

# Maroondah Night Run 2024 Glow 5km Run/Walk

Friday 19 April | 6pm  
#glowmaroondah



## Frequently Asked Questions

1. What is Maroondah Night Run?
2. Where can I look at a map of the course?
3. What are the distances I can run/walk?
4. How long does the event take to complete?
5. Do we get times/places?
6. How do I enter?
7. What is the Agreement, Waiver & Acknowledgement form (Registration form)?
8. What is the minimum age required to participate?
9. What comprises a family entry?
10. How safe is Maroondah Night Run?
11. Do I need a torch?
12. Can I participate with a pram?
13. Can children on bikes participate?
14. How do I identify a course marshal?
15. Do I need any special equipment?
16. Where will I run/walk?
17. What if you have a medical or physical condition?
18. What does participation in Maroondah Night cost?
19. Is there a cut off date for registration?
20. Can I get a refund?
21. What happens if there are changed COVID restrictions or extreme weather conditions?
22. What should I bring?
23. What should I do before the day?
24. What should I do on the day?
25. What is the running schedule of the day?
26. Will my family & friends be able to watch me?
27. What do I do with my belongings?
28. What happens after the event?
29. Do I have to do any special training?

### **1. What is Maroondah Night Run?**

Maroondah Night Run is a timed event that consists of a 5km run/walk organised by Maroondah City Council. The aim of this event is to encourage individuals and families to challenge themselves in physical activity together. It's about having a go and enjoying yourself.

### **2. Where can I look at a map of the course?**

Online at <http://www.maroondah.vic.gov.au/Explore/Whats-on-in-Maroondah/Maroondah-Night-Run?>

### **3. What are the distances I can run/walk?**

The course is a 5 km walk or run.

### **4. How long does the event take to complete?**

That depends upon how you & your family pace. It is estimated on average that 5km run will take approx 35 minutes and the 5km walk will take approx 1 hour. Please remember it is not a race & you must participate at a level that is comfortable for you & your participating family members.

### **5. Do we get times?**

This is a timed event. Times will be available on line following the event. <http://tomatotiming.racetecresults.com/>

### **6. How do I enter?**

You can enter via online registration from the Maroondah City Council web page.

### **7. What is the Agreement, Waiver & Acknowledgement form (Registration form)?**

The agreement, waiver & acknowledgement form (registration form) is a document you must read carefully & understand before you sign it. It advises you the participant of your legal rights and Terms & Conditions of entry. If you are under the age of 18 on the event day your parent/guardian must sign it.

### **8. What are the age requirements?**

**Family entry:** One entrant must be 18+ years, there is no age requirement for children participating with an adult.

**Individual entry:** An as an individual must be 12+ years or have an adult with them.

All children actively participating must register as a child/concession entry or within a family registration. Children who are accompanying parents in the 5km walk within a pram are free and not required to register.

### **9. What comprises a family entry?**

A family entry is a **minimum** of one adult & one child. A family entry can however consist of up to 4 participants (additional participants are \$10 each). One entrant must be 18+ years, Family entry participants do not have to be related.

### **10. How safe is Maroondah Night Run?**

Please pace yourself to ensure you do not over exert yourself & keep up your fluid intake during the event. A moderate level of fitness is required. A professional first aid service will be in attendance and marshalls/volunteers are situated throughout the Maroondah Night Run course.

**11. Do I need a torch?**

It is a requirement for each participant to wear a head torch or carry a torch to assist in navigating your way around the course, it is a requirement for your safety that you run/walk with a head torch or hand torch.

**12. Can I participate with a pram?**

It is recommended for your children's safety that prams walk the course and not run. The night run course will take place on the grass fairways of Ringwood Golf Course and sections of the course are quite bumpy and undulating in sections, due to the dark conditions and risk that the pram may tip over when moving at speed. Pram will be placed at the back of the walking group to eliminate prams and walkers/runners colliding.

**13. Can children on bikes participate?**

No children on bikes please, as it is a run/ walk, the clash of bikes and people walking and running in the dark is unsafe, also the undulating terrain for children on small bikes is risky.

**14. How do I identify a course Marshal?**

The Marshals & Run Maroondah volunteers will be wearing highly visible vests. They are there to help you & instruct you if necessary. There is also a professional first aid service in attendance who wear high vis clothing and card identification. Please listen & obey any instruction/direction they give you.

**15. Do I need any special equipment?**

Please refer to Question 22. Please come with a torch.

**16. Where will I run/walk?**

Please see a detailed course map online at <http://www.maroondah.vic.gov.au/Explore/Whats-on-in-Maroondah/Maroondah-Night-Run?>

The 5km course starts at hole 1 and sweeps its way through each of the fairways through hole 18. Glow lights will illuminate the course path.

**17. What if you have a medical or physical condition?**

On the entry form there is a section requesting details regarding medical & physical conditions you must provide all necessary details & if there is any doubt regarding your ability to participate speak to your GP to ascertain if you are fit to participate.

**18. What does participation in Maroondah Night Run cost and age requirements?**

Individual \$26

Individual concession \$20

\$57.00 per family\* (up to 4 and \$10 per extra participant),

\*Family entry = minimum 1 adult and 1 child, maximum 4 people including one adult - extra participants \$10 each. \*Children in prams who are not actively participating are free and not required to register.

**19. Is there a cut off date for registration?**

Registrations received on Monday 24 April to Wednesday 26 April will incur an additional \$10 late fee. Registrations close online midnight Wednesday 26 April.

**20. Can I get a refund?**

No refunds will be issued, should you not be able to participate. Maroondah City Council will offer a transfer of name, upon notification of the event organiser.

Entry fee will be refunded if a participant is unwell.

In the event of postponement, due to COVID requirements, heat, extreme weather or fire policies by Maroondah City Council, the event may be rescheduled, if the event is not rescheduled, refunds will be issued to all entrants.

**21. What happens if there are changed COVID restrictions or extreme weather conditions?**

All participants are advised to check the event website on the day prior and on the morning of the event. All attempts will be undertaken to advise participants via email, if the event is cancelled or COVID restrictions are implemented, please ensure you check your email or phone message bank prior to arriving at the event.

**22. What should I bring?**

Running shoes. Shoes must cover your feet no sandals/thongs

Head Torch or Bottle of water

Warm clothes for after the event

Medication if required

Please do not bring any valuables. Maroondah City Council & associated volunteers with the event take no responsibility for loss/damage of entrant's possessions.

**23. What should I do before the day?**

Before the day you should, if possible, familiarise yourself with the course and make sure your bag is packed the day before.

**24. What should I do on the day?**

Arrive on time; please ensure that you allow sufficient time to make your way to the start line, collect race number and warm up prior to your run.

**25. What is the running schedule of the day?**

You will need to be registered and assembled at the start line by no later than 10 minutes prior to your start time. A briefing will occur at the assembly area and the run will commence. After you have completed the run/walk a receive a healthy refreshment.

**26. Will my family & friends be able to watch me?**

Viewing is permitted at the finish line and not around the course.

**27. What do I do with my belongings?**

It is strongly advised you do not bring any valuables to the Maroondah Night Run event. No responsibility will be taken for loss or damage to items/property.

**28. What happens after the event?**

Upon completion you will receive a refreshment and be issued with a ribbon of participation.

**29. Do I have to do any special training?**

It is advised you undertake training including some practice run/walks and in accordance with the entered event distance.

**On behalf of Maroondah City Council congratulations on your decision to participate in the Maroondah Night Run, ENJOY! If you require further information, please do not hesitate to telephone the Leisure team on 9294 5795.**