

# MELBOURNE CITY RACE WEEKEND

## GUIDE TO COURSES AND DISTANCES

### RACE 1 FRIDAY OCTOBER 11 – SPRINT INTO SPRING RACE 1

Map: Edgewater – accessible from Melbourne CBD via public transport

Arena: Burndap Park, Farnsworth Avenue, Footscray

Terrain: mix of small but complex multi level campus, riverside parkland, and dense urban street network

Choose your own course and start time, 5.45pm – 7.00pm.

COURSE CLOSURE WILL BE AT 7.30PM (sunset).



CLASS	DISTANCE	NAVIGATIONAL DIFFICULTY
Men 1, Women 1 (Mo)	5.0 km (Long)	Hard
Men 2, Women 2 (Sally)	3.8 km (Medium)	Hard
Men and Women 3 (Usain)	2.6 km (Short)	Easy

### RACE 2 SATURDAY OCTOBER 12 – SPRINT INTO SPRING RACE 2

Map: Kensington – accessible from Melbourne CBD via public transport

Arena: Riverside Park, Smithfield Road, Kensington. Note: only one portaloos toilet

Terrain: complex urban street network with terraced parks and gardens, cycle trails, and historic stockyards

Choose your own course and start time, 1.30pm – 2.45pm

CLASS	DISTANCE	NAVIGATIONAL DIFFICULTY
Men 1, Women 1 (Mo)	4.0 km (Long)	Hard
Men 2, Women 2 (Sally)	2.9 km (Medium)	Hard
Men and Women 3 (Usain)	2.3 km (Short)	Easy

### RACE 3 SUNDAY OCTOBER 13 – MELBOURNE CITY RACE

Map: Docklands – 5 mins walk from Southern Cross Station

Arena: Docklands Park, Navigation Drive, Docklands

Terrain: city streets, numerous bridges, parks, riverside trails, buildings, waterfront, historic landmarks and many quirky distractions!

Choose your own course and start time, 10am – 11.30am

Please note: distances in the table below are as per course setting software. Due to the urban nature of this event, you can expect actual courses to be longer.

CLASS	DISTANCE ("red line")	NAVIGATIONAL DIFFICULTY
Men 1, Women 1	7.5 km	Hard
Men 2, Women 2	6.5 km	Hard
Men 3, Women 3	4.5 km	Hard
Men 4, Women 4	3.7 km	Moderate
Men 5, Women 5	3 km	Easy