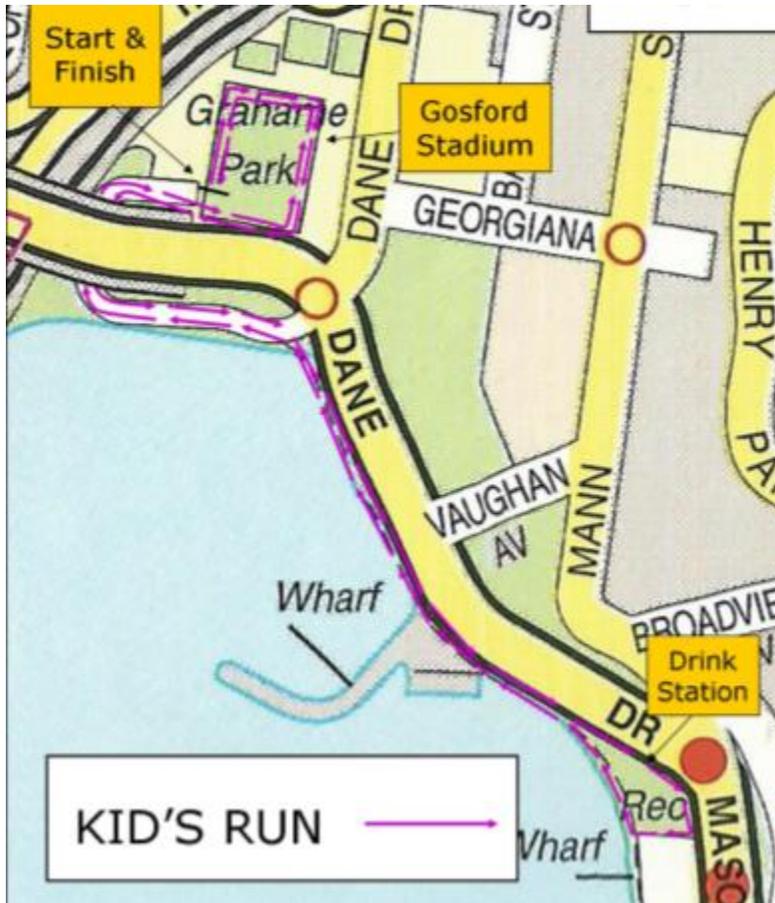


Within the city of Gosford are other cafes and next to the stadium is the Central Coast Leagues Club which opens at 9am.

THE KIDS RUN

This is a 3km run for children aged between 7 and 12 years old. It starts and finishes within the stadium in Gosford and takes place at 7am. This event is NOT timed so no placings will be published; it is an event to encourage participation.

All the Kid's Run finishers will receive a medal, this is included in the \$5 entry fee, a maximum of 200 runners can take part with entries being taken on-line up to Wednesday 14 June or in person at the stadium on Friday evening or Saturday daytime.



THE KIDS DASH

For younger children or those who don't want to run so far there is another option of the Kid's Dash. This is running around the edge of the grass in the stadium, again this is not timed (parents can accompany the young ones).

Entry is by gold coin donation for this run.

General questions you may have.

START

Does the race still go ahead if it is raining?

Yes, we all get wet (particularly the volunteers)! The race will only be cancelled if we are directed to by the police and authorities. If this is the case please check our Facebook page.

What time do the races start on 18th June?

NBN News Half marathon starts at 7:00am at Fisherman's Wharf in Woy Woy

Sea FM 12km fun run starts at 8:00am at Fisherman's Wharf in Woy Woy

Travelling Fit Kid's Run starts at 7:00am in the stadium in Gosford

Kid's Dash starts around 7.30am in the stadium in Gosford

Can I get a lift to the start before the race?

There is no official transport laid on so please make your own arrangements.

If you wish to park in Gosford we recommend using the Station car park (just around the corner from the Stadium), where there are plenty of free spaces, then catch the train to Woy Woy. Train departure times are 6.11am for the half marathon (gets into Woy Woy at 6.20) the 6.51 and 7.11 will get you to Woy Woy for the start of the 12km at 8am.

There are no public buses at this time of the morning.

Which roads will be closed if I need to be dropped off at the start?

Brisbane Water Drive will be closed between 7.45am and 9.30am, so there is no issue if you are running the half marathon (start 7am). Please do not leave it to the last minute to be dropped off for the 12k for the start at 8am.

I am unable to run, can I get a refund?

Unfortunately not, The Bay to Bay Running Festival is a charity fundraising event, with a no refund policy.

I am unable to run; can I still get my T-shirt?

If you qualify for a T-shirt (one of the first 2,000 to enter) Yes, it can be collected from the Central Coast Stadium in Gosford on Friday 16th between 4pm and 7pm, or on Saturday 17th between 11am and 4pm, or Sunday 18th June from the finish area, after the race.

Collection of race packs, i.e. your bib

No race packs will be posted. These can be collected from the finish area at the Central Coast Stadium on Friday 16th June between 4pm and 7pm or on Saturday 17th June between 11am and 4pm. Please enter the stadium via the Western Entrance.

Alternatively race numbers/timing chips ONLY can be collected from the CWA Hall in Woy Woy (at the Start location) from 6am prior to the start of the race. T-shirts will then be available from the finish area after the race.

Can I collect my friends' number & T-shirt for them?

Yes, as long as they are aware of that.

My T-shirt is the wrong size can I change it?

Unfortunately not as sizes have been made to order

Can I leave belongings at the start?

All belongings need to be bagged, with your race number clearly written on, & will be transported to the finish. Nothing can be left at the start. Clothing left at the start is collected immediately after the 12k start and donated to charity.

Can I run with a pram?

Competitors wishing to run with prams are asked to start at the back of the pack

Can I run with a dog?

No, the leads of the dogs are a hazard to other runners and also being in the vicinity of many other people may scare your pet. In addition dogs are not allowed in the stadium.

ON THE RUN

Are there any pacers?

No, there are no pacers for either the 12km or the half marathon.

Can my friend cycle at the side of me and be my pacer?

No, this is dangerous for other runners and members of the public using the path. Any runners who have pacers/trainers cycling near them may be disqualified.

Are there any toilets on the route?

Yes, there are Portaloos and public toilets at the Start and on course there are public toilets available at the 3km, 6km and 8km points for the 12km fun run, and 6km, 9km, 12km and 14km for the half marathon.

Are there any cut off times for the half marathon?

Runners must make it past the 6km mark within 50 mins and past the 18km mark within 3 hours.

What happens if I need to drop out how do I get to the finish?

Stop at a drinks station and ask one of the Volunteers with a Hi Viz vest

If I have to drop out, what do I do with my timing chip?

You can keep the timing chip, as it is disposable

Are there any medical staff on route?

In an emergency, medical staff will be transported anywhere on the course, those at the drinks stops will be aware of this procedure. Medical personnel are stationed at the drink stop at Tascott and near Gosford RSL – opposite Bunnings and also in the Stadium at the end.

Where are the drinks stops along the route?

At the 3km 6km & 9km points for the 12km Fun run. For the Half Marathon, at the 5km, 9km, 12km, 15km, and 18km points.

What is available at the drinks stops?

Water for 12km fun run. Water (all drink stops) and Gatorade (9km and 15km) for half marathon

FINISH

What happens to unclaimed prizes?

Prizes must be collected on the day. Prizes will not be mailed to recipients. Any unclaimed prizes need to be collected from Terrigal at a Terrigal Trotters run on a Saturday morning.

Where are the toilets in the stadium?

Within the western grandstand at the finish area

Where do I collect my bag at the finish?

At the side of the stadium, just up from the competitors' food and drinks. If in doubt ask someone in a hi viz vest.

How long will it take for the last runner/walker to finish?

Approximately 2 1/2 hours for 12km fun run and 3 1/4 hours for the half marathon. So that is a finish time of 10.30 and 10.15 respectively.

How long will it take the first runner to finish?

Approximately 34 minutes for the 12km fun run (8.34am finish) and 66 minutes for the half marathon (8.06am finish).

Are there any buses back to the start after the race?

There will be no buses back to the Woy Woy after the race.

Gosford train station is nearby with trains going to Woy Woy at 11 minutes and 51 minutes past the hour, the journey takes 8 to 12 minutes.

What time are the presentations?

10:30am

When & where can I see my photograph?

From the [Abbey Digital Bay to bay website](#).

When & where can I get the results?

[Multisport Australia](#) or the Terrigal Trotters website (archived results). Please allow us a few hours to upload these to the website, we will endeavor to have them there by Sunday evening.

Are there any finishers' certificates?

Yes, they can be downloaded from www.baytobay.org.au