

# ***QUICK* AS *THIEVES***

**2022**

**THE RUN GUIDE**



# A Note From Mike

Thank you all for participating in Quick as Thieves 2022. The impact this event can make on so many disadvantaged people is life changing. \$25 can help restore the gift of sight. The Fred Hollows Foundation has restored sight to over 3 million people and we can be a big part of taking that further.



We are in our final week, and our biggest week last year, from a fundraising point of view, was the final week. Keep posting your runs, and encouraging any last minute donors to donate. The amount of randoms that donated on the day last year was incredible, and we would really like to have the same result again. If any friends or family are coming, please encourage them to take pics or video, and tag you and Quick as Thieves in it. The social links are further down the run guide.

Finally, we have all trained and fundraised really well...we all want to run well, the most important thing is that we enjoy the day. Encourage your friends, high five each other in passing, keep smiling, and most of all, continue doing what we do best..... Raising the Vibration!

Mike



# QUICK AS THIEVES 2022 SITE MAP

RIVA ST KILDA Marina Complex, St Kilda, 42B Marine Parade, Elwood



# RUN GUIDELINES

## **PARKING**

Parking will be available (free of charge) at the car park across from Riva entrance.

## **ARRIVAL**

All participants to arrive at Riva 30 mins prior to allocated start time. Participants who miss their registered start time will not be eligible to participate in the run. Participants enter off Marine Parade and proceed to REGISTRATION area on map.

Each participant will pick up their race bib and 2 safety pins. Attach the race bib to your t-shirt with the safety pins. Any participants who have not been able to get their t-shirts prior to race day can collect them at registration.

For anyone wishing to leave a bag at Riva, there is a bag check in at the registration area. Please ask to check your bag in and pick up a ticket for collection afterwards. Please do not leave valuable items. All care will be taken but Quick As Thieves is not responsible for the safety of your items.

## **RUN TIMES & STARTING THE RUN**

Waves are in groups starting half an hour apart. We try and schedule the run so that all participants finish between 11am and 2pm. This means that the marathon runners will start from 7am-9am, the half marathon runners from 9-10.30am, and the 10k runners from 11am.

If runners need to run early due to work commitments, that is not a problem but we would appreciate all runners trying to work within the times allocated for each event above where at all possible. We encourage all runners to stay at Riva until after 1pm regardless of what time they finish, to cheer and support their friends and fellow runners across the finish line.

15 minutes before their allocated start time, groups will be escorted by a volunteer to the WARM UP area.

Group movements will follow the path of the yellow arrow to maintain social distancing and avoid interference with start line.

Once the start line is clear of earlier starting group, the next group is escorted from the WARM UP area to the START/FINISH line. At START/FINISH line participants are reminded to maintain social distancing throughout the entire course.

Once each participant crosses the START/FINISH line, the timing chip in the bib will activate and your time will start being recorded from that moment.

## **PLEASE NOTE**

Course is 200 metres short of the official half marathon distance.

There will be 2 cones placed from the start line. One at the 100 metres mark (for the half marathoners) and the other at the 200 metres mark (for the full marathoners). All runners must run out to their appropriate cone and back to the entrance of Riva, before turning and then doing the course as outlined on the map.

This will be clearly outlined and shown to you by race officials at the START/FINISH line prior to beginning.

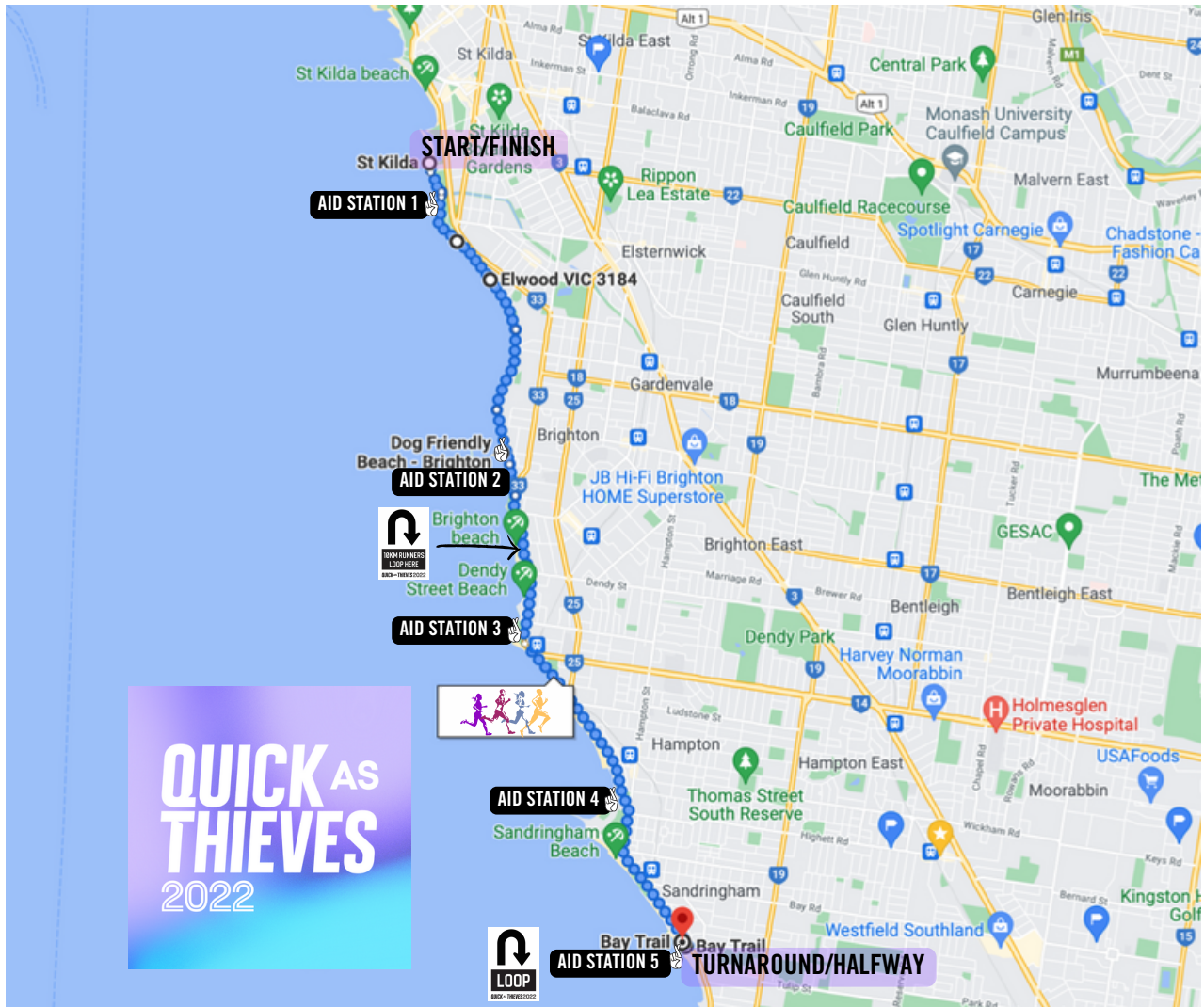


# QUICK AS THIEVES 2022 COURSE MAP



Google  
Maps

LINK FOR YOUR PHONE



## WHILST RUNNING

Once on the course, participants must maintain social distancing from other participants, and general public.

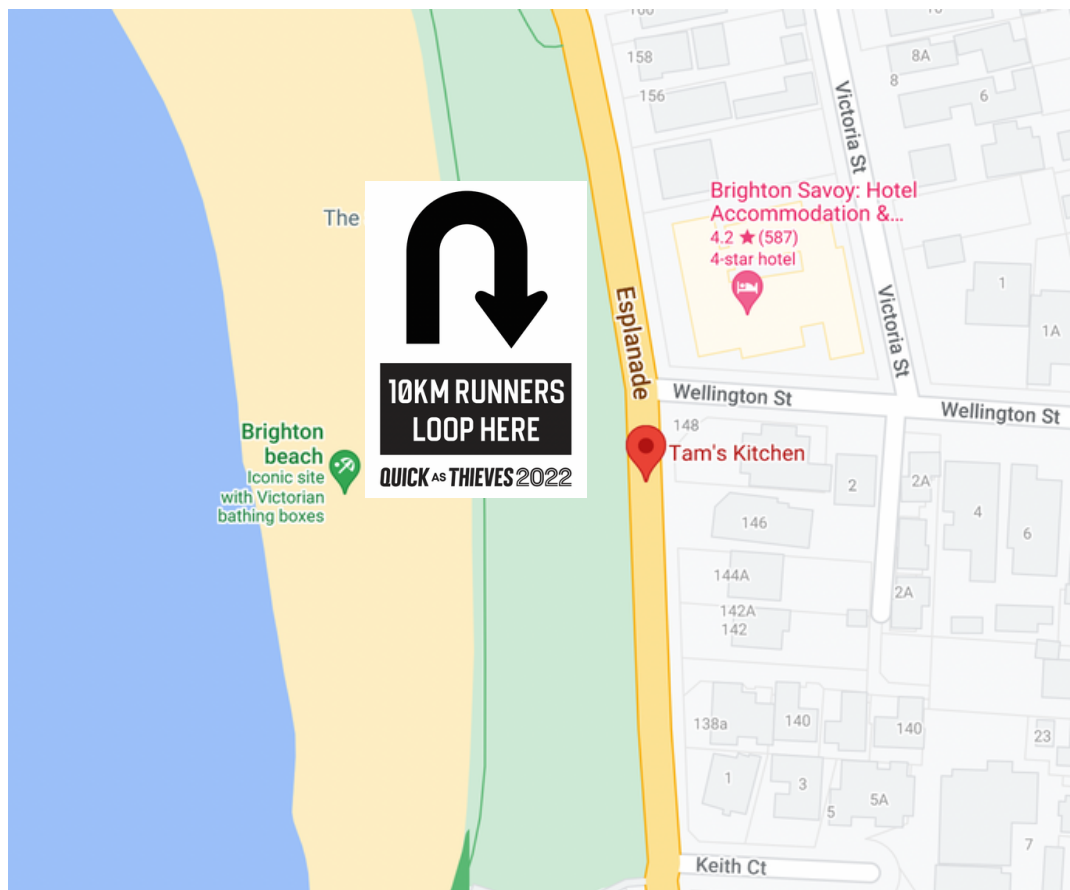
## PARTICIPANTS MUST RUN IN SINGLE FILE AND ALWAYS ON THE LEFT WHEN RUNNING ON SHARED PEDESTRIAN/BIKE PATH

At the turnaround point/half way mark, for the marathon distance to be calculated exactly, participants must run past the carpark driveway entrance, turn right at the pedestrian entrance, run towards and along the back of the carpark between the timing chip cones next to the aid station and back out onto Beach Road, turning left from the driveway. There will be volunteers to guide runners on the correct path. See Aid Station 5 diagram below.

## YOU MUST RUN BETWEEN THE TIMING CHIP CONES TO REGISTER YOU HAVE CROSSED THE HALF WAY MARK.

## 10KM MARATHON RUNNERS LOOP

For the 10KM runners your loop point is Tam's Kitchen 147 Esplanade Brighton This is just past the Brighton Savoy. There will be 2 volunteers with signage to guide runners on the correct path.





## **FOOD & DRINK/ AID STATIONS**

There will be 5 aid station tables out on the course (See below for locations) and one at RIVA. Each Aid Station will have an event feather flag for recognition as you approach.

Each aid station table will contain Drinks (Water, Vitadrop & Gatorade), Carmen's Protein Bars and Fruit.

Participants can slow down at the aid stations in order to take what drinks or food required, but cannot stop. If you want to stop to eat or drink, please find an open space past the aid station and consume what you need there.

There will be a rubbish bin/tub located at each aid station. Participants must ensure all waste goes in the proper bin.

There are toilets at the 1km mark (just past Point Ormond Lookout), 2km mark (Elwood Bathers), 4km (Brighton Sea Baths) and 10km mark (Just past the Sandringham Hotel).

## **GELS ARE NOT PROVIDED YOU MUST SUPPLY YOUR OWN**

Runners using gels are welcome to have a support person drop them with volunteers at an aid station along the course for collection during the run. Please ensure everything is clearly labelled with your name. Please see Course Map & Aid Station List for locations. Volunteers at the aid stations will be vigilant with gels, but are not responsible for gels/bags left with them.

## **CLOTHES**

We encourage all participants to wear the supplied Quick As Thieves 2022 Running Shirt and comfortable clothes that you are used to running in.

## **FIRST AID**

A paramedic and first aid responders will be on site in the RIVA building from 6am to 1pm. There will also be roving first aid responders on the course.

Please alert the nearest aid station if assistance is required - **0450 949 938** (or 0448 978 374)

In an emergency situation dial 000.

# AID STATION 1 - EAT THE BEAT

Just before Elwood Angling Club, Elwood





# AID STATION 2 - VITADROP

Entrance to Brighton Dog Beach, Bay Trail, Brighton



# AID STATION 3 - GATORADE

## Brighton Beach Gardens, Brighton





# AID STATION 4 - UNTITLED

Hampton Beach Sign, Beach Road, Hampton





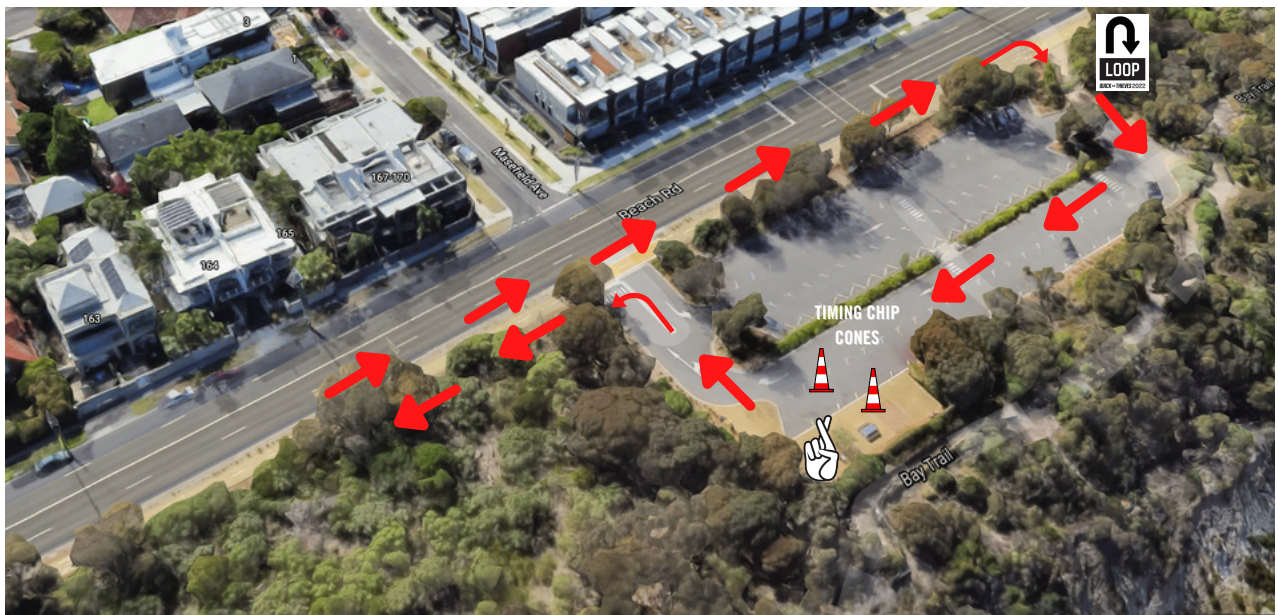
# AID STATION 5 - SQUIRES LOFT

## TURNAROUND POINT/HALF WAY MARK

Carpark just past Masefield Avenue & Beach Rd, Sandringham



**FOLLOW THE ARROWS & RUN BETWEEN THE TIMING CHIP CONES**



**FOR THE MARATHON DISTANCE TO BE CALCULATED EXACTLY, RUNNERS MUST RUN PAST THE CARPARK DRIVEWAY ENTRANCE, TURN RIGHT AT THE PEDESTRIAN ENTRANCE, RUN TOWARDS AND ALONG THE BACK OF THE CARPARK BETWEEN THE TIMING CHIP CONES NEXT TO THE AID STATION AND BACK OUT ONTO BEACH ROAD TURNING LEFT FROM THE DRIVEWAY**

**THERE WILL BE VOLUNTEERS TO GUIDE RUNNERS ON THE CORRECT PATH**



# EVENT VOLUNTEERS

Volunteers will be wearing a Fred Hollows Foundation T Shirt



## SOCIAL MEDIA

We encourage all participants & spectators to take photos and video throughout the event.

Every bit helps in raising awareness

Please tag Quick As Thieves in your social posts



LINKS HERE



## RUN COMPLETION

Once crossed the finish line, head over to the GOODY BAG area to return your race bib and receive your goody bag.

There is a complimentary ice bath on offer from LARS ICE BATHS for those wanting to cool down. There will be a sport towel in your goody bag for drying off or please bring your own towel should you require something larger.

Goody bag will have tokens to exchange for a drink from GATORADE in the REHYDRATE area and a sandwich from HiFi in the REFUEL area. Tokens can only be used on event day.

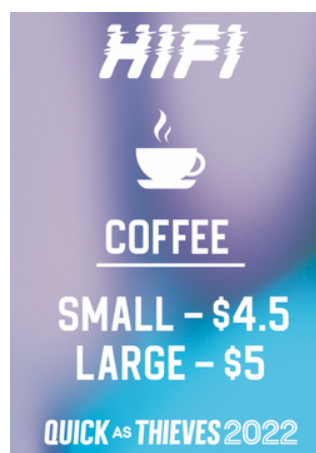
Take a seat & wind down in the RECOVER area with RUNNING SUCKS.



**DRINK TOKEN**  
To exchange for  
1 x Gatorade  
(Valid on course  
event day only)



**FOOD TOKEN**  
To exchange for  
1 x HiFi sandwich  
(Valid on course  
event day only)



**YOUR SPECTATORS ARE WELCOME TO PURCHASE SANDWICHES AND COFFEE FROM THE HIFI AREA WHILE THEY CHEER YOU ON**

### OPTIONS AVAILABLE ON THE DAY

**CHICKEN RUN** - Chicken breast, cucumber, chives, dill, kewpie and butter lettuce on Cobb Lane sourdough - \$15

**EGGPLANT** - Baba ganoush, fried eggplant, salsa verde, stracciatella, crispy chickpeas and oak lettuce on Cobb Lane sourdough - \$14

**COFFEE** - SMALL - \$4.5 / LARGE - \$5





## AWARDS CEREMONY 7:00pm - 9:00pm 9 (DOORS OPEN 6:30PM)

Upstairs @ Lucky Coq

179 Chapel St, Windsor VIC 3181

There will be 2 wristbands in your goody bag to allow each participant plus one guest access to the awards ceremony taking place in the upstairs section at Lucky Coq.

Taking place at the presentation area, each participant will be presented with a medal for their run achievement. This will be done in order of the waves you started in.

Prizes will be awarded for various achievements and we will also have a number of prizes for best fundraiser, and for 1st, 2nd and 3rd in each distance for both male and female categories.

A very special and well known figure in the music industry will be coming along to our medal presentation ... Oh yes Oh yes"

Goody bag will have a token to exchange for either a ginger beer or vodka lemon lime bitters from BROOKVALE UNION. Tokens can only be used at the awards ceremony.

## AFTER PARTY 9:00pm - 1:00am

Upstairs @ Lucky Coq

179 Chapel St, Windsor VIC 3181

Wind down to some great tunes & celebrate your achievement & amazing fundraising efforts!

### DJ LINE UP

Cara Murphy

Jimmy Goulding

Clare Choveaux

Eat the Beat DJs Etwas Vs Matteo Freyrie

# Thank You for

# #fundraisingthevibration

# We hope you enjoyed your journey!