



Our Dream Run in Ikea is this Saturday morning: 12 October! So, it's time to get your blue and yellow clothes out and set your alarm for an early start on Saturday.

We have included important information below that will help your morning go smoothly.

Event Location

The event will be conducted at Ikea Marsden Park, 1 Hollinsworth Rd, Marsden Park NSW.

There is plenty of car parking on site.

Event registration will be by the front entry doors to the store.

The start and finish will be in the adjacent Ikea restaurant.



Event Timing on Saturday

7:00am to 8am	Registration open at the event.
7:30am to 8:45am	Start window – starts will be available at 1-minute intervals within this time window. There will be a queue to start each course.
7:30am	Help briefing 1
7:50am	Help briefing 2

Help briefing: Not sure on what to do? The event team will be available to answer any questions and demonstrate how to use the timing cards. Meet by the Help Desk (before or after your registration).

9:20am	Courses close.
9:30am	Breakfast time!
9:30am	Presentations
(or as soon as possible afterwards)	

What to Bring

Your Ikea Family Membership card number (the app is helpful).

If you own one, your SPORTident timing card/stick.

If you haven't included a personal number with your registration, a loan card will be waiting for you at the event Help Desk.



The event is entirely indoors. Comfortable walking or running shoes will be best.

Event Registration

All participants will need to collect an event bib from the Help Desk on Saturday morning.

Entrants who have pre-ordered breakfast will also be able to collect their voucher from the Help Desk.

All entrants that do not have their own SPORTident timing card will be able to collect their pre-allocated card from the Help Desk. Cards should be returned to the Finish Desk after completing your course and receiving your run time.





















Event Map

A store map has been created especially for this event by Duncan Currie. It is very detailed!

Map scale: 1:500

North lines are included on the map, so bring along a compass if you think it will help you!

The map legend is included below for your pre-event familiarisation.

Legend		
	internal floor	
	shelving, displays etc.	
	cabinets, fridges etc.	 north lines
	tables, benches etc.	 external walls
	beds, sofas etc.	 internal walls/dividers
	temporary items	 fences
	out of bounds	 rocky retaining wall
	closed areas of building	 baths
		 stovetops
		 sinks
		 toilets
		 plants
		 sculpture
		 bins, stands etc.

Courses

Course	Approximate Distance	Checkpoints
Utmana	1.5km	27
Nöje	1.0km	24
Barn	0.5km	27

Utmana – There will be a map flip mid-way through the course. Note that there will be multiple variations of this course. So, don't be tempted to follow other entrants on the

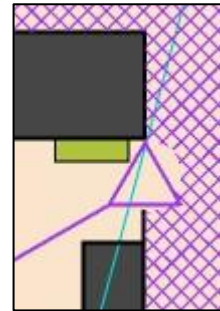
Utmana course! You may visit the checkpoints in a different order to other Utmana entrants. In total, each variation is the same distance and difficulty.

Courses have also been set by Duncan Currie.

All three courses will have multiple checkpoints to visit. These will be illustrated on your course map.

Course maps will be available at the event start.

The start location will be illustrated by a pink triangle on the map.

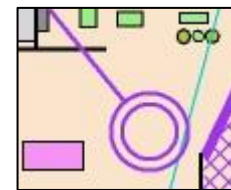


The precise location of checkpoints will be illustrated by a pink dot in the middle of a pink circle as shown.

On each course, the checkpoints must be visited in the number order shown on the course map i.e. 1 then 2, then 3 etc until the finish.



Each course will finish at the double circle on the map.



SPORTident timing cards need to be “dipped” in the start, course and finish timing units to register your visit. The timing unit will beep and flash to confirm that your visit has been recorded on your personal timing card.

No SPORTident units will be “air” enabled for those with personal SIAC cards.





Checkpoints will look like the image shown on the left. Ignore any numbers on the electronic timing units. It will be the correct checkpoint if you are at the dot in the middle of the circle!

Loan SPORTident timing cards only store data for 30 checkpoints. As there may be 27 checkpoints on your course, there's not much margin for error. So please take care to ensure that you are visiting the correct checkpoint before registering your card at each checkpoint. It would be a shame to fill your card before completing your course.

Prizes

IKEA have kindly donated prizes for each course as well as some other prizes as well. You must be at the presentation to collect your prize; they will not be sent out after the event.

Filming

Included in the event entry was a disclaimer for still and video photography. Both will be taken during the event on Saturday.

Event Rules

- All participants **MUST** wear their event bib on the front of their shirt whilst participating.
- Course closure is 9:20am. Even if you have not finished your course by this time, you must report back to the finish desk by 9:20am.
- You may not jump, crawl below or in any other way pass through furniture. You must walk or run around all IKEA furniture.
- You must not move anything.
- Any areas marked as forbidden are not allowed to be crossed.
- You may not open any doors. Any doors that should be open, are already open and marked as an opening in the wall.
- In case of evacuation, follow IKEA or event staff guidance.

Course marshals will be monitoring the event area. Anyone breaching course rules will be disqualified and asked to immediately leave the store.

Lastly, and most importantly, HAVE FUN!

See you on Saturday morning.

Barbara