

PORT LOOP Coastal 2017
Sat 16th & Sun 17th December 2017
Race Director – Kelly Nathan-McLeod



Event Rules>>

Have fun...lots of fun!! #coastalfunruns

HIGH-FIVES AND SMILES ARE MANDATORY

Please be aware of dolphins swimming in the water as you run along the wharf.

There is an 8 hour cut-off time for all events so relax run/walk well and see you at the finish safely.

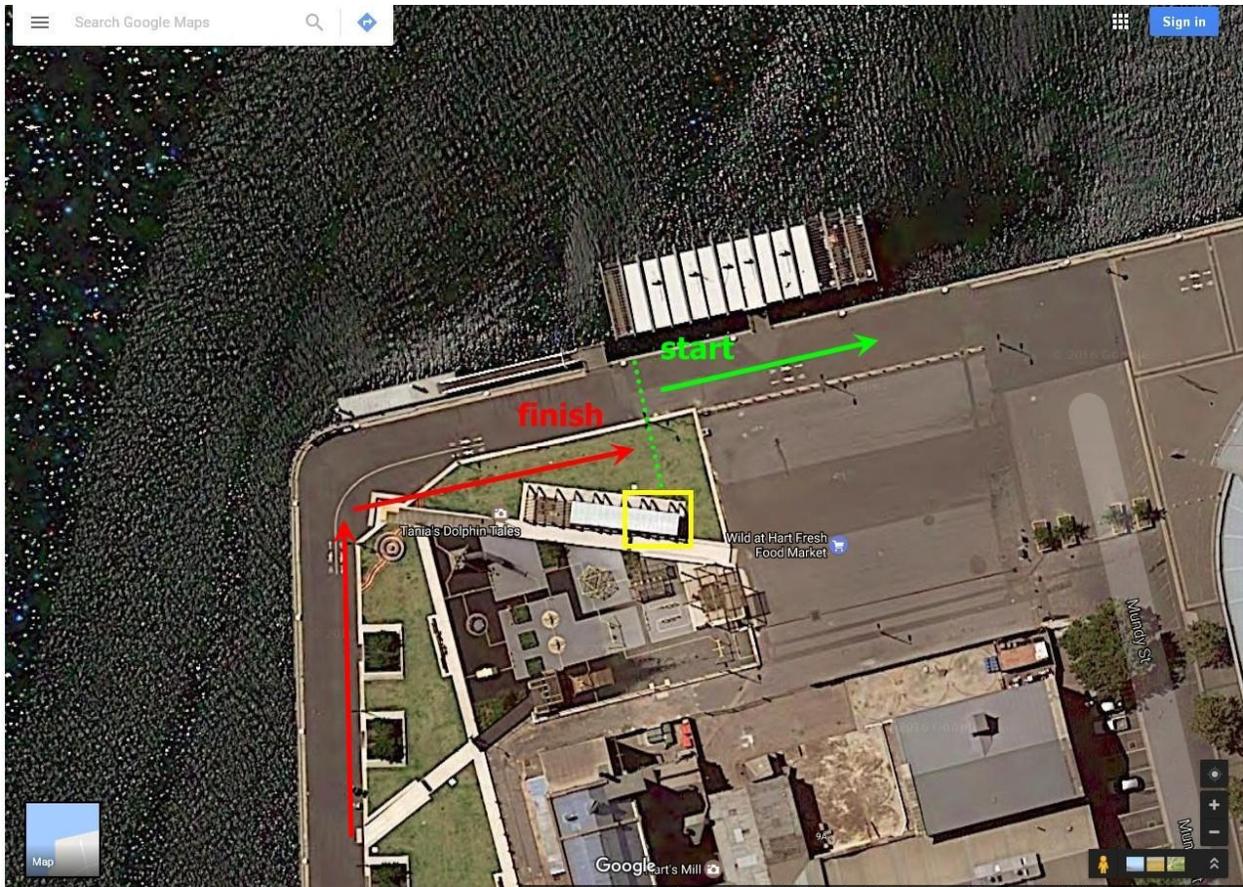
If you do need to rest or walk do so but please be aware of other runners and stay to the left.

Entry>>

Entries WILL close 4:00pm Friday Dec 15th. Late entries risk not receiving a printed bib and you may receive a generic finisher medal.

The Start>>

The start line and check-in is situated under the BBQ shelter (wharf side) in front of Hart's Mill at Mundy St Port Adelaide.



Schedule>>

Sat Dec 16th

2:00pm Marathon

3:00pm Half Marathon

4:00pm 10km

5:00pm 5km

Sun Dec 17th

6:00am Marathon

7:00am Half Marathon

8:00am 10km

9:00am 5km

These starting times should hopefully help to avoid any congestion around the start/finish area.

Please arrive to check-in and have your name taken and collect your bib and pins at least 30 minutes prior to your starting time. We will have a group photo and race briefing approx 15 mins before each event.

Check-in will open from 1:00pm Sat and 5:00am Sun.

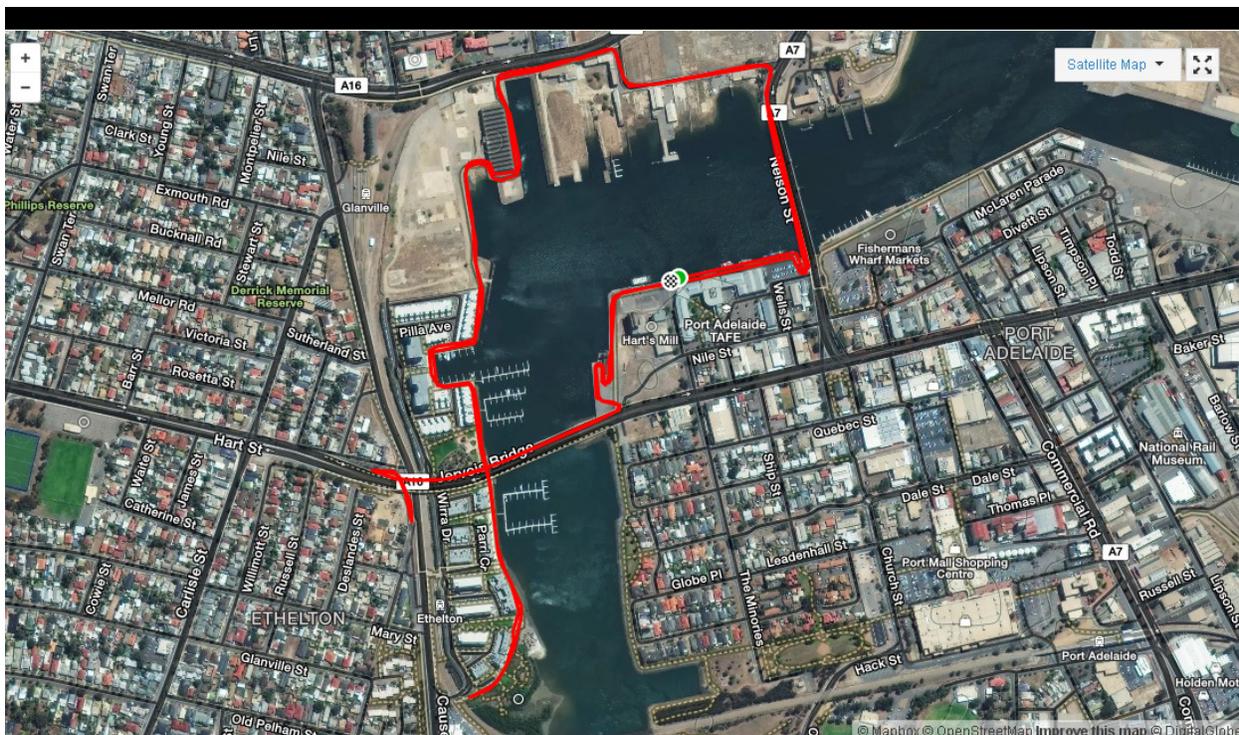
Bibs will not be mailed out but can be collected from the start line table on the day. We start on time and cannot wait for any late comers.

All times will be recorded from gun time.

The Course>>

The course is a 5km out & back over the Birkenhead bridge and along New Port Quays for the 5km and the 10km will run this twice. The half and full marathon will run the 5km out & back followed by a 2km out & back over the Jervois bridge. The half will run this complete circuit (7km) 3 times with the full 6 times.





Aid Station/Toilets/Water Taps>>

The aid station is located at the start/finish which you will pass approx every 5km. One toilet is available at the start/finish area and also a toilet block is situated about 2.0km into the Birkenhead run. There are also several drinking taps at the start and also along the course.

Timing>>

As this is a low cost, low key event there is no timing chip but your bib and time will be recorded as you cross the finish area. Please make sure you wear your bib on the front so it is clearly visible and easy for the volunteers to record. Please make sure you check with our volunteers when convenient that your time has actually been recorded.

Safety>>

Be mindful this is a shared path so please watch out for other walkers, runners, bikes etc and it is advised to keep left where possible. There is one small section of the course (a few hundred metres) which is run on a private access road but rarely is there any traffic so please be aware and keep left at all times. The one road crossing on this course has been avoided due to a course change (hence the out & back). The path will be marked with yellow arrows to guide you and the 2 turn-around points will have cones in place as well as a red/white ribbon tied the the fence.

Drop Bags>>

There will be an area at the start/finish to leave your bags but please don't leave any valuables as no responsibility can be taken for them. If you need to use your own food, drinks etc for the run you can leave them in your bags to utilize on your way through the start/finish area.

MP3/iPODS>>

These devices are allowed, however please try and use only one earpiece so as you can hear other path users and instructions from marshals etc.

Finish>>

Once you have crossed the finish line on the grass please keep moving forward before collecting your medal so as to not obstruct other finishers. Before finishing please make sure your bib is **CLEARLY** visible on your front so as to make it easy to record your bib number and time.

Photos>>

Some of our volunteers will be taking photographs probably at the aid station/finish area so please try and remember to smile as if you are enjoying every minute.

Presentation>>

We may have a small presentation to award medals to the first male and female in each distance. Time would probably be about 6.30pm Sat and 10:30am Sun. There is also a trophy for the person who best represents our **RED** theme.

PS.....Due to the rather warm weather forecast on Sunday please ensure you drink plenty of water and stay hydrated. There will be plenty of water at the start/finish and also there are numerous drinking fountains along the course. If you wish to carry your own water then please do as a backup.

THANKYOU for supporting coastalfunruns and in turn "running with purpose" to help raise dollars and awareness for both **BRAVEHEARTS & AUSTRALIAN CANCER RESEARCH FOUNDATION.**

CHEERS ☺