

**AWESOME** involved nice  
event **encouragement**  
**highlight** corner course **MUSIC**  
band cheering **running**  
morning **LOVED** smile



# WE LOVED IT!

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“I **loved** it! I think it added to the atmosphere of the whole **event**. There is heaps at the start line and at the finish, and having them **involved** brought back some of that atmosphere and gave me a real rush to keep **running**.”

“I loved it - it gave me an extra boost of energy :) It was something I remembered and talked about the most.”

“I Loved it. Especially that far into the race it gave me a real boost, and I was so touched that people were giving up their **morning** to cheer on a bunch of strangers running past their houses”.

“Loved the encouragement and thought it was pretty **awesome** of them to get involved. Can't be easy with road closures and inconvenience but a really nice touch.”

“I loved that part of the run - the **band** and the locals with their hoses! It totally made the event for me.”



# IT REALLY GAVE US A BOOST!

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“I thought it was great, it surprised me. It was great **encouragement** and uplifting :)”

“I **Loved** it. It was a really neat surprise coming around the corner and seeing it. Takes your mind off yourself for a bit.”

“It gave me a boost of energy, I was dancing as I ran. It made it feel like a big city marathon”

“It was amazing! It reminded me of running in a big city marathon with people **cheering** the runners on all the way! Definitely made the event very memorable and gave a great boost. Loved it. Thank you Kio Bay”

“Since I was pushing hard for a PB, this was probably the only time I smiled (and danced a little!) on the course! Thanks so much for the reviving lift to spirits - loved, loved, **LOVED** it!”

“The support from the side-lines really encourages runners... such a boost and puts a **smile** on your face when the going gets tough.”



# IT ADDED VALUE TO IT ALL!

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“**Loved** it! It certainly added to the event. There’s nothing quite like being cheers on when you’re doing something like this and feeling a bit tired! It really gave me a boost and made me feel part of the community.”

“I run international events for this very reason - the atmosphere! It makes it all worthwhile on the day.”

“I Loved it, the **band** was **awesome** as were the residents **cheering** us on. It positively added to the event experience. It was a great motivation boost.”

“It was great and added real atmosphere to the event.”

“Great idea, I’d walked previous years when I recall some residents having **music** playing (loud!) and cheer squads - and missed it when it wasn’t there another year. Same with the fire truck further round - something for us all to look forward to esp. when it’s so hot - most years! It all gives you that extra boost!”





# GREAT COMMUNITY INVOLVEMENT!

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“I love the suburb competition this year and the interaction with the people who live around the bays - encouraging them to show support and be a part of it. Really enjoy the day and **awesome** to see the progression since my first in 2008. Well done guys, very impressed”

“I loved walking through Kio Bay, so fun...our kids thought it was very cool. Thanks to the residents at Kio Bay for putting some fun into our fun run.”

“Totally **Loved** it... residents were handing out lollies, spraying water on runners, **cheering** us on. Absolutely made my run and spurred me on. Was quite emotional having complete strangers clapping and cheering :) Loved the community spirit of it.”

“Wonderful! What a welcome! A community getting right behind the **event** and it was a treat a participant to feel welcomed and spurred on”

Loved it. Put a big **smile** on my dial. I enjoyed their **music**, the balloons and the general feeling of community support.



# ITS GREAT TO BE PART OF IT!

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“I love it, it’s my way of giving back to the community in a fun way. It’s a privilege to be a part of someone else’s journey. Some run for fun, some to celebrate another person or organisation, some to participate in a work group activity and for some it’s a personal achievement to overcome adversity. Whatever it is, I gain a lot of satisfaction from just being a part of it.”

“The **smile** on the neighbours faces and smiles on the participants faces. Our community working in unity to do something.”

“It is the reason and motivation to get together. It creates unity within our community and there are lots of spins offs like seeing and hearing what people have been up to. It is a chance to share information, resources and ideas about looking after our Bay and making it more secure.”

“It’s fun great to know who lives in our bay and to do something together enjoy the interaction with the RTB participants.”



# WE WANT MORE!

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“Was brilliant, so motivating. I really hope they are all back next year. Thanks Kio bay.”

“It was brilliant... this **event** gets bigger and better every year... the **band** was awesome as were all the supporters... look forward to the next one...”

“Coming into Kio Bay was stupendous! I absolutely **loved** the band--really uplifting! Keep up the great work!”

“I think it’s absolutely brilliant getting them **involved**. After all we are taking over their neighbourhood for a few hours each year! I definitely think it added a real positive vibe to the event. I competed in round the bays in 2012 and remembered the residents got involved, so **running** this year I was excited to run past them again. So when I turned that corner this year I was extremely impressed, and it really gave me that extra edge! I believe it really does positively add to the event and if was one of the reasons why I did it again this year, and why I will be doing it again in 2014!”