

## Date

Wednesday 30th August

## What time do I need to be there?

Support Crew arrive – 7.00am

Runners arrive – 7.30am - Please allow time to pick up bib prior to the start.

Bib collection from the Mollie Dive Stand

## Meeting Point

North Sydney Oval entry via Miller Street, North Sydney

Details for [walking, driving or public transport options](#)

## Where am I running?



## Run Maps and FAQs

- [Ride with GPS:](#)
- [Google Map](#)
- [Event FAQs](#)

## What do I need to bring?

Please remember to have a good breakfast ahead of the run!

- Comfortable running shoes with good socks.
- Run shirt, drink bottle & cap (supplied).
- Backpack to leave your valuables in while you are on-course.
- A couple of band-aids or compeed blister packs (just in case...).
- Your pre-filled water bottle - there will be hydration stations at the event.
- Earphones to use while you run. Please be mindful of course marshals/volunteers, any instructions from marshals/volunteers and any members of the public on the course
- Sunglasses and sunscreen.
- Jumper/raincoat if weather is looking inclement.

## Enter Volunteer Leave for the day – CBA staff only

Please record your volunteer time in the CBA system ahead of the day

- Log onto Workday
- Select leave type “Volunteer leave within working hours (paid)” and record the amount of hours applicable.
- Select ‘General volunteering’
- In comments enter ‘Can4Cancer (Tour de Cure)’

[All instructions can be found here.](#)

Listen and take directions from the volunteer support crew and make sure you thank them! And remember to have fun!

Do CBA proud while running!