



SUNSET


SERIES
PRESENTED BY BROOKS

PARTICIPANT INSTRUCTIONS
THE TAN

 SOLEMOTIVE.COM

 BROOKS

 TEELIXIR

 PICKLE JUICE

 RUNNER'S
WORLD



WELCOME

IT HAS BEEN FANTASTIC SUNSET SERIES SO FAR at Melbourne Zoo on 7th February and Race 2 at Princes Park on 21 February, we are super excited to welcome you all to Race 3 at The Tan on 6th March. Please read through all the important information about your upcoming race in this booklet.

We can't wait to see you at the start line at The Tan!

Team Sole Motive



HOW TO ENTER

Online Entries:

You can enter online up until 30 min before race start [here](#).

RACE BIB COLLECTION

You have received an e-ticket via email that contains a QR-code. You need to show this QR-code when you collect your race bib. If showing it on your phone please screen shot the QR-code ahead of time.

Event Village: Race Bib collection is available from the event site - all participants can collect their Race Bib on Wednesday 6th March 2024 from 5pm.

If you are a 3-race series participant please bring and use the same race bib as for Race 1 and 2.



If you are a 2 Race Combo participant, please bring and use the same race bib as race 2 for race 3.

3 Event Series Singlet

If you are still to collect your 3-Race Series singlet you can do so, sizes are allocated on a first come, first served basis.

Please note, you will need to provide the singlet tear off on your race bib in order to collect your singlet.

EVENT VILLAGE LOCATION

Event village on the Tan track, adjacent to the path up to the King George V Monument.

START TIMES

Anyone who thinks they may place in the top 10 needs to start in the first wave of their distance.

Location: Inside the Event Village

4km Start: 6:30PM

8km Start: 7:00PM



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Enter now

EVENT TIMETABLE

- 🕒 5:00pm Event Village Opens - Race Pack & Singlet Collection
Sunset Bar
SM Race Ready Store Opens
Food Trucks & All Exhibitors Open
- 🕒 6:30pm 4k RACE START
- 🕒 7:00pm 8k RACE START
- 🕒 7:15pm 4k Presentations
- 🕒 7:30pm Start Line Closes
- 🕒 7:30pm Live Music 7:30 - 8:00
- 🕒 8:00pm 8k Presentations
- 🕒 8:10pm Live Music 8:10 - 9:00
- 🕒 9:00pm Bar & Event Village closes

Entertainment [Trent](#)





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COURSE MAPS

4K and 8K Course Map.

FIRST AID

There will be a first aid station located at the finish line and a roaming course first aid team.

TOILETS

Will be located in the Event Village.

DRINK STATIONS

Will be located in the Event Village and approximately every 2km on course.

GETTING THERE

ROAD CLOSURES

Linlithgow Avenue will be closed to traffic between Government House Drive and Southbank Boulevard from 6 am to 10 pm on Wednesday March 6.

PUBLIC TRANSPORT

Public transport is the quickest and easiest way to get to and from the event. Trains and buses operate

frequently, dropping you right at the door. Go to Public Transport Victoria website for more information. <https://www.ptv.vic.gov.au/>

BY TRAM

You can catch a Tram from Flinders Street Station, 3/3a, 5, 6, 16, 64, 67 or 72 down St Kilda Road, past the Arts Centre to Grant Street.

CAR

With many events on in the area at this time, limited parking is available along St Kilda Road and Birdwood Avenue. Limited paid parking is available at the Arts Centre. Please allow plenty of time to get to the event and find parking. Please note Linlithgow avenue will be closed (between the triangle and government house drive). Government house drive will be closed (between the roundabout and government house).

BIKE

Sole Motive will provide plenty of bike parking at the event site. Please make sure to bring your own lock to ensure your bike is secure.





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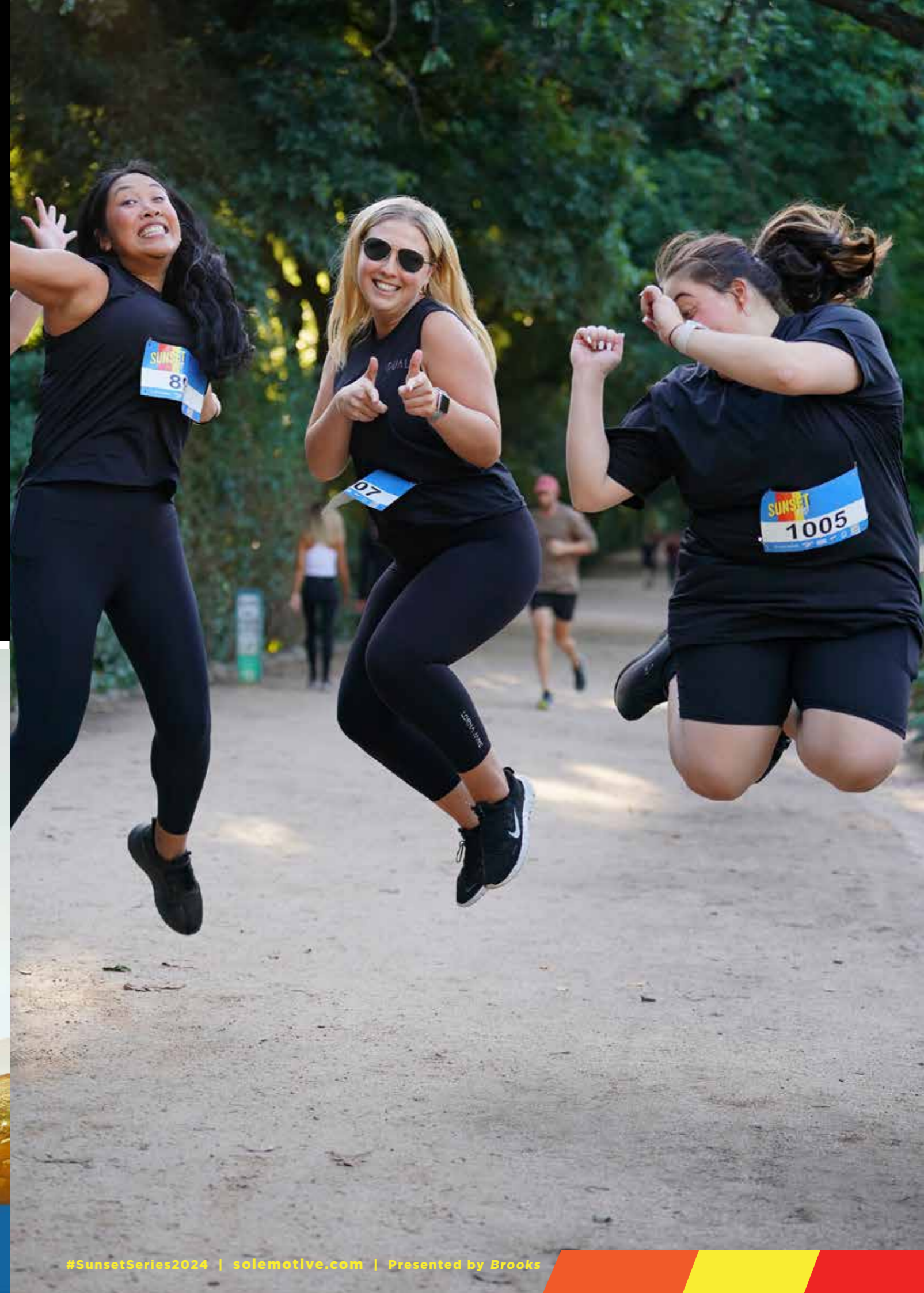
**USE THE CODE 'PMSUNSET24' IN THE DESCRIPTION
OF YOUR BOOKING OR SCAN THE QR CODE!**

**Private health rebates available*

The Gateway, Ground Floor, 312 St Kilda Rd Southbank
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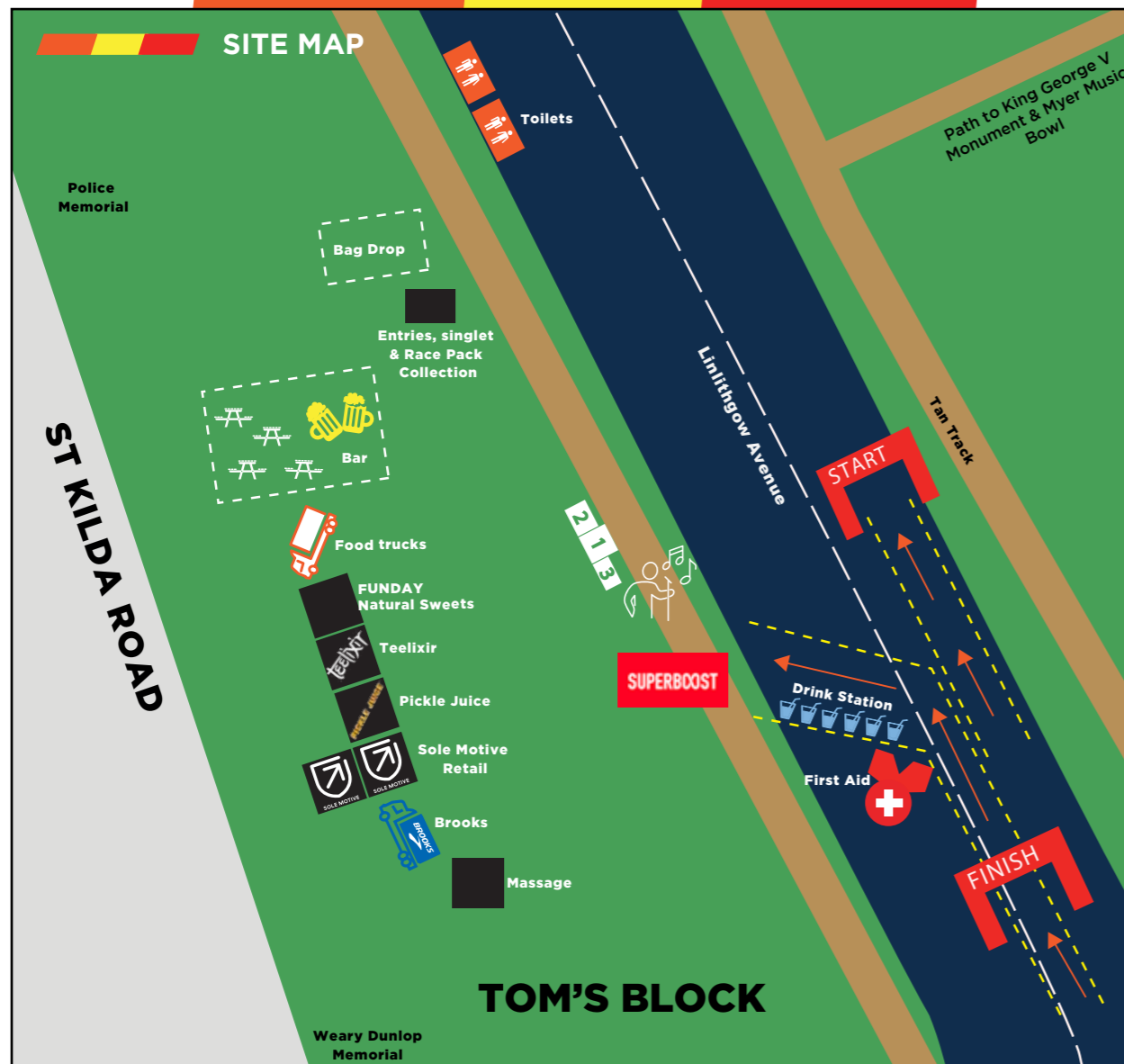


TEELIXIR IS A PROUD SPONSOR OF THE 2024 SUNSET SERIES

SUNSET SERIES
📍 MELBOURNE ZOO 07 FEB
📍 PRINCES PARK 21 FEB
📍 THE TAN 06 MAR

www.teelixir.com.au @teelixir /teelixir

#SunsetSeries2024 | sole motive.com | Presented by Brooks



EVENT VILLAGE & SPONSORS

BAG DROP

Clothing storage is available during the event. Your Race Bib features a tear-off strip for you to attach to your backpack or clothing bag. Please don't leave any valuables at the bag drop, we cannot accept responsibility for valuables that are lost or stolen.

Please note: We're cutting down on single use plastic bags. Please remember to bring your own bag to the event.

LIVE ENTERTAINMENT

Enjoy live solo acoustic singer and guitarist Trent who performs music by a wide range of artists from the 50's all the way up to current top 40 songs.

SUNSET BAR

When you've finished your run, cool down with a refreshing beer, cider, wine or bubbles whilst enjoying the awesome summer vibes.

FREE MESSAGES

Southbank Physiotherapy Clinic **Performance Medicine** will be providing a free Physio and Massage Service on race day! Go and find them in the massage tent for your post-run muscle massage.

BROOKS

Brooks believe a run can change a day and the world. They want to make sure each run is better than the last and they do this by making top quality shoes and sports gear. All products are tested and assessed to create the best solution for runners. Brooks wants to inspire people to run their path because every day is better with a run.

PICKLE JUICE

Pickle Juice Originally developed in 2001 with the dual purpose of relieving muscle cramps and replenishing electrolytes lost during strenuous exercise, Pickle Juice has evolved to become one of elite sports best kept secrets and is now available to muscle cramp sufferers everywhere, every day.

SUPERBOOST

SUPERBOOST is a sports hydration product built for the next generation. Each product is lower in sugar than other sports drinks and higher in electrolytes, with coconut water and performance vitamins to keep you SUPERBOOSTED.

RUNNER'S WORLD

We're your inside source into all things running! We provide the best tips and trips for your running journey, so that you can keep doing you.

PHOTO WALL

Get a memorable photo from the event with family & friends in front of the Sunset Series 2024 photo wall - don't forget to tag us in all your event day photos! @solemotive

FOOD TRUCKS

Enjoy a delicious post run meal from our food trucks, [Woodfired Pizza Van](#) and a sweet treat from our [Ice Cream Van](#).

TEELIXIR

Teelixir, an Australian company, offers Australia's first Certified Organic Medicinal Mushrooms, Ancient Chinese Tonic Herbs, Adaptogens, and Superfood Blends, aiming to enhance health and performance. They're committed to sourcing clean, potent, organic herbal ingredients to support optimal health, and energy.

FUNDAY NATURAL SWEETS

At **FUNDAY**, we've found the sweet spot. Enjoy the no-sugar-added, good for you lollies you've been longing for! Treat yo-self to 100% natural lollies that are packed with real fruity flavour. Our low sugar lollies are full of prebiotic goodness with up to 91% less sugar than traditional lollies.

SOLE MOTIVE RACE READY STORE

SOLE MOTIVE RACE READY STORE TRADING HOURS: 5pm - 9.00pm

Your ultimate destination for all your running needs at Sunset Series - whether it's helping you to look and feel your best, run in style and comfort or for speciality gear that won't let you down. Shop your race ready essential items:

- Brooks Footwear 15% - 50% OFF
- New Seasons Ciele hats & performance apparel
- Steigen Socks 3 for \$60
- Running apparel up to 20% OFF absence





CELEBRATE

MEDALS

Placegetters will be awarded based on gun time rather than the adjusted time for each run (net time).

Medals will be presented to placegetters post-race. Approximately 30 mins after the winner of each distance finishes.

RESULTS

Preliminary results are available immediately on race completion [HERE](#). Official results are available from 9:00 am Thursday March 7, 2024.

SHARE & WIN

Share your event day photos on Instagram with the #SunsetSeries2024 & tag @SoleMotive for your chance to WIN 2 x passes to Run the Rock! Make sure you post your race day pics before midnight Sunday, 10 March to go into the draw. T&C's Apply.*

FUNDRAISING

Want to make your Sunset Series mean more in 2024? Create a fundraising page for your favourite charity through our online fundraising partner Grassrootz.

[START FUNDRAISING NOW](#)



2024 **RUN THE ROCK**
HANGING ROCK
MACEDON, VICTORIA

Register now!

SATURDAY 20TH APRIL 2024

22K / 13.5K / 5K / KIDS 2K

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21.1K 10K 5.2K

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25.08.2024

SANDY POINT
HALF MARATHON

21.1K
10K
5K

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solemotive.com | BROOKS | Jellis Craig | FIXX | RUNNER'S WORLD

HELP US RUN ANYWHERE.

VOLUNTEER PERKS:

- Individual volunteers will be entered to win a \$200 Sole Motive voucher and be able to enjoy one of the following discounts:
- 20% retail discount

OR

- Entry to future events (up to \$80)

Conditions Apply

VOLUNTEER WITH US:
Register your interest now at:

SOLEMOTIVE.COM