



# BLACKMORES<sup>®</sup> VIRTUAL SYDNEY RUNNING FESTIVAL

THE RUN THAT'S STILL FUN FOR EVERYONE



Now is your time!! All your training and hard work is about to pay off, as you prepare to undertake the 2021 Blackmores Virtual Sydney Running Festival. To make sure you hit the ground running here are our top tips to have a safe and enjoyable run:



Download the RunKeeper app or use your preferred GPS recording device such as your sports watch, or your phone's health tracker.



Print off your personalised bib to pin to your shirt and wear while you run.



Plan your virtual run course  
Ensure you follow the local government area health orders  
Utilise a loop course so you can set up an aid/water station at regular intervals.  
Avoid busy areas, especially on weekends.



Make sure you are COVID-19 safe and are up to date with all local government COVID safe guidelines. Most importantly:

- Download the COVIDsafe app (Aus)
- Practice good hygiene
- Maintain social distancing
- Stay inside if you are unwell

For more information about COVID restrictions and advice in your area please visit <https://www.health.gov.au/>



Check your local weather to ensure that is not too hot to run.



Run on the pavement, running tracks or a treadmill, please do not run on the road.



Plan your nutrition and hydration, especially for participants tackling the half marathon and full marathon



Inform a family or friend of your route before your departure.



Run solo, or where permitted, in small groups



Lastly, enjoy yourself and share the journey. Tag us @OfficialBSRF