



city TO **surf**
PERTH WESTERN AUSTRALIA



30:08:09

FOR  **activ**

SUNDAY AUGUST 30th

2009

EVENT GUIDE





This 2009 Rebel Sport City to Surf for Activ EVENT GUIDE holds all the information every participant needs to have a great day. Within this guide there are specific pages for each event and all the extra information you need. Thanks for taking part. Happy running!

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EVENT PROFILE

The 2009 Rebel Sport City to Surf for Activ will be held on Sunday 30th August and will incorporate six events taking participants on a journey from the City of Perth to City Beach, one of Australia's most spectacular beaches. 40,000 participants are expected to take part across all events making the Carnival the second largest of its kind in the southern hemisphere, the largest community sporting event in Western Australia and with the addition of the City to Surf Marathon in 2009, Australia's Richest Roadrace.

ENTRY CATEGORIES

Event	Distance	Start	Bib Colour
Marathon	42.2km	7.00am	RED
Half Marathon	21.1km	6.30am	GREEN
Channel Nine 12km Run			
Category A	12km	9.00am	YELLOW
Category B	12km	9.00am	PINK
Category C	12km	9.00am	BLUE
Category D	12km	9.00am	LIGHT GREEN
12km Walk	12km	9.00am	PURPLE
11km Wheelchair	11km	9.02am	ORANGE
4km Walk	4km	10.30am	GREY

Participants are advised to assemble at Esplanade Park no later than 30 minutes prior to their race start time. See page 15 for a detailed map of the start precinct at Esplanade Park.

REGISTRATION

All entrants are required to register prior to race day. Once registered, race packs need to be collected from the Event Expo (page 18). Postal delivery of race packs is offered to individual and family participants at the time of registration, if prior to July 31st. An additional postage fee is payable.

ENTER ONLINE

www.perthcitytosurf.com

ENTER IN PERSON

Visit the Event Expo from 27-29th August at the Perth Convention Exhibition Centre to enter in person.

Opening Times for the expo are:

Thursday 27th August (10am – 7pm)

Friday 28th August (10am – 7pm)

Saturday 29th August (9am – 5pm)

PRIZE CATEGORIES & AWARDS

Join Australia's richest road race

MARATHON

Male		Female	
1st	\$25,000	1st	\$25,000
2nd	\$8,000	2nd	\$8,000
3rd	\$5,000	3rd	\$5,000
4th	\$3,500	4th	\$3,500
5th	\$2,500	5th	\$2,500
6th	\$1,750	6th	\$1,750
7th	\$1,500	7th	\$1,500
8th	\$1,250	8th	\$1,250
9th	\$1,000	9th	\$1,000
10th	\$500	10th	\$500
TOTAL	\$50,000	TOTAL	\$50,000

HALF MARATHON

Male		Female	
1st	\$3,000	1st	\$3,000
2nd	\$1,250	2nd	\$1,250
3rd	\$750	3rd	\$750
TOTAL	\$5,000	TOTAL	\$5,000

CHANNEL NINE 12km Run

Male		Female	
1st	\$2,500	1st	\$2,500
2nd	\$1,000	2nd	\$1,000
3rd	\$500	3rd	\$500
TOTAL	\$4,000	TOTAL	\$4,000

11km WHEELCHAIR

Open	
1st	\$1,000
2nd	\$600
3rd	\$400
TOTAL	\$2,000

Additional prizes will be awarded to the Top 3 Australian Men and Australian Women finishers in the City to Surf Marathon.

Event organisers would like to thank Rebel Sport, Polar, Asics, Skins and Powerade for their kind donations of prizes for age category winners.



TEAM PRIZES

Team prizes will be awarded in the following categories

- Largest Corporate Team
- Largest School Team
- Largest Social/Club Team

AGE CATERGORY PRIZES

MARATHON

Additional prizes will be awarded in the following age categories:

(Age category winners will not be announced on stage. Prizes will be mailed out post event.)

Male 18-24, 25-34, 35-44, 45-54, 55-64, 65+

Female 18-24, 25-34, 35-44, 45-54, 55-64, 65+

Additional prizes will be awarded to top three male and female Australians

HALF MARATHON

Prizes will be awarded in the following age categories:

(Age category winners will not be announced on stage. Prizes will be mailed out post event.)

Male 16-24, 25-34, 35-44, 45-54, 55-64, 65+

Female 16-24, 25-34, 35-44, 45-54, 55-64, 65+

CHANNEL NINE 12KM RUN & 4KM WALK

Prizes will be awarded in the following age categories:

(Age category winners will not be announced on stage. Prizes will be mailed out post event.)

Male U13, 13-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

Female U13, 13-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

FANCY DRESS

This is an opportunity for you to showcase your creativity and have some fun, all while raising money for a great cause. For your chance to win, dress your best and simply meet at the main stage at 11.30am for judging.

Prizes will be awarded to –

- Best Dressed Group
- Best Dressed Under 16
- Best Dressed Individual

PRIME HEALTH TEAMS CHALLENGE

The Prime Health Team Challenge awards prizes to teams travelling the furthest distance on race day. There are three size categories outlined below.

Each member of each of the 3 winning teams will get a water bottle. Each winning team will also win a customised corporate health and wellness package to the value of

- 0-50 \$1000
- 51 – 150 \$2000
- 151 plus \$4000
- Largest Team \$4000

MARATHON

THE START

(see start precinct map on page 15)

ASSEMBLY LOCATION: Esplanade Park, Perth City

ASSEMBLY TIME: 6.30am

HOW TO GET THERE: PUBLIC TRANSPORT: Travel to and from the event for all participants will be free on any Transperth service. Simply show your race bib to the driver or conductor.

CAR: Drop off locations for the start are shown on the Start Precinct map (page 15). If you intend to drive in to the city or be dropped off, please be aware there are road closures in place road on the morning of the event.

TOILETS: There will be toilet facilities available for all participants at both the East and West ends of Esplanade Park.

HELP DESK: The Start line Help Desk will be located at the Southern End of Esplanade Park. The Help Desk will be manned by volunteers who are there to assist you with any enquiries you have about the event or any of the services on Esplanade Park. The following items will be available to all marathon participants at the help desk:

- additional safety pins
- anti-chafing jelly
- sunscreen

CLOTHING TRANSPORT

DROP OFF: The clothing service drop off is located on Esplanade Park, near the entrance of the Marathon assembly area. See the Start Precinct map of Esplanade Park for the exact location.

The clothing transport service will transport participants' clothing from the start precinct in Perth City to the finish precinct on City Beach Oval.

Each participant will be asked to tear off the 'clothing voucher' on their race bib which carries their unique race number. This will be attached to a bag supplied at the drop off area. Bags will then be loaded in to Thrifty transport vehicles and transported to City Beach Oval.

COLLECTION: All checked clothing for marathon participants will be available for collection inside the Skins Recovery Marquee. Change facilities will also be available in this area. Showers are located at the main clothing collection area on the west side of the top oval.

FLICK YOUR KIT is back in 2009. The service will operate next to the clothing transport service and will be a separately signed station for drop off of clothing for donation. These items will not be transported to the finish line and will be donated to charity after the event.

WATCH IT

A half hour TV special on all events will air on **Channel Nine at 5.30pm**. Check out all the fun of the day and see who you can spot.

ON COURSE

TOILETS are located along the course and signposted accordingly. See Marathon course map on the next page for exact locations.

ON COURSE – AID STATIONS (see map for details)

WATER is available free to all participants thanks to Welltech.

POWERADE will be available at every aid station

GU will be available at select stations.

JELLY LOLLIES will be available at select stations after 21kms

ANTI-CHAFING GEL will be available at select stations after 21kms

ON COURSE – MEDICAL

Should you require medical assistance whilst on the course speak with any road marshal or volunteer who will be able to assist or will contact someone who can.

Medical stations are located at 5, 9, 17, 21, 26, 32, 34.5, 37, 38 & 40kms on course.

TAIL END CHARLIE

Organisers will supply a tail enders/stragglers service that will assist with any participants who are unable to complete the course. This service is supplied to assist those who are injured or medically unable to complete the course.

THE FINISH - SKINS RECOVERY MARQUEE

The City to Surf Marathon will finish on West Coast Highway with all other events. Medals will be distributed on the finish line.

Participants will be processed along the road and in to the Skins Recovery Marquee where every marathon finisher will be given a goodie bag with nutritional food and hydration items to replenish energy levels and their marathon finisher t-shirt. In the Skins Recovery area there will also be massage, roaming medical support and a general area to sit and recover.

THE FINISH

HOW TO GET HOME: PUBLIC TRANSPORT: Travel to and from the event for all participants will be free on any Transperth service. Simply show your race bib to the driver or conductor.

FREE shuttle buses will be operating throughout the day returning participants to Wellington Street bus station in Perth City.

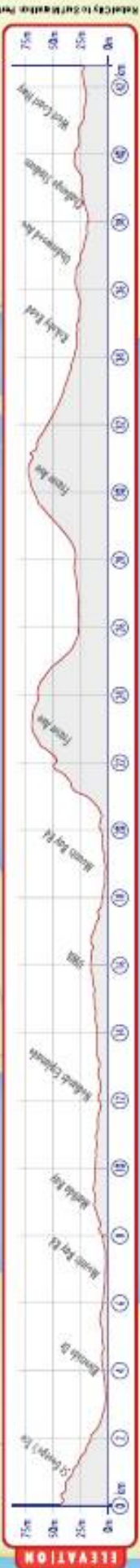


PHOTOS

Supersport Images are the official race photographers. As part of their involvement, the photographic team will be positioned throughout the course aiming to capture the action and excitement across all events and most importantly to capture YOU!! All images containing your race bib number will be emailed directly to you post event and photographs will be available to purchase to commemorate your efforts of the day.

perth .com.au RESULTS

All event results will be available on www.perthnow.com.au on Monday August 31st. Downloadable finisher certificates will be available with individual results.



ELEVATION

REBEL REPORT

city to surf
FOR active
30:08:09
PERTH WESTERN AUSTRALIA

Marathon

LEGEND

- Start
- Baths
- Toilet
- Electricity station
- Aid station
- Water & Powerade
- Aid station
- Water, Powerade & GU
- Refuge
- Prize presenter position
- Bus station
- Shops
- AT&T Recovery Massage

POWERADE
WATER STATIONS SPONSORED BY

WELLTECH
TOTAL WATER MANAGEMENT



INDIAN OCEAN

PERTH TO SURF MARATHON: THIS COURSE HAS THE RIGHT TO MAKE REGIONAL DESIGNERS (THE WILKED) OWE PATENT TO THE CITY

HALF MARATHON

THE START

(see start precinct map on page 15)

ASSEMBLY LOCATION: Esplanade Park, Perth City

ASSEMBLY TIME: 6.00am

HOW TO GET THERE: PUBLIC TRANSPORT: Travel to and from the event for all participants will be free on any Transperth service. Simply show your race bib to the driver or conductor.

CAR: Drop off locations for the start are shown on the Start Precinct map (page 15). If you intend to drive in to the city or be dropped off please be aware there are road closures in place road on the morning of the event.

TOILETS: There will be toilet facilities available for all participants at both the East and West ends of Esplanade Park.

HELP DESK: The Start line Help Desk will be located at the Southern End of Esplanade Park. The Help Desk will be manned by volunteers who are there to assist you with any enquiries you have about the event or any of the services on Esplanade Park. The following items will be available to all marathon participants at the help desk:

- additional safety pins
- anti-chafing gel
- sunscreen

CLOTHING TRANSPORT

DROP OFF: The clothing service drop off is located on Esplanade Park, near the entrance of the Half Marathon assembly area. See the Start Precinct map of Esplanade Park for the exact location.

The clothing transport service will transport participants' clothing from the start precinct in Perth City to the finish precinct on City Beach Oval.

Each participant will be asked to tear off the 'clothing voucher' on their race bib which carries their unique race number. This will be attached to a bag supplied at the drop off area. Bags will then be loaded in to Thrifty transport vehicles and transported to City Beach Oval.

COLLECTION: All clothing for Half Marathon participants will be available for collection at the collection point on the West side of the top oval. Change and shower facilities will also be available in this area.

FLICK YOUR KIT is back in 2009. The service will operate next to the clothing transport service and will be a separately signed station for drop off of clothing for donation. These items will not be transported to the finish line and will be donated to charity after the event.

WATCH IT

A half hour TV special on all events will air on **Channel Nine at 5.30pm**. Check out all the fun of the day and see who you can spot.

ON COURSE

TOILETS are located along the course and signposted accordingly. See Half Marathon course map on the next page for exact locations.

ON COURSE – AID STATIONS (see map for details)

WATER is available free to all participants thanks to Welltech.

POWERADE will be available at every aid station

GU will be available at select stations.

ON COURSE – MEDICAL

Should you require medical assistance whilst on the course speak with any road marshal or volunteer who will be able to assist or will contact someone who can.

Medical stations are located at 5, 11.5, 13, 15, 17 & 19 km marks on course.

TAIL END CHARLIE

Organisers will supply a tail enders/stragglers service that will assist with any participants who are unable to complete the course. This service is supplied to assist those who are injured or medically unable to complete the course.

THE FINISH

RETURNING YOUR TIMING TAG: All timing tags must be returned at the north end of West Coast Highway. Remember if your tag is not returned a \$25 charge will be issued to you.

MEDALS: Half Marathon Finisher Medals will be distributed on the top oval after timing chips are returned.

POWERADE: A free bottle of Powerade will be supplied to every finisher. This can be collected after your medal.

ACTIVITIES: Live entertainment will be on the Mix 94.5 stage all day, including presentations to the winners. We encourage all participants to stick around and cheer in the marathon participants later in the day.

HOW TO GET HOME: PUBLIC TRANSPORT: Travel to and from the event for all participants will be free on any Transperth service. Simply show your race bib to the driver or conductor.

FREE shuttle buses will be operating throughout the day returning participants to Wellington Street bus station in Perth City.

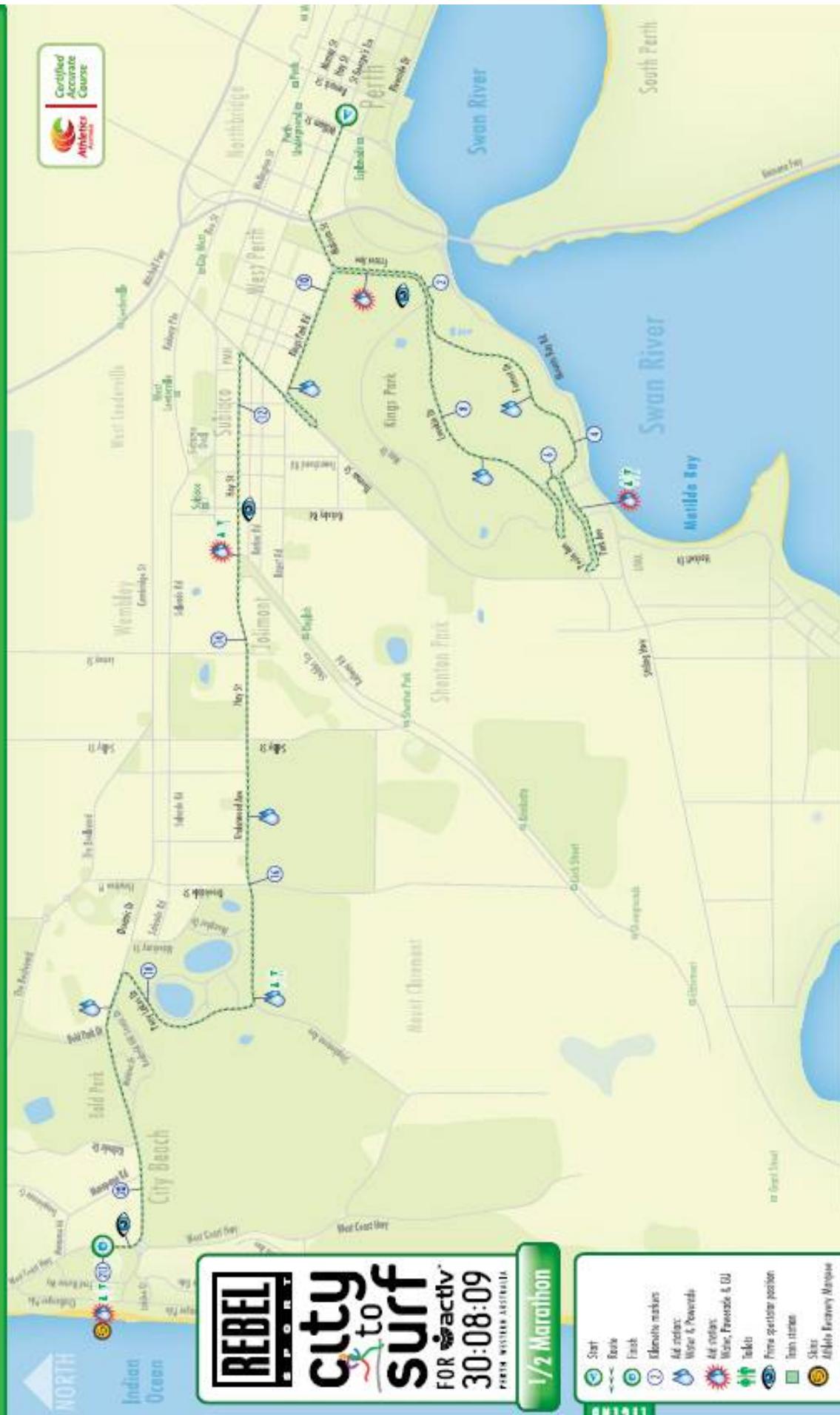


PHOTOS

Supersport Images are the official race photographers. As part of their involvement, the photographic team will be positioned throughout the course aiming to capture the action and excitement across all events and most importantly to capture YOU!! All images containing your race bib number will be emailed directly to you post event and photographs will be available to purchase to commemorate your efforts of the day.

perthnow.com.au RESULTS

All event results will be available on www.perthnow.com.au on Monday August 31st. Downloadable finisher certificates will be available with individual results



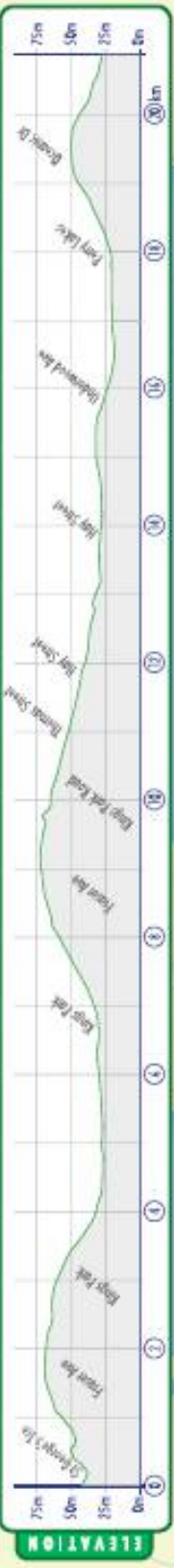
NORTH

Indian Ocean

REBEL SPORT
city to surf
 FOR **actv**
30:08:09
 PERH SYSTEM ASSOCIATES

1/2 Marathon

- Start
- Bank
- Finish
- Elevation markers
- Aid station: Water & Powerade
- Aid station: Water, Powerade & GU
- Table
- Prize gathering position
- Team station
- Skier
- Athlete Emergency Response



Rebel City to Surf Perth organizers reserve the right to make required changes to the indicated course route prior to Event Day.

CHANNEL NINE 12KM RUN

& 12KM WALK

THE START

(see start precinct map on page 15)

ASSEMBLY LOCATION: Esplanade Park, Perth City

ASSEMBLY TIME: 8.30am

START CATEGORIES:

There are four start categories for the Channel Nine 12km Run. Start categories are based on individuals anticipated finish time.

A	-	Under 48 minutes
B	-	48-58 Minutes
C	-	58-70 minutes
D	-	Over 70 minutes and runners with prams
W	-	Walkers

Each start category will be marshalled in a separate area on Esplanade Park. Participants must enter their specific category holding area by 8.30am. Each category will then be directed to St Georges Terrace one at a time to commence the 12km run.

This process will ensure a clear run for all participants.

TOILETS: There will be toilet facilities available for all participants at both the East and West ends of Esplanade Park.

HELP DESK: The Start line Help Desk will be located at the Southern End of Esplanade Park. The Help Desk will be manned by volunteers who are there to assist you with any enquiries you have about the event or any of the services on Esplanade Park.

TRANSPORT

PUBLIC TRANSPORT: Travel to and from the event for all participants will be free on any Transperth service. Simply show your race bib to the driver or conductor.

CAR: Drop off locations for the start are shown on the Start Precinct map (page 15). If you intend to drive in to the city or be dropped off please be aware there are road closures in place road on the morning of the event.

THRIFTY CLOTHING TRANSPORT

DROP OFF: The 12km clothing service drop off points are located on Esplanade Park. Each Race category will have its own drop off point near the entrance of their specific assembly area. Each drop off point is colour coded, please look for your bib colour. See the Start Precinct map of Esplanade Park for the exact location.

The clothing transport service will be transporting participants' clothing from the start precinct in Perth City to the finish precinct on City Beach Oval.

Each participant will be asked to tear off the 'clothing voucher' on their race bib which carries their unique race number. This will be attached to a bag supplied at the drop off area. Bags will then be loaded in to Thrifty transport vehicles and transported to City Beach Oval.

COLLECTION: All clothing for 12km participants will be available for collection at the collection point on the West side of the top oval. Look for your specific category collection point (as at drop off). Change and shower facilities will also be available in this area.

FLICK YOUR KIT is back in 2009. The service will operate next to the clothing transport service and will be a separately signed station for drop off of clothing for donation. These items will not be transported to the finish line and will be donated to charity after the event.

ON COURSE

TOILETS are located along the course and signposted accordingly.

WATER is available to all participants thanks to Welltech.

MEDICAL Should you require medical assistance whilst on the course speak with any road marshal or volunteer who will be able to assist or will contact someone who can. Medical will be available at all aid stations on course.

TAIL END CHARLIE

Organisers will supply a tail enders/stragglers service that will assist with any participants who are unable to complete the course. This service is supplied to assist those who are injured or medically unable to complete the course.

THE FINISH

RETURNING YOUR TIMING TAG: All timing tags must be returned at the north end of West Coast Highway. Remember if your tag is not returned a \$25 charge will be issued to you.

MEDALS: Finisher Medals will be distributed on the top oval after timing chips are returned.

POWERADE: A free bottle of Powerade will be supplied to every finisher. This can be collected after you receive your medal.

ACTIVITIES: Live entertainment will be on the Mix 94.5 stage all day, including presentations to the winners. We encourage all participants to stick around and cheer in the marathon participants later in the day.

HOW TO GET HOME: PUBLIC TRANSPORT: Travel to and from the event for all participants will be free on any Transperth service. Simply show your race bib to the driver or conductor.

FREE shuttle buses will be operating throughout the day returning participants to Wellington Street bus station in Perth City.



PHOTOS

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perthnow.com.au RESULTS

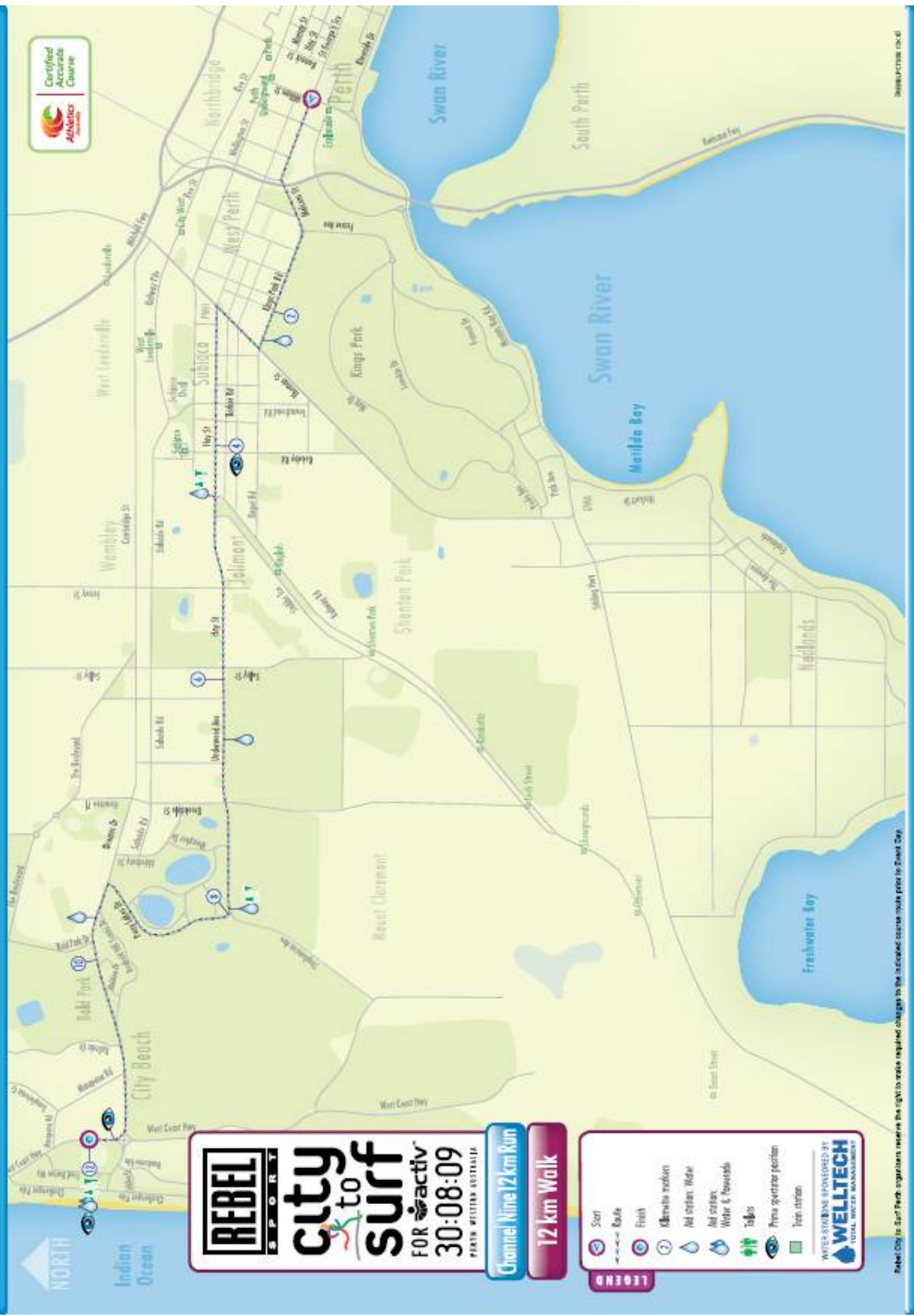
All event results will be available on www.perthnow.com.au on Monday August 31st. Downloadable finisher certificates will be available with individual results

WATCH IT

A half hour TV special on all events will air on **Channel Nine at 5.30pm**. Check out all the fun of the day and see who you can spot.



WELLTECH 100-01



REBEL
SPORTS
city to surf
FOR **active**
30:08:09
PERTH WESTERN AUSTRALIA

Channel Nine 12 km Run
12 km Walk

- LEGEND**
- Start
 - Route
 - Finish
 - kilometre markers
 - Mid station: Water
 - Mid station: Water & Towards
 - Talks
 - Prize splitter position
 - Train station
- WATER STATIONS PROVIDED BY
WELLTECH
TOTAL WATER MANAGEMENT

Rebel City to Surf Perth organisers reserve the right to make required changes to the included course route prior to Race Day.

11KM WHEELCHAIR

THE START

ASSEMBLY LOCATION: Cnr Kings Park Road & Fraser Ave.
West Perth

ASSEMBLY TIME: 8.30am

TOILETS: There will be toilet facilities available for all participants at both the East and West ends of Esplanade Park.

TRANSPORT

PUBLIC TRANSPORT: Travel to and from the event for all participants will be free on any Transperth service. Simply show your race bib to the driver or conductor.

PARKING: Parking at the start of the 11km is available at:
Dumas House Car Park, 2 Kings Park Rd
(enter via Havelock St). Open from 6.00am.

ON COURSE

TOILETS are located along the course and signposted accordingly.

WATER is available to all participants thanks to Welltech.

MEDICAL Should you require medical assistance whilst on the course speak with any road marshal or volunteer who will be able to assist or will contact someone who can. Medical will be available at all aid stations on course.

TAIL END CHARLIE

Organisers will supply a tail enders/stragglers service that will assist with any participants who are unable to complete the course. This service is supplied to assist those who are injured or medically unable to complete the course.

THE FINISH

RETURNING YOUR TIMING TAG: All timing tags must be returned at the north end of West Coast Highway. Remember if your tag is not returned a \$25 charge will be issued to you.

MEDALS: Finisher Medals will be distributed on the top oval after timing chips are returned.

POWERADE: A free bottle of Powerade will be supplied to every finisher. This can be collected after you receive your medal.

ACTIVITIES: Live entertainment will be on the Mix 94.5 stage all day, including presentations to the winners. We encourage all participants to stick around and cheer in the marathon participants later in the day.

HOW TO GET HOME: PUBLIC TRANSPORT: Travel to and from the event for all participants will be free on any Transperth service. Simply show your race bib to the driver or conductor.

FREE shuttle buses will be operating throughout the day returning participants to Wellington Street bus station in Perth City.



PHOTOS

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9 WATCH IT

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REBEL SPORT

city to surf

FOR **actiV**

30:08:09

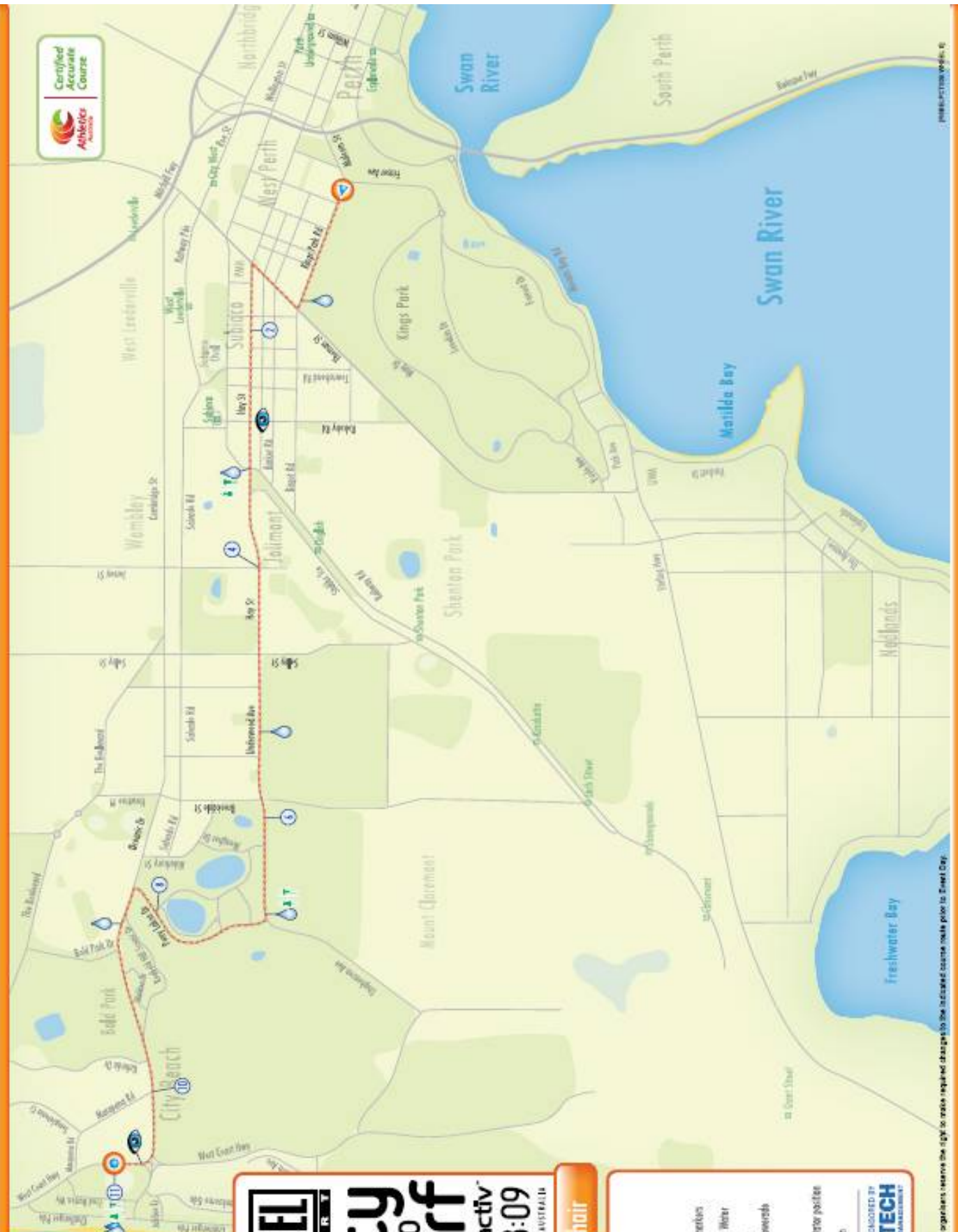
PERTH WRESTLER AUSTRALIA

Wheelchair

LEGEND

- Start
- Route
- Finish
- Elementary markers
- Aid station: Water
- Aid station: Water & Powerbars
- toilets
- Prize spectator position
- Toilets station

WATER STATIONS SPONSORED BY **WELLTECH** TOTAL WATER MANAGEMENT



Perth City to Surf Perth organizers reserve the right to make required changes to the indicated course route prior to Start Day.

4KM WALK/RUN

THE START

ASSEMBLY LOCATION: Perry Lakes

ASSEMBLY TIME: 10.00am

TOILETS: There will be toilet facilities available for all participants at Perry lakes

HELP DESK: The 4km line Help Desk will be located near the start arch. The Help Desk will be manned by volunteers who are there to assist you with any enquiries you have about the event or any of the services on Esplanade Park. The following items will be available to all at the help desk:

- additional safety pins
- sunscreen

TRANSPORT

PUBLIC TRANSPORT: Travel to and from the event for all participants will be free on any Transperth service. Simply show your race bib to the driver or conductor.

CAR PARKING:

(all parking is provided for a Gold Coin Donation)

Participant Parking is located on:

Alderbury Reserve, Alderbury Street, FLOREAT.

Access is via Brookdale Road into Alderbury Street only. Please do not park street side in any of the surrounding areas as Rangers will issue infringements

CLOTHING TRANSPORT

DROP OFF: The 4km clothing service drop off points are located near the start.

The clothing transport service will transport participants' clothing from the start at Perry Lakes to the finish precinct on City Beach Oval.

Each participant will be asked to tear off the 'clothing voucher' on their race bib which carries their unique race number. This will be attached to a bag supplied at the drop off area. Bags will then be loaded in to Thrifty transport vehicles and transported to City Beach Oval.

COLLECTION: All clothing for 4km participants will be available for collection at the collection point on the West side of the top oval. Look for your specific category collection point (as at drop off). Change and shower facilities will also be available in this area.

ON COURSE

TOILETS are located along the course and signposted accordingly.

WATER is available to all participants thanks to Welltech.

MEDICAL Should you require medical assistance whilst on the course speak with any road marshal or volunteer who will be able to assist or will contact someone who can. Medical will be available at all aid stations on course.

THE FINISH

RETURNING YOUR TIMING TAG: All timing tags must be returned at the north end of West Coast Highway. Remember if your tag is not returned a \$25 charge will be issued to you.

MEDALS: Finisher Medals will be distributed on the top oval after timing chips are returned.

POWERADE: A free bottle of Powerade will be supplied to every finisher. This can be collected after you receive your medal.

ACTIVITIES: Live entertainment will be on the Mix 94.5 stage all day, including presentations to the winners. We encourage all participants to stick around and cheer in the marathon participants later in the day.

HOW TO GET HOME: PUBLIC TRANSPORT: Travel to and from the event for all participants will be free on any Transperth service. Simply show your race bib to the driver or conductor.

FREE shuttle buses will be operating throughout the day returning participants to Wellington Street bus station in Perth City.



PHOTOS

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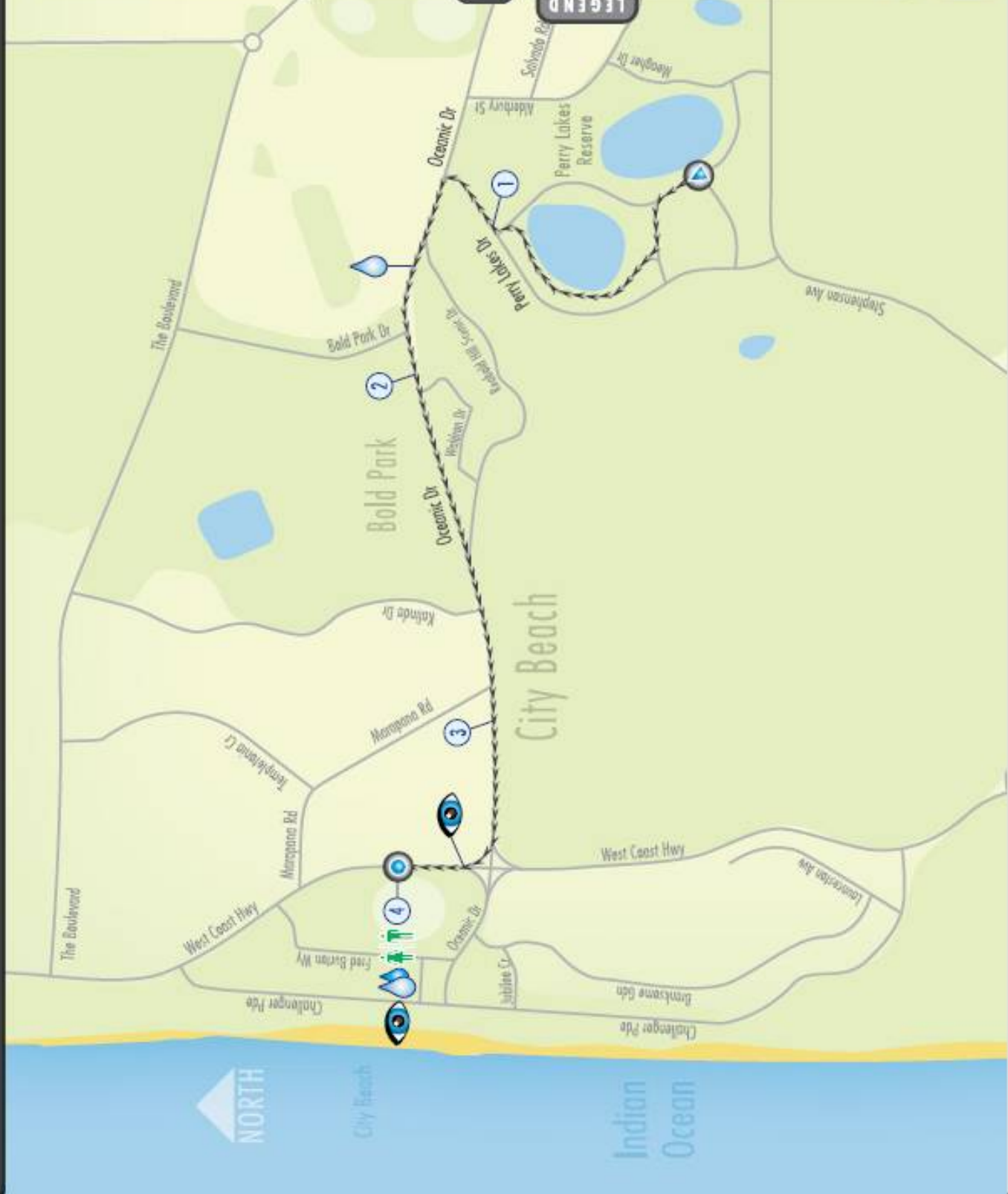
REBEL
SPORT

city to surf
FOR **activ**
30:08:09
PERTH WESTERN AUSTRALIA

4 km Walk

- LEGEND**
- Start
 - Route
 - Finish
 - Kilometre markers
 - Aid station: Water
 - Aid station: Water & Powerade
 - Toilets
 - Prime spectator position

WATER STATIONS SPONSORED BY
WELLTECH
TOTAL WATER MANAGEMENT



Rebel City to Surf Perth organizers reserve the right to make required changes to the listed course route prior to Event Day.

GENERAL INFORMATION - ALL EVENTS

GENERAL INFORMATION

The use of bicycles, skateboards, roller blades/skates or any other similar mode of transport is not permitted for any event with the exception of wheelchairs in the 11km wheelchair event.

Prams/strollers are permitted in the 12km run, however you must enter into Start Group D. Prams/strollers are also permitted in the 12km and 4km walk.

No animals of any kind are allowed.

RUNNERS ETIQUETTE

In the interest of providing a safe and enjoyable event experience for all participants, competitors should be mindful of race etiquette:

- Ensure you start within your designated category start zone (sign posted) so that faster participants are not impeded.
- Keep to the left of the course to allow people to pass on the right.
- Do not stop or change directions suddenly.
- Always follow the directions of all race officials and emergency service personnel.
- Be courteous to your fellow participants at all times.

OFFICIAL MERCHANDISE

Rebel Sport have created an exclusive 2009 Rebel Sport City to Surf for Activ event merchandise range. Official event merchandise is available through our website www.perthcitytosurf.com, through the registration site at time of registration or in Rebel Sport stores city wide throughout August.

SPECTATORS

Spectators are welcome on City Beach Oval. There will be a public viewing area on the West side of the finish chute (see map on page 16).

Details on activities and expected finish times are shown below:

0735	Half Marathon Mens Winners expected
0750	Half Marathon Ladies Winners expected
0800 - 0900	Half Marathon main field finish
0915	Marathon Mens Winners expected
0932	11km Wheelchair Winners expected
0933	Marathon Ladies Winners expected
0936	12km Mens Winners expected
0942	12km Ladies Winners expected
1030 - 1300	Marathon main field finish
1030 - 1115	Live Entertainment on stage
1100 - 1200	4km main field finish
1115 - 1215	Presentations to all winners
1215 - 1400	Live Entertainment on stage
1400	Last marathoner finish

coles FRUIT GIVEAWAY

Coles are kindly offering free fruit to all participants at the finish line. Free fruit will be available at the north end of the bottom oval, look for the Coles signs.

Please ensure you dispose of any peels or cores thoughtfully.



JUICE GIVEAWAY

Nudie are kindly offering free juice to the first 5000 participants visiting the Nudie marquee on the bottom oval. Simply show volunteers your race bib and you will be given a free Nudie juice.

IPICO TIMING

All Rebel Sport City to Surf for Activ races will be timed at the start and finish line by Ipico digital timing system. Every participant is provided with a timing chip which must be tied securely to one of their shoes.

The timing chip remains the property of event organisers and MUST be returned after the race. Failure to return your timing tag will result in a \$25 fee.

Timing transponders should be returned in the recovery area. However if you forget to return your transponder on race day you can still avoid the \$25 fine.

All transponders must be returned to the address below no later than September 7th.

Rebel Sport City to Surf for Activ
26 Queen Street, Perth 6000

CITY BEACH OVAL - ESSENTIAL INFORMATION

No marquees, tents, shade structures or signage other than those erected by the event organisers are permitted to be set up at City Beach Oval, Jubilee Park or on the City Beach foreshore reserve. No BBQ's other than those in event Marquees can be set up on any of the above locations. Failure to comply can result in confiscation and/or fines being issued.

CITY BEACH OVAL HELP DESK/LOST PROPERTY/ LOST CHILDREN

An information/help desk is located opposite the club house in the centre of the oval. The help desk is manned by event officials and volunteers. The information/help desk can help with any general enquiries, lost property and also lost children. Lost children should be brought to the help desk and any parents who have lost their children should alert the help desk.



FINISH PRECINCT - City Beach Oval

EVENT ROUTES

- Marathon route
- Half Marathon route
- 12km Walk route
- Channel Nine
- 12km Run route
- 11km Wheelchair route
- 4km Walk route

TRANSPORT

- Buses to Perth City
- Shuttle buses to 4km start point
- Shuttle buses to North carpark (Queen's Primary School)
- Shuttle buses to South carpark (Huston Reserve)
- Bus
- Shuttle bus
- No traffic entry

CLOTHING PICK-UP

- Marathon
- Half Marathon
- 12km Run A
- 12km Run B
- 12km Run C
- 12km Run D
- 12km Walk
- 4km Walk

- Information area
- Medical station
- Toilets
- Water station
- Prime spectator position
- Timing chip return area
- Skins marathon recovery
- Medal distribution
- Powerade distribution
- Fruit distribution point
- Merchandise stall
- Nude juice giveaway (entry to 5000 participants)
- Shower & change area
- Coffee
- Food vendors
- Children's fun area
- Meeting/reunion point



Indian Ocean

City Beach

TRANSPORT INFORMATION



Transperth

FREE TRAVEL IS OFFERED TO ALL PARTICIPANTS ON ANY TRANSPERTH SERVICE WHEN TRAVELLING TO OR FROM THE EVENT ON SUNDAY AUGUST 30TH. Race bib must be worn to travel

GETTING TO THE EVENT

TRAINS - Additional services will be operating on all train lines in to the City for 12km participants.

Train schedules for morning services to Perth City on Sunday August 30th can be downloaded from www.perthcitytosurf.com

Overview of morning services:

ARMADALE LINE Trains in to Perth will operate on a 15-minute frequency from 7.01am and stop at all stations.

THORNIE LINE Trains in to Perth will operate on a 30-minute frequency from 7.05am. Thornlie Line trains will also stop at all stations.

FREMANTLE LINE Trains in to Perth will operate on a 15-minute frequency from 7.00am.

JOONDALUP LINE Trains in to Perth will operate on a 15-minute frequency from 6.48am.

MANDURAH LINE Trains in to Perth will operate on a 15-minute frequency from 6.19am.

MIDLAND LINE Trains in to Perth will operate on a 15-minute frequency from 7.15am.

Please check the Sunday timetable for train services after 9am.

For further information regarding all service deviations visit www.transperth.wa.gov.au

PARKING

Parking is available at the following locations:

CITY OF PERTH parking information is available at www.cityofperth.gov.au/parking

4KM (all parking is provided for a Gold Coin Donation) parking is available at:

Alderbury Reserve, Alderbury Street, FLOREAT.

Access is via Brookdale Road into Alderbury Street only. Please do not park street side in any of the surrounding areas as Rangers will issue infringements.

WHEELCHAIR Dumas House Car Park, 2 Kings Park Rd (enter via Havelock St). Open from 6.00am.

FINISH (all parking is provided for a Gold Coin Donation)

Due to course variations this year, parking will NOT be available in the same locations as previous years.

Recommended parking in the City Beach area is outlined below:

SOUTH - Helston Ave Reserve - Gold coin donation payable. Enter via West Coast Highway, South of Challenger Parade. Access available from 6.00am.

NORTH - Kapinara Primary School - . Gold coin donation payable. Enter off the Boulevard into Oban Road and follow directional signage to Primary School Oval. Access available from 6.00am.

Note - Shuttle bus services will operate from both car parks to City Beach Oval from 6.00am – 3.00pm on Sunday August 30th.

Beach side carparks will be closed 5.00pm Saturday 29th August – 2pm Sunday 30th. If your vehicle is parked in a beach side carpark it will be locked in during these times.

GETTING HOME FROM CITY BEACH OVAL

A **FREE BUS SHUTTLE SERVICE** will operate from City Beach Oval to both the Perth City Start Line (Marathon, Half Marathon & 12km) and the Perry Lakes (4km) Start Line.

Car park Shuttles will commence at 7.50am and run through until 3pm. A gold coin donation which goes direct to Activ is appreciated.

Onward travel on Transperth services is FREE to all participants. Race bib must be worn to travel.

EVENT EXPO

The Rebel Sport City to Surf for Activ Expo is taking place at the Perth Convention and Exhibition Centre on Thursday 27th, Friday 28th and Saturday 29th August 2009.

The expo is where participants will need to come to collect their race packs but the event is more than that. The Rebel Sport City to Surf for Activ Expo will be packed with Health and Fitness information, products and services.

While visiting the expo why not get in some pre race carb. loading at our Pasta Party and sit back and enjoy one of the seminars on health and fitness.

The Expo is FREE to enter for everyone,

GREAT EXHIBITORS

Exhibiting at the Event Expo with some great specials and new ranges

Rebel Sport	Asics
Skins	Medibank Private
Athletics Western Australia	Tanita
BSc Body Science International	Prime Health
Crocs Prepair	Amscot
Nutriway	Supersports Images
EmbroidMe	Sweax Underarm Liners
Fly Active	Brooks
Injinji Performance Products	Travelling Fit
Intrepid Travel	Vibram FiveFingers Australia
LUPIN	Vib
K-Swiss	Hair Free
Lorna Jane	

COLLECTING YOUR RACE PACK

Race Packs must be collected from the Event Expo at the Perth Convention Exhibition Centre on the following dates:

Thursday 27th August (10am - 7pm)

Friday 28th August (10am - 7pm)

Saturday 29th August (9am - 5pm)

If you entered prior to July 31st and have opted to have your race posted to you, you will not need to collect it from the Event Expo. We do however recommend you head down and grab a bargain whilst being a part of the ever growing Perth running community.

QUEUE JUMPING

If you are picking up your race pack, why not make it a lunch stop? We are offering participants who wish to sneak in some carb loading the opportunity to join the **Fast Track Pasta Party Line**. Jump the queue, grab your race pack, have a meal, watch some live entertainment and pick up a bargain from a host of fantastic exhibitors offering exclusive specials during the expo.

Details of the Pasta Party are outlined to the right.

PASTA PARTY

Give your body the fuel it needs to complete the journey and come down for a meal at The Rebel Sport City to Surf for Activ Pasta Party! The Pasta Party is the perfect way to give your body the perfect carb loading session ahead of the big day.

The Pasta Party will operate during the following hours:

Thursday 27 August 11.00am to 2.00pm

Friday 28 August 11.00am to 2.00pm

Saturday 29 August 10.00am to 3.00pm

For just **\$8.00** a pasta or **\$10.00** including a 600ml bottle of water, you can choose between the following pasta dishes:

- chicken, farfalle, char-grilled vegetables, fetta and spicy tomato sauce
- tortellini, basil pesto cream, prosciutto ham, bocconcini and peas
- penne rigate, market roasted vegetables, tomato sauce and parmesan

The pasta party is available to participants and non-participants so come down and enjoy all aspects of the Rebel Sport City to Surf for Activ expo.

Bon Appetit!

EXPO SEMINARS

LEARN MORE ABOUT HEALTH & FITNESS

At the Rebel Sport City to Surf for Activ expo there will be a range of seminars presented by a series of health and fitness experts.

Sessions will include:

Triple S - An interactive class that focuses on many great exercises to keep your body in 'prime' shape!

Nutrition and Hydration - The Nutrition and Hydration workshop will provide City to Surf participants with the ability to learn some facts and fallacies about carbohydrates, protein and fats - what, how much and why? A *rate the drink competition* will be a challenge to those who think they know their fluids!

Training for the Marathon – with Glen Quartermain (Chief Sports Editor, Sunday Times) - Learn what it takes to prepare for a marathon. Glen Quartermain will share his experiences of his preparation for this year's race. Prime Health Group's Andrea Aurrecochea will present on the stage by stage training plan that she shared with Glen in readiness for the big race! Learn what it takes to train for

Skins Fashions Show – Check out the latest in compression wear.

For a schedule of events see www.perthcitytosurf.com

THE CAUSE



Activ is the sole beneficiary of the Rebel Sport City to Surf for Activ, and by getting involved you are helping to make a real difference to the lives of people with disability, their families and carers.

Did you Know?

Activ is one of WA's leading community benefit organisations and has been providing services and support to people with disability since 1951.

What Activ do – At a glance

Employ

We shatter many disability employment myths by providing meaningful, paid jobs to 1000 people with disability in a modern commercial entertainment.

Earn

Our businesses are now producing annual revenue of around \$12 million.

Build

We continue to build and refurbish homes from Geraldton to Esperance for people with disability.

Care

We provide home care services and support throughout the state, totaling some 53,000 hours.

Support

We support some 244 people with disability in 47 group homes and 82 people in their homes.

Transport

We transport around 700 people daily to their schools, workplaces and other venues.

Volunteer

We are supported by selfless volunteers who provide invaluable recreation, sitter and other support services for families and carers.

Inspire

We are joined by more than 30,000 of our fellow West Australians in our annual fundraising and brand-building event, the Rebel Sport City to Surf for Activ



**GET
ACTIVE**
for activ.

