

## IPM Run Australia Program – FAQ

1. **What is the IPM Run Australia Program?**

*The IPM Run Australia program is a one of a kind program and event held for trail running enthusiasts looking for an incredible experience and challenge. This is a solo 50km or 100km event as well as a team 100km relay event. Preparation for this event will be with a group of fellow runners who will accompany you to the event and all will participate in the Surf Coast Century as the final run in this program.*

2. **When and where does the program take place?** *The program begins with our first group run on May 6th and the final group run in Edmonton on Aug 18<sup>th</sup>. The majority of the weekly runs will take place in Edmonton. The Surf Coast Century takes place on Sept 15<sup>th</sup> in Anglesea, Australia.*

3. **What is the terrain and elevation of the run like?** *“From towering sea cliffs to towering tree ferns, competitors will run past lighthouses, waterfalls, scenic lookouts, renowned surf beaches, remote wilderness and almost everything in between as part of this incredible race.” The actual course description and maps can be found here...*

*[http://rapidascent.com.au/SurfcoastCentury/eventdetails/CourseDescription#leg\\_1](http://rapidascent.com.au/SurfcoastCentury/eventdetails/CourseDescription#leg_1)*

4. **How many people are you taking in the program?** *The program will take a maximum of 12 people. If there is a high demand, the program may grow to accommodate the demand.*

5. **Can I sign up for this program alone?** *You can sign up alone. You will then either be paired up with a fellow runner for your hotel stay or have to pay the additional cost of a single supplement for your own room.*

6. **Do you have to be at a certain fitness level to participate?** *Yes you do. If you can complete a 20km run without stopping you will be at an excellent starting point for this program. Should you need additional help with planning a program moving forward from here you can choose the optional training program package and IPM will work with you to create your program to get you across the finish line.*

7. **What is the time commitment for training?** *The program is 16 weeks in duration and the time commitment will vary based on the individual and the programs established by the trainer. There will be group runs/training sessions that will prepare participants to complete the Run Australia Program. This will increase in time commitment as we get closer to the event. Group training activities will take place once per week on Sunday mornings. There will also be an optional mountain training weekend planned which will be included in the program.*

8. **Does the program fee cover the mountain training session?** *The program fee does cover the cost of the organization and leading of the training session while in the mountains. The fee does NOT include any expenses such as accommodations and travel*

expenses over this weekend. We will do our best to work as a group to have people carpool and share accommodations to minimize expenses.

9. **Where will the mountain training runs take place?** *The goal is to do 2 mountain runs on consecutive days. Jasper/ Bragg Creek/ Canmore/Banff will be the areas of choice. These runs will likely be in the 10-15km range and will incorporate all sorts of terrain. The runs will be planned for June or July.*
10. **Will I need any special equipment for this event?** *For safety purposes, this event does have a mandatory gear list. Items can be found here:  
<http://rapidascent.com.au/SurfcoastCentury/eventdetails/EquipmentAndSafety>  
Stay tuned to the race website for any changes to this list.*
11. **What accommodations are available near the event location?** *As this is a group program, all participants will be staying together at the Great Ocean Road Resort in Anglesea, Australia. Accommodations for four nights (We, Thurs, Fri, & Sat) are part of this program. Additional nights post event can be arranged separately.  
<https://greateoceanroadresort.com.au/>*
12. **Is the cost of a individual training program included in this program?** *Participants will have the option to choose an individual training program for an additional cost. Weekly group runs etc are included.*
13. **What is the total cost of the IPM Run Australia program?** *Participants will have two options to choose from...*

**Option A includes:**

IPM Program Fee  
4 nights at Resort(double occup)  
Return Airport Transfer (Melbourne)

**Total: \$850CAD**

**Option B includes:**

IPM Program Fee  
4 nights at Resort(triple occup)  
Return Airport Transfer (Melbourne)

**Total: \$867CAD**

\*\*\* A non-refundable deposit of \$250 will be required to secure your spot in this program. This deposit will be applied to the final cost of your program. Remaining outstanding balance payments for the program can be split into two payments due June 30<sup>th</sup> and July 31<sup>st</sup> 2018.

14. **Is Airfare included in the program costs?** *Airfare is NOT included in the cost of this program. You are welcome to use your air travel points or find a flight that works for you. In doing so, you will be required to be at the Melbourne airport on Wed Sept 12th for a group pick up time to be announced.*

15. **Is the Surf Coast Century registration fee included in the program costs?** *Event registration fees are NOT included in the IPM Run Australia program. Each member of the group will register on their own under the IPM Group name and pay the respective fees for the selected event distance. Fees can be found here:*  
<http://rapidascent.com.au/SurfcoastCentury/entry/info>
16. **What event distances can I choose from in the Surf Coast Century event?** *There are 3 events to choose from. They are...50km solo, 100km solo, and 2-4 person 100km relay.*
17. **What happens after the event is over?** *Once the event is complete, we will meet one more time that evening for a final group celebration. The following day, we will part ways. You are welcome to book the rest of your vacation in Australia. If you wish to stay another night at the Great Ocean road Resort you will need to make your own arrangements for this and then arrange your shuttle to Melbourne.*
18. **How do I register for this program?** *To register for the Run Australia Program and to secure your spot, contact Kevin at [inpursuitfitness@gmail.com](mailto:inpursuitfitness@gmail.com) for more information*

***Hope to hear from you soon.***

***Kevin, IPM***