RACE THE ROO

Concept:

A community running event for the whole family. To be held at Skippy Park on 14 July 2019. Runners of all abilities enter the event with the goal to run as many loops of a 1.15km track as possible. Each lap is paced by a cyclist with a toy kangaroo on the handlebars. The starting pace is leisurely with beginner runners being able to keep up with cyclist. Each lap gets progressively faster.

To stay in the race, you must stay ahead of the Roo (the cyclist who is the pacer). Runners who fail to beat the Roo back to the finish of the lap are eliminated. The winner is the runner who completes the most laps.

Each participant will receive a running shirt to commemorate the event, and a medal engraved with the number of kilometres (completed laps X 1.15km) they have run.

The event will be marketed to sporting clubs and running groups as a friendly day out for the family with food and drink stalls, games for the children etc. We are hopeful this event will be successful enough to be included on the annual running calendar for our region.