



SUPER RUN SERIES 2011/12

Dear Runners

Thank you for entering this race and below are some details pertaining to the race and on the day events program.

Race Day Program:

- 06h00 - Registration Opens and Warm Up for 8km Race
- 07h00 - 8km Race Starts (2 x 4km laps)
- 07h45 - Registration closes for 4km Fun Run
- 08h00 - 4km Fun Run Starts (1 x 4km lap)
- 09h00 - Prize Giving and Lucky Draw

General Information:

1. **Parking** - if you are standing facing JBH on Beach Road, parking will be to the right of the hotel and outside the property – along the road in front of the open “sunset” beach.
2. Entry to the property will be through the side entrance (2 big wooden gates) near the parking area – look for signage.
3. Runners and spectators are only allowed to make use of the North Beach if not participating in the race and ask you not to “visit” any other parts of the property as this may impact us hosting any further races on the property.
4. Unfortunately no post race shower facilities will be available to non members of JBH.
5. Race numbers to be collected on the morning of the race at registration.
6. Races will start promptly as per the above schedule.
7. All runners are to keep to the right of the running paths once the race has started.
8. At some areas on the course the running path will be narrow so advise you to run in single file if need be.
9. Medical staff from the hotel will be on stand-by and in the event of any runners being in trouble, please inform the closest race marshal or security guard to call for assistance.
10. Please see attached race course for route, water points, turning point for 8km race, start / finish etc...

Good Luck and will see you on Saturday morning!

Regards

Warren

