



2XU
WELLNESS
RUN

Proudly supporting
Beyond Blue

EVENT GUIDE

DECEMBER 3RD, 2023
CATANI GARDENS
ST KILDA

A male and female runner are shown in motion, running on a city street. The male runner is in the foreground, wearing a bright pink 2XU t-shirt, black shorts, and white sneakers with yellow accents. He is wearing sunglasses and has a focused expression. The female runner is slightly behind him, wearing a pink 2XU sports bra and matching shorts. She is also wearing white sneakers with yellow accents. The background shows a cityscape with modern buildings under a cloudy sky.

2XU

WIN 1 OF 3 2XU PRIZE PACKS

VALUED AT OVER \$600

[ENTER NOW](#)



RUN FOR
BEYOND BLUE

Every dollar you raise helps to fund Beyond Blue's 24/7 Support Service.

The Beyond Blue Support Service provides free, confidential and immediate counselling and referral 24 hours a day, seven days a week via phone call, webchat and email.

What does \$400k of fundraising do for Beyond Blue?

It means over 6,060 people can access the mental health support they need and makes sure everyone in Australia can achieve their best possible mental health.

Just one phone, webchat or email with a Beyond Blue counsellor can provide immediate and effective results and pathways to longer term support.

This time last year, demand for Beyond Blue's support services increased by 41 percent over the end of year period. This is on top of the increased demand that has remained consistent since the pandemic.

It's fundraisers like you that help us to answer every call. So, please keep sharing your fundraising page and help us to get over the finish line in raising \$400,000!

We've raised

\$287,593.83

Of our target

\$400,000



EVENT KEY TIMES

SATURDAY, 2 DECEMBER (PRE-EVENT)

10AM - 2PM

Kit Collection (Timing Bib & T-shirt)
@ Catani Gardens, St Kilda

SUNDAY, 3 DECEMBER (EVENT DAY)

FROM 5:30AM

Kit Collection Open until each start time (Timing Bib & T-shirt) @ Catani Gardens, St Kilda

FROM 5:30AM

Event Village open - St Ali Coffee, Boost Juice, Cheer Toastie Truck, Volks Coffee, SIS, Recovery Lab, Cocobella, BBQ, 2XU Retail Store, Beyond Blue & more!

7:00AM

21.1km Half Marathon Event Start

Please line up according to your start group sign - Start Group in E-Ticket

8:30AM

10km Event Start

Please line up according to your start group sign - Start Group in E-Ticket

9:30AM

5km Event Start

Please line up according to your start group sign - Start Group in E-Ticket

10:45AM

1km Event Start

Kids to Finish the day off!

- Warm-Up conducted on Stage 20 minutes before each start time.
- Fundraising update presented on stage after the finish of each distance, along with Female & Male place getters in all distances.
- All those with active fundraising pages can collect a free wristband from Beyond Blue Van.



WELLNESS RUN



2XU IN-STORE KIT COLLECTION

We're excited to announce you are able to collect your kit ahead of event weekend at 2XU's brand-new store in Brighton!

From Saturday 18th November until Thursday 30th November, you will be able to head in-store and collect your kit during 2XU Brighton's trading hours, just by showing your eTicket (search your inbox or spam for eTicket).

If you're wanting to collect a family or friends kit from in-store, we will just require you to show us a copy of their e-ticket.

Please see below 2XU's Brighton's trading hours:

2XU Brighton – 44 Church Street, Brighton

Monday – Friday 9am – 5:30pm

Saturday 9am – 5pm

Sunday 10am – 5pm

Check out 2XU's exclusive in store offer below!

If you're unable to head in store to collect your kit, no worries! Kit collection will still be available event weekend on Saturday 2nd December from 10 am – 2 pm, or from 5:30 am on Sunday 3rd December at Catani Gardens, St Kilda.

*Limited t-shirt size exchanges will be available post event, and only for unworn t-shirts. Sizes exchanges will be dependent on availability and not guaranteed.

2XU

Race pack collection offer at 2XU Brighton

Spend \$50 or more to receive
a **FREE 2XU Run Cap or Visor**

Offer valid only at Brighton store, between 18th November to 30th November 2023.

PREPARE FOR YOUR RACE

NUTRITION AND HYDRATION

This year we have increased the number of drink stations to ensure you have plenty of opportunity to hydrate and take shade on course. Although our drink station will be stocked with water, SIS electrolyte, and SIS gels for our half marathon participants, we strongly advise you come prepared with your own hydration and nutrition plan.

Look out for the Cocobella Crew who will also be dishing out delicious Cocobella coconut yoghurt and hydrating coconut water for participants. You will find the Cocobella combi van at the finish line!

WEATHER

Make sure to check the weather forecast and come prepared with weather appropriate attire. Remember to always apply sunscreen and consider wearing a hat and/or sunglasses.

LISTEN TO YOUR BODY!

In the Half Marathon, runners can opt out after one lap if required. In all distances, please listen to your body and walk if needed. Our staff on course will be able to assist you, if you feel unwell at anytime.



KIT COLLECTION AT EVENT

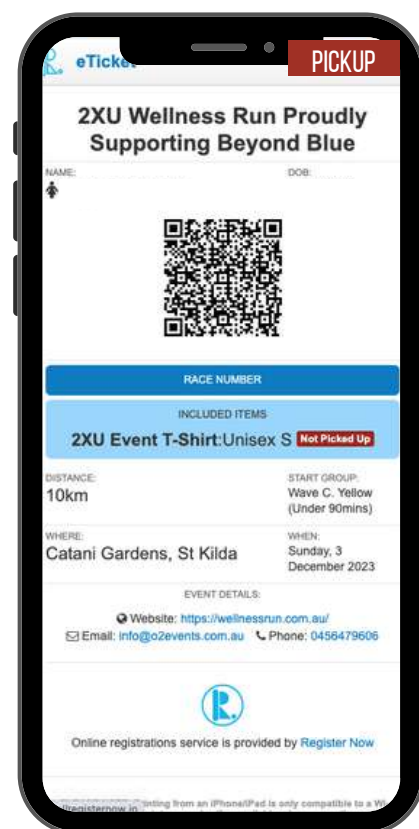
BIB COLLECTION WITH E-TICKET

Timing Bib Collection is available during the 2 following windows from Catani Gardens, St Kilda.

1. 10am - 2pm Saturday or
2. From 5:30am on Event Morning.

To collect your kit you will need your E-ticket (sent to your email on Thursday 16 Nov)

If you are collecting a kit for family, friends or your group, you must show their E-Tickets to collect their Bibs.



RUNNING IN A SEA OF BLUE!

For those who registered while there was stock of the event T-shirt, you can use your E-Ticket to collect your T-Shirt also.

Please note; no size exchanges are available prior to the event. Size exchanges will occur post event and only after returning your unworn T-shirt, to receive an alternate size.



The 2023 Tee!



Please note some late entrants would only have been able to select the Blue Body Tee with White Sleeves.

We encourage all to wear blue on the day to celebrate the work of Beyond Blue.
Not Compulsory.



**All the feels.
None of the dairy.**

cocobella
feel cocobetter

START INFORMATION



HOW DO I KNOW WHICH GROUP I'M IN?

While registering you would have nominated a pace/start group. You can also Access Registration [HERE](#) to check.

You will also receive a goodluck SMS prior to the event confirming your group.

Please note your time begins once your bib crosses the start arch.

FIRST AID

Ambulance Victoria and First Aid will be on course and in the event village in close proximity to the finish line.

If you need medical attention please flag down a volunteer or event staff.



GROUP WARMUP PRE EVENT!

A fun warmup is conducted at the stage 20 minutes before each start.

Please wait at the stage until your wave is called into the start line.

BAG DROP

Bag drop will be available within the event village.

Please attach the Baggage Drop Tag from your bib to your bag and place it into the bag compound.

Please keep your bib on until you have collected your baggage.

WAVE STARTS

21.1KM STARTS

7:00am	Wave A. Red (Under 90mins)
7:02am	Wave B. Green (Under 130mins)
7:06am	Wave C. Yellow (Under 200mins)

10KM STARTS

8:30am	Wave A. Red (Under 45mins)
8:32am	Wave B. Green (Under 60mins)
8:35am	Wave C. Yellow (Under 90mins)
8:38am	Wave D. Blue (Over 90mins)
	Wave E. Orange (Jog / Walk)
	Wave F. Purple (Wheelchairs/Prms/Strollers)

5KM STARTS

9:30am	Wave A. Red (Under 25mins)
9:32am	Wave B. Green (Under 35mins)
9:34am	Wave C. Yellow (Under 45mins)
9:36am	Wave D. Blue (Over 45mins)
9:38am	Wave E. Orange (Jog/Walk)
	Wave F. Purple (Wheelchairs/Prms/Strollers)

1KM STARTS

10:45am	All Start Together
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COURSE

DRINK STATIONS

Drink stations will be stocked with water and SIS electrolyte for each distance. SIS gels are also available on the half marathon course.

Please come to the event with your own nutrition prepared. Be weather-conscious and take full advantage of hydration options provided on the day.

Please place used cups in the bins provided to keep our course clean.

TOILETS

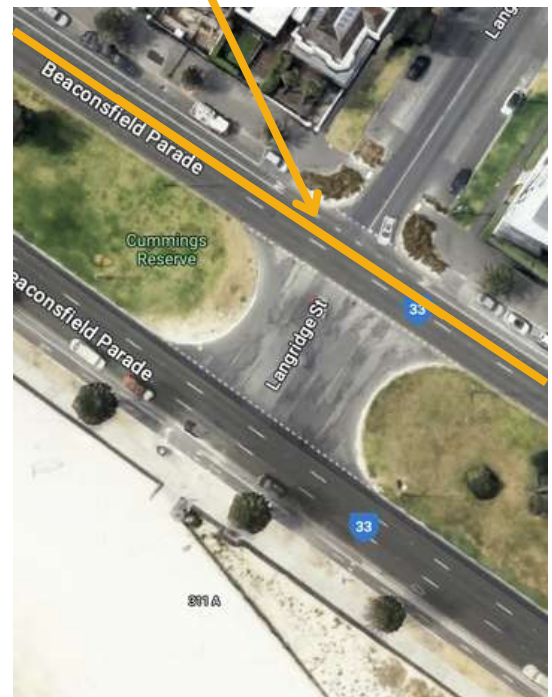
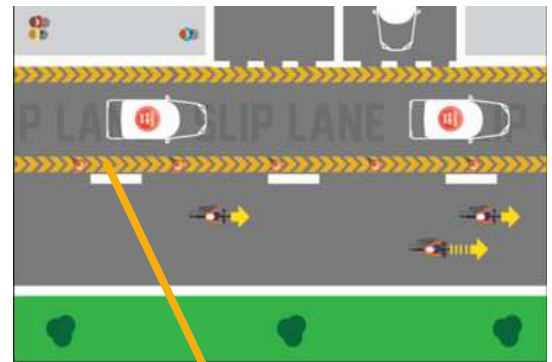
Public toilets and portable toilets available on course.

	10km / 21.1km (Each Lap)	5km
Cowderoy St	200m	200m
Armstrong St	1.2km	1.2km
Cowderoy St	3.5km	2.8km
Donovans	4.8km	4.1km
Point Ormond	7.7km	X
Donovans	9.1km	X

RESIDENT ACCESS LANE

There will be a coned resident access lane on the southbound lane of the course.

Please run/walk on the beachside of these cones so that local residents can still access their properties during the event.



21.1KM RUN

Maximum Time: 3hr 45mins
Start: 7:00am
2 LAPS



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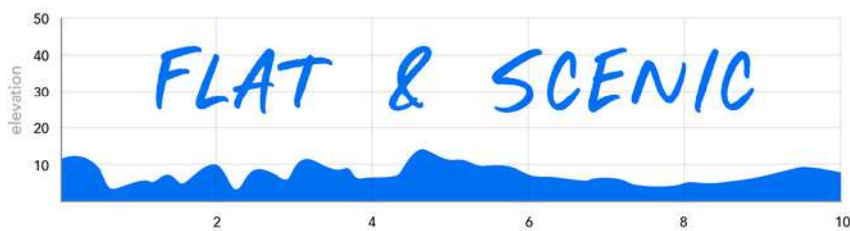
10KM RUN

Maximum Time: 3hrs
Start: 8:30am



2XU
WELLNESS
RUN

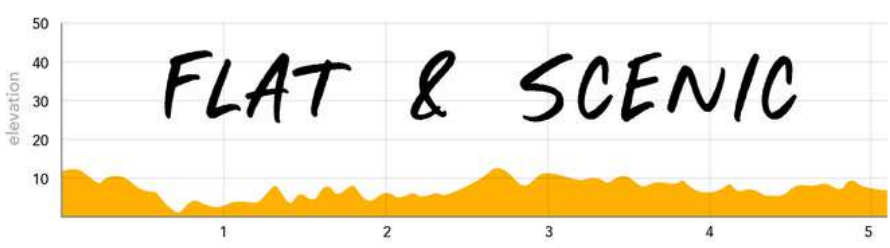
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5KM RUN OR WALK

Maximum Time: 1hr 45mins

Start: 9:30am



1KM JUNIOR

Start: 10:45am

Beaconsfield Parade



Mary St

START

FINISH

Fitzroy St

The Esplanade

2XU

WELLNESS
RUN



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Blue

2XU



WELLNESS RUN



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Beyond
Blue

**YOU
CAN'T
BEAT
SCIENCE**

FUEL NOW



SIS
SCIENCE IN SPORT



EVENT VILLAGE



The Event Village will be open from 5:30am on event day!

Be sure to check out our exhibitors and event partners:

St Ali Coffee, Boost Juice, Cheer Toastie Truck, Cocobella, Volks Coffee, SIS, BBQ, 2XU Retail Store, Recovery Lab, Platinum Physio, Beyond Blue and more!

ST. ALI



2XU RETAIL STORE

Check out the 2XU retail store to get ready for event day.

Open from 11am – 2pm on Saturday, and during the event on Sunday.

PLANNING TO RUN A PB?

Ring the PB bell in the event village after your run and post to socials for kudos from your mates! Don't forget to tag us [@2xuwelnessrun](https://www.instagram.com/2xuwelnessrun)



2XU  **WELLNESS RUN**

Proudly supporting
Beyond Blue

PARTNER PRIZE PACKS

Thanks to our very generous partners, we have some incredible prize packs up for grabs! All partner prize packs will be awarded during presentations on event day.

HIGHEST TEAM FUNDRAISERS

\$400 2XU Voucher
\$250 Science in Sport Voucher
\$250 BikeChain Voucher
10 Pack Pass Voucher Recovery Lab Valued at \$300 (Hampton & Windsor)
Platinum Physio Initial Assessment Voucher
1 Litre of Cocobella Coconut Water

HIGHEST INDIVIDUAL FUNDRAISER

\$250 Science in Sport Voucher
\$250 BikeChain Voucher
\$150 2XU Voucher
10 Pack Pass Voucher Recovery Lab Valued at \$300 (Hampton & Windsor)
\$50 Platinum Physio Voucher
1 Litre of Cocobella Coconut Water

PLACE GETTER PRIZES - 5KM, 10KM & 21.1KM

1ST PLACE

\$150 2XU Voucher
\$100 Science in Sport Voucher
\$100 BikeChain Voucher
\$100 Recovery Lab HQ Voucher
\$50 Platinum Physio Voucher
1 Litre of Cocobella Coconut Water

2ND PLACE

\$100 2XU Voucher
\$75 Science in Sport Voucher
\$75 BikeChain Voucher
\$50 Recovery Lab HQ Voucher
\$50 Platinum Physio Voucher
1 Litre of Cocobella Coconut Water

3RD PLACE

\$50 2XU Voucher
\$50 Science in Sport Voucher
\$50 BikeChain Voucher
\$35 Recovery Lab HQ Voucher
\$50 Platinum Physio Voucher
1 Litre of Cocobella Coconut Water

2XU

SiS
SCIENCE IN SPORT

bc
bikechain
nutrition

cocobella

**Recovery
Lab**

platinumphysio
healthcare and fitness



WELLNESS RUN

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Blue**



FINISHED YOUR RUN? FEELING A BIT SORE?

TAKE ADVANTAGE OF YOUR
****FREE INITIAL CONSULTATION***
AT OUR CLINICS IN

**BRIGHTON, CAULFIELD,
MALVERN & WINDSOR**

COME AND FIND US AT THE PLATINUM PHYSIO
MARQUEE FOR MORE INFORMATION OR BOOK
ONLINE.

**PRESENT THIS FLYER TO REDEEM*

CALL US !

☎ 8554 0111



BRIGHTON CAULFIELD MALVERN WINDSOR

Refuel post-race

CAFES • BARS • RESTAURANTS

Discover Fitzroy Street: discoverstkilda.com.au

Explore Acland Street: aclandstreetvillage.com.au



PARKING & ROAD CLOSURES

Road closures will be in place along Beach Road between Kerferd Road, Middle Park to St Kilda St, Elwood from 5:30am – 11:30am.

Please allow extra time when arriving at the event.

Please check parking and permit signage when parking.

	Location	Walking Distance to Venue	Number of Car Parks	Located within Road Closure	Notes
1	Head St, Elwood Beach Carpark	30 min	400	Yes	Access available via Head St Elwood - Gate at Beach end. This is a great carpark you can get in and out while the Road Closure is still in place. 30min walk.
2	Albert Park—Fitzroy Street End	15min	500	No	Top end of Albert Park and either 15min-20min walk or a short tram ride to the venue Access via Queens Road, Lakeside Drive or Albert Rd
3	Ormond Esplanade & Marine Parade	10-20 min	500	Yes	Entering & exiting is prohibited during road closure times.
4	Elsternwick Park	25 min	500	No	On street parking surrounding the park.
5	Residential Streets off St. Kilda Street	10-15 min	1,000	No	Please be courteous to local residents with parking locations & noise. DO NOT park over local residents driveways. Check for 'Resident Only' parking restrictions
6	North Road Car Park	45 min	100	No	Please be courteous to local residents with parking locations & noise. DO NOT park over local residents driveways. Check for 'Resident Only' parking restrictions
7	St Kilda Marina	15 min	200	Yes	Entering & exiting is prohibited during road closure times.





Recovery Lab



RECOVER WITH US!

5 X MODALITIES:

**NUCALM - ICE BATH - INFRARED SAUNA
COMPEX - COMPRESSION BOOTS**

10 DAY INTRO PASS: \$79

UNLIMITED ACCESS TO ALL 5X MODALITIES

MEMBERSHIPS / CASUAL & SESSION PACKS AVAILABLE



0473668491

543 Hampton St, Hampton 3188



recoverylab.hampton



hampton@recoverylab.com.au

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next service.**

STORIES THAT HAVE SHAPED OUR SEA OF BLUE



THE PRESTNEY FAMILY

On the 22nd of April 2020, our lives changed forever when we lost our son and brother Josh in a road trauma incident. The grief and utter despair that descended on us that night was visceral. We have spent the past three and a half years re-building our lives and living our 'new normal'. We've done this by reaching out for help, supporting each other, and getting back to the things we have always loved. As Ambassadors for 2XU Wellness Run Proudly Supporting Beyond Blue, our hope is that others will hear about our lived experience and how we continue to heal through running and physical activity.

BETHANY CARMAN

When I was younger, between the ages of 18 and 20, I had a really bad bout of depression. And whilst this was a really dark time for me, I can definitely look back on it now and see how it really shaped me into the person I am today. As I got older, at the ripe age of 24, I unfortunately received a Multiple Sclerosis (MS) diagnosis, and because of that darker time when I was younger, I already had the tool belt ready to assist with any of the mental battles that I knew were coming my way. Many people who get a diagnosis like MS could quite easily get led down a path of misery and defeat, but I've been able to tackle it head on and become a runner! I can't wait to smash this 10km at the 2XU Wellness Run and the great cause that is Beyond Blue.



RUTVI GUPTA

I am Rutvi, and this year I have the honour of being a young ambassador for the 2XU Wellness Run Proudly Supporting Beyond Blue. Every year, for my birthday, I seek donations to a cause we support instead of presents from our community, and this year I chose Beyond Blue for my 8th birthday. My dad introduced me to running, and he keeps sharing how it helps him get through all the bad times. This is my third 2XU Wellness Run, and I am super excited for it! Last year, I founded the team "CCGS Rocking Runners" to involve more kids with the cause. My hope is that through this activity that I enjoy doing, I can encourage more people to seek help and raise the necessary funds for all of us to be able to help them!

THANK YOU FROM BEYOND BLUE



When we signed up to be involved in the first ever 2XU Wellness Run, we had no idea how the community would respond. Three years on, we've been floored to see the community show up each year, for Beyond Blue, for each other, and in support of good mental health.

Last December, were humbled to cheer on a sea of blue over 8,000 large and raising over \$394,000 to help fund Beyond Blue's 24/7 Support Service. There were smiles all around, there was a buzz in the air and most importantly, there were important conversations about mental health.

This year to know there will be over 10,000 participants with a goal of raising \$400,000 in support of Beyond Blue is absolutely amazing. With demand for Beyond Blue's 24/7 Support Service remaining high, we continue to need the community's support through events like the 2XU Wellness Run.

Whether you're running for the first time or you're a seasoned professional, thank you for lacing up in support of good mental health. By taking part in this event and by fundraising, you are helping to create awareness, start conversations and smash the stigma around anxiety, depression and suicide.

It can be awkward asking friends and family to donate and knowing that we are that, we're truly thank for the 2,300 people who have used their fundraising pages to tell a story, to collect donations, and to help us answer every call to the Beyond Blue Support Service.

Beyond Blue has been providing supports and services to people in Australia for over 20 years and is Australia's most well-known and visited mental health organisation but we don't take this position for granted nor do we rest on our laurels. It's because of people like you that we are able to support the community to improve mental health and prevent suicide. It's because of you that we are able to work towards an Australia where all people can achieve their best possible mental health. And once we hit the \$400,000 fundraising goal, it will be because of people like you that we're able to ensure that 6,060 people can access immediate support from our 24/7 Support Service when they need it the most. For all that I say – thank you.

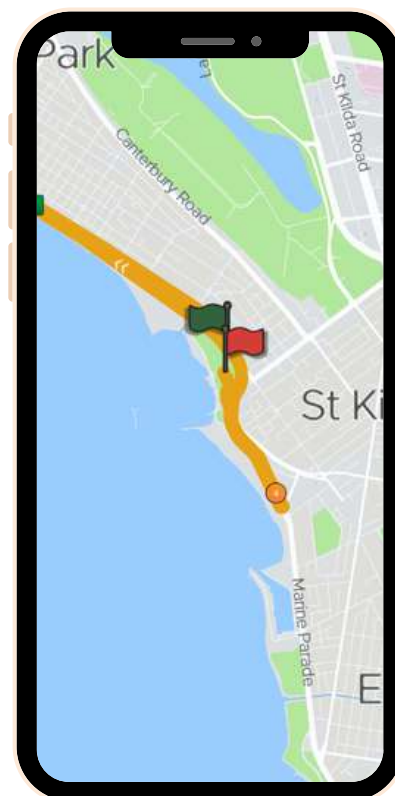
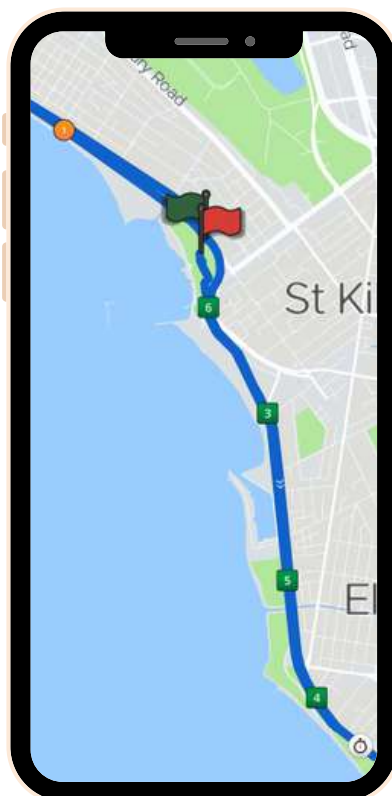
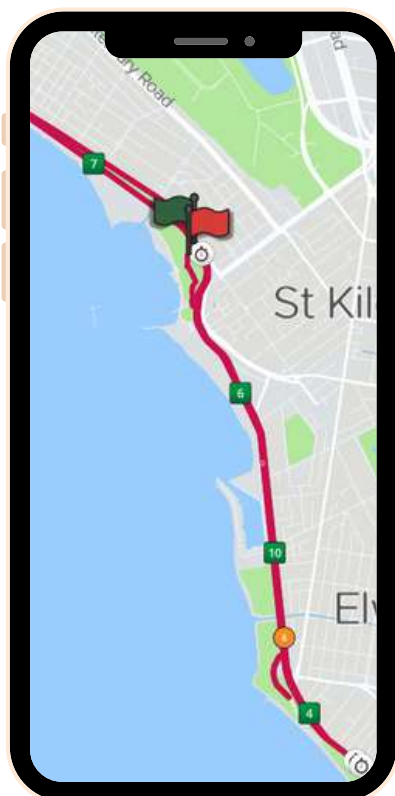
I look forward to seeing you on Sunday, best of luck running and fundraising!

Zareen Syed, Beyond Blue Community Fundraising Manager





New to the 2XU Wellness Run, Live Participant Tracker. Search bib number or name to track participants live & retrieve your certificate post-event.



Remember to get your family & Friends to Download 'SportSplits Tracker' App [here.](#)



2XU



WELLNESS RUN



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**Beyond
Blue**

NAMING PARTNERS

2XU



Proudly supporting

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MAJOR PARTNERS



cocobella®



SUPPORTING PARTNERS



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O2EVENTS