



In partnership with

ORANGE **RUNNING**FESTIVAL



2024
Event Guide



Welcome to the 2024 Westfund Health Insurance Orange Running Festival

As we celebrate our 18th year, we welcome back past entrants, sponsors and local community groups who have all grown to feel as proud of being part of this weekend as we are. We welcome new runners - from those who will be participating in their first running festival, through to seasoned runners who have added this event to their running calendar, with a target time in their sights. We look forward to having you join us on the 9th and 10th of March to enjoy a weekend away in the renowned food and wine region of Orange in Central West NSW.

The festival caters for all ages and abilities with a distance for everyone. On Saturday we kick off with our 2K Dash events. The day begins with our Community Dash, now in its second year. This inclusive event welcomes runners and walkers of all ages and abilities, with a focus on getting out and having fun. We'll then run our two Junior Dash events for Primary and Secondary School students, including our Schools Challenge competitions. The afternoon will close with the Women's and Men's Dash, followed by food, drink and entertainment.

Our Sunday distance program features the Marathon, Half Marathon, 10K and 5K, all along scenic, sealed, gently undulating courses south of Gosling Creek Reserve. Friends and family are welcome to come along on both days, with plenty of activity at the event site for everyone.

We acknowledge our loyal sponsors led by Event Partner Westfund Health Insurance and Community Partner Our City Real Estate. We are also very grateful to our volunteers and importantly the members of the Orange Runners Club who have put in countless hours over the past year to make this event possible.

We are proud of the impact our event has on our local community, including providing support to a number of community groups. We are grateful to all of you who participate, who help make it possible.

Anthony Daintith
Orange Running Festival Coordinator

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Important Dates

| | |
|-----------------------------------|--|
| Early Bird Registrations close | December 31, 2023 |
| Registrations close: | |
| 2K Dash events | Friday, March 8 at 4pm |
| Marathon, Half Marathon, 10K & 5K | Saturday, March 9 at 4pm |
| Bib pickup | Friday, March 8, 3:30pm - 6:30pm Saturday, March 9, 3pm - 6pm Sunday, March 10, from 6am |
| Event weekend | March 9 and 10, 2024 |

Please note: events may sell out and registrations may close before the final deadline. We recommend registering early to avoid any disappointment.



Event Schedule and Race Start Times

Friday, 8th March, 2024

3:30 - 6:30pm Bib & Merchandise collection
Elephant Park
Woodward Street, Orange

Saturday, 9th March 2024

3:00 - 6:00pm Bib & Shirt collection
Gosling Creek Race Precinct

3:40pm Community Dash briefing
3:50pm Community Dash start
4:20pm Primary School Dash briefing
4:30pm Primary School Dash start
4:50pm Secondary School Dash briefing
5:00pm Secondary School Dash start
5:20pm Women's Dash briefing
5:30pm Women's Dash start
5:40pm Men's Dash briefing
5:50pm Men's Dash start
6:15pm Award presentations

Sunday, 10th March 2024

6:00 - 10:00am Bib & Shirt collection
Gosling Creek Race Precinct

6:50am Marathon briefing
7:00am Marathon start
7:05am Half Marathon briefing
7:15am Half Marathon start
8:50am 10K briefing
9:00am 10K start
10:00am Half Marathon presentation
10:05am 5K race briefing
10:15am 5K start
10:30am 10K Presentation
11:15am Marathon presentation
11:30am 5K presentation
Challenge Presentations



Getting to Gosling Creek Reserve

All Orange Running Festival events start and finish at Gosling Creek Reserve, located just south of Orange, NSW. All festival parking at Gosling Creek Reserve is accessed from Bloomfield Road.

To reach the festival site, take Forest Road south from Orange, going past the Orange Hospital. Just after the hospital, turn left onto Bloomfield Road. Parking marshals will provide directions to available parking from there.

Travelling from Canberra/Cowra

From Canberra, head out on the Barton Highway towards Yass and turn left onto the Hume Highway towards Gundagai. Turn right onto Lachlan Valley Way towards Boorowa and Cowra. From Cowra head north to Canowindra, turning off shortly after onto the Cargo Road toward Orange. The drive is approximately 3 and a 1/4 hours.

Travelling from Sydney/Bathurst

From Sydney, head west along the Great Western Highway through the Blue Mountains. Travel through Lithgow and Bathurst before arriving in Orange. The drive is approximately 3 and a 1/2 hours.

Travelling from Dubbo

From Dubbo, head south east toward Wellington along the Mitchell Highway. Travel through Wellington and Molong before arriving in Orange. The drive is approximately 1 and 3/4 hours.

Travelling from Orange Airport

From Orange Airport, the Gosling Creek Race Precinct is a 10 minute drive. Head out west along Aerodrome Road which becomes Huntley Road. Huntley Road turns right soon after and continues to the north. Turn left onto Bloomfield Road to the Festival.

Parking

Saturday

Self parking will be available along Bloomfield and Bargwanna Roads. Please reverse park.

Sunday

Early arrivals will be able to self park along Bloomfield and Bargwanna Roads. Please reverse park. Later arrivals will need to park at Bloomfield Reserve main carpark. There will be Parking Marshals to guide you.

Accessible Parking & Drop-off Zone

We will have a dedicated accessible parking and drop-off zone for the Orange Running Festival for anyone requiring assistance getting to the event. This will be located at the corner of Forest Road and Bloomfield Road. The shorter course Community Dash start is near this accessible parking, with the full event site approximately 450 metres away.

Gosling Creek Reserve - Event Site Map



The event site is generously supported by our sponsors:



Race Bib and Merchandise Collection

Race bibs and pre-ordered merchandise can be picked up on Friday, Saturday or Sunday at the locations below. We recommend arriving at least 40 minutes prior to your event start time, if you are picking up your race bib on the same day.

| | | |
|---------------------|------------------|--|
| Friday, March 8th | 3:30pm to 6:30pm | Elephant Park Woodward Street, Orange |
| Saturday, March 9th | 3:00pm to 6:00pm | Gosling Creek Reserve |
| Sunday, March 10th | From 6:00am | Gosling Creek Reserve |



If a friend or family member is going to be picking up your race bib, please make sure they have a copy of your confirmation email - printed, or on their mobile.

Pre-Race Information

Pre-race Briefing

Fifteen minutes prior to each event, participants will be called to the start area over the PA and then directed to the start line by our volunteers. Please ensure that you are at the start ahead of time and listen to instructions provided by the race starter.

Please self seed, as per the race starters instructions, with faster competitors near the front, and enter the start area in line with your target time.

Bag Drop

Bag drop will be available at the Runner HQ tent. Please allow plenty of time to drop off your bag ahead of your start time.

BYO Drink Drop-off

(For Marathoners and Half-Marathoners only)

For runners who would like to bring their own drinks, we offer a drop-off service to any of the water stations indicated on the course map.

Drinks can be dropped off at the Runner HQ tent from 5:45am to 6:20am on Sunday. Please ensure they are clearly identifiable to you. A volunteer will assign your drinks to the desired water station as per your instructions when you drop them off.



Race Bibs and Timing Chips

Each participant must wear their race bib on the front their outermost clothing so it is visible to the marshals. If you have misplaced your race bib, please visit the Runner HQ tent.

All race bibs include a timing chip that will be activated when you cross the start line of your event, and again when you cross the finish. Your net time will be recorded as your race time. Please do not alter the race bib or timing chip in any way or they may not work properly. The race bib and timing chip are yours to keep after the running festival.

Results will be available real-time after each event on our website.

Pre-Race Preparation and Advice

- Be sun smart – apply sunscreen. Sunscreen will not be provided at the event.
- Ensure you are hydrated. Drink water before your race and bring your own water to the event.
- Participants are encouraged to wear reflective clothing if they will be arriving or starting their event in the early hours when visibility is limited, or if weather conditions are poor and impact visibility.
- Please ensure that any pre-existing medical conditions are advised on your online entry.
- The Race Starter will gain everyone's attention prior to starting the race briefing. Participants are reminded that the briefing is provided with health and safety in mind – so please pay attention.
- A lead cyclist will lead and direct the front runners.
- If you need help or have questions ask at the Runner HQ Tent or talk to any official wearing a orange-coloured Orange Running Festival cap.

Event Site Services

Water Stations

Drink stations providing both water and sports drink will be placed at regular intervals along the course and at the finish line within the Gosling Creek precinct.

Locations of the water stations are shown on each course map in this guide, and on the event website.



Fresh Fruit

Country Fruit Distributors will provide fresh fruit for all finishers on Sunday. If you've completed the Marathon, Half Marathon, 10K or 5K, bananas, apples and oranges will be available at the drink station near the finish.

First Aid

Rural Fire Service volunteers will provide first aid at the finish line within the Gosling Creek precinct and out on course at the intersection of Forest & Orchard Roads. If you or someone near you requires assistance, please look for the first aid volunteers, or ask any Orange Running Festival volunteer wearing a volunteer vest.



Toilets

Toilets, including accessible toilets are located at the start/finish area.

On the race course, toilets will be located at the intersection of Failford Lane & Forest Road, at the intersection of Orchard & Forest Road and at Gosling Creek, as noted on the course maps.

Massage

On Sunday morning after our races, Marie Thomas from Mindful Touch, Ben Vaughan from Ben Vaughan Massage Therapy and Rob Murphy from Holistic Healing Choices are getting together in our massage tent to offer a 10 minute after-event massage treatment to relieve muscle tightness, increase blood circulation, reduce inflammation and muscle soreness and fasten recovery.

They'll be with us until noon to look after you.

Food, Drink and Entertainment

The event site will feature food and drink vendors on Saturday and Sunday with plenty of choices for participants, as well as friends and family. Award presentations will also take place on both days, along with entertainment. So come along for your race event, and plan to stay a while!

Rotary BBQ



Burgers and sausage sandwiches
Saturday and Sunday

Bodhi Garden



Vegetarian snacks and savoury items
Saturday and Sunday

Coffee Just Rocks



Coffee, tea and hot chocolate
Saturday and Sunday

Spilt Milk



Locally made gelato cups and cones
Saturday

Arancia Woodfired Pizza



Sourdough woodfired pizzas made to order
Sunday

Swirl & Dip Ice Cream



Ice cream, milkshakes, slushies & coffee
Sunday

Megan Woods Music

On Saturday afternoon after our 2K Dash events, we'll have entertainment by Megan Woods, sharing her heartfelt country melodies. A perfect way to relax after your Dash event or before your Sunday race!



Celebrate your run at the Hotel Canobolas Rehydration Party!



Fresh Fish Tostadas
Fresh Fish Poke Bowls
Fresh Fruit Salads
And all the
Canobolas Bistro Classics
you know and love

Non-alcoholic drinks:
The Canobolas Cooler
Summer Street Spritz
Running Festival Reviver
and freshly squeezed juices
or spike it for more fun!

Sunday, 10th March from 12:30pm onwards



Runners Etiquette

Runners Etiquette

We intend to stage an awesome, fun event in a safe and friendly environment for all competitors to enjoy. We ask that you be mindful of race etiquette. While it's a race for many of us, we ask that participants look out for each other and show respect for everyone at the event.

- Please observe the marshal's directions. They are there to ensure your safety and that you stay on course. All marshals will have phone access back to Race HQ & emergency services.
- At the start, please ensure that you self-seed based on your target time. The Race Starter will assist with this, with faster competitors at the front.
- Prams are allowed in the Community Dash, 5K and 10K events ONLY. If you are running or walking with a pram, please start near the back of the field.
- Cycling, roller blading, rope skipping, scooters, skateboards and nordic pole assisted walking are not permitted in any of the events.
- It is preferred that you do not wear earphones. If you do, please wear only one earpiece and adjust the volume to a level where you can hear and respond to approaching runners, directions from marshals and hazards.
- Take care at the short transition from Gosling Creek Reserve to Forest Road. The surface is unsealed and narrow. Upon your return there may be runners coming in the opposite direction so please keep to the right hand side of the barrier.
- Please keep to the right hand side of the road on all sections of the course.
- Please be aware of cars being on the road. Roads will be closed to general traffic but local residents will have access to their properties (via an escort vehicle).
- Our Sunday events (Marathon, Half Marathon, 10K and 5K) have cutoff times. Please be aware of these. If you may fall behind this pace, marshals may ask you to leave the race course.
- Please vacate the finishing area immediately after your event as this area can become crowded.
- There will be photographers at the start, on course and at the finish line. If you do not wish to have your photograph taken, please cross your arms in front of you.
- If walking or running in groups, don't take up the full width of the path and allow others to pass.
- Please do NOT bring your dogs or other pets to the festival. Due to the wildlife in the area, dogs (including on leads) are not permitted in the Gosling Creek Reserve.
- Whilst restrictions have eased, please continue to be mindful of COVID safe practises, and do not attend if you are feeling unwell.
- Most importantly, enjoy your time at the Orange Running Festival!



The Carpenter, Collins & Craig Marathon

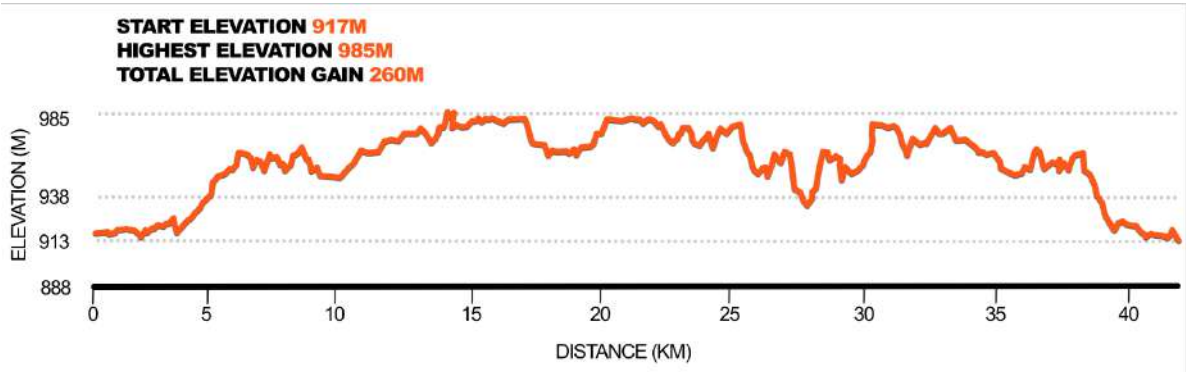


The Carpenter, Collins & Craig Marathon starts and finishes within the Gosling Creek Reserve. After completion of part of the internal Gosling Creek loop, the course exits out onto Forest Road and head in a southerly direction (keeping to the right hand side of the road). Following completion of “loops” down Orchard Road, Forest Reefs Road and Spring Terrace Road, runners return back to Gosling Creek Reserve along Forest Road. Upon re-entering Gosling Creek Reserve, runners complete the internal Gosling Creek loop to the finish line.

| | |
|--------------------------|--|
| Arrival Time - suggested | 6:30am |
| Race Briefing | 6:50am |
| Start Time | 7:00am |
| Cutoff Times | You must reach the following points on the course by: <ul style="list-style-type: none">• 21k (intersection of Orchard Road and Forest Road) by 9:45am• 34k (intersection of Forest Road and Orchard Road) by 11:50am• 41k (rear entrance to Gosling Creek Reserve) by 12:30pm |
| Award Presentation Time | 11:15am |
| Prizes and Trophies | 1st Place Male & Female Finisher: \$350 2nd Place Male & Female Finisher: \$250 3rd Place Male & Female Finisher: \$150 Prizes will also be awarded to first place for each age category. Every finisher receives a medal. |

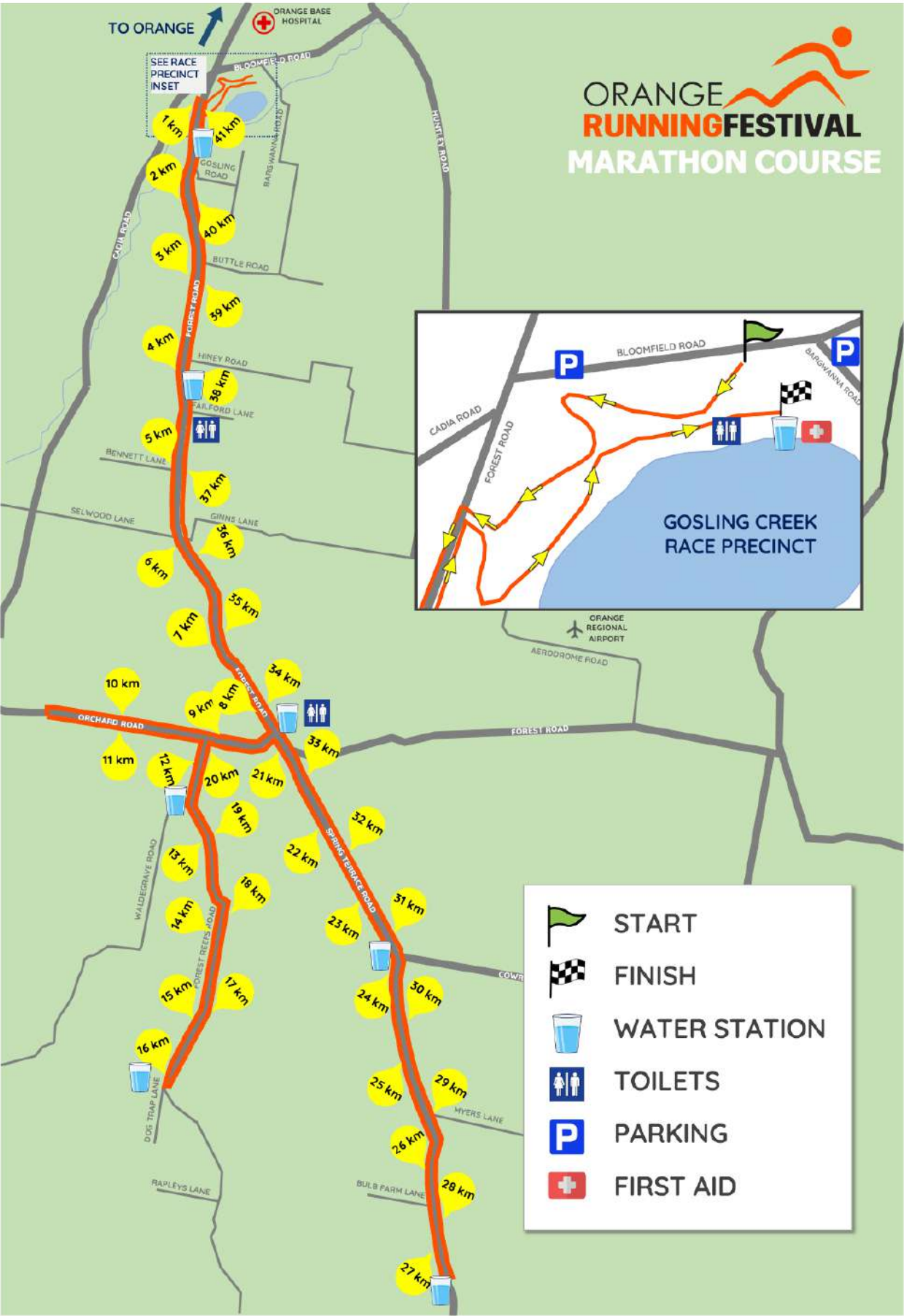
The minimum age requirement for the Marathon is 18 on race day.

| Aid Stations | | |
|---|-------|---------------------------------|
| Forest Road, south of Gosling Creek Reserve | 1.5k | Water and sports drink |
| Forest Road and Failford Lane | 4.5k | Water and sports drink, toilets |
| Forest Road and Orchard Road | 8.5k | Water and sports drink, toilets |
| Forest Reefs Road and Waldegrave Road | 12.5k | Water and sports drink |
| Forest Reefs Road and Dog Trap Lane | 16k | Water and sports drink |
| Forest Reefs Road and Waldegrave Road | 19.5k | Water and sports drink |
| Forest Road and Orchard Road | 21k | Water and sports drink, toilets |
| Spring Terrace Road and Cowriga Road | 23.5k | Water and sports drink |
| Spring Terrace Road turnaround | 27k | Water and sports drink |
| Spring Terrace Road and Cowriga Road | 31k | Water and sports drink |
| Forest Road and Orchard Road | 33.5k | Water and sports drink, toilets |
| Forest Road and Failford Lane | 38k | Water and sports drink, toilets |
| Forest Road, south of Gosling Creek Reserve | 41k | Water and sports drink |



The Carpenter, Collins & Craig Marathon

Course Map

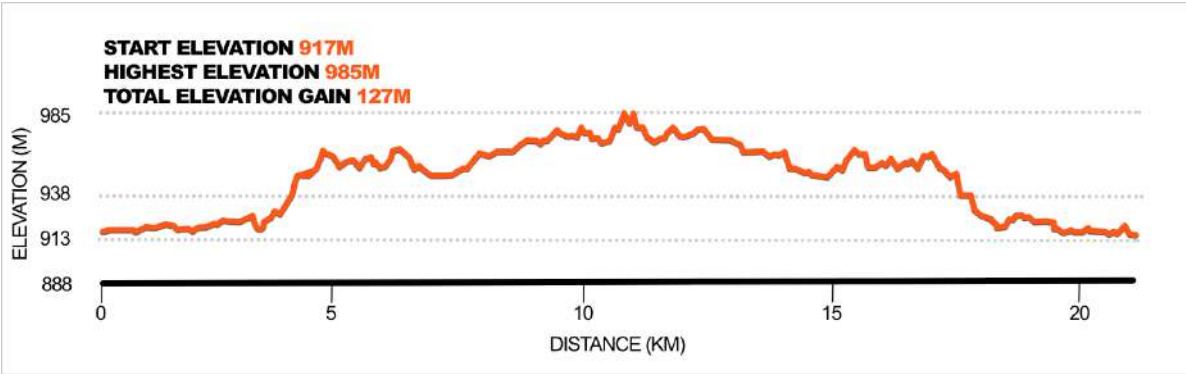


The Athlete's Foot Half Marathon starts and finishes within the Gosling Creek Reserve. After completion of part of the internal Gosling Creek loop, the course exits out onto Forest Road and heads in a southerly direction (keeping to the right hand side of the road). Following completion of the "loop" down Orchard Road, runners return to Gosling Creek Reserve along Forest Road. Upon re-entering Gosling Creek Reserve, runners complete the internal Gosling Creek loop to the finish line.

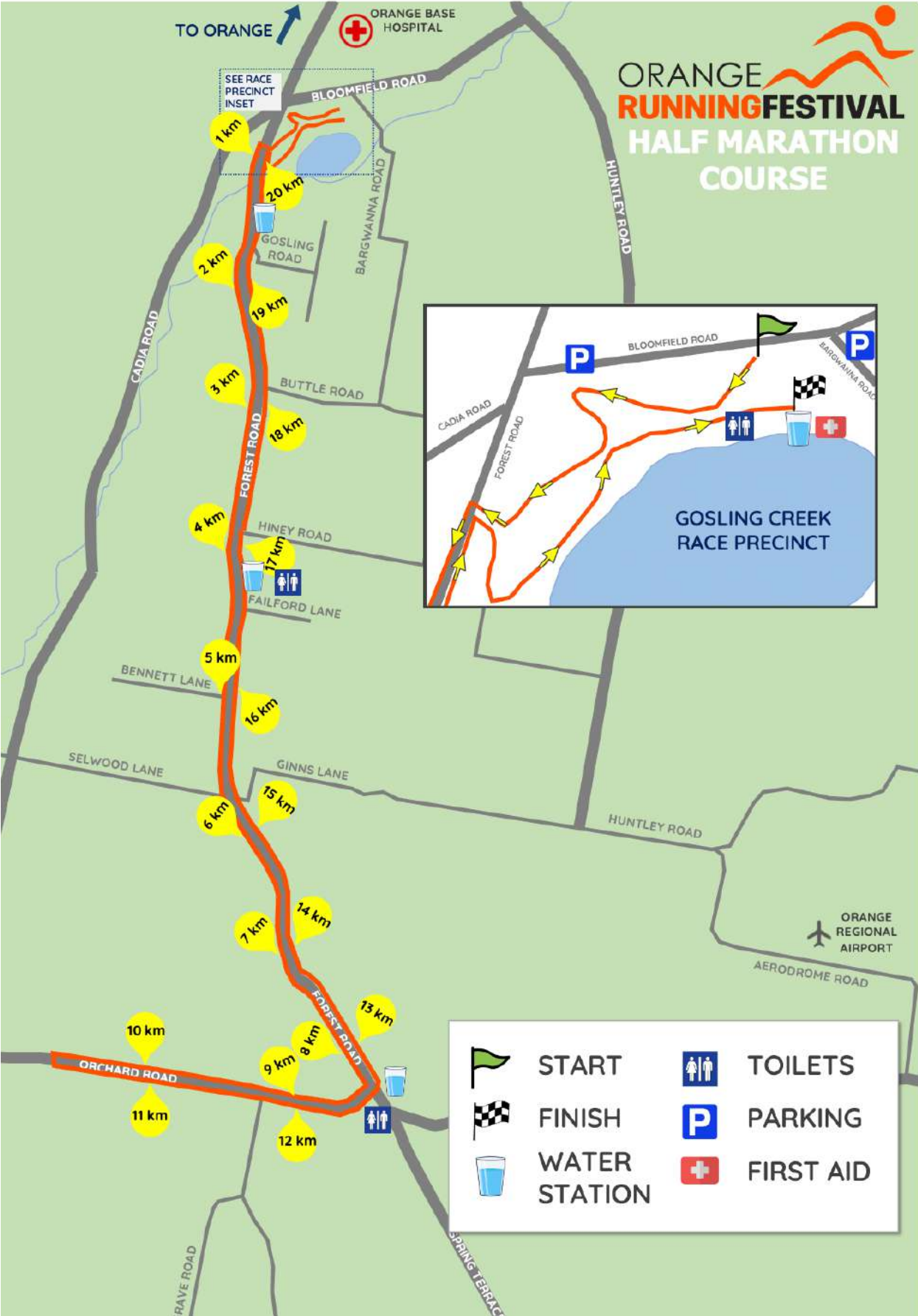
| | |
|--------------------------|--|
| Arrival Time - suggested | 6:45am |
| Race Briefing | 7:05am |
| Start Time | 7:15am |
| Cutoff Time | You must be back within the rear entrance of Gosling Creek Reserve by 11:45am. |
| Award Presentation Time | 10:00am |
| Prizes and Trophies | 1st Place Male & Female Finisher: \$300 2nd Place Male & Female Finisher: \$200 3rd Place Male & Female Finisher: \$100 Prizes will also be awarded to first place for each age category. Every finisher receives a medal. |

The minimum age requirement for the Half Marathon is 16 on race day.

| Aid Stations | | |
|---|-------|---------------------------------|
| Forest Road, south of Gosling Creek Reserve | 1.5k | Water and sports drink |
| Forest Road and Failford Lane | 4.5k | Water and sports drink, toilets |
| Forest Road and Orchard Road | 8.5k | Water and sports drink, toilets |
| Forest Road and Orchard Road | 12.5k | Water and sports drink, toilets |
| Forest Road and Failford Lane | 17k | Water and sports drink, toilets |
| Forest Road, south of Gosling Creek Reserve | 19.5k | Water and sports drink |



Course Map



The Pigots Mid Western Mini Mix 10K

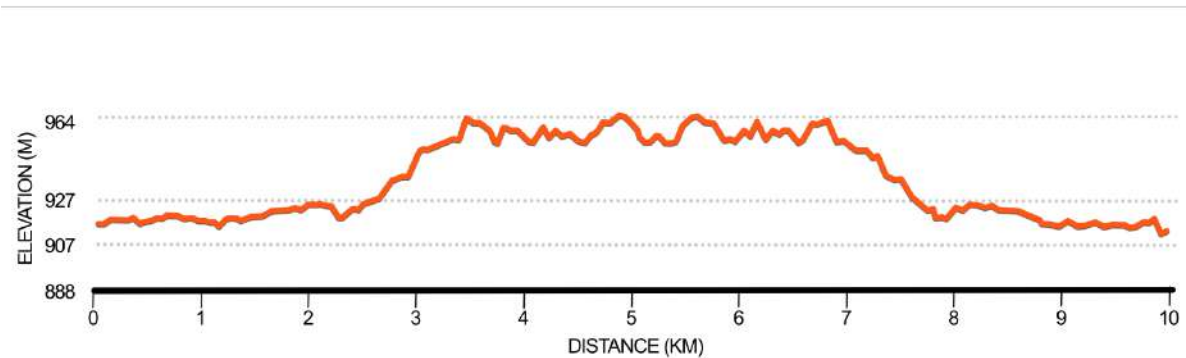


The Pigot's Mid Western Mini Mix and Sand & Soil 10K race starts and finishes within the Gosling Creek Reserve. After completion of part of the internal Gosling Creek loop, the course exits out onto Forest Road and heads in a southerly direction (keeping to the right hand side of the road) to the turn point just short of Bennetts Lane, returning to Gosling Creek Reserve along Forest Road. Upon re-entering Gosling Creek Reserve, competitors complete the internal Gosling Creek loop to the finish line.

| | |
|--------------------------|--|
| Arrival Time - suggested | 8:50am |
| Race Briefing | 9:50am |
| Start Time | 9:00am |
| Cutoff Time | You must be back within the rear entrance of Gosling Creek Reserve by 12:15pm. |
| Award Presentation Time | 10:35am |
| Prizes and Trophies | 1st Place Male & Female Finisher: \$250 2nd Place Male & Female Finisher: \$150 3rd Place Male & Female Finisher: \$100 Prizes will also be awarded to first place for each age category. Every finisher receives a medal. |

There is no minimum age requirement for the 10K.
Prams are allowed, but must start at the back of the pack.

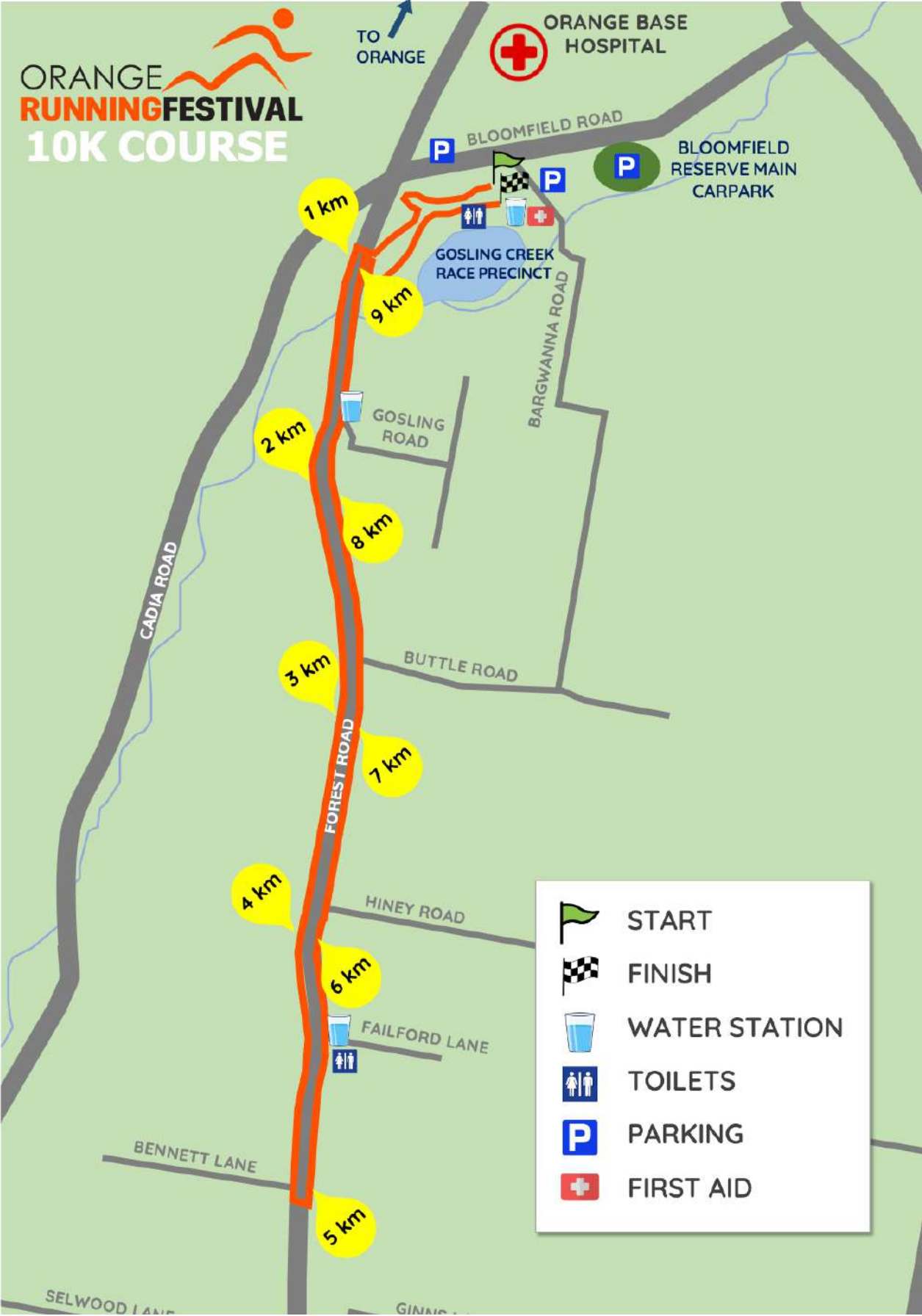
| Aid Stations | | |
|---|------|---------------------------------|
| Forest Road, south of Gosling Creek Reserve | 1.5k | Water and sports drink |
| Forest Road and Failford Lane | 4.5k | Water and sports drink, toilets |
| Forest Road and Failford Lane | 5.5k | Water and sports drink, toilets |
| Forest Road, south of Gosling Creek Reserve | 8.5k | Water and sports drink |



The Pigots Mid Western Mini Mix 10K



Course Map

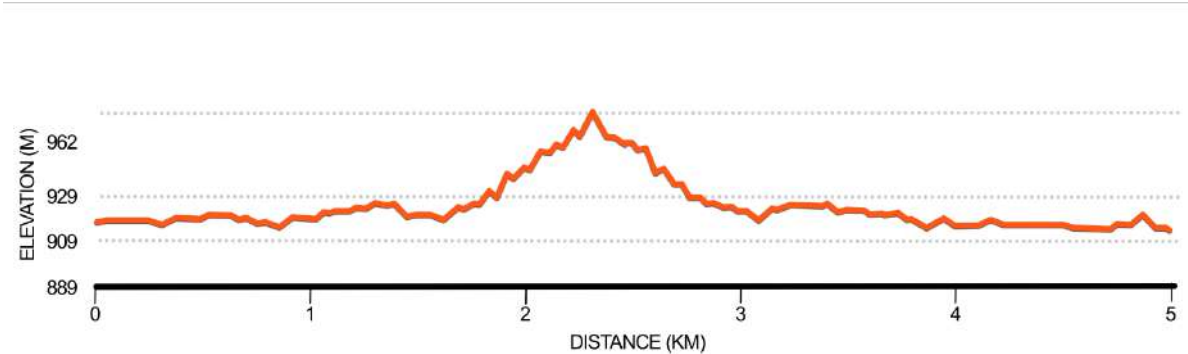


The Orange Family Dental 5K run and walk starts and finishes within the Gosling Creek Reserve. After completion of part of the internal Gosling Creek loop, the course exits out onto Forest Road and heads in a southerly direction (keeping to the right hand side of the road) to the turn point just short of Buttle Road, return to Gosling Creek Reserve along Forest Road. Upon re-entering Gosling Creek Reserve, competitors complete the internal Gosling Creek loop back to the finish line.

| | |
|--------------------------|---|
| Arrival Time - suggested | 9:45am |
| Race Briefing | 10:05am |
| Start Time | 10:15am |
| Cutoff Time | You must be back within the rear entrance of Gosling Creek Reserve by 12:30pm. |
| Award Presentation Time | 11:30am |
| Prizes and Trophies | 1st Place Male & Female Finisher: \$150 2nd Place Male & Female Finisher: \$100 3rd Place Male & Female Finisher: \$75 Prizes will also be awarded to first place for each age category. Every finisher receives a medal. |

There is no minimum age requirement for the 5K.
Prams are allowed, but must start at the back of the pack.

| Aid Stations | | |
|---|------|------------------------|
| Forest Road, south of Gosling Creek Reserve | 1.5k | Water and sports drink |
| Forest Road, south of Gosling Creek Reserve | 3.5k | Water and sports drink |



Course Map



The Our City Real Estate Community Dash is a non-competitive, inclusive 2K run and walk for everyone. The course consists of a two kilometre lap of the asphalt Gosling Creek Reserve bike/running track. Participants start at the festival start/finish line which is adjacent to Runners HQ and head east following the running and bike path. The course then turns west to the northwest corner of the reserve. Walkers and runners will then make their way south west, turning toward the water, and then back east to be cheered in at the finish.

Although not a competitive race, all participants are given a race bib with a numbered timing transponder to enable them to receive a position and time.

If you're concerned that 2K might be too long for you, there is an optional 450m short course version. The start point will be at the Western end of the course adjacent to the Forest Road / Bloomfield Road intersection. Just let us know on the day that you'll prefer this shorter course.

| | |
|--------------------------|---|
| Arrival Time - suggested | 3:15pm |
| Race Briefing | 3:40pm |
| Start Time | 3:50pm |
| Cutoff Time | The cutoff time is 4:25pm, ahead of the Primary Dash at 4:30pm. |
| Medals | Every finisher receives a medal. |

There is no minimum age requirement for the Community Dash. Parents or carers may accompany competitors if desired. Prams are allowed, but must start at the back of the pack.

Course Map



The Race Track Car Wash

Primary School Dash



The Race Track Car Wash Primary School Dash course consists of a two kilometre lap of the asphalt Gosling Creek Reserve bike/running track. Participants start at the festival start/finish line which is adjacent to Runners HQ and head east following the running and bike path. The course then turns west to the northwest corner of the reserve. Runners will then make their way south west, turning toward the water, and then back east to the finish.

| | |
|--------------------------|--|
| Arrival Time - suggested | 3:45pm |
| Race Briefing | 4:20pm |
| Start Time | 4:30pm |
| Cutoff Time | There is no cutoff time for the Primary School Dash. |
| Prizes and Trophies | 1st Place Male & Female Finisher: \$75 2nd Place Male & Female Finisher: \$50 3rd Place Male & Female Finisher: \$25 Every finisher receives a medal. |

The Primary School Dash is for runners and walkers in years K-6.
Parents or carers may accompany younger competitors if desired.

Course Map



Primary School Challenge

MONEYLINK
Financial Planning — Get ahead, Stay ahead.

The Moneylink Primary School Challenge brings together primary school teams from across Orange and the Central Tablelands, as they battle for the bragging rights over the 2km distance. During the registration process, competitors are able to select their school team. The fastest five times from each team will be used to determine the overall winning team.

The winning team will be awarded the perpetual shield for their school for the year, along with a \$250 prize for their school. The second place team will win \$150 for their school, and the third place team will win \$100.

The Kennards Hire Secondary School Dash



The Kennards Hire Secondary School Dash course consists of a two kilometre lap of the asphalt Gosling Creek Reserve bike/running track. Participants start at the festival start/finish line which is adjacent to Runners HQ and head east following the running and bike path. The course then turns west to the northwest corner of the reserve. Runners will then make their way south west, turning toward the water, and then back east to the finish.

| | |
|--------------------------|--|
| Arrival Time - suggested | 4:15pm |
| Race Briefing | 4:50pm |
| Start Time | 5:00pm |
| Cutoff Time | There is no cutoff time for the Secodary School Dash. |
| Prizes and Trophies | 1st Place Male & Female Finisher: \$75 2nd Place Male & Female Finisher: \$50 3rd Place Male & Female Finisher: \$25 Every finisher receives a medal. |

The Secondary School Dash is for runners and walkers in years 7-12.

Course Map



High School Challenge



The Advance Accounting Group High School Challenge brings together high school teams from across Orange and the Central Tablelands, as they battle for the bragging rights over the 2km distance. During the registration process, competitors are able to select their school team. The fastest five times from each team will be used to determine the overall winning team.

The winning team will be awarded the perpetual shield for their school for the year, along with a \$250 prize for their school. The second place team will win \$150 for their school, and the third place team will win \$100.

The Cook & Roe Women's Dash



The Cook & Roe Women's Dash course consists of a two kilometre lap of the asphalt Gosling Creek Reserve bike/running track. Participants start at the festival start/finish line which is adjacent to Runners HQ and head east following the running and bike path. The course then turns west to the northwest corner of the reserve. Runners will then make their way south west, turning toward the water, and then back east to the finish.

| | |
|--------------------------|---|
| Arrival Time - suggested | 4:45pm |
| Race Briefing | 5:20pm |
| Start Time | 5:30pm |
| Cutoff Time | There is no cutoff time for the Women's Dash. |
| Award Presentation Time | 6:15pm |
| Prizes and Trophies | 1st Place Male & Female Finisher: \$125 2nd Place Male & Female Finisher: \$75 3rd Place Male & Female Finisher: \$50 Every finisher receives a medal. |

The minimum age requirement for the Women's Dash is 12 on race day.

Course Map



The Phyz X Men's Dash



The Phyz X Men's Dash course consists of a two kilometre lap of the asphalt Gosling Creek Reserve bike/running track. Participants start at the festival start/finish line which is adjacent to Runners HQ and head east following the running and bike path. The course then turns west to the northwest corner of the reserve. Runners will then make their way south west, turning toward the water, and then back east to the finish.

| | |
|--------------------------|---|
| Arrival Time - suggested | 5:15pm |
| Race Briefing | 5:40pm |
| Start Time | 5:50pm |
| Cutoff Time | There is no cutoff time for the Men's Dash. |
| Award Presentation Time | 6:15pm |
| Prizes and Trophies | 1st Place Male & Female Finisher: \$125 2nd Place Male & Female Finisher: \$75 3rd Place Male & Female Finisher: \$50 Every finisher receives a medal. |

The minimum age requirement for the Men's Dash is 12 on race day.

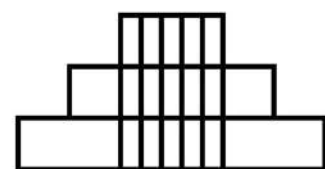
Course Map



Workplace Challenge

An opportunity to generate team spirit for your business and have fun at the same time! Anyone can form part of your workplace team – they might be a customer, contractor, employee or associate of your business.

It's easy - just enter a minimum of 5 runners into our 5K event. The team with the lowest combined time for the fastest 5 runners is the winner. Even better if you coordinate your team attire.



**HOTEL
CANOBOLAS**

1st Place: Perpetual
shield and a \$500
Hotel Canobolas
voucher!

Medals, Prizes and Trophies



Trophies

Trophies will be awarded to the 1st, 2nd and 3rd overall male and female finisher for each event based on gun times. There are prizes for the top three finishers in many of our events as well. Please refer to the race details page for each event for details.

Finishers Medal

All competitors will receive a finishers medal. One of our volunteers will hand you your medal as you cross the finish line.

Age Category Prizes

Prizes will be awarded to first place for each male and female age category winner based on net time. Prizes must be picked up on the day and will not be mailed out.

Merchandise

Orange Running Festival has a whole new look for 2024! We're offering race shirts and singlets this year, with our cool new orange fade design. Black running festival caps are also available for purchase. Place your order during the registration process, with gear available for pickup on event weekend. Supplies will be limited so don't delay!



Volunteers

Orange Running Festival simply couldn't happen without our amazing volunteers. Each year, dozens of generous, helpful people donate their time to help with bib pickup, course setup, marshal and water station roles and the finish line crew.

It's not too late - we're always on the lookout for additional hands to help. Please see the Volunteers page on our website for more information. It's a great way for friends and family to get involved and be part of the fun!



Results and Photos

We know how important it is to see official results soon after your race. We will have real-time results on our website on race day so you'll know exactly where you placed. Photos will also be online, available to download for free within a few days after the event. Emails will be sent to all participants notifying you when photos are live.



Orange Runners Club



Orange Running Festival is proudly hosted by the Orange Runners Club. Through the event committee and dozens of members who volunteer on event weekend, we are able to deliver the festival each year. We would like to thank the Orange Runners Club volunteers who make this all possible!

Runners of all ages and abilities are welcome to join the Orange Runners Club. Club membership offers twice-weekly timed runs and walks, trail runs, an achievement recognition program and a family friendly, supportive atmosphere. More information is available on the club website: www.orangerunners.com.au.



Road Closures

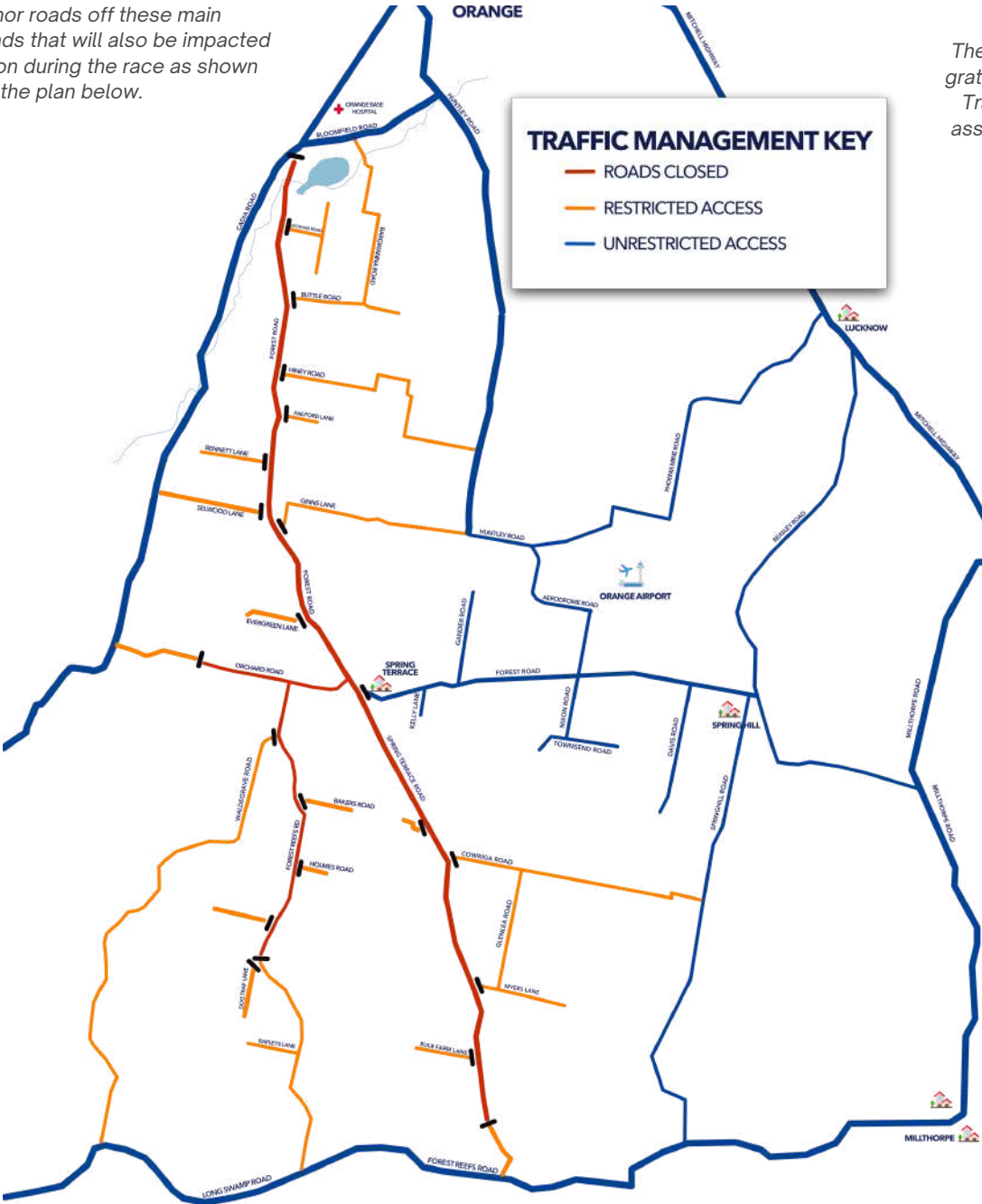
The map below provides details of the location of the road closures. Affected roads will be closed from 6:00am until 1:00pm on Sunday, March 10th, however we will re-open earlier if it is safe to do so.

Arrangements have been made for local residents to access their property during the event where needed. In the interest of participant safety, residents have been asked to keep traffic movements during the event to a minimum and to use the alternative routes wherever possible.

| Temporary Road Closure | From | To |
|------------------------|--------------|-------------------|
| Forest Road | Cadia Road | Aerodrome Road |
| Orchard Road | Forest Road | Cadia Road |
| Forest Reefs Road | Orchard Road | Dog Trap Lane |
| Spring Terrace Road | Forest Road | Forest Reefs Road |

Please note: There are other minor roads off these main roads that will also be impacted upon during the race as shown on the plan below.

The Orange Running Festival is grateful to our sponsor Midwest Traffic Management for their assistance with traffic planning and traffic management.



Our Sponsors

The Orange Running Festival would like to thank our wonderful sponsors!

The Festival's continued success is a testament to the support from these businesses. In particular we would like to recognise the ongoing support from our Event Partner Westfund Health Insurance, and our Community Partner, Our City Real Estate.

We encourage you to check out and support these amazing local businesses!

Event Partner



Community Partner



Race Sponsors



Challenge Sponsors



In-Kind and Supporting Sponsors

