



Event Information

Date: Thursday 4 November 2010

Venue: Riverstage, Brisbane City Botanic Gardens

Start Time: All participants to arrive from 5.00pm. (Race start times below)

About the Cool Night Classic

Throughout its 16 year history, the PricewaterhouseCoopers Cool Night Classic Corporate Run/Walk has helped Queensland charities continue to grow.

The ever popular event, which attracts more than 4500 participants every year from the local business community, has helped to raise more than \$400,000 in vital funds for our chosen beneficiaries. All proceeds are jointly donated to our beneficiaries, with this year's charities being The Pyjama Foundation and Street Swags. Help our beneficiaries grow by joining us for a run or walk in the 2010 Cool Night Classic.

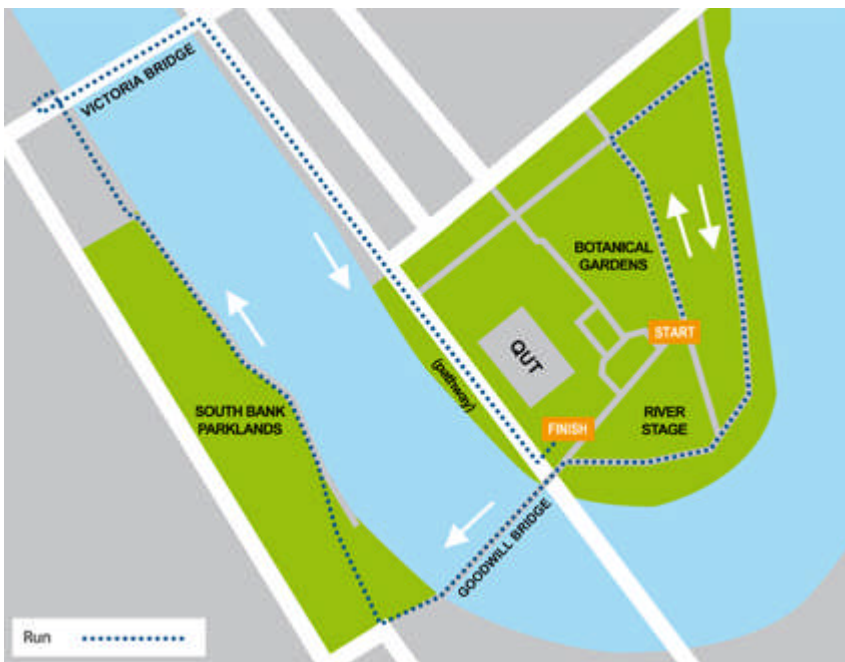
Details

Run

Distance: 5.2km

Start time: 5.30pm

Course: Starting at the Riverstage entrants will travel through the Brisbane City Botanic Gardens, over the Goodwill Bridge, then follow the river through the South Bank Parklands, up and over Victoria Bridge and down the ramp along North Quay (under the Riverside Expressway), finishing at the Riverstage. Each kilometre will be marked out on course up until the 5km mark with aid stations located at approximately 1.5km and 3.5km.





Entry fee:

Event	up to 15 Oct	16 Oct – 29 Oct	30 Oct – 3 Nov
5.2km Run	\$20.00	\$25.00	\$35.00 (online entries only)

Entries will not be accepted on race day.

Note: Entry for the 5.2km course is for runners only.

Walk

Distance: 3.5km

Start time: 5.45pm

Course: Starting at the Riverstage entrants will travel through the Brisbane City Botanic Gardens, over the Goodwill Bridge, then do a small loop through South Bank Parklands, and back over the Goodwill Bridge, finishing at the Riverstage. Each kilometre will be marked out on course up until the 3km mark with aid stations located at approximately 1.5km and 2.2km.



Entry fee:

Event	up to 15 Oct	16 Oct – 29 Oct	30 Oct – 3 Nov
3.5km Walk	\$15.00	\$20.00	\$30.00 (online entries only)

Entries will not be accepted on race day.

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Race Start and Warm-up

All participants registered in the run must assemble at the front of the Riverstage before the start time of 5.30pm. All participants registered in the walk must assemble on the grass section behind the runners at the front of the Riverstage before the start time of 5.45pm. A short 15 minute warm-up activity will take place on the stage in front of the assembly area from 5.15pm.



Team Entries

Groups of two or more may participate as a team.

All teams will be identified by a team name. Teams can be made up of both runners and walkers.

Each team must nominate **one Team Captain**. Team Captains have the ability to register their team online. Team Captains are solely responsible for circulating their team name and password to their team when issued.

Online entry is the preferred method for team members to register. This will allow adequate time to compile all team race packs.

If you do not provide a team name on your entry you will be registered as an individual.

Teams entering via mail must include all their entry forms together in one envelope with each team member's details entered on separate entry forms.

Any amendments or adjustments to teams will be allowed up until 5pm, Friday 29 October 2010. After Friday no changes will be permitted.

Payment

Payment can be made via cheque, money order or credit card.

Cash payments will not be accepted.

Cheque and money orders are to be made payable to intraining Events.

Visa, Master Card and Amex cards are accepted (4% surcharge applies on Amex).

Team payments can be made either as one full amount or individually by each team member. Tax invoices will be supplied once payment has been accepted. Please supply a valid email address to receive your tax invoice.

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Race Pack Collection

Each individual or team will receive a race pack comprising of a race briefing, course map, race number and, if you are running, a timing chip with instructions.

Team race packs (to be collected by Team Captains) will be issued as one single package and can **only be collected from the Race Office**. Team Captains are responsible for circulating individual race packs to their team members.

Individual race packs will be available for collection from the Race Office. Alternatively if you would prefer to have your race pack posted to you, please select this option when registering (additional \$2.00 fee applies). All individual pre-paid mailout race packs will be collated and posted on Friday 22 October 2010. Please ensure you complete a valid, include and current mailing address. Failure to do so may result in your race pack being lost.

Postage of race packs for individual entries is not available after Monday 25 October. If you register as an individual after this date your race pack can be collected from the Race Office.

Race Office

PricewaterhouseCoopers
Riverside Centre, Level 15
123 Eagle Street, Brisbane

Race Office opening times:

12.00pm – 4.00pm Monday 1 November
12.00pm – 4.00pm Tuesday 2 November
12.00pm – 4.00pm Wednesday 3 November.

Race packs will not be available for collection on race day.

Prizes

Place winners (Runners)

Place Winner	Prize	Value	Donated by
1 st Male	Dress watch and gift card	\$500	Michael Hill
1 st Female	Dress watch and gift card	\$500	Michael Hill
2 nd Male	Footwear makeover (Free footwear assessment and choice of shoes)	\$300	intraining Running Centre
2 nd Female	Footwear makeover (Free footwear assessment and choice of shoes)	\$300	intraining Running Centre
3 rd Male	Runner's pamper pack (\$100 intraining voucher, \$30 intraining Running Singlet, \$20 intraining coolmax socks)	\$150	intraining Running Centre
3 rd Female	Runner's pamper pack (\$100 intraining voucher, \$30 intraining Running Singlet, \$20 intraining coolmax socks)	\$150	intraining Running Centre



Random Prize Draw

Make sure you fill in your details on the random prize slip on the front of your race number to be in the running for some great prizes.

	Prize	Donated by
1 st Random Prize	Revitalize runner's pack: - \$100 Initial podiatry assessment - \$70 Footwear assessment and recommendation - \$200 One free pair of shoes - \$50 intraining Running Centre voucher - \$30 New Balance performance running socks	intraining Running Centre
2 nd Random Prize	Sports memorabilia pack	Brisbane Lions & Brisbane Broncos

You must be present at the Cool Down to accept your prize.

The Corporate Cup Challenge

This well contested annual award is presented to the team with the most creative race costume. As well as the honour of the winning team displaying the Corporate Cup trophy in their office for the year, our sponsor Scotland & Harrison Merchandise has kindly donated a \$500 merchandise voucher to the winning team plus an individual prize for each team member.

Congratulations to RBS Morgans who won the Cool Night Classic Corporate Cup Challenge in 2009.

Will it be you this year?



Parking

Very limited street parking is available and paid parking is available at Eagle St and QUT Gardens Point campus.



Baggage

If you need to store gear while you participate, go to the baggage tent and check-in your bags with our friendly volunteers. Make sure they are labelled – tags will be provided on the day. All stored bags will be supervised, but no responsibility will be taken by the event organisers for any lost or stolen items. We advise runners not to leave valuables in their bags.

All bags must be collected by 7:30pm.

Water

Two water stations will be set up at points along both courses. Water will be provided at the Riverstage during the Cool Down for participants following the race.

Medical Support

Medical support will be present on the day. On the front of your chest number, please clearly list details of any medical conditions that may affect you during the event. Please notify a course official if you have any difficulties during the event.

Please note that insufficient training, failure to pace yourself and disregard for the importance of taking fluids has resulted in life threatening conditions such as heat stroke and dehydration for both inexperienced and first time runners. Ensure that you are adequately prepared and take fluids at water stations throughout the race.

Push Bikes, Prams and Pets

For safety reasons, push bikes, prams, scooters, rollerblades, skates, skateboards, ipods or pets are not permitted on the course.

Event Cancellation

In the event of severe weather conditions or any other unforeseeable conditions the event may be cancelled. Please refer to this website for notification of event status.

Course Closure

Footpath closures, aid stations and marshals are preparing for a 7.00pm course closure. Competitors remaining on the courses after this time do so at their own risk. No running times will be recorded after 7.30pm.

Results and Times

Results and individual times (for runners only) will be available online from 12.00 noon Friday 5 November 2010.



Online Entry

To enter the Cool Night Classic 5.2km run or 3.5km walk – as a team or individual, [click here](#)

Online entries will close at 4pm Wednesday 3 November

Postal or Fax Entry

Postal and fax entries will be accepted until Friday 29 October

Mail all printed entries to:

intraining Running Centre
Cool Night Classic 2010
33 Park Road
Milton QLD 4064

Fax printed entries to:

07 3369 6887

Please ensure you write legibly if filling out an entry form, failure to do so may result in incorrect details being submitted.

Please note: Phone entries will not be accepted.

Entry Conditions

All applicants must fully complete their entry online or via the PDF entry form, pay the nominated fee and agree to the waiver before their entry is accepted.

Incomplete entries or declined payment transactions may result in incorrect details being submitted. Entries by phone will not be accepted. All entries must be received via mail, fax or secure online registration.

The entry fees and closing dates for registration are below:

Event	up to 15 Oct	16 Oct – 29 Oct	30 Oct – 3 Nov
5.2km Walk	\$20.00	\$25.00	\$35.00 (online entries only)
3.5km Walk	\$15.00	\$20.00	\$30.00 (online entries only)

Any changes to entries must be made by 5.00pm, Friday 29 October 2010. After Friday no changes will be permitted.

No entries will be accepted on race day.



Race Office

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Cool Down Function

Celebrate finishing your run or walk at the renowned ‘Cool Down’ at Riverstage, Brisbane City Botanic Gardens.

The Cool Down has always been a traditional part of the Cool Night Classic, where participants and supporters can gather at the finish line to cheer on friends, colleagues and team members. Over the two and a half hour period you can enjoy entertainment, have the opportunity to speak with our beneficiaries and see sponsor displays. A selection of food and beverages will also be available for purchase.

A short presentation will commence at approximately 6.30pm and the Random Prize Draw winners will be announced.

Prizes

Place Winner	Prize	Value	Donated by
1 st Male	Dress watch and gift card	\$500	Michael Hill Jewellers
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Congratulations to RBS Morgans who won the Cool Night Classic Corporate Cup Challenge in 2009.

Will it be you this year?



Random Prize Draw

Prizes will be drawn randomly. To be in the running, make sure you fill in the random prize slip on the front of your race number, and place it in the boxes provided.

	Prize	Donated by
1 st Random Prize	Revitalize runner's pack: - \$100 Initial podiatry assessment - \$70 Footwear assessment and recommendation - \$200 One free pair of shoes - \$50 intraining Running Centre voucher - \$30 New Balance performance running socks	intraining Running Centre
2 nd Random Prize	Sports memorabilia pack	Brisbane Lions & Brisbane Broncos

Winners must be present at the Cool Down to accept the prize.

Food and Beverages

A variety of food and beverage operators will have refreshments available for you to purchase during the Cool Down.

Photos

Remember the 2010 Cool Night Classic and have a photo taken with your team! Happy Memories Photography, a supporter of the Cool Night Classic will be taking photos of teams and individuals before, during and after the event and your photos will be available for purchase on the night from the photo tent located at the Cool Down or via the Happy Memories website post event.

Entertainment

Entertainment from 5.00pm will help you energise for the challenge ahead, and help you to relax after the race with upbeat and entertaining music throughout the Cool Down.

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Beneficiaries & Sponsors

PricewaterhouseCoopers Cool Night Classic 2010 Beneficiaries



The Pyjama Foundation is transforming the futures of children in foster care in a simple, practical and very effective way – by helping to improve their literacy skills. Volunteer Pyjama Angels are matched with a child and visit them once a week to read books aloud, play educational games and help with homework. Funds raised through the PricewaterhouseCoopers Cool Night Classic will directly support The Pyjama Foundation Love of Learning Program.

<http://www.thepyjamafoundation.com/>



Street Swags Ltd is an Australian charity providing a basic bed and shelter for homeless 'rough sleepers'. A bag with room for extra belongings, the street swag is made of super lightweight waterproofed canvas with a high-density foam mattress. It offers its users a degree of comfort, warmth and protection from the weather. Designed for those living on the streets, its discrete appearance and camouflage colours, offer some safety for those who need to be invisible. So far over 13,000 street swags have been given away to the homeless in Australia.

"The street swags are about keeping people alive, long enough, for the community to take responsibility for their own" Jean Madden.

Street swags has empowered and brought together all levels of community. Corporate, and private entities, donate funds to sponsor the street swags. Prisoners sew, gaining work readiness skills and qualifications. Aboriginal Communities gain government employment, home industry skills and their finished product for their families. School children roll and package street swags with blankets, pillows, hygiene packs and knitted winter essentials. Numerous aid organisations, hospitals, community groups and volunteers distribute them across Australia.

<http://www.streetswags.org/index.php>



2010 Cool Night Classic Sponsors

PricewaterhouseCoopers is grateful for the support of our many event sponsors:

Platinum



Gold



Silver



Bronze



Supporter



For sponsorship enquiries please contact Danielle Stolz on (07) 3257 8264 or danielle.stolz@au.pwc.com

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Training

Training Sessions - Couch to 5km

Are you ready for the PricewaterhouseCoopers Cool Night Classic 2010?

Starting: Thursday 16 September 2010

Where: Riverside Centre, Eagle Street Pier side

Sessions: Every Monday and Thursday

Time: From 6pm – 7pm

Coach: All sessions will be coached by a fully qualified running coach

Cost: FREE to all competitors of Cool Night Classic 2010



About

Utilising our “Couch to 5km” challenge training regime, intraining Running Centre coaching service will provide a level 2 running coach to conduct training sessions starting outside Riverside Centre. The sessions will be perfect for the beginner or intermediate runner, who would like to increase their fitness to run the full 5km. Coaches will also provide training tips and advice to all session participants. Everything to ensure you will be ready for the Cool Night Classic 2010.

Features of the sessions:

- * Advice on correct ways to train including mileage
- * Advice on hydration and nutrition
- * Running technique and correct posture advice
- * Stretching advice and how to avoid injuries
- * Progressive training sessions

Further sessions are available through the intraining Running Centre, [click here](#) for more information on session days and times.



Enquiries

For more information on the 2010 Cool Night Classic and for all race enquiries including registration and payment please contact:

intraining Running Centre

Tel: +61 7 3369 8938

Email: coolnightclassic@intraining.com.au