

Box Hill Athletic Club Winter 2006 Bulletin 02

THIS SUNDAY, APRIL 9: "RUN FOR THE KIDS" WINTER SEASON OPENS!

Start Time: 14.7km event: 8:40am

4.5km event: 9:20am

The Run for the Kids promises to be a huge event with over 20,000 entries.

A representative of the club will collect all race numbers from AV.

All runners should meet at Shed 14 by 8:00am to collect their race numbers.

Please note that you must wear club uniform for this event.

If there are any athletes who are not running or parents or friends who can help out on the day, please let us know. We can always use volunteers to act as officials, team supporters or help transport runners from the finish back to their cars.

Instructions from AV are listed below.

ATHLETIC VICTORIA ARRANGEMENTS FOR RUN FOR THE KIDS

The Run for the Kids is delighted to have Athletics Victoria members involved in this landmark event which will raise more than \$400,000 for the Good Friday Appeal.

On Sunday April 9, all Athletics Victoria runners will have priority access to the front of the start line on Harbour Esplanade for the 14.7km event.

Junior athletes will also have priority access to the front of the start line at Collins St in the 4.5km event.

But it is very important that AV athletes, that wish to use this priority start, meet the following timetable for the event and assemble in the designated meeting area.

The main meeting area is at Shed 14, located next to Central Pier at the Docklands (Melway Map 2E F5).

Shed 14 is a huge undercover shed that is located just 20m from the start line on Harbour Esplanade – opposite Telstra Stadium.

As this is a state title, all AV athletes **must be wearing club uniform.**

The following timetable will apply for all 14.7km AV entrants.

7.30am-8.10am - AV athletes to check-in at Shed 14 and pick up race bib. This will include a plastic bag to dispose of track suits in baggage collection area.

8.10am-8.20am - AV athletes to drop off gear at baggage collection trucks located at NAB office on the corner of Harbour Esplanade and Bourke St .

8.25am - all AV athletes requiring preferred start must be at Shed 14.

8.25am-8.30am - AV athletes taken to preferred start area at front of Blue zone.

8.40am - Race starts

The following timetable will apply for all junior AV entrants in the 4.5km event.

8am-8.30am AV junior athletes to check-in at Shed 14 and pick up race bib. This will include a plastic bag to dispose of track suits in baggage collection area.

8.50am-9am AV junior athletes are taken by AV marshals to start area, dropping off gear at baggage collection trucks located at NAB office, corner Harbour Esplanade and Bourke St.

The junior athletes will then proceed past the Hub to the Collins St start area.

9.05am – AV junior athletes will be marshalled to the front of the start area for the 4.5km event.

It is important to remember that as there are 20,000 other participants in this event, that it will be almost impossible for athletes to simply turn up at the last-minute and received a priority start.

Please do not be late and remember that as there are extensive road closures operating, plan your morning and take note of the following advice on how to get there.

GETTING THERE

Tips:

Catch the train.

If you come by car, arrive by 7.45am.

Swanston St, and many other roads in the city, will be closed from 8am until 12 noon.

The best access point by car is Wurundjeri Way, either from Dudley St or Montague St.

Connex Trains

The first train from all suburban stations arrives at Southern Cross Station (Spencer St) between 7.50am and 8.05am on Sunday, April 9.

Check Connex for departure times from your local train station.

The start area is a short five minute walk along the Telstra Dome concourse to Harbour Esplanade.

Yarra Trams

Trams into the city will be severely disrupted by road closures after 8am when Swanston St is closed to all through traffic from Flinders St through to Victoria St.

One of the few trams lines largely unaffected is from Flemington Rd.

GETTING THERE BY CAR

From the South

Via St Kilda Rd. Turn left at Flinders St and head up to Wurundjeri Way. This route is available all morning.

Via Monash Freeway: If you intend using CityLink, please note that Domain Tunnel access is closed all morning.

Prior to 7.30am: Exit CityLink at the Batman Avenue. Turn left at Flinders St and head down to Wurundjeri Way. Park at New Quay (P1) or Digital Harbour (P2).

7.30am-8.45am: Get off CityLink at Punt Rd exit. Detour route is Swan St, City Rd and Montague Street. Enter Victoria Harbour Car Park (P4) off North Wharf Rd exit on Charles Grimes Bridge.

After 8.45am: Swan St bridge will be closed. Lengthy diversion routes required. Exit Monash Freeway at Toorak Rd. Turn right at St Kilda Rd and left at Flinders St. Enter 700 Collins St Car Park (P5) off Aurora Lane or Telstra Dome (P3).

From the East

Prior to 7.45am: Vehicles will be able to head across town along Dudley St or La Trobe St. Parking at this time will be available at New Quay on Docklands Drive (P1) or Digital Harbour (P2).

After 8am: The only access will be via Dudley St and Wurundjeri Way.

There will be two detour route options

- Until 8.45am use Swan St (see coming from the south)
- Head around the back of Melbourne University and the Zoo. Follow detour route along Cemetery Road, Macarthur Rd and Elliott Avenue to Flemington Rd. Turn right into Curzon St, left at King St, right at Dudley St and left at Wurundjeri Way. Parking is available at Victoria Harbour (P4) or Telstra Dome (P3).

From the North

Prior to 7.45am: Exit CityLink at Footscray Rd and head to car parks at New Quay (P1) or Digital Harbour (P2).

After 8am: The Footscray Rd CityLink exit closes just prior to 8am. We suggest you go over Bolte Bridge and exit at Lorimer St. Head over Charles Grimes Bridge and on to Wurundjeri Way. Park at Vic Harbour (P4), 700 Collins Street (P5) or Telstra Dome (P3).

Coming from Brunswick or Carlton: Royal Parade and Elizabeth St will be closed from 8am.

- Follow detour route along Cemetery Road, Macarthur Rd and Elliott Avenue to Flemington

Rd. Turn right into Curzon St, left at King St, right at Dudley St and left at Wurundjeri Way. Parking is available at Victoria Harbour (P4) or Telstra Dome (P3).

From the West

Prior to 7.45am: Via West Gate Freeway: Exit at Lorimer St. Head over Charles Grimes Bridge and on to Wurundjeri Way. Park at New Quay (P1) or Digital Harbour (P2).

Coming from Flemington, Footscray or Sunshine. Use Dynon Rd and head along Spencer St. Turn right at Dudley St. Park at New Quay (P1) or Digital Harbour (P2).

After 8am

· Both the above routes will still be available but you will need to park at Victoria Harbour (P4) or Telstra Dome (P3).

PARKING

There are five major car parks options at the Docklands (Melways Map 2E) and costs vary.
P1 New Quay and Waterfront City: Enter off Dudley St or Footscray Rd. Access closed after 7.45am. 2500 spots. Cost \$10.

P2 Digital Harbour: Enter off Footscray Road. Access closed after 7.45am. 400 spots. Cost \$10.

P3 Telstra Dome: Participants can park underneath Telstra Dome for the day - enter off Wurundjeri Way. 2000 spots. Cost \$20 as this is an AFL game day.

P4 Vic Harbour: Enter off Bourke St from Wurundjeri Way or Charles Grimes Bridge. 800 car spaces. Cost \$10.

P5 700 Collins St: Enter via Aurora Lane. Ideal for 4.5km entrants. 350 spots. Cost \$12.

FREE SHUTTLE BUS FROM THE FINISH

A free bus service from the finish at Royal Park South to the start is available for all entrants from 10.30am until 12.30pm.

Buses depart from Flemington Rd, just west of Abbotsford St and will drop participants off at two locations. Stop 1 will be near the corner of Harbour Esplanade and La Trobe St. Stop 2 will be on Bourke St (opposite Stadium Drive), a short walk to Southern Cross Station.

The organisers gratefully thank the generosity of Westrans Bus Service and Mee's Bus lines for providing this service.

SATURDAY, APRIL 22: CLUB 5K HANDICAP

The annual club 5k handicap will be held on Saturday, April 22.

Please let us know if you will running in this event and what your best recent times are over 5k, 3k or 1500m. (or your expected finish time).

The Race starts at 1:00pm at the car park of the Bennetswood bowling club in Station St. (melway, 61 C4) and the event will be followed by a BBQ. All welcome to compete.

SATURDAY, APRIL 29: AV CROSS COUNTRY RELAYS, YARRA BEND

At Yarra Bend Park (melway 44 H2 or D2 E5)

To take part in the cross country relays, you must be registered for the 2006/2007 season either before or on the day of competition.

We are hoping to enter at least 3 men's and 2 women's teams in the open competition (6km) as well as under 20, under 18 and under 16 (6km for under 20 men, 3km for all others) so please let the winter competition committee know of your availability as soon as possible so that teams can be organised.

WINTER COMPETITION COMMITTEE

Contact a member of the club winter competition committee if you have any enquiries.

Graeme Olden
ph. 9885 0890 email: golden@sprint.net.au

Ian and Megan Sloane
ph. 9459 4486 email: iansloane@optusnet.com.au

Chris O'Connor
ph: 9882 6108 email: coconnor@swin.edu.au



