



Stromlo

RUNNING FESTIVAL 2010

Media Release

February 19th – 21st

Entries open 1st October, 2009

www.stromlorunningfestival.com.au

Mark the date in your calendar:

The second annual STROMLO Running Festival will be held on the February 19th – 21st, 2010.

This unique event, organised by Robert de Castella, the ACT Cross Country Club and Run For Your Life (R4YL), comprises 8 different running events, as well as talks and seminars and will again be held at the world-class facilities of Stromlo Forest Park in Canberra.

Continuing on from the success and interest that the 3 day event generated in its inaugural year, the festival will again be highlighted by the Robert de Castella Invitational XC and the picturesque Lighting Strike Events (30km and 11km).

An event like no other, the STROMLO Running Festival gives participants the unique opportunity to submerge themselves in weekend crammed full of running, seminars, presentations, food, music and films – all for an unbelievable low cost.

The 2010 event will feature a pasta party and movie night on the Friday evening at the event hub in Stromlo Forest Park. The evening will be one not to be missed giving registered participants the chance to 'carbo' load for the weekend while mingling with hundreds of other runners and getting in the mood with several 'cult' running films.

The Saturday evening will again feature live music and an interactive Q and A session with current, and past, elite Australian running greats, who will also be on hand to assist with cooking and serving the evenings BBQ style banquet.

The range of different running events provided over the weekend will provide variety and choice for every single runner, regardless of ability or experience and in the second year there is again bound to be plenty of interest and competition for the prestigious Percy Cerutti Award.

New to the program in 2010 will be the Australian Age-Sex Handicapped Cross Country Championships. Have you ever wondered how you would compare to runners of another age, or different sex? Well now you have the chance to find out. The unique handicapping system based on World Age 50000m records will allow everyone to compete for this inaugural championship against Australia's elite athletes.

Camping and caravan options at the event hub will again be available for those interested in getting the full STROMLO experience.

The event website, www.stromlorunningfestival.com.au, will be launched and ready to take your entry from the 1st of October, 2009. All information and event timetables can be found on the website from this date.

We hope you are able to join with Robert de Castella, and the hundreds of other like minded runners, for what will be one of Australia's iconic distance running events.



Entry Payment Schedules

Entry for the STROMLO Running Festival is via an all-inclusive one-off entry fee which provides you with entry into, and access to, all events and activities over the weekend. In order to build the 'Festival' concept there is no entry fee available for any single event, as the intention is to have participants immerse themselves in all of the activities over the course of the weekend.

Early Bird Entry (1st October 2009 – 30th November 2009)

| | |
|------------|-------|
| Adults | \$70 |
| Under 20's | \$40 |
| Family | \$180 |

Standard Entry (1st December 2009 – 31st January 2010)

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|------------|-------|
| Adults | \$80 |
| Under 20's | \$50 |
| Family | \$210 |

Late Entry (1st February 2010 – 19th February 2010)

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|------------|-------|
| Adults | \$100 |
| Under 20's | \$70 |
| Family | \$250 |

Merchandise and Meals

| | |
|---------------------------------|------|
| Stromlo T-shirts | \$30 |
| Pasta Party (Friday evening) | \$12 |
| BBQ Banquet (Saturday evening) | \$12 |
| Breakfast (Saturday and Sunday) | \$8 |
| Lunch (Saturday and Sunday) | \$8 |

Accommodation

Camping and Caravan options will be available on-site at Stromlo Forest Park the following prices (prices are inclusive of both Friday and Saturday nights)

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|---|------|
| Camping Registered Individual | \$20 |
| Camping Family (2 adults and up to 6 children) | \$50 |
| Caravan - \$50 | \$50 |



Provisional List of Events

(may be subject to change at any time)

- Lightning Strike Events (30km and 11km)
- Robert de Castella Elite Cross Country Race (7.5km)
- Australian Age-Sex Handicapped Cross Country Race (7.5km)
- Mountain Race (3.6km)
- Pack 'Social' Run (10-35km)
- Criterium Track Race (1.2km)
- Orienteering
- Welcome Run (5km)
- Walter Turnbull Corporate and Sporting Challenge (30 minutes)
- Primary Schools Challenge (20 minutes)
- High Schools Challenge (30 minutes)



Provisional Timetable

(may be subject to change at any time)

Friday:

- 4:00pm – Registration (closes at 9pm)
- 5:00pm – Primary Schools Challenge (30 minutes)
- 5:45pm – High Schools Challenge (30 minutes)
- 6:00pm – Welcome Run led by elite runners and celebrities (5km)
- 6:30pm – Criterium Track Race (1.2km)
- 7:00pm – Pasta Party, Official Opening and Movie Night

Saturday:

- 6:00am – Breakfast (closes at 10:30am)
- 7:00am – Lightning Strike Run (30km)
- 8:00am – Lightning Strike Run (10.5km)
- 9:30am – Walter Turnbull Corporate and Sporting Challenge (30 minutes)
- 10:15am – Robert de Castella Elite Cross Country Race (7.5km)
- 12:30pm – Lunch
- 1:30pm – Orienteering Clinic
- 2:00pm – Orienteering Event
- 3:00pm – Seminar 1
- 3:30pm – Seminar 2
- 4:00pm – Seminar 3
- 5:30pm – Australian Age-Sex Handicapped Cross Country Race (7.5km)
- 7:00pm – Dinner (BBQ and drinks)
- 7:10pm – Question time with elite athletes including Robert de Castella
- 8:30pm – Band/Entertainment

Sunday:

- 6:00am – Breakfast (closes at 11:00am)
- 7:15am – Mountain Race (3.6km)
- 8:00am – Pack 'Social' Run (10-35km)
- 11:00pm – Seminar 4
- 11:30pm – Seminar 5
- 12:30pm – Lunch
- 12:45pm – Final Presentation and Wrap Up