

Scotland Island Recreation Club presents

# The Island Race

Sunday, 23 May 2021

## Preparation:

Registration in Catherine Park:	9.45 am
Warm up with Andy Derijk:	10.00 am
Demonstration of the obstacle course:	10.15 am
Race starts:	10.30 am

## The race:

The race has two components:

1. a single lap of Scotland Island (see over for a map of the route);
2. completion of an obstacle course in Catherine Park.

These must be completed in the above order, one immediately after the other. Race timing starts at the beginning of the run around the island and ends at the completion of the obstacle course.

## Afterwards:

Most participants will complete the race within half an hour (ie by about 11 am). Once you have completed the course, cooled down and stretched then you are free to enjoy your hot drink and cake or savoury product at the Two Catherines Café (set up inside or just outside the Community Hall).

The prizegiving will take place around 11.30 am. The café remains open until 12 noon.

## The prizes:

Runners will be placed into categories and prizes will be based on the fastest in each category, eg fastest male, fastest female, fastest younger runner, fastest older runner, etc. Details will be finalised closer to the date.

## Admission:

\$20, which includes a hot drink and a cake or savoury product at the Two Catherines Café. Profits go to Scotland Island Rural Fire Brigade.

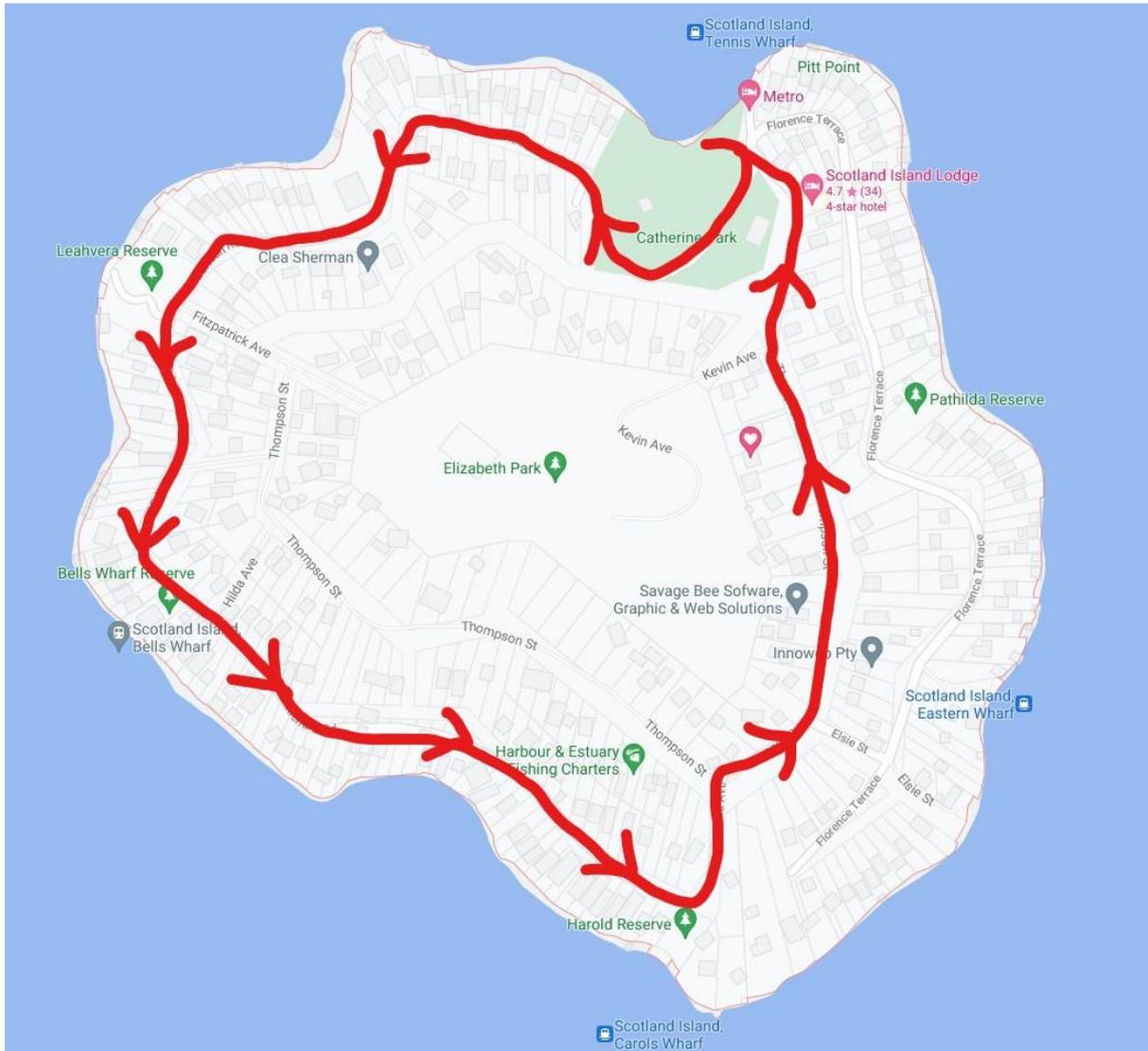
It is a condition of participation that entrants (or, in the case of someone under 18, a guardian) sign a statement, immediately before the race, which will read as follows:

*I understand that physical activity involves inherent risk, including risk of physical injury or damage to property. I confirm that I am / my child is medically and physically fit and able to participate in this race. I also agree to the following race rules:*

- Obey all instructions given by race organisers;
- While running around the island, watch for vehicles, dogs, pedestrians etc. Normal life will be continuing on the island and it is up to you to make sure you and everyone else stays safe.
- Children under 12 must be accompanied throughout the race by a responsible adult.

## How to enter:

1. Go to <https://www.sirfb.org.au/event-4283377> to register. You will be asked for your details, then requested to pay \$20 per entrant.
2. Immediately after you have registered, please email [editor@scotlandisland.org.au](mailto:editor@scotlandisland.org.au) with confirmation that you have registered, and the name and age of the entrant(s).



**Description of route:**

Start in Catherine Park (nr the playground) → up the rough track towards the fire shed → follow the road around the top of Catherine Park → along Robertson Rd, which becomes Richard Rd → up 'Heartbreak Hill' (Harold Ave) → down and along Thompson St → down Kevin Ave and the rough track back into Catherine Park → straight to the start of the obstacle course (in front of the Community Hall).

For further information, contact [editor@scotlandisland.org.au](mailto:editor@scotlandisland.org.au).

**Fitness Trainer:**

Andy Derijk from Fitter Forever Personal Training runs bootcamps and one-on-one personal training in Elvina Bay. The classes run Mondays and Thursdays from 6.30 - 7.15 am. Andy is donating his time to help organise and facilitate this event. Feel free to contact Andy about this race or your personal fitness training needs.

Mobile: 0418 613 890

Web: [www.fitterforever.com.au](http://www.fitterforever.com.au)

