



## KURINGGAI CHASE FUN RUNNERS GUIDE

On the **18<sup>th</sup> June 2023** the **Kuringgai Chase** and **Barry Easy Walk** will be held at Claude Cameron Grove in Wahroonga, with all funds raised going to Special Olympics Upper North Shore Club.

The **Kuringgai Chase** 10km event will start at **9:00AM** and require two circuits of the course. The **Barry Easy Walk** 5km event will start at **9:10AM** and runners will be positioned at the front for the start with walkers to the rear. The **2km Dash** will start at **9:20AM** and will mainly follow the 5km course with a couple of short cuts. Keep an eye out for specific 2km signage at those two areas. One in Gladys St and the other in Esk St.

### **ALL PARTICIPANTS MUST BE ON THE START LINE AT THE START TIME IN ORDER TO RACE!**

Due to the change of bus service provider within weeks of the event, the TransDev courtesy bus will not be running in 2023. We will continue to work with the new operators CDC NSW to bring this service back in 2024.

With that in mind, if you are planning on driving directly to the event we ask that you **do not park on the course itself** (see the map below). Please park away from the event to the West of Eastern Road, to the North of Junction Rd or to the South of Burns Rd.

If you registered before the 5<sup>th</sup> June, you should have received your bib in the mail during the week preceding the **Kuringgai Chase**. If it did not arrive by post or you registered on or after the 5<sup>th</sup> June, please see our volunteers at the "Race Bib Collection Desk" on the morning of the event to collect your bib. **Please arrive no later than 8:30AM** to ensure you have plenty of time to collect your timing bib before your race!

When you receive your bib, **please check the colour of the bib**. A green bib indicates that you have registered for the 5km event, a red bib indicates that you have registered for the 10km

and a blue bib indicates that you have registered in the 2km. You will see blue "BUDDY" bibs on the Knox boys who accompany Special Olympics Athletes around the course.

Ensure your emergency contact information is completed on the reverse of your bib.

### **What can I do with my gear?**

We will have a baggage area located on the Western side of Claude Cameron Grove. Volunteers will be stationed here for the duration of the event to store your baggage and to hand it back to you when the race is done.

Please **do not leave any valuables** such as wallets, keys or phones. The event organisers take no responsibility for valuables or clothing that are lost or damaged.

### **Toilets**

Toilets will be stationed on the Westbrook Ave side of Claude Cameron Grove, please ask any of our volunteers if you can't spot them!

### **Results**

Results generated from the timing bibs will be posted online in the afternoon after the event has concluded. We will post the link to the results on our website ([www.tkcfunrun.org.au](http://www.tkcfunrun.org.au)) once these are available.

### **Social Media**

We encourage you to take as many photos as you like on the day and we will be using the social media hashtag **#TKCfunrun**. There will even be a competition for the best / most creative photo taken on the day!

Please visit our Facebook page at [facebook.com/TKCfunrun](https://facebook.com/TKCfunrun) for all the important updates before and after the race, including the best photos we take on the day!

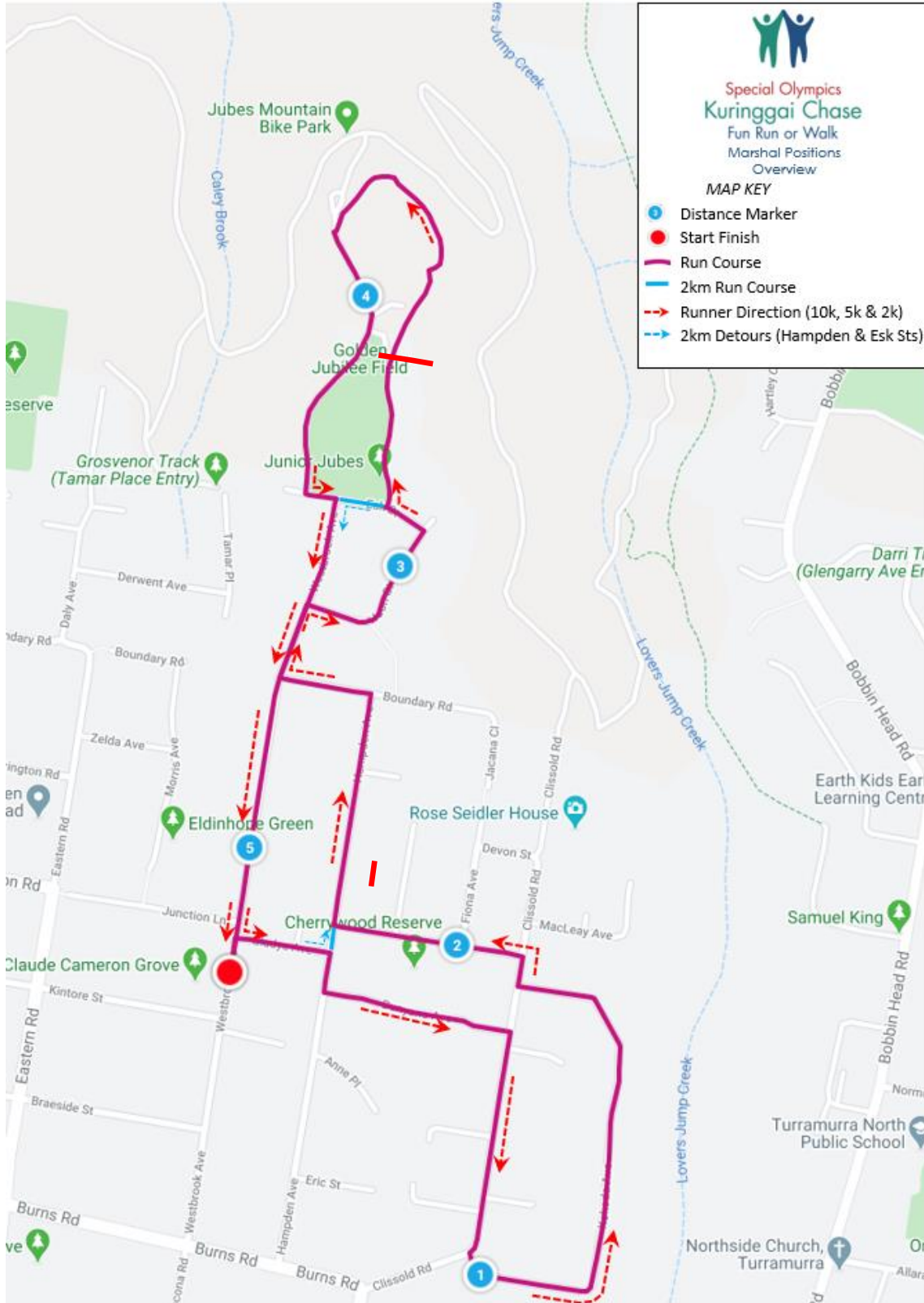


# Kuringgai Chase

Fun Run or Walk



## COURSE MAP



**THE KURINGGAI CHASE WOULD NOT BE POSSIBLE WITHOUT  
THE SUPPORT OF OUR GENEROUS SPONSORS**

