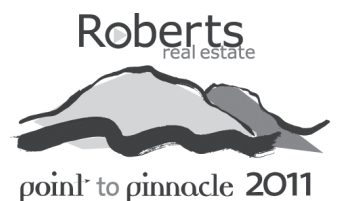


# The Roberts Real Estate Point to Pinnacle 2011 Event Fact Sheet

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

- race date:** Sunday 20 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 1/11/11 = \$50 per person. Entry from 2/11/11 to 19/11/11 = \$60 per person. No late entries on the day.**  
The Running Edge, 73 Murray Street, Hobart is now the event entry administration centre. A big welcome to Kim and all the staff and a sincere "thank you" to Ron and all the staff at Hobart Sports Centre for their work with the event over past years. Enter and collect your race number and electronic timing chip from The Running Edge, 73 Murray Street Hobart, from Monday 14 November to Saturday 19 November or at the start. Entry forms available at the *Mercury*; Metro Shop in GPO Hobart; Southern Cross Television; Wrest Point; Genesis, The Fitness Club for Everybody, Hobart 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 \$9,100 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 from The Running Edge, 73 Murray Street Hobart 7000 Tasmania.
- spectator buses:** Two spectator buses will leave for the pinnacle at 7.30am at a cost of \$10 per person.
- training tips:** Go to [www.runnersworldonline.com.au](http://www.runnersworldonline.com.au) and seek advice from the experts at The Running Edge, Hobart.
- 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 **before the event**.
- withdrawing during event:** Go to the nearest drink station, SES post or St John unit and wait for appropriate transport transfer. Please return your chip to the nearest aid station personnel, event official or to the event room at Wrest Point, Tasman Room. Failure to return the chip will incur a \$20 fee.



## Roberts Real Estate continues to support the Point to Pinnacle

Roberts Real Estate State Manager Mr Chris Bone says his company is extremely excited to continue its involvement as the naming right sponsor of the 2011 Point to Pinnacle. "It's a fantastic community event where runners and walkers alike get together and achieve their personal goals."

### Start and Finish procedure

1. You will need to cross the electronic timing mats at both the start and finish to have your time recorded. At the Observation Lookout, follow directions as weather will determine exact process.
2. Keep moving through the finish area to allow others the same process.
3. In the Observation Lookout you will receive your ribboned medal, certificate and pass to enter the presentations.  
During the event your number needs to be visible at all times.
4. Don't block the flow by trying to remove your timing chip. Wait till you are on the bus. The chip is your bus pass for return transport and must be given to the driver.
5. 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 2011

**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. Number one option is to Fern Tree and return via Strickland Avenue, finishing at the Cascade Brewery for bus transport back to Wrest Point.

**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. (The Running Edge 73 Murray Street Hobart can provide you with expert advice.)
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 2011 Point to Pinnacle Run and Recreational Walk – a celebration of human endurance and achievement.