



# Stadium Stair Race

## Participant Guide

On behalf of Sports Performance, Patersons Stadium and The MS Society of Western Australia, welcome to the inaugural Stadium Stair Race.

The following information will assist you in having an enjoyable and successful Stair Race.  
Please read carefully.

### EVENT OVERVIEW

Division – you will have entered one of three events:

- Full Climb – 5,800 steps
- Half Climb – 2,750 steps
- Mini Climb – 1,200 steps

Course maps are enclosed.

**EVENT DAY:** Saturday 1 November, 2014

**REGISTRATION:** 3.00pm onwards

**DIVISION BRIEFING:** 3.45pm onwards

**START TIMES:** 4.00pm – Full Climb  
4.20pm – Half Climb  
4.30pm – Mini Climb

**PRESENTATIONS:** 6.00pm

### KNOW YOUR DIVISION AND START TIME

Starting in an incorrect division will cause problems with timing and results.

EVENT/DIVISION	COURSE/SECTIONS	START TIME
Full Climb	Lower & Upper Sections x2	4.00pm
Half Climb	Lower & Upper Sections	4.20pm
Mini Climb	Lower Section only	4.30pm

## REGISTRATIONS

- Registrations open from 3pm on Kitchener Park
  - Quote your race number and name. If you do not have your race number, consult the ENTRY NOTICE BOARD prior to registering.
- You will receive:
  - Race bib (number).  
The race number is attached to the front of your top using 4 pins provided. (NOTE: A Triathlon race belt can be used but the number must be visible from the front at all times).
  - Timing Chip.  
The timing chip is a tag that you attach to your shoe using the laces of the shoe, or a cable tie provided with the shoe tag.
- At the finish of the event, your timing chip must be returned. Staff will direct you once you have completed the race. On return of your timing chip, you will be issued with your medallion and a voucher to receive your sausage sizzle.

## CHANGES TO ENTRY

- Changes can be made prior to the day by emailing [sportsperformance@iinet.net.au](mailto:sportsperformance@iinet.net.au).
- Changes on the day can be made at the 'Information/Late Entry' marquee.
- Late entrants who have not received a 'race number' by email must attend the 'Late Entry' marquee.
- Entries will be accepted on the day.

## RACE NUMBERING

- Your race bib must be worn on the front of your t-shirt during the event.

## TIMING

- The timing chip must be placed on your left foot – secured and checked.
- The chip must be worn at all times during the event.
- You must cross the mats at all locations to receive an 'official race time'
- The chip must be handed in immediately after crossing the finish line.
- The chips are not transferable. Do not switch chips with other competitors.
- If you withdraw from the race or fail to complete the course, please inform the Information Centre and return your timing chip.
- Lost or non-returned timing chips will incur a charge.

## COMPETITOR BRIEFING

A competitor briefing will be held at 3.45pm. This briefing will be at the Start Area. It will consist of essential last minute information only. You need to have thoroughly read the event information and event rules prior to the briefing on the day. The event program and details contact all the information required to participate and are part of the event briefing.

## **PARKING/TRANSPORT**

Parking will be available on Kitchener Park at the city end of Patersons Stadium at a cost of \$5. Parking in surrounding streets is limited. Please check signs for parking fees and times.

Kitchener Park is close to West Leederville Train Station, with trains arriving every 20 minutes from Perth City and Fremantle.

## **TOILETS**

Toilets are available inside Gate 10 (pre-race only), inside Gate 5 and behind Block 108/208. Please see enclosed map for these locations.

## **SPECTATORS**

Spectators will have access to the finish area and will enter Patersons Stadium through Gate 1. Event officials will assist with directions. Please see enclosed map of the field.

## **THE COURSE**

The course starts from Kitchener Park with a 200 metre run to the entrance of Patersons Stadium. After entering the Stadium, you will complete one lap of the internal corridors prior to starting your first stair on the lower blocks.

A complete lap of the lower bay stairs is completed prior to progressing to the upper blocks. On completion of the required stairs, a further corridor run to the Fremantle FC Change Room will be made. Passing through the Change Room you will exit via the Fremantle FC Race onto the oval, to finish on the hallowed turf under the lights.

## **AID STATIONS**

Water stations and First Aid posts will be situated throughout the Stadium and will be indicated by signs. Please see enclosed map for these locations.

Water stations will have both water and electrolyte replacement fluids.

First Aid stations manned by St John's personnel will be located on all levels during the event. If you are having difficulties, or notice someone else having difficulties, please advise a course marshal who will contact medical personnel to attend.

## **EVENT RULES**

The following rules must be adhered to for your safety and the fair running of the event:

- All steps must be used during the event. No steps are to be missed – steps are different distances apart.
- No jumping, skipping or other methods of progress can be used.
- Keep to the left at all times, allowing others to overtake.
- No musical players are to be used during the event – this includes iPods, phones, MP3's, etc.
- All instructions from course marshals are to be followed.

- If it is obvious that someone wants to overtake you, please allow them.
- Do not shove, push or block other competitors.
- Use verbal communication when passing or stopping.

It is easier to pass on the sections between steps – please be patient until you arrive at these frequent areas.

### NOT COMPLETING THE EVENT

If for any reason you withdraw or do not complete the course, please inform a course marshal who will escort you back to the recovery area and relay information to the event coordinators.

### POST EVENT INFORMATION

Following the event, there will be a range of family activities available including face painting, balloon twisting, bouncy castle, access to the hallowed turf, sausage sizzle and recovery tent. Participants will receive a complimentary sausage sizzle on completion of the race. Participants and spectators will be able to purchase food and drink. A cash bar will be open on ground.

If you have provided your email address to us, we will send you a short 2 minute survey on Monday. We welcome all feedback and comments on the event in order to improve the race next year.

### SAVE THE DATE

Saturday 31 October has been pencilled as the date for the 2015 Stadium Stair Race!

### RECOMMENDATIONS

- **Drink plenty of fluid before, during and after the event.**
- **Use caution at the start – if you are in a group entering a narrow area, communicate with others around you or form a single file.**
- **If at any stage you are feeling stressed, stop and seek assistance before continuing.**
- **MEDICAL – if you are over 30 years of age or have not done much regular exercise, it is strongly recommended that you have a medical check-up prior to the event.**

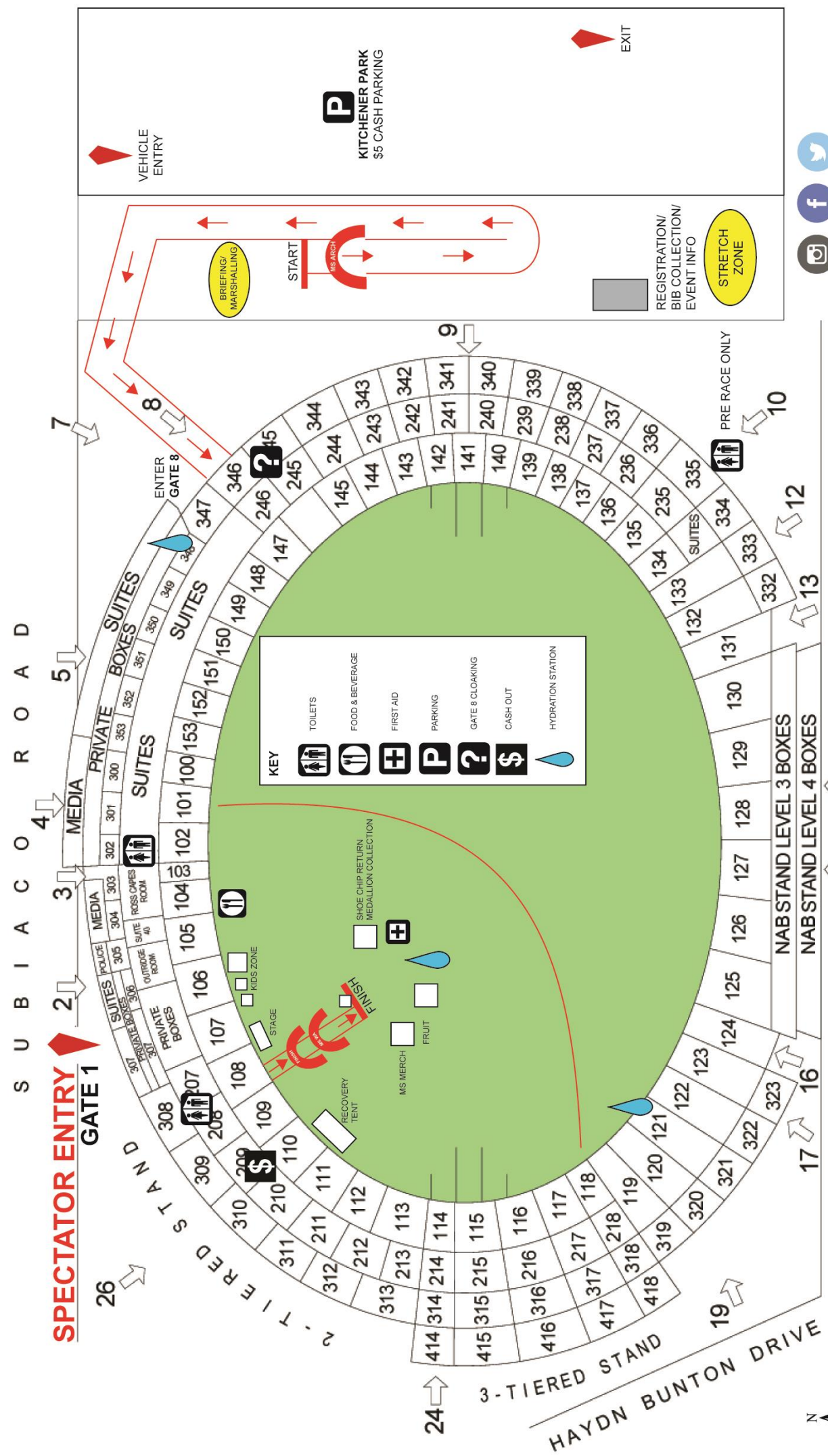
### ENQUIRIES

For any further race information or any enquiries, please email [sportsperformance@iinet.net.au](mailto:sportsperformance@iinet.net.au) or [info@patersonsstadium.com.au](mailto:info@patersonsstadium.com.au)



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