



Event Guide 

2xu wellness
run

Proudly supporting
 **Beyond
Blue**

Catani Gardens, St Kilda | December 1st, 2024

2XU

BLACK FRIDAY

**30% OFF
STOREWIDE***

EXCLUSIONS APPLY.

NOT IN CONJUNCTION WITH ANY OTHER OFFER.

+

Collect your race pack from our 2XU Brighton store

Save storewide plus get a
20% Off Voucher on your
next purchase!

44 Church St, Brighton VIC 3186

Offer valid only at Brighton store, between 16th November and 28th November.
T&Cs apply. Ask in-store for details.

THANK YOU

2XU
wellness
run

**to all of our 2XU Wellness
Runners and Fundraisers!**

Proudly supporting
**Beyond
Blue**

**Your fundraising and donations have raised \$244,594 (and counting) for
Beyond Blue's 24/7 Support Service for anxiety, depression and suicide
prevention!**

Every dollar raised helps ensure we can be there for people in their time of need.

It costs around \$66 for a qualified mental health counsellor to answer the call
any time of day or night - so your efforts have directly impacted the lives of
around 3705 people to date.

Thank you #teambeyondblue!



**Stay connected, join
#teambbb on Strava**

Scan the QR and hit "Join" or click the link
<https://www.strava.com/clubs/1258737>

**Lets keep running and making a
difference for mental health together!**

EVENT KEY TIMES

SATURDAY 30 NOVEMBER (PRE-EVENT)

10am - 2pm

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

SUNDAY 1 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, P3 Recovery, Rokeby, BBQ,
2XU Retail Store, Beyond Blue & more!

6:45AM

21.1km Half Marathon Event Start
Please line up according to your Start Group sign - Start Group in E-Ticket

8:40AM

10km Event Start
Please line up according to your Start Group sign - Start Group in E-Ticket

9:50AM

5km Event Start
Please line up according to your Start Group sign - Start Group in E-Ticket

11:00AM

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.

PREPARE FOR YOUR RUN

NUTRITION AND HYDRATION

We provide a number of drink stations to ensure you have plenty of opportunity to hydrate and take shade on course. Our drink stations will be stocked with water, SIS electrolyte, and SIS gels for our half marathon participants, however we strongly advise you come prepared with your own hydration and nutrition plan.

Look out for the Rokeby Team who will be dishing out delicious Rokeby protein smoothies for participants. Look out for the Rokeby giveaways 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.



2XU IN-STORE KIT COLLECTION

We're excited to announce you are able to collect your kit ahead of event weekend at 2XU's Brighton Store!

From Saturday 16th November until Thursday 28th 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 kit on behalf of friends or family from in-store, we will 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 on event weekend, Saturday 30th November from 10am – 2pm, or from 5:30am on Sunday 1st December at Catani Gardens, St Kilda.

Please note no T-shirt Size Swaps or Distance Changes will be available when collecting at 2XU Brighton. These will need to be done at the Event Hub during collection times.

Collect your race pack from our 2XU Brighton store

Save storewide plus get a
20% Off Voucher on your
next purchase!

44 Church St, Brighton VIC 3186

Offer valid only at Brighton store, between 16th November and 28th November.
T&Cs apply. Ask in-store for details.

KIT COLLECTION AT EVENT

BIB COLLECTION WITH E-TICKET

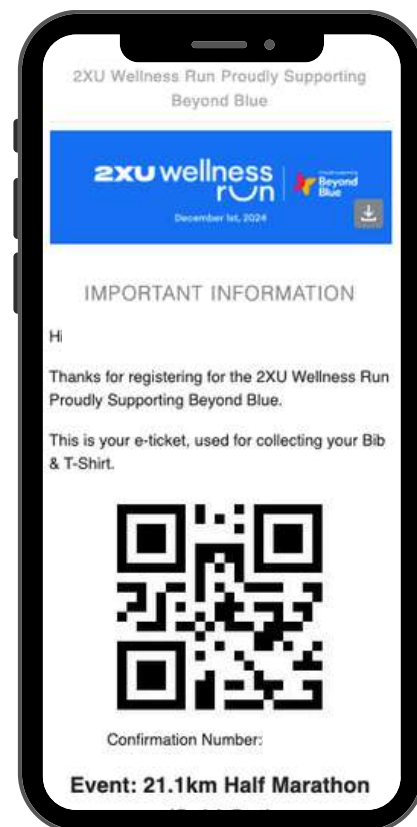
Timing Bib Collection is available on event weekend during the 2 following windows from Catani Gardens, St Kilda.

Please note there is an additional pre-event window at 2XU Store Brighton for collection – details on your eTicket.

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

To collect your kit you will need your eTicket.

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



RUNNING IN A SEA OF BLUE!



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

Please note, as sizes sell out, and later entrants may not be able to select their desired size, entrants can choose another size or opt out of the T-shirt. Once all events have started on the event day, you can collect or swap to any remaining sizes from uncollected T-Shirts.



PROTEIN SMOOTHIES

Natural straight-up nutrition

30g Protein

High Calcium

All Natural

Low Lactose

Low fat

No Added Sugar
Options



START INFORMATION



HOW DO I KNOW WHICH GROUP I'M IN?

While registering you would have nominated a wave/start group. You can also access registration [HERE](#) to check.

You will also receive a good luck 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!

An energising 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.

VENUE MAP

Catani Gardens, St Kilda 📍



WAVE STARTS

21.1KM STARTS

6:45am

Wave A. Red (Under 90mins)

6:47am

Wave B. Green (Under 130mins)

6:50am

Wave C. Yellow (Under 200mins)

10KM STARTS

8:40am

Wave A. Red (Under 45mins)

8:42am

Wave B. Green (Under 60mins)

8:45am

Wave C. Yellow (Under 90mins)

8:50am

Wave D. Blue (Over 90mins)

Wave E. Orange (Jog / Walk)

Wave F. Purple (Wheelchairs/Prms/Strollers)

5KM STARTS

9:50am

Wave A. Red (Under 25mins)

9:52am

Wave B. Green (Under 35mins)

9:54am

Wave C. Yellow (Under 45mins)

9:56am

Wave D. Blue (Over 45mins)

9:58am

Wave E. Orange (Jog/Walk)

Wave F. Purple (Wheelchairs/Prms/Strollers)

1KM STARTS

11:00am

All Start Together

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

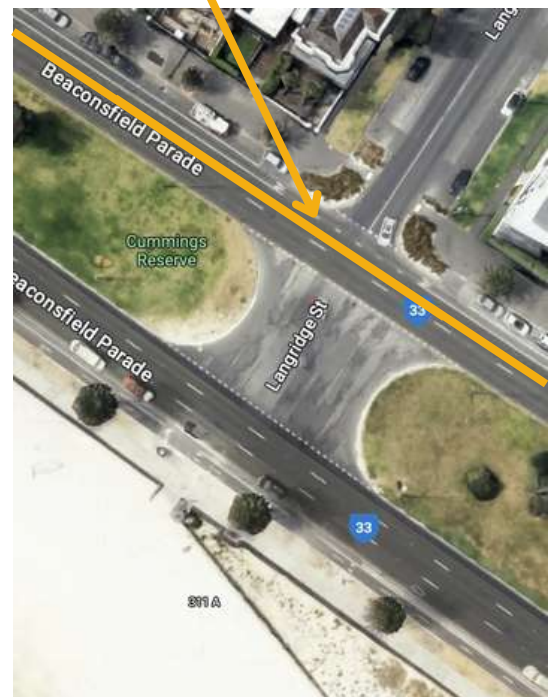
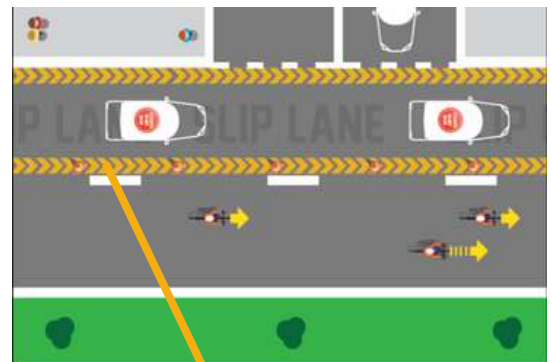
Public toilets and portable toilets available on course.

Location	Course 10km / 21.1km (Each Lap)	Course 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.







10km

Run or walk

Maximum Time: 3hrs

Start: 8:40am



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Flat & Scenic





5km

Run or walk

Maximum Time: 1hr 45mins

Start: 9:50am



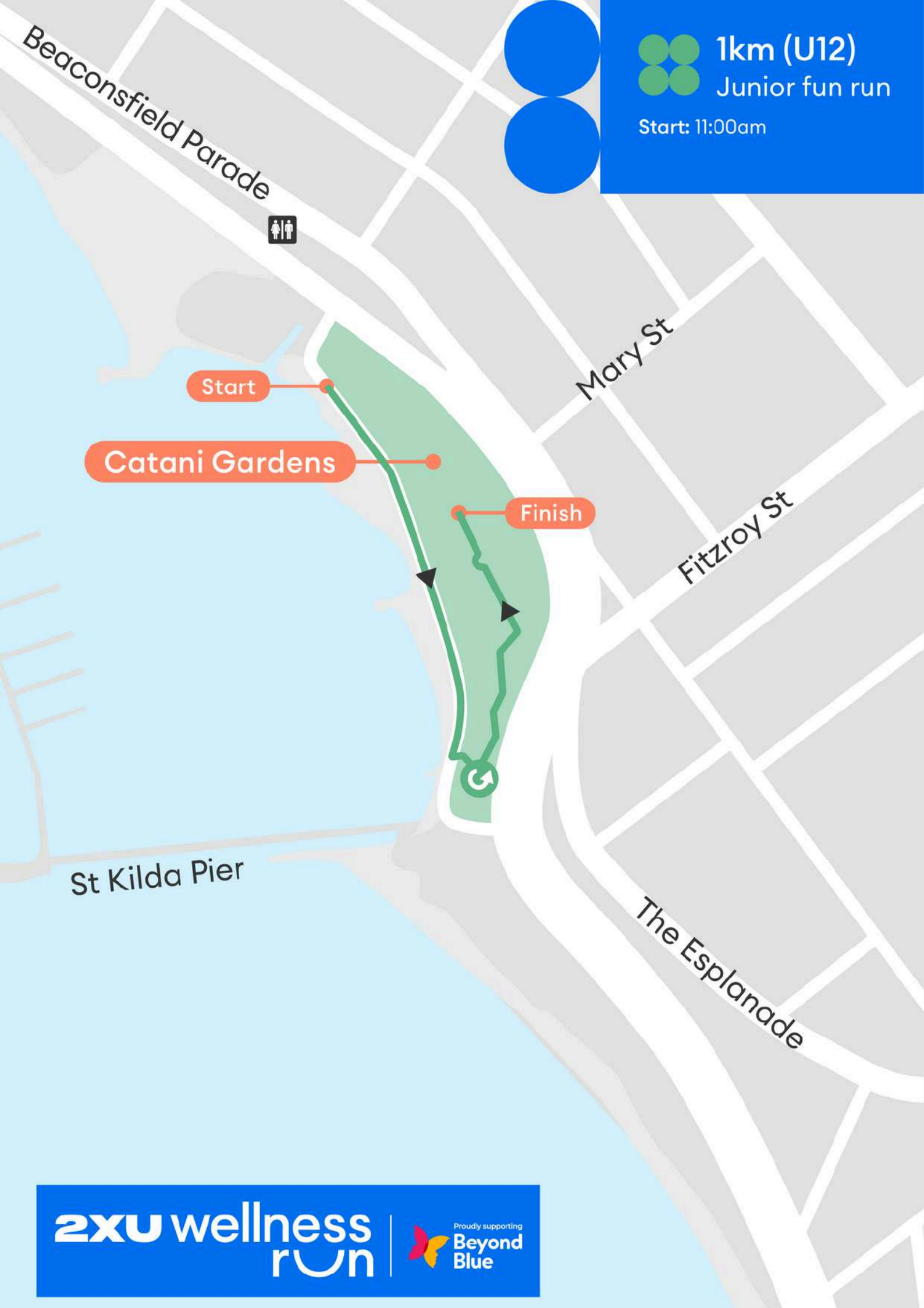
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Flat & Scenic





1km (U12)
Junior fun run

Start: 11:00am



Start

Catani Gardens

Finish

St Kilda Pier

Mary St

Fitzroy St

The Esplanade

2xU wellness
run



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Beyond
Blue

bc bikechain.com.au

POWERED BY

SIS
SCIENCE IN SPORT

RUN FURTHER, FEEL STRONGER

WITH SCIENCE IN SPORT NUTRITION



FUEL NOW

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, Rokeby, Volks Coffee, SIS, BBQ, 2XU Retail Store, P3 Recovery, 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 10am – 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)



2xuwelnessrun





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



2xu wellness run



THE STORIES THAT SHAPE OUR SEA OF BLUE



RUTVI

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 9th birthday. My dad introduced me to running, and he keeps sharing how it helps him get through all the bad times.

This is my fourth 2XU Wellness Run, and I am super excited to run with my team, the 🏃 Cha-Cha Champions 🏃. 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!

When I was first diagnosed with my mental health condition, I really struggled with placing limitations on myself and what I thought I was capable of. The truth is that I can do anything I put my mind to, and that I can achieve my goals in my own way.

It is really rewarding being able to help Beyond Blue to provide support for other people who are struggling. I am so incredibly grateful for all the amazing people in my life who have donated to my fundraiser and supported me in this half marathon journey.

KIRA



ANIMESH

I'm a full-time international undergraduate student, working part-time and running an AgTech startup. A lot of hats to wear, sure, but here's the crux: I've learned that the brain needs a tune-up as much as any machine, and running keeps mine humming. Last year, I took on my first half-marathon at the 2023 2XU Wellness Run and tested my legs, lungs, and what it means to be alive.

This year, I'm running not just for me but for anyone out there facing their own battles—people I may never meet but wish I could. If I can sweat through a few more miles, share my story, and make some noise, I might just point a few people toward the resources that saved me. It's about doing something bold, something useful—showing that sometimes, it's the crazy little things that keep us all going.



We are so grateful to Rutvi, Kira and Animesh, as well as each and every incredible fundraiser who is running or walking for wellness this December.

Want to support them but don't have a fundraising page?
Donate to Rutvi, Kira and Animesh here:

Rutvi & the 🏃 Cha-Cha Champions 🏃:



Animesh's fundraiser:



Kira's fundraiser:



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PARKING & ROAD CLOSURES

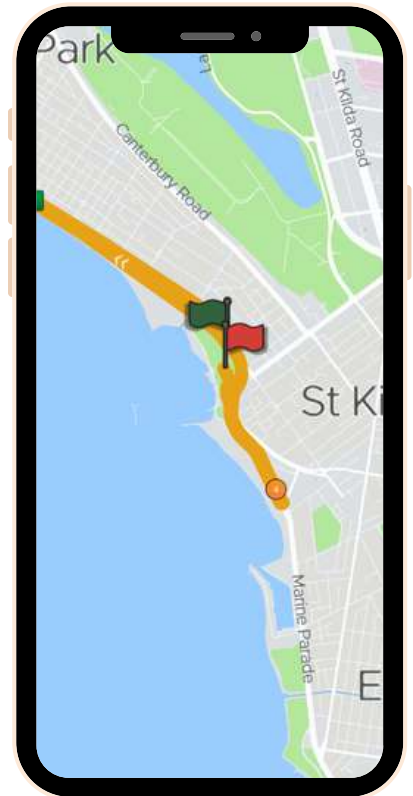
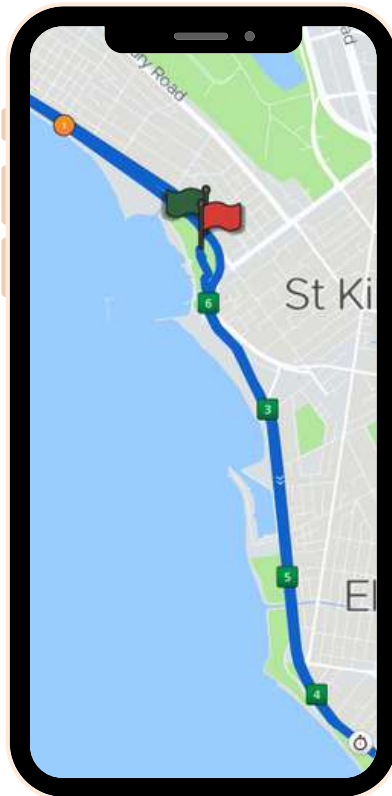
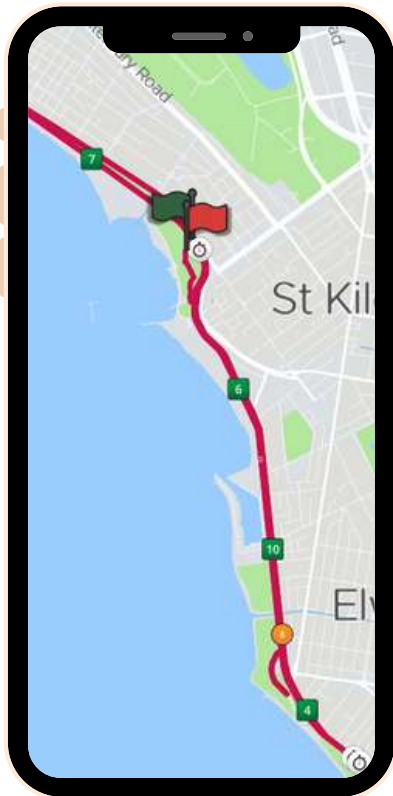
Road closures will be in place along Beach Road between Kerferd Road, Middle Park to St Kilda St, Elwood from 5:30am – 11:30am.

- Please allow extra time when arriving at the event.
- Please check parking and permit signage when parking (No parking at no parking along Lower esplanade for Espy Market).

Road Closure Time: 5:30AM – 11:30AM Between: Kerferd Rd, Middle Park and Glen Huntly Road, Elwood Standard Parking Fees & Restrictions Apply					
	Location	Walking Distance to Venue	Number of Car Parks	Located within Road Closure	Notes
1	Albert Park Lake (Recommended)	15-20mins	500 - 1000	No	Albert Park and either 15min-20min walk. Access via Queens Road, Lakeside Drive or Albert Rd Weekend all day flat rate: \$6.00 To avoid parking fines, tickets must be displayed prominently on the dashboard.
2	Palais Theatre & Luna Park Car Parks	10 min	200	Yes	Access available via Lower Esplanade Entering & exiting is prohibited during road closure times onto the course.
3	Elwood Beach / Head Street Car Park	25 min	150	No	Entering & exiting is prohibited during road closure times.
4	Ormond Esplanade & Marine Parade	10-20 min	500	Yes	Entering & exiting is prohibited during road closure times.
5	Elsternwick Park	25 min	500	No	On street parking surrounding the park.
6	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
7	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
8	St Kilda Marina	15 min	200	Yes	Entering & exiting is prohibited during road closure times.

SportSplits 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](#).



NAMING PARTNERS

2XU



MAJOR PARTNERS



SUPPORTING PARTNERS



DELIVERED BY

O2EVENTS