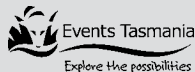


The Roberts Real Estate Point to Pinnacle 2009 Event Fact Sheet

*** only 1,300 places!**
Interstate entries limited to 200
Local entries limited to 1,100

- race date:** Sunday 22 November
- start time:** Recreational walk 7.00am, run 8.00am. Cut-off finish time 11.30am at Pinnacle
- distance:** 21.4km
- start:** Wrest Point Boardwalk car park
- finish:** The pinnacle of Mount Wellington, Hobart, Tasmania. 1270m ASL
- drink stations:** Eight provided en route
- course control:** Under Tasmania Police, SES and St John Ambulance supervision
- age restrictions:** This event is restricted to competitors 16 years and over; however, 15-year-olds and under may enter the *walk* provided that they are accompanied by an adult and can demonstrate their capacity, e.g. completing other similar events.
- team sizes:** A running team consists of four people. A walking team consists of two or more people (prizes will be awarded on a 'spot' basis).
- entry fees:** **Early bird entries received until close of business 3/11/09 = \$40 per person. Entry from 4/11/09 to 21/11/09 = \$45 per person. Entry on the day (if registrations have not exceeded 1,300) = \$50 per person.** Enter and collect your race number from Hobart Sports Centre, Shop 204 Centrepoint, Hobart. Entry forms available at the *Mercury*, Metro Shop in GPO Hobart, Southern Cross Television, Wrest Point, All Aerobics and selected sports stores.
- medals:** All finishers will receive a ribboned medal and a certificate of achievement. Metro buses will return you to Wrest Point.
- prizes:** **Prize pool of \$8,100 in placegetter and team prizes, plus great Brooks and other sponsors' spot prizes to be won!** Random spot prizes will be indicated on the back of finishers' certificates and may be collected at the presentation function. You need to be in the Tasman Room to win the major draw.
- celebrations:** Post-event celebrations will be held at Wrest Point, Tasman Room. Light refreshments provided courtesy of Wrest Point, Tasmanian Bakeries and Cascade.
- event clothing:** Point to Pinnacle apparel will be available before and after the event, and is also available at Hobart Sports Centre in Centrepoint, Hobart.
- spectator buses:** Two spectator buses will leave for the pinnacle at 7.30am at a cost of \$7 per person.
- training tips:** Go to www.runnersworldonline.com.au
- warning:** Always contact your local GP about your general health before undertaking these challenges.
- withdrawing before event:** Tasmania Police require you to notify the organisers of your intent to withdraw.
- withdrawing during event:** Go to nearest drink station, SES post or St John unit and wait for appropriate transport transfer.



Wrest Point

Metro

BROOKS

Roberts
real estate



point to pinnacle 2009

www.pointtopinnacle.com.au

Roberts Real Estate continues to support the Point to Pinnacle

Roberts Real Estate State Manager (Urban) Mr Chris Bone says his company is extremely excited to continue its involvement as the naming right sponsor of the 2009 Point to Pinnacle. "It is such an iconic event in Tasmania and captures the imagination of both local and interstate participants."

Finish procedure

1. At the Observation Lookout. Follow directions as weather will determine exact process.
2. Stay in line to receive your time slip.
3. Keep moving through the finish area to allow others the same process.
4. Present your time slip at the appropriate table and show your event number, which needs to be visible at all times.
5. YOU must get your time recorded on the tear-off section of your bib and have it spiked otherwise the published results will not include your name.
6. Make sure you take care of your personal property. Anything left on buses will be returned to the Wrest Point Tasman Room for collection.

Contingency courses in 2009

Reminder: The course is not totally traffic-free, so rules of the road for pedestrians must be followed at all times under Tasmania Police direction. Road closures apply. If we are unable to reach the Pinnacle there will be an announcement from the Race Director on the day about any changes to the course after consultation with and direction from Tasmania Police.

Even in marginal weather, when we are able to go all the way, many participants are extremely ill-prepared with inadequate clothing to counter wind chill and adverse conditions. The mountain weather is extremely fickle and dangerous so you must be prepared for the variations. Singlets and shorts are totally inadequate. Carry a small waist bag with appropriate clothing.

Handy tips and information

1. A small waist bag can easily carry a dry top or lightweight thermal gear and gloves if it looks like turning cold. This is a wise precaution. (**Hobart Sports Centre** stocks a wide range of waist bags.)
2. For hot weather a white cap, preferably with a neck-protecting flap down the back, is essential.
3. A small amount of sun-cream and anti-chafing jelly plus a couple of Band-Aids for blisters are handy. Carrying your own refillable drink bottle is also a good idea. Saves on plastic, too.
4. Throw in some barley sugar or whatever you prefer and you have covered all conditions that could and probably will eventuate on the journey from Wrest Point to the Pinnacle.
5. Drink plenty of water prior to and during the event, whether it's wet, cold or warm.
6. There are water stops at the 4, 7, 11, 14, 17 and 19km marks.
7. Water and cups will be provided.
8. Do not throw litter into bushes. Drop litter in or near rubbish bag collectors so it's easy for the clean-up team to collect.
9. There will be Roberts Real Estate 'kilometres to go' signs over the final 10km to assist with your pacing.
10. **St John Ambulance** and **SES personnel** will be out in force following the field; and at the Springs, Chalet and Pinnacle.

Seek professional medical advice about your health and fitness condition prior to the event, especially if you have had a recent illness or aren't feeling well.

If you're in the walk, please don't run

The recreational walk is precisely that and those who choose to run it purely and simply to get to the Pinnacle first are missing the point. Results will be published alphabetically for the walk and all participants who finish within the time limits are eligible for the spot prizes. Tasmania Police will enforce a walk don't run policy in the recreational walk section as it is a safety issue if they are unable to keep contact with the genuine walkers due to 'runners' being too far ahead in the walk.

Entry to presentation function

At the Pinnacle, you will receive a small card, which you present to enter the function at Wrest Point. This will enable you to receive some food and refreshments thanks to **Cascade Brewery and Beverage Co., Wrest Point** and **Tasmanian Bakeries**. Access to the Tasman Room will be available as the buses return you from the Pinnacle. Official presentations will commence at 12.30pm and be over by 1pm. The Hobart Hash Harem ladies' recreational running and walking group will be your hostesses for the function. For families and friends, the Coffee Shop and Pier One will be open, along with all the other available Wrest Point facilities.

On behalf of the organising committee and all the event sponsors, we hope that you have a wonderful experience and achieve what you set out to do.

Once again, we thank the Fern Tree community for their cooperation and engagement. The Roberts Real Estate 2009 Point to Pinnacle Run and Recreational Walk – a celebration of human endurance and achievement.