



The HBF Run for a Reason is the only fun run to take competitors through the Graham Farmer Freeway tunnel. **Maya Anderson** reports on the mini-challenge of the 1.6km stretch.

Have you ever wanted to walk through the Graham Farmer Freeway tunnel? Well, now's your chance.

HBF Run for a Reason project manager Catherine Holzheimer said the run offered the first chance for people to walk or run through the tunnel since it was opened in 2000.

"To help keep you motivated all the way to the finish line, there will be a range of bright and colourful entertainers throughout the course, including a DJ and amplified music throughout the tunnel," she said.

"The novelty of running in the

tunnel accompanied by some invigorating music will make the experience a highlight."

Ms Holzheimer said the 1.6km tunnel stretch came up at just over a third of the way through the 14km Act-Belong-Commit event, at about the 5km mark.

"Expect it to be a relatively easy part of the event," she said.

"It is early on in the event and participants will have had enough time to warm up and spread out, so there won't be overcrowding.

"The entrance to the tunnel is downhill and the actual tunnel is

relatively flat."

Inside the tunnel, competitors would be protected from the elements and a number of exhaust fans would ensure airflow during the event, Ms Holzheimer said. "The tunnel is closed from 4am in the morning, so any car emissions will have had plenty of time to clear."

There will be water stations at the entry to the tunnel and just outside the exit, and the tunnel will be well lit.



The novelty of running in the tunnel accompanied by some invigorating music will make the experience a highlight.



ENJOY GOING UNDERCOVER

- Concentrate on your breathing.
- Work on your smooth running style.
- Enjoy the music.
- Set a time-based goal for the 1.6km stretch.
- Take the opportunity for a drink at the beginning and end of the tunnel stretch.

RECORD YOUR TIME SPLIT

Participants will have their "Tunnel Time Split" recorded.

"Your time as you enter and leave the tunnel will be captured so that the time it takes you to complete the 1.6km can be calculated," Catherine Holzheimer said. "This will provide a great opportunity for participants to set themselves a mini-challenge and see how quickly they can complete the 1.6km distance."