



DISCOVERY

# RETRO RUN



Powered by **kfm** 94.5



# Athletes' Guide



# Ready Set Retro!

Put on your bobby socks, bring your yoyos and join us on Saturday 10 February for the Discovery Retro Run.

## WHAT IS THE DISCOVERY RETRO RUN?

Powered by KFM 94.5, the Discovery Retro Run promises to be the most fun you will have on a trip down memory lane! It's for the avid runner, the social runner or the haven't-run-yet runner.

Happening at Green Point, Sea Point and Mouille Point hotspots, we would love to see you in your official Retro Run T-shirt, and your Retro active wear. Included in your race pack is your race number and timing chip – giving you ammunition to brag to your mates, and earn Vitality points while you're at it.

A finishers gift will await you at the finish line after you've capitalised on loads of opportunities for great selfies along the route. Stick around after the race and party to the best Retro Tunes with our KFM DJs!

**Venue:** Green Point Common  
**Date:** Saturday, 10 February, 2018  
**Gates Open:** 16:00

## EVENT PACK COLLECTION

**Thursday, 8 February, 12:00 - 20:00**  
at Sportsmans Warehouse,  
Canal Walk

**Friday, 9 February, 12:00 - 20:00**  
at Sportsmans Warehouse,  
Rondebosch

## LATE EVENT PACK COLLECTION

**Saturday 10 February, 11:00 - 16:00**  
Race Village, Green Point Common

**Please note that the availability of t-shirt sizes is on a first come, first serve basis**

## WHAT TO BRING

**When collecting your event pack, please remember to bring the following along:**

**Your race ticket (printed or digital)**  
**Your valid ID or drivers licence**

If you are collecting on behalf of someone else, please make sure you have a signed letter of permission (including both your ID numbers) as well as their ticket (printed or digital) with you.

## EVENT PACK CONTENTS

### Race Number

Secure this to the front of your Retro Run T-shirt using the safety pins provided

### Timing Chip

Your race timing chip will be attached to the back of your race number. Please do not remove this chip or bend it in any way.

### Retro Run T-shirt

You will receive your Retro Run T-shirt at Event Pack Collection

### Finisher's gift

All finishers will receive a Retro Run gift at the finish line.

## THE PROGRAM

<b>16:00</b>	Gates Open
<b>17:20</b>	8km Warm-up
<b>17:30 - 19:30</b>	8km Start
<b>18:05</b>	5km Warm-up
<b>18:15 - 19:30</b>	5km Start
<b>18:45 - 21:00</b>	Live Entertainment
<b>21:00</b>	Race Village Closes

## THE RACE VILLAGE

At the race village you will find everything you need. This is where you will find food stalls if you're hungry, a drinks bar if you're thirsty, the stage to get your groove on and the toilets. If you are looking for anything else, or maybe something that got lost along the way, there will be an information desk.

## PARKING

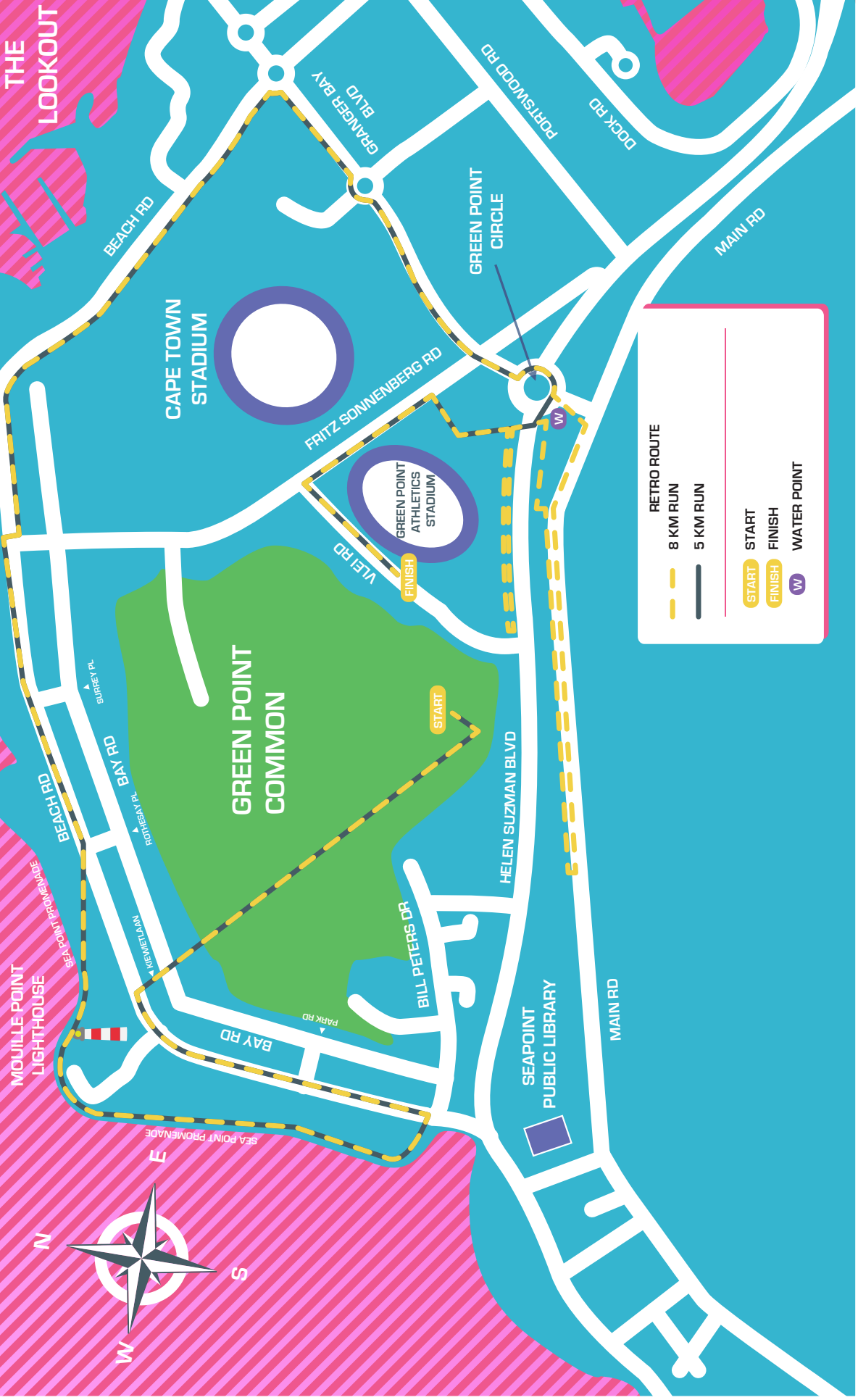
We suggest that you park at the Lookout, V&A Waterfront or on Main Road.

## VITALITY MEMBERS

If you are a Discovery Vitality member you will receive Vitality points for completing the race in the distance category that you have entered - 5km finishers receive **800 points** and 8km finishers will receive **1100 points**.



# DISCOVERY RETRO RUN



## IMPORTANT NOTICES

- Runners must wear their race number on the front of their body, attached to the official event T-shirt. You will not be allowed to enter the start zone without your race number.
- Runners must wear the provided event T-shirt at all times.
- The use of personal or audio/music devices or earphones is prohibited.
- Short-cutting the course will lead to disqualification.
- Do not litter or throw anything outside of the official aid stations. Items include, but are not limited to; water bottles, gel and energy bar wrappers or clothing.
- Lost and Found will be located at the information/registration tent within the race village.
- Runners, please keep to the right of the course, walkers, strollers please keep to the left.
- If you are running with small children, please keep a close eye on them and direct them through the run.
- Please follow all instructions from marshalls, event officials, volunteers and law enforcement.
- We're all about capturing and sharing great moments with your friends, so bring your cameras, snap away and don't forget to use the hashtags and upload your pics to social media.



**You are now**  
**#Ready2Retro**

