

# DAIHATSU



## ADELAIDE

### FESTIVAL OF RUNNING

**MARATHON**  
**HALF MARATHON**  
**10Km**

**28th August 1994**

INCORPORATING

**A.S.A. STATE MARATHON CHAMPIONSHIP**

**WIN WIN WIN WIN WIN**

**BE IN THE DRAW TO WIN A RETURN TRIP TO LONDON  
COURTESY OF QANTAS**



Fight  
Muscular  
Dystrophy

**\$1000 CASH FROM DAIHATSU**

**\$500 CASH FROM DAIHATSU  
plus other**

**RANDOM DRAW PRIZES**



Fight  
Muscular  
Dystrophy



**SOUTH AUSTRALIAN  
ROAD RUNNERS  
CLUB**





# 1994 DAIHATSU ADELAIDE Marathon, Half-Marathon & 10Km

## Race Entry Form

Please indicate start time if earlier than stated:.....a.m.

Runner's Number

Surname or Family Name

Given Name

Sex

Age on Race-day(Yrs)

Postal No. Street address

If marathon entry, how many completed? Best time for race entered hr Min

Suburb/Town State

Post Code Country Phone No - daytime please(inc.Area code)

| Which Event?       | (Please tick)            |
|--------------------|--------------------------|
| Full Marathon      | <input type="checkbox"/> |
| Half Marathon      | <input type="checkbox"/> |
| ASA State Marathon | <input type="checkbox"/> |
| 10Km               | <input type="checkbox"/> |
| Walker             | <input type="checkbox"/> |
| Wheel-Chair        | <input type="checkbox"/> |

A.S.A. Registered Athlete Number Club SARRC member Y/N Member No

Please send me information on SARRC

### PAYMENT

Payment is by **CASH** or **CHEQUE** to S.A.Road Runners Club

OR-charge my **BANKCARD/VISACARD/MASTERCARD**

-----/-----/-----

Expiry Date: Signature

### Payment Details

Entry Fee: \$  
Pasta Party: \$  
Accom(Dep): \$  
TOTAL encl. : \$

REMEMBER over-exertion and inadequate fluid intake can be dangerous. You are therefore urged to exercise within your capabilities and drink often.

In entering these events I acknowledge that:

- \* I compete at my own risk
- \* I will obey the race rules as indicated to me on or before race day
- \*The information given on this form is accurate & complete.

Please sign here: \_\_\_\_\_

Date: \_\_\_\_\_

Minimum age on race day: Marathon 18yrs. Half-Marathon 16yrs. 10Km 12yrs.

### Accommodation at the Adelaide Travelodge

Special rates have been negotiated for the race weekend with The Adelaide Travelodge. Bookings can be made with this race entry or direct to the Travelodge - enquiries (08) 223 2744

Price shown are per room; please tick boxes appropriately:

Prices - per room

Extra adult sharing (children are free)

Your booking:

|                                 |                |                             |                             |
|---------------------------------|----------------|-----------------------------|-----------------------------|
| Single                          | Double         | Twin-share                  | No adults(max 3 per room)   |
| Arrival date                    | Departure date | No children under 16(max 2) | Please enclose \$20 deposit |
| Free transport to start? Yes/No |                |                             |                             |

Tower Block

Parkview Wing

\$69

\$59

\$15

\$15

### Pre. & Post-race Party

The Travelodge Pre-race Pasta Party - Friday 26th August, 1994 - 6.30pm

THE place to be pre-race, for the Annual Pasta Party, with entry by pre-paid ticket only and limited to 120 people.

Please make Pasta Party reservations as follows:-

\_\_\_\_\_ adults @ \$13 = \$ - \_\_\_\_\_ child/u16 @ \$10 = \$ Remit Total=\$ \_\_\_\_\_

Najjar's Post-race Party. I will/will not be attending the Post Race Party on Race day. Number attending \_\_\_\_\_



# 1994 DAIHATSU ADELAIDE Marathon, Half-Marathon & 10Km Sunday 28th August

**Marathon starts at 7.00a.m. ( Walkers 6.00a.m.) at Victoria Drive. Finish Elder Park**  
**1/2 Marathon starts 8.30a.m.(Walkers 7.00 a.m.) at Parliament House. Finish Elder Park**  
**10Km Meets 8.45a.m. at Elder Park. Finish Elder Park**  
**Earlier starters must notify time on entry form but will not be eligible for trophies**

All courses are accurately measured to AIMS/AF standard by AA qualified measurers and are Police controlled and traffic free for four and one quarter hours. Runners are taken through the City of Adelaide, its suburbs and parklands to the finish on the banks of the picturesque River Torrens. Piccadilly Natural Spring Water and sponge stations are located approximately every 5km and markers are placed at 1km intervals on a course which is essentially flat. The temperature range is between 11 and 20 degrees Celsius.

Race Packs including maps will be sent out approximately two weeks before the race. After this time they can be collected from the SARRC office. Race Director is Tony Ashwell. Race numbers can be collected on Race day at least 30 minutes before the start.

Entry Fees: ASA registered athletes are treated as members of the SARRC for entry. Entrants in the ASA State Marathon Championships are automatically entered in the Daihatsu Adelaide Marathon. Entry fees, less an administrative fee, are refundable if justified to the race committee in writing. Race numbers are not transferable.

Awards: Marathon finishers receive a medallion and certificate, half-marathon and 10k finishers receive a certificate.

Trophies are awarded to the first three places, male and female, and first person in walking division in all events. Trophies are awarded to the first male and female SARRC members in their first marathons. Gold, silver and bronze are awarded in the ASA Championship, male and female in Open and Veteran divisions.

Medallions are awarded to the first place in age divisions.

Presentations will be held in Elder Park at 11.30am. Results will be sent to each participant.

**Run for fun and financial incentive!**

**Random Draw Cash Prizes donated by DAIHATSU of \$1,000 and \$500.  
Plus be in the draw for a return trip to London courtesy of Qantas**

| Entry Fees                               | SARRC members | Non-member |
|--|---------------|------------|
| <u>Marathon</u>                          | \$30          | \$40       |
| Late Entry                               | \$40          | \$45       |
| <u>1/2 Marathon</u>                      | \$15          | \$20       |
| Late Entry                               | \$25          | \$25       |
| <u>10K</u>                               | \$10          | \$10       |
| Late Entry                               | \$15          | \$15       |
| <u>Relay Team</u> (contact SARRC office) |               | \$50 team  |

Late entry fees are applicable after 5th August and up to 1 hour before start.

**ENTER** by completing form and sending or taking it to arrive no later than Friday 5th August, to  
South Australian Road Runners Club, 1 Sturt Street, Adelaide, S.Australia 5000.

(or P.O. Box 6051 Halifax St, Adelaide, S.A. 5000)

Office hours - 10.00am to 4.00 pm Weekdays except Tuesdays, when closed all day.

Telephone enquiries on (08) 213 0615.

**ALL ENTRANTS in any of the three events are automatically part of the Qantas Muscle Team. This means that they will be eligible for the random draw prizes. Every entrant will be helping to raise funds for the Muscular Dystrophy Association, since part of the proceeds from the events will go directly to this Charity.**

Pre-race Pasta Party to be held on Friday 26th August - 6.30 p.m. at The Travelodge, Sth. Terrace, Adelaide

Post race Party to be held on 28th August at 6.30 p.m. at the Race Director's favourite eating place:  
Najjar's Cafe, 21 O'Connell St. North Adelaide

(no booking required, but it would help if you could indicate your intention to attend on the entry form.)

## ACKNOWLEDGEMENTS

This event would not be possible without the sponsorship of DAIHATSU and supporters of The South Australian Road Runners Club. Please keep this commitment in mind in the choices you make personally and in the course of your business. We thank:

|                     |                            |
|---------------------|----------------------------|
| Daihatsu            | Piccadilly Natural Springs |
| Qantas              | Cleanaway                  |
| Coca-Cola           | Joggers World              |
| West End            | Adam's Apple               |
| Adelaide Travelodge | Life.Be In it              |
| Foundation S.A.     |                            |

The South Australian Road Runners Club is also indebted to the following organisations for their assistance, advice and support:

|                         |                              |
|-------------------------|------------------------------|
| S.A. Police Department  | City of Adelaide Council     |
| City of Glenelg Council | City of West Torrens Council |

### **Make YOUR Run Significant**

**Did you know that only 1% of the population ever finish a marathon?**

**By entering the Daihatsu Adelaide Marathon you will be that special one person in a hundred.**

**Now that you've joined the QANTAS MUSCLE TEAM you are also helping people who have Muscular Dystrophy.**

**To make your run even more special, why not raise just a few dollars per kilometre in sponsorship? By doing this, you will be running for someone else who can't run or even walk because they have Muscular Dystrophy, and helping to fund loan equipment (such as electric wheelchairs), specialist physiotherapy, and other services.**

**If you run in the full marathon, you will also have a second chance to win a free flight to London and a place in the London Marathon, plus many other prizes.**

**There are also prizes for the half marathon and relay teams.**

**The enclosed brochure with this registration form gives more detail.**

**Please consider raising sponsorship for the QANTAS MUSCLE TEAM and make a difference in peoples lives.**



## RACE INSTRUCTION

**DAIHATSU ADELAIDE MARATHON start TIME 7a.m.**

**DAIHATSU ADELAIDE HALF MARATHON start TIME 8:30 a. m.**

**DAIHATSU ADELAIDE 10 K start TIME 9 a. m.**

### RACE NUMBERS

You must wear your race number so that it is visible at all times as you cross the finish line. Pin the race number securely to the front of your T shirt, but do not secure the tear off section of your number. This section will be removed by the officials at the Finish. To enable you to identify your fellow race competitors all entrants except marathon runners will be issued with an additional identification label to be pinned to the back of their T shirt.

### UNOFFICIAL RUNNERS

Runners without official numbers will be prevented from crossing the finish line. Unofficial runners completely disrupt any well organised timing system.

### WALKERS AND SLOW RUNNERS

Please maintain the rule of 'only two people abreast' this allows free passage to faster entrants.

### PARKING AND ROAD CLOSURES

Parking is not available this year on the Torrens Parade Ground, However parking is available in the car-park on the south side of the cricket ground on War Memorial Drive, before 8.15 a.m. road closes after this time to reopen at 10 a.m. approx.

### PRE RACE TOILETS

These are situated inside the Adelaide Oval, all of which will be open for participants use.

### GEAR BAGS- BRING YOUR OWN

Gear bags will not be provided, but gear may be left at the start, in your own bag clearly marked with your full name and race number and will be transported to the finish area. Your gear bag can be collected from the Gear-Tent at Elder Park. Do not leave fragile or valuable articles in your bags.

### MARATHON WALKERS START 6 a. m.

Walkers choosing to go earlier are advised to sign the sheet hung up at the start noting their start time. WALKERS starting at 6 a.m. must remain on the footpath and obey traffic lights and road rules until the runners catch up to them.

### MARATHON START 7a.m.

All facilities will be at the start area which is adjacent to Victor Richardson Gates, on the Eastern side of the oval. The start line is on King William Road at the traffic lights.

### HALF MARATHON START 8.30a.m. (runners and walkers)

**SPECIAL NOTE TO WALKERS IF YOU EXPECT TO BE ON THE ROAD FOR OVER THREE HOURS PLEASE START THE HALF MARATHON EVENT AT 7.30p.m. this will ensure that you arrive before the finish system closes. This also complies with Police expectations to have the roads open after four hours. Please note faster entrants (under three hours) are advised to start at 8.30p.m. This will ensure you do not arrive at points around the course before the roads are closed to traffic. Entrants assemble at the Rotunda in Elder Park at 7.20 a.m. for 7.30 a.m. start and 8.20 a.m. for 8.30 a.m. start and will be led to the start line which is near Parliament House .**

### 10k START 9.00a.m. (runners and walkers)

Entrants assemble at the Rotunda in Elder Park 8:40am and will be led to the start line in Botanic Park (12 minute walk)

## THE COURSE

The course is entirely on the road, (except for the section that passes under the bridge at King William Road.) You should not cut across footpaths at the corners. Marshals will be located at key points to direct you, Please thank them for the time they have given freely. The course is traffic free for 4hrs 15 mins. This is 6 minutes per kilometre pace. A Police Vehicle will travel at 6 km pace - competitors slower than this pace must move onto the footpath. The co-operation of the South Australian Police Department makes the Daihatsu Adelaide Marathon the success it is, please show your appreciation to those Police Officers who assist on the day.

## DISTANCE MARKERS

The course is certified to AIMS/IAAF standards, and is exactly 42.195km long. You will find distance markers prominently displayed every 1km. Also kilometres left 'TO GO MARKERS' will start a countdown from 19K to the finish and will apply to all entrants irrespective of where you started.

## DRINK STATIONS

Drink stations will be located at the start and finish, as well as 8 other locations around the course. PICADILLY NATURAL SPRING WATER, tissues, petroleum jelly will be available at these drink stations. St Johns Ambulance personnel will be located at each drink station and at the finish area to provide first aid treatment. Members of Australian Citizen Radio Monitors (ACRM) will provide communications around the course.

## SPECIAL DRINKS 4.5k 9.5k 14.8k 19.5k 24k 29.5k 34.5k 39.1k approx

Special Drinks must be placed in appropriate boxes, immediately outside the Victor Richardson Gates of the Adelaide Oval. The boxes will be there at 6.00 a.m. and a vehicle will be transporting them to the appropriate drink stations at 6.45 a.m. exactly. No drinks will be accepted after this time. There will be a separate box for each drink station, which will be marked as such, and it will be your responsibility to place your drinks in the correct box. All drinks should be clearly marked with runners name and race numbers. Special drinks will be located at the first table as you approach each drink station.

## PROVISION FOR DROPPING OUT

As the course is traffic free, there will be no vehicles driving around the course. If you feel you cannot continue, then stop at a drink station and notify official personnel you are dropping out, and suitable arrangements will be made. Avoid being unable to finish by drinking early and often. Slow your pace in the early part of the race, particularly if you have averaged less than a 90km per week in the 2 months prior to the race.

## THE FINISH

All race clocks will be set to Telecom time 'phone 1194. Your time will be taken accurately as you cross the Finish Line. Watch the display clock as your check. You must stay in finish order while in the chute, until your tag is detached. A 'photo will be taken as you cross the finish line, so look up and SMILE! To ensure good finisher photographs do not finish close behind another runner, move to one side. as you will also be on video. If you have ordered Finisher Merchandise it will be available from the SARRC Office. If you have paid postage, your merchandise will be sent on to you. If you haven't ordered Finisher Merchandise orders will be taken in the Merchandise Tent on race day. Finisher Medallions will be presented to you as you leave the finish area. **This only applies to the Marathon event.**

## WALKERS

At the finish line please keep to the left thus allowing free passage for faster entrants to overtake.

## RESULTS

As soon as results are validated, all Finishers will be mailed their official printed results, complete results list, and a proof photograph of your finishing the Marathon or others.

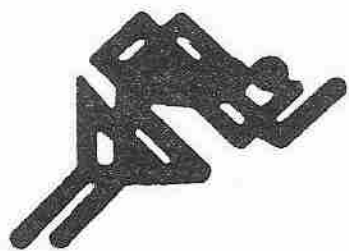
## FINISH SERVICE

Medical Services (e.g. Podiatrist, Doctor, Physiotherapist) will be available in the finish area.

## PRESENTATION CEREMONY

Presentations will take place at Elder Park finish area at 11.30 a.m.

All the Best in your Race *Tony Ashwell* Race Director



**THE MARATHON**  
**HEALTH & SAFETY INSTRUCTIONS.**

**Dr. Terry Farquharson,**  
**Medical Director - Marathon.**

**The Day Before.**

Maintain a good balanced diet with emphasis on complex carbohydrates eg. potatoes, cereals, pasta, bread, rice. Do not try new foods or drinks. Do not fast within 24 hours of the start. Get a good sleep on Saturday night.

Plan your clothing requirements carefully in advance. Don't wear any new or untried gear. Fill in personal details on the back of your chest number, noting any present medical condition. Plan to drink at every aid station. Do not train if suffering from a virus. Cut your toenails carefully before marathon day. Plan a realistic pace for your run.

**Before The Start**

Don't run if you have a virus or any other illness, particularly if your doctor has advised you not to participate.

Arrive at the start early. Avoid last minute rush.

Drink plenty of water. Get to the toilet early (there are plenty at Adelaide Oval).

Dress as you have planned and use petroleum jelly to prevent chafing (nipples, toes, underarm's, groins and legs). Remember, no new or untried gear. Check you have written information on the back of your chest number.

Keep warm and stretch before the run.

**During the Race**

Don't go out too fast. Stick to your planned pace.

Drink at every aid station. This essential whatever the weather. Aid stations will provide water, petroleum jelly, sponges and tissues. St. John will be at all aid stations to provide first aid. Medical aid will be available at the finish.

If you wish to dropout, transport to the finish will be organised from aid stations. If you are running slower than 6 min/km (4hr 15 mins) traffic will be on your part of the course for some time, so you must run on the footpath and observe all traffic rules.

If you are feeling unduly distressed, reduce your pace. Stop running if you are suffering heat exhaustion (throbbing headache, dizziness, nausea, chest discomfort or goose bumps) or have become unduly cold particularly if it is raining and windy.

**When You Finish**

Warm down by putting on light clothing. Maintain some activity for at least 10 minutes eg. walking. Avoid becoming too cold or stopping all activity suddenly.

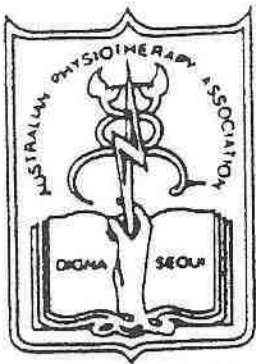
If distressed seek medical advice which will be available at the finish area. St. John will be present to assist those requiring attention and help them to the medical area where doctors, physiotherapists, podiatrists, sports trainers, masseurs will be available to assist with any injuries.

Take care, enjoy yourself and the entire experience. If you have done your homework and remember the basics - fluids and pacing, you will run a fine race.

**Good luck - you deserve it.**

**MEDICINE • PHYSIOTHERAPY • PODIATRY**





AUSTRALIAN  
PHYSIOTHERAPY  
ASSOCIATION

Incorporated in Victoria  
S.A. BRANCH

A.P.A.  
SPORTS  
PHYSIOTHERAPY  
GROUP  
S.A. COMMITTEE



CHAIRMAN:

SECRETARY:

### A.P.A. SPORTS PHYSIOTHERAPY GROUP

"The S.A. Sports Physiotherapy Group is pleased to continue its association with the (Adelaide) Marathon by giving our services to all competitors. Sport is a vital part of the Australian Lifestyle, and provides exercise, social contact, relaxation, competition as well as promoting good health. Physiotherapists are highly qualified and trained in the assessment and treatment of soft tissue injuries, which is evidenced by our involvement with the Australian team at the Olympic Games. We also offer important self help advice on injury and its prevention. Please make use of our services, as early treatment and advice can dramatically reduce recovery time."

### ADVICE FROM THE PODIATRIST.

If you suffer from recurrent foot and or lower limb problems or injuries podiatry may be able to help you. Your podiatrist can assess your lower leg and foot alignment and prescribe functional orthoses to improve the efficiency of your gain thereby helping your symptoms. The Podiatry association will assist you in locating a biomechanically skilled Podiatrist. (Phone 370 9348).

**HAVE YOU BOOKED YOUR TICKET FOR THE PASTA PARTY YET?**

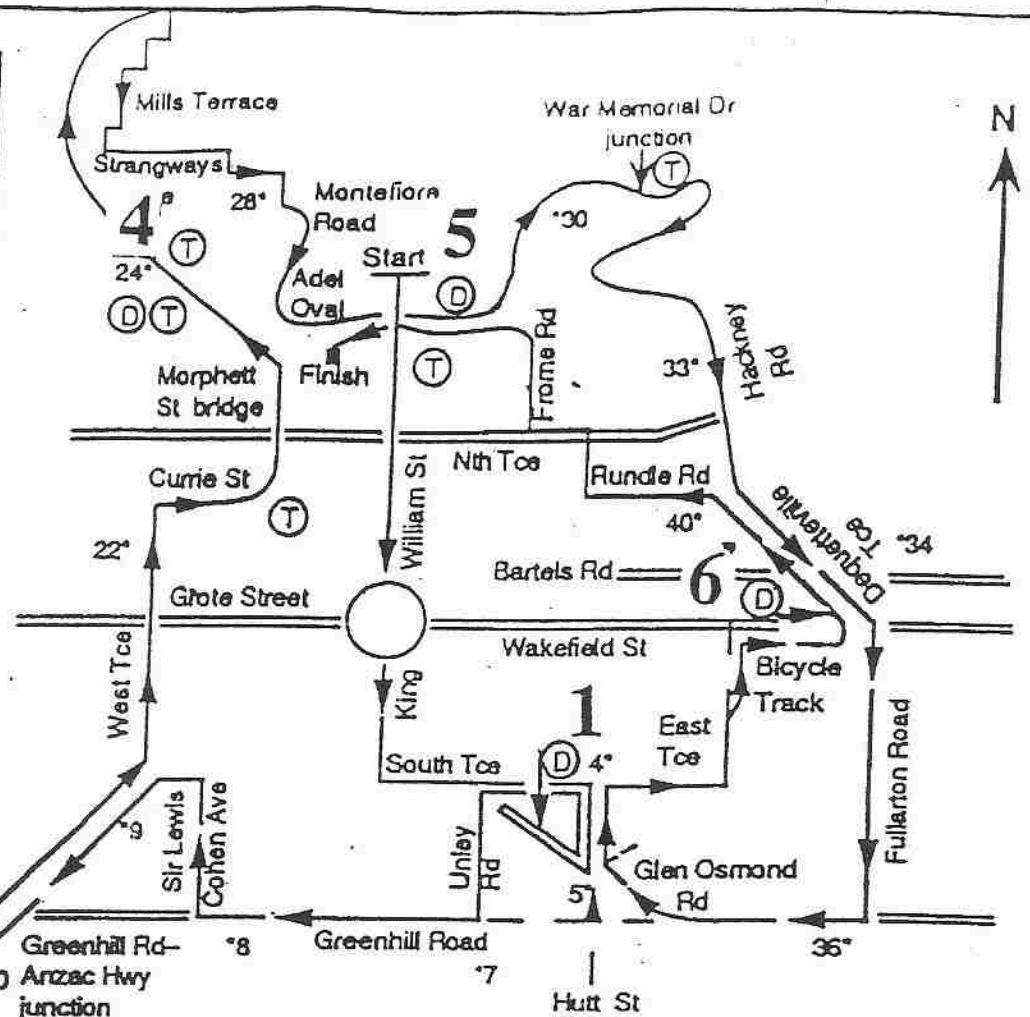
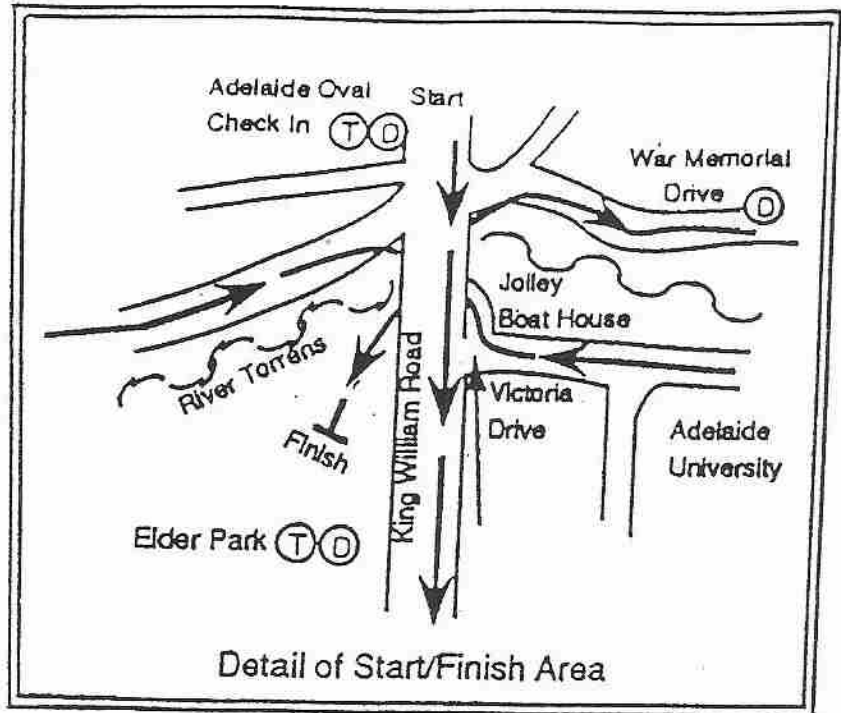
**DON'T FORGET THERE ARE LIMITED PLACES AVAILABLE.**

**FIRST COME, FIRST SERVED!**

**IF YOU CAN'T MAKE THE PRE-PARTY, THEN COME TO THE POST PARTY AT**

**NAJJAR'S, THE RACE DIRECTOR'S FAVOURITE EATING PLACE!**





**SOUTH AUSTRALIAN  
ROAD RUNNERS CLUB**

- Key**
- (D) Drink station
  - Medical aid at drink stations
  - (T) Toilet

**DAIHATSU  
1994 ADELAIDE MARATHON**

Information to accompany Daihatsu Adelaide Marathon map.  
Start outside Adelaide Oval, Victor Richardson Road. Time 6.15 p.m.  
Race start at 7 p.m.

**Water Station no 1.**

Head south down Glen Osmond Road 200 metres approx: in parking bay opposite toilets on right hand side.

**Water Station no 2.**

Close to no23 Anzac Highway near Army Barracks sign on median strip.  
This is an out and back drink stop.

**Water Station no 3.**

Anzac Highway beginning of Morphettville racetrack east of Morphett Road before turnaround point.

Turnaround point no 451 Anzac Highway.

**Water Station no 4.**

War Memorial Drive adjacent to toilet block in golf course.

**Water Station no 5.**

THIS STATION HAS BEEN MOVED 500 metres from last year.  
War Memorial Drive between University footbridge and boathouse.  
North side of road.

**Water Station no 6.**

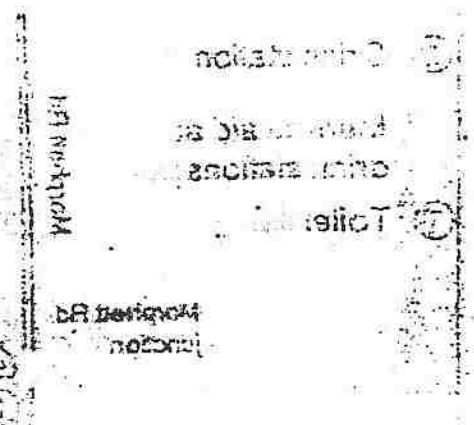
Dequetteville Terrace approx adjacent C.W.A. House, and large directional traffic sign 50-100 metres north of roundabout.  
This is an out and back station.

**Elder Park. Finish area.**

A handwritten signature in black ink, appearing to read 'A. J. ...' with a stylized flourish at the end.

ROAD RESTRICTION DETAILS

|                                     | <u>FROM</u> | <u>TO</u> |
|-------------------------------------|-------------|-----------|
| King William St & War Memorial Dr   | 6:56 AM     | 7:04 AM   |
| King William St & North Tce         | 6:57 AM     | 7:07 AM   |
| King William St & Hindley St        | 6:58 AM     | 7:09 AM   |
| King William St & Grenfell St       | 6:59 AM     | 7:10 AM   |
| King William St & Pirie St          | 6:59 AM     | 7:10 AM   |
| King William St & Flinders St       | 6:59 AM     | 7:11 AM   |
| King William St & Wakefield St      | 7:00 AM     | 7:12 AM   |
| King William St & South Tce         | 7:02 AM     | 7:17 AM   |
| South Tce & Unley Rd                | 7:04 AM     | 7:39 AM   |
| South Tce & Glen Osmond Rd          | 7:04 AM     | 7:38 AM   |
| South Tce & Hutt Rd                 | 7:06 AM     | 7:35 AM   |
| Hutt Rd & Glen Osmond Rd            | 7:07 AM     | 7:33 AM   |
| Greenhill Rd & Unley Rd             | 7:15 AM     | 7:42 AM   |
| Greenhill Rd & Peacock Rd           | 7:16 AM     | 7:44 AM   |
| Greenhill Rd & Sir Lewis Cohen Ave  | 7:18 AM     | 7:48 AM   |
| Sir Lewis Cohen Ave & South Tce     | 7:20 AM     | 7:52 AM   |
| South Tce & Anzac Hwy & Goodwood Rd | 7:21 AM     | 9:09 AM   |
| Anzac Hwy & Greenhill Rd            | 7:23 AM     | 9:04 AM   |
| Anzac Hwy & Leader St               | 7:26 AM     | 9:02 AM   |
| Anzac Hwy & South Rd                | 7:28 AM     | 8:58 AM   |
| Anzac Hwy & Marion Rd               | 7:34 AM     | 8:46 AM   |
| Anzac Hwy & Cross Rd                | 7:36 AM     | 8:41 AM   |
| West Tce & Grote St                 | 8:01 AM     | 9:14 AM   |
| West Tce & Currie St                | 8:02 AM     | 9:17 AM   |
| Currie St & Light Square            | 8:04 AM     | 9:20 AM   |
| Morphett St & Hindley St            | 8:04 AM     | 9:20 AM   |
| Montefiore Rd & War Memorial Dr     | 8:06 AM     | 9:54 AM   |
| Mildred Rd & Barton Tce             | 8:13 AM     | 9:38 AM   |
| Barton Tce & Mills Hill St          | 8:13 AM     | 9:38 AM   |
| Mills Tce & Childers St & Hills St  | 8:13 AM     | 9:39 AM   |
| Mills Tce & Barnard St              | 8:15 AM     | 9:43 AM   |
| Strangways Tce & Ward St            | 8:18 AM     | 9:49 AM   |
| Montefiore Rd & Strangways Tce      | 8:19 AM     | 9:51 AM   |
| War Memorial Dr & King William Rd   | 8:23 AM     | 9:59 AM   |
| War Memorial Dr & Frome Rd          | 8:25 AM     | 10:03 AM  |
| King William Rd & War Memorial Dr   | 8:28 AM     | 8:38 AM   |
| War Memorial Dr & Bundeys Rd        | 8:29 AM     | 10:10 AM  |
| Hackney Rd & Bundeys Rd             | 8:29 AM     | 10:10 AM  |
| War Memorial Dr & Montefiore Rd     | 8:29 AM     | 8:41 AM   |
| Hackney Rd & Plane Tree Dr in       | 8:30 AM     | 10:13 AM  |
| Montefiore Rd & Hindley St          | 8:31 AM     | 8:44 AM   |
| Hackney Rd & Plane Tree Dr out      | 8:34 AM     | 10:20 AM  |
| Hackney Rd & North Tce              | 8:35 AM     | 10:23 AM  |
| Dequetteville Tce & Rundle Rd       | 8:36 AM     | 11:04 AM  |
| Dequetteville Tce & Bartels RD      | 8:38 AM     | 11:01 AM  |
| Dequetteville Tce & Wakefield Rd    | 8:39 AM     | 10:58 AM  |
| Fullarton Rd & Greenhill Rd         | 8:43 AM     | 10:38 AM  |
| Greenhill Rd & Glen Osmond Rd       | 8:45 AM     | 10:43 AM  |
| Glen Osmond Rd & Hutt Rd            | 8:46 AM     | 10:44 AM  |
| Hutt Rd & South Tce                 | 8:47 AM     | 10:47 AM  |
| East Tce & Gilles St                | 8:50 AM     | 10:52 AM  |
| Wakefield St & Footpath Race course | 8:51 AM     | 10:55 AM  |
| Rundle Rd & East Tce                | 8:56 AM     | 11:05 AM  |
| North Tce & East Tce                | 8:57 AM     | 11:07 AM  |
| North Tce & Frome Rd                | 8:58 AM     | 11:08 AM  |
| Frome Rd & Victoria Dr              | 8:59 AM     | 11:11 AM  |
| Victoria Dr & Jolleys L             | 9:01 AM     | 11:14 AM  |
| Jolleys L & Elder Park              | 9:01 AM     | 11:15 AM  |
| Elder Park Finish                   | 9:02 AM     | 11:17 AM  |



# The Muscular Dystrophy Association of South Australia Inc.

Telephone: (08) 212 6694  
Facsimile: (08) 212 3159

Our Ref: QMT3

3rd August 1994



Fight  
Muscular  
Dystrophy

G.P.O. Box 414  
ADELAIDE, 5001

251 Morphett Street  
ADELAIDE, 5000

PATRON:  
H.R. (KYM) BONYTHON  
A.C., D.F.C., A.F.C.

As an entrant in the Daihatsu Adelaide Marathon Carnival you are already a member of the Qantas Muscle Team. This means you will be in the draw, immediately following the Marathon, for a flight to London, courtesy of Qantas.

However, there is much more you can do. You see, because of Muscular Dystrophy, many people can't walk or run. Their muscles gradually waste away and they need your help.

Please make your efforts on Sunday, 28th August even more meaningful by gaining just a few dollars per kilometre in sponsorship. I'm sure when your friends, family, co-workers or colleagues understand that you're participating, not just for yourself but for others who can't, they will be very willing to support your efforts.

As an added incentive, if you raise just \$50, you could win a second trip to London AND a place in the London Marathon.

The enclosed brochure gives more details. Please complete the registration panel inside and return it in the freepost envelope provided.

Remember, you will be doing this for people who simply do not have the muscle power to do it for themselves.

If you have any questions, please do not hesitate to contact me on (08)212 6694.

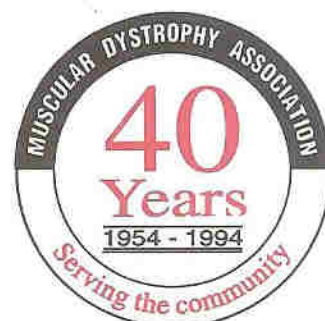
Thank you in anticipation.

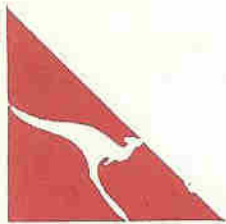
Yours sincerely

Bronwyn Vickers  
QANTAS MUSCLE TEAM CO-ORDINATOR

enc.

PS Also enclosed is a Qantas Muscle Team Newsletter which I hope you will find interesting.





# QANTAS MUSCLE TEAM

## NEWSLETTER



Fight  
Muscular  
Dystrophy

3rd August 1994

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Welcome to all Qantas Muscle Team members. This year's Daihatsu Adelaide Marathon is shaping up to be the best ever. All at the Muscular Dystrophy Association (especially our members who will gain extra therapy sessions, transport and other services) are delighted with our new partnership with the Road Runners Club and Marathon Carnival entrants.

If you haven't registered yet for the Qantas Muscle Team special draw for a trip to London AND a place in the London Marathon, please do so NOW. Time is running out to gain the minimal amount of sponsorship required, just \$50.

~~Frank Wolff was the winner of last year's TRIP TO LONDON and place in the LONDON MARATHON. Following is an outline of his experience:~~

"When my name was announced as winner of the trip to London, courtesy of QANTAS, I realized my dream of participating in the London Marathon would become reality.

Arriving three weeks before the BIG day helped me acclimatise, although training in the 'smog' was quite frustrating. The weather was also annoying with freezing winds and rain often the norm. But I know these conditions were likely to prevail for Marathon day, so I persevered.

On our second day (April 2) in London, we visited The Muscular Dystrophy HQ and received the warmest of welcomes (including lunch) from our host Carol Endericks. We learned how 95% of all runners support a charity by their marathon run. Some five hundred entrants raised, for the Muscular Dystrophy team effort, over 1m pound (\$2.2m). That's an average of over \$4,000 each!!

Marathon day itself (17th April) was very cold and windy but counteracted by a warm and friendly gathering of some 30,000 participants. Runners received free a special train service to the start. These trains were packed and I'm sure many had to find alternative transport to the start at Greenwich and Blackheath.

There were many interesting land marks during the race itself: at the start I took only 2min 18sec to step over the start line. Water is available (in 330ml soft plastic bottles) every mile. (Isotonic drink every five miles.) We were in no danger of missing the spectacular canopy of balloons located at each mile mark. The million spectators made the run a lot more enjoyable.

After finishing 3hrs 33min later, receiving the medal and goodies bag then resting in the recovery tent, I made my way to the Rupert's runners reception in Piccadilly. There my wife waited patiently (if not concerned). We were provided with food and drinks, relaxed and watched television coverage of the marathon and were pampered by the masseurs who eased our aching limbs.

On completing my 5th and most memorable marathon, I promised myself that this was the last but, while receiving the soothing massage, I was already planning my next!" FRANK WOLFF

**YOU could be the one to tell of such an experience - ENTER NOW and give yourself the chance!!**

**T**he Qantas Muscle Team is a partnership between able bodied people and those with little or no muscle power to cope with simple tasks like taking a drink.

People who enter the Daihatsu Adelaide Marathon Carnival automatically become members of the Qantas Muscle Team. Whether you are a runner, walker, or wheelie in the Marathon, Half-Marathon, or 10K, you are eligible for the draw for one of the free flights to London - donated by Qantas.

By also gaining sponsorship you will be helping people who, through no fault of their own, can't walk or run or, in severe cases, can't even feed themselves.

**B**e a partner  
to a friend in need.

**J**oin the Qantas Muscle Team.

**I**f you would like more information, please write, telephone or call in and see Bronwyn or Andy at:

The Muscular Dystrophy  
Association  
251 Morphett Street  
ADELAIDE SA 5000

Phone: (08) 212 6694



Fight  
Muscular  
Dystrophy

**A**RE YOU ENTERING  
THE DAIHATSU  
ADELAIDE MARATHON,  
HALF-MARATHON  
OR 10K CARNIVAL  
(RUN, WALK OR  
WHEELIE) ?

**I**f so, you could  
be flying to London  
free on Qantas



All marathon carnival entrants, regardless of which event entered, will automatically be members of the Qantas Muscle Team. A Team effort to help people who have Muscular Dystrophy, many of whom can't walk or run.

As a member of the Qantas Muscle Team, you will be eligible for the draw, to take place immediately following the marathon, for a free flight to London.

All Qantas Muscle Team members can, if they wish, gain sponsorship for their efforts.

Every team member who raises \$50 (or more) and wears the distinctive Qantas Muscle Team singlet on the day will be in the draw for a place in the London Marathon and a free Qantas flight to London. Plus other fantastic prizes (detailed over).

## Other great prizes include:

- \* FREE Qantas Flight to Sydney plus one night's accommodation at the Hotel Inter-Continental Sydney. Includes valet parking, breakfast for two and welcome cocktails.

Kindly donated by Qantas and the Hotel Inter-Continental Sydney.

- \* FREE Accommodation Package at the Terrace Inter-Continental Adelaide. Includes two weekend nights' accommodation for two and much more.

Kindly donated by the Terrace Inter-Continental Adelaide.

- \* FREE Qantas Muscle Team running singlet.

- \* Asics Running Shoes.

- \* Incentive prizes of various items of runners' apparel.

Kindly supplied by



Yes, I would like to help people who have Muscular Dystrophy.

Yes, I have entered the Adelaide Marathon in the

- Marathon
- Half-Marathon
- 10K event

Please send me an official sponsorship form and a free Qantas Muscle Team singlet.

Mr  Mrs  Miss  Ms

Family Name .....

First Name .....

Address: .....

.....P/Code: .....

Phone: .....(wk).....(hm)

SINGLET SIZE:

Post to:

**The Muscular Dystrophy Association  
GPO Box 414, ADELAIDE SA 5001**

\*Full details of incentive prizes are contained within the sponsorship forms.

