



RUN THE ROCK

HANGING ROCK 24



PARTICIPANT INSTRUCTIONS

APRIL 20 2024

22K

13.5K

5K

2K

#RunTheRock2024



WELCOME

Run the Rock is back for another year and we can't wait to escape the city and race with you at stunning Hanging Rock. To help you prepare for your upcoming race we've put together all the information you need in this handy booklet. Find out how to get there, the event timetable, everything that's happening in the event village, race start times, and more! We are excited to be racing with you again at Run the Rock.

Team Sole Motive



SOLE MOTIVE



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Over-50s living in the Macedon Ranges.
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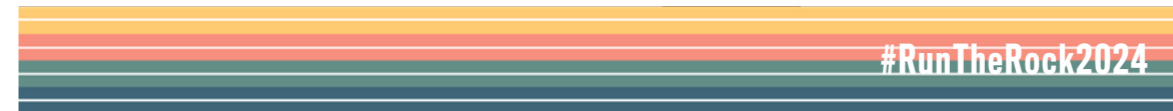


*Conditions apply.



EVENT SCHEDULE

7:00am	Event Village Opens: Race Pack Collection Sole Motive Race Ready Store Food Vendors
8:15am	22km starts
9:10am	2K Kids race starts
9:25am	13.5km starts
10:00am	5km starts
10:15am	Presentations - 22km
10:45am	Presentations - 13.5km & 5km
12:00pm	Event Village closes





PRE RACE / EVENT INFO

RACE BIB COLLECTION

FOR PRE EVENT COLLECTION ONLY (POSTAGE PARTICIPANTS DO NOT NEED TO SHOW THEIR E-TICKET ON SITE) An e-ticket has been sent to you and will be sent again the day before the event. This e-ticket contains your entry details and QR code you will need to show when collecting your race bib (this can be printed out or on your phone).

Remember to take a screen shot of your e-ticket for convenience.

Race bibs can be collected at one of the following times and locations:

Sole Motive Retail: from 12:00pm, 11 April 2024 until 5pm 18 April 2024.

- 148 Little Collins St, Melbourne 3000, OR
- 757 Glenferrie Rd, Hawthorn 3122

Event village: you can collect your race bibs at the event site on Saturday 20 April 2024, from 7:00am.

Location: [Hanging Rock Racecourse](#)

When do online entries close?

Registration closes 30 minutes before each race.



CHANGE DISTANCE OR LOST BIB

Can I change my distance?

Distances can be changed online [here](#). Distance upgrades/downgrades can be made online up until Friday 19 April 2024. **If you already have your race bib and you change your distance you can still use it for your new distance.**

I am yet to receive my bib / have lost my bib - what do I do?

Race bibs have been mailed out to all participants who selected and paid for race bib postage.

If you do not receive your race bib in the post, prior to the event, please bring along a copy of your e-ticket which you can access [here](#) and you will be issued a new one at the race bib collection marquee.

If you have lost your Race Bib or it did not arrive due to an incorrect address, you will be required to purchase a replacement Race Bib at registration.

The cost of a new Race Bib is \$10.00. (Please bring your confirmation email)

Please note: All participants must wear a race number. Anyone without a race number will not be permitted to start the event. Please note replacement race numbers for lost race numbers will incur a \$10 admin fee.

**IMPORTANT!
NO DOGS ARE ALLOWED AT THE EVENT**

HANGING ROCK



HOW TO GET THERE

GETTING THERE + PARKING

Driving to the Event

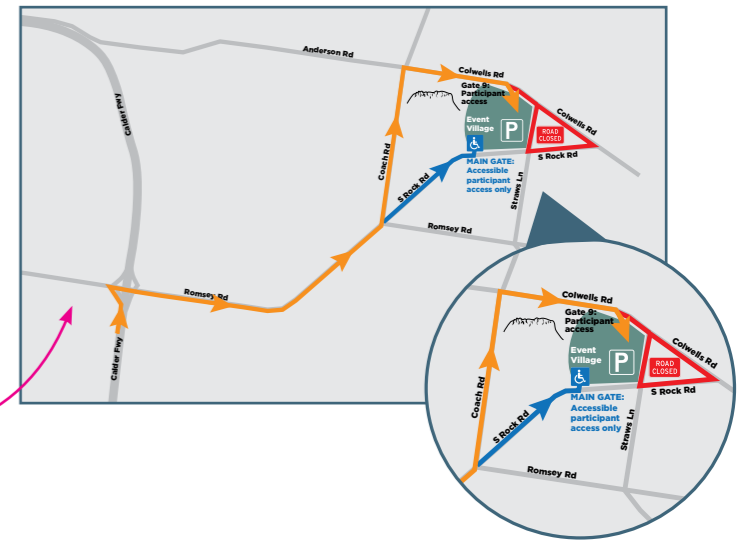
Getting to the 2024 Run the Rock venue
 Allow 1 hour from Melbourne on the Calder Freeway.
 Stay on the freeway past both the Macedon and Woodend turn-offs. You will see a sign with a picture of Hanging Rock that indicates turn-off is 5km further on. You must take the 'Woodend, Lancefield and Romsey' turn-off from the Calder Freeway.

Where to park

The event car park will open from 7.00am.
 Please note that event parking can be accessed through gate 9 via Colwells Road. There is no general access through the main gate. Please allow enough time to park and walk to the event site, and follow the directions from our marshals.
 Those that require accessible parking can access the main gate via South Rock Road.

Participant Bus

We offer a pre-booked service from Melbourne to Hanging Rock and back again on race day.
 The bus will leave Richmond Station at 6.15am (arrive at the Event Village around 7.30am) and return from



HOW TO GET TO CARPARK

Hanging Rock at around 12.15pm (arrive back at Richmond Station around 2.00pm).

If you have already booked this service you will receive some information in the next few days including contact details for the on day Bus Coordinator.
 The bus is now fully booked

Road closures

Please be aware of road closures in places from 7am. More information on the [website](#).

ROAD	SECTION	DIRECTION CLOSED	PUBLISHED CLOSURE TIME	TIME TO BE CLOSED BY	TIME TO REOPEN BY
Straws Lane	From South Rock Road to Colwells Road	Both Directions	7:00am	7:00am	12:00pm
South Rock Rd	From Straws Lane to Colwells Road	Both Directions	7:00am	7:00am	12:00pm
Colwells Road	From Coach Road to Potts Road	Both Directions	7:00am	7:00am	12:00pm
Potts Road	From Romsey Road to Colwells Road	Both Directions	7:00am	7:00am	12:00pm
Millers Lane	From Romsey Road to Rochford Road	Both Directions	7:00am	7:00am	12:00pm
Rochford Road	Half Closure from Millers Lane to Bryces Lane	Westbound closed only. Stop and go in place	7:00am	7:00am	12:00pm
Bryces Lane	From Rochford Road to Colwells Road	Both Directions	7:00am	7:00am	12:00pm

EVENT VILLAGE MAP

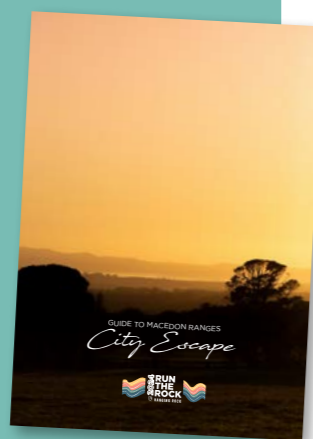


GUIDE TO MACEDON RANGES

Looking for things to do near the event?

We've created a Guide to Macedon Ranges filled with places to stay, eat and things to do to if you want to explore the area after the event. Download the guide now via the button below

[DOWNLOAD NOW](#)



BAG DROP MARQUEE

Where can I store my belongings?

Clothing storage is available in the Event Village. Look for the 'Bag Drop' marquee.

Your race number features a tear-off strip for you to attach to your backpack or clothing bag. Do not leave any valuables in your bag as we cannot accept responsibility for valuables lost or stolen.

We no longer offer single-use plastic bags at the bag drop, so please remember to bring your own bag to the event.

EVENT VILLAGE

VENDORS

The event village will offer a coffee cart, a delicious BBQ and food truck for you to enjoy pre or post run.

THE MACEDON RANGES ROTARY CLUB: will be firing up the BBQ on the day serving sausages on bread, salad rolls (veg options) & a variety of drinks.

A COUNTY AFFAIR - VINTAGE CAFE AND BAR: Serving coffee, tea, hot chocolate and chai, plus yummy homemade banana bread.

CHOASTIES VAN: The Choasties Van will be selling their delicious gourmet toasted cheese sandwiches made with local Victorian cheeses and organic Zeally Bay sourdough bread. Satisfying comfort food anytime of the day and guaranteed to fill you up. Eftpos facility available.

*As Hanging Rock is a part of a National Park, dogs are prohibited from entering any part of the course and event village at any time.

SOLE MOTIVE RACE READY STORE

Our Race Ready Store by Sole Motive will be stocked with all your running needs! As we run into the cooler months your favourite brands from around the world will have you covered! From the latest footwear, apparel and accessories we will have you running warm!

SHOP YOUR RACE READY ESSENTIAL ITEMS:

- Official event merchandise
- Gels, gloves, run belts, sunglasses
- Footwear 15-40% OFF
- Running apparel 20% OFF
- 2XU Compression for \$50
- Lightfeet 3 for \$70
- Steigen Socks 3 for \$60

TRADING HOURS: From 7am

LIVE ENTERTAINMENT

Andy Forster from Blue Planet Entertainment will be performing a mix of songs for you to sit back and enjoy post-race.

HOLGATE BREWHOUSE:

Holgate Brewhouse will be providing finishers with alcohol-free beer for free.

CHILL-OUT ZONE:

Hang out pre or post-run in our Chill-out Zone – we've got awesome beanbags for you to relax in!

GAMES ZONE:

While you're waiting to run (or need to entertain the kids) enjoy our Games Zone. With Giant Jenga, Giant Connect Four, Kubk and Quoits.

PHOTO WALL:

Get a memorable pic from the event in front of our Run the Rock 2024 photo wall – don't forget to tag us in all your event day photos. #RunTheRock2024 @SoleMotive

NEWHAM COUNTRY FIRE AUTHORITY (CFA):

Volunteers from the Newham CFA have given their time to be marshals at Run the Rock this year just like they have for many years. The CFA is strictly made up of volunteer firefighters who are not experts in firefighting, but are well-trained to make the district safer for everyone. This year's donation to Newham CFA from Sole Motive will be going towards Woodend Life Style Carers Group to help them build a respite farm for people in the early stages of dementia.

MACEDON RANGES SHIRE COUNCIL:

Say hello at the Macedon Ranges Visitor Information Pop-Up! Find out more about Macedon Ranges and grab yourself a goody bag - available while stocks last.

ZERODA:

Want to clean your sports gear effectively without the bad stuff? Zeroda's sports wash gently cleans your clothes which gets rid of the odour with non-hazardous, vegan ingredients. Head to the Zeroda marquee to pick up a sample of sports wash.

RUNNER'S WORLD

SUBSCRIBE. SAVE. RECEIVE FREE GIFTS.



- 1** BROOKS RUN-IN RUNNING SOCKS
- 2** fisiocrem Solugel 60g



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*Price is applicable to Australian and New Zealand residents only. Payment is in Australian dollars.

runnersworldonline.com.au/shop



PARTICIPATION INFO

FIRST AID STATIONS

Where will first aid stations be located?
There will be a first aid post at the finish line and a mobile bike team roaming the course.

SHARE YOUR PHOTOS COMPETITION

Take part in the race day vibe by taking a snap pre or post race. To go into the draw to win a \$50 Sole Motive voucher, make sure to upload your photo to Instagram and hashtag **#RunTheRock2024** and tag @solemotive for your chance to win.



FUNDRAISING

Sole Motive is passionate about supporting runners to fundraise. We believe we can give extra meaning to our training by supporting the causes we love. Giving is more than just money, it's the time, effort and voice you give that makes the difference. So join us, rally behind your favourite charity and make your run count in 2024.

1. Sign up [here](#)
2. Choose your charity
3. Create your page [here](#)
4. Make it count

FUNDRAISE NOW



#RunTheRock2024



Course map and elevation profile **22K**

Event start time: 8:15am
Event cut off time: 11:30am

Location
Start line - is in the adjacent paddock to the event village. Head towards Straw's Lane.
Finish line - Hanging Rock Racecourse.

Drink stations
Locating the drink stations

- 4km (water)
- 8km (water and electrolyte)
- 12km (water)
- 16km (water and electrolyte)
- 19.5km (water)

Course map and elevation profile **5K**

Event start time: 10:00am
Event cut off time: 11:30am

Location
Start line - is in the adjacent paddock to the event village. Head towards Straw's Lane.
Finish line - Hanging Rock Racecourse.

Drink stations
Locating the drink stations

- 2.5km (water)

Course map and elevation profile **13.5K**

Event start time: 9:25am
Event cut off time: 11:30am

Location
Start line - is in the adjacent paddock to the event village. Head towards Straw's Lane.
Finish line - Hanging Rock Racecourse.

Drink stations
Locating the drink stations

- 4km (water)
- 8km (water and electrolyte)
- 11km (water)

Course map and elevation profile **2K**

Event start time: 9:10am
Event cut off time: 11:30am

Location
Start line - is in the adjacent paddock to the event village. Head towards Straw's Lane.
Finish line - Hanging Rock Racecourse.

Drink stations
Locating the drink stations

- 500m (water)

PLEASE BE MINDFUL that there are horses located in paddocks close to the course who can be easily frightened. We ask that you do not approach the horses during the event.

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MERCHANDISE



GET THE OFFICIAL RUN THE ROCK 2024 MERCHANDISE

The merchandise will be available for purchase from the Sole Motive Race Ready store on race day. If you have pre-ordered your merchandise when you registered, you can pick it up from the Race Ready store, too.



POST RACE INFO

PRESENTATIONS

Placegetters will be awarded based on gun time rather the adjusted time for each run (net time). If any runner thinks they will place in this event, they must start at the front. Medals and prizes will be presented to participants approximately 30-60 mins after each race from the stage.

Please note: there is no presentations for the 2K Kids event.

MEDALS

All participants will receive a medal at the completion of their race.

Itab

Get your medal engraved with your finish time. **Itabs** can be purchased pre or post event and will be posted to you approximately 3 weeks after the event.

PHOTO INFORMATION

RaceAtlas will be capturing your photos at the race, so remember to smile when you see the photographers along the course! The images will be available for purchase post-race [here](#). Purchase your images on race-day only and use code **ROCK20** for **20% off!**



PARTNERS

GEM LIFE

GemLife Resorts are designed for busy, active over 50s. Luxury homes provide low-maintenance, independent living, complemented by a huge range of five-star leisure, sport and exercise facilities. The focus is on lifestyle and community, providing everything home owners need for physical health and wellbeing within a strong social community. GemLife Woodend is surrounded by the natural beauty of the Macedon Ranges, with the convenience of Melbourne only 90 minutes away. To arrange an inspection of display homes call 1800 931 188, or go to gemlife.com.au for more information.

GemLife is proud to support Run the Rock for a sixth year.



HOLGATE BREWHOUSE

Holgate's non-alcoholic Love All Beer will be available in the event village for participants to try.

Visit their taproom post run and receive 10% off their beers.



RUNNER'S WORLD

RUNNER'S WORLD is Australia & New Zealand's best selling running magazine and is the premier running and fitness magazine worldwide.



BLACK FOREST MOTEL

Our Accomodation Partner, Black Forest Motel Macedon welcomes all participants to enjoy a night away from the city to relax and explore everything Hanging Rock has to offer. The Black Forest Motel Macedon provides quiet, quality accommodation with an emphasis on comfort, cleanliness, service and it's only a 10-minute drive to Hanging Rock.



Enjoy freshly-brewed local beer
in our Taproom

- ~ Exclusive Specialty Beers ~
- ~ Lunch ~ Snacks ~
- ~ Groups ~ Functions ~
- ~ Bottleshop ~ Brewery Tours ~

Enter via Anslow St, at rear of historic Holgate Hotel
79 High Street, Woodend holgatebrewhouse.com

All 2024 'Run the Rock' participants get 10% off
takeaway Holgate beer and merch from the Taproom
Show this ad to receive your discount. Valid until 30 November 2024

#RunTheRock2024



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21.1K 10K 5.5K

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21 JULY 2024

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21.1K
10K
5K

25.08.2024

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Hawthorn

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Melbourne CBD

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