Easter Coastal BUNNY RUN Triple 2018 - GRANGE

Good Friday March 30th - Semaphore
Easter Sunday April 1st - Grange
Easter Monday April 2nd - Semaphore

Event Rules>>

Have fun - lots of fun!! #coastalFUNruns

HIGH-FIVES AND SMILES ARE MANDATORY

There is a very relaxed cut-off time of 8 hours for all distances in this event 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

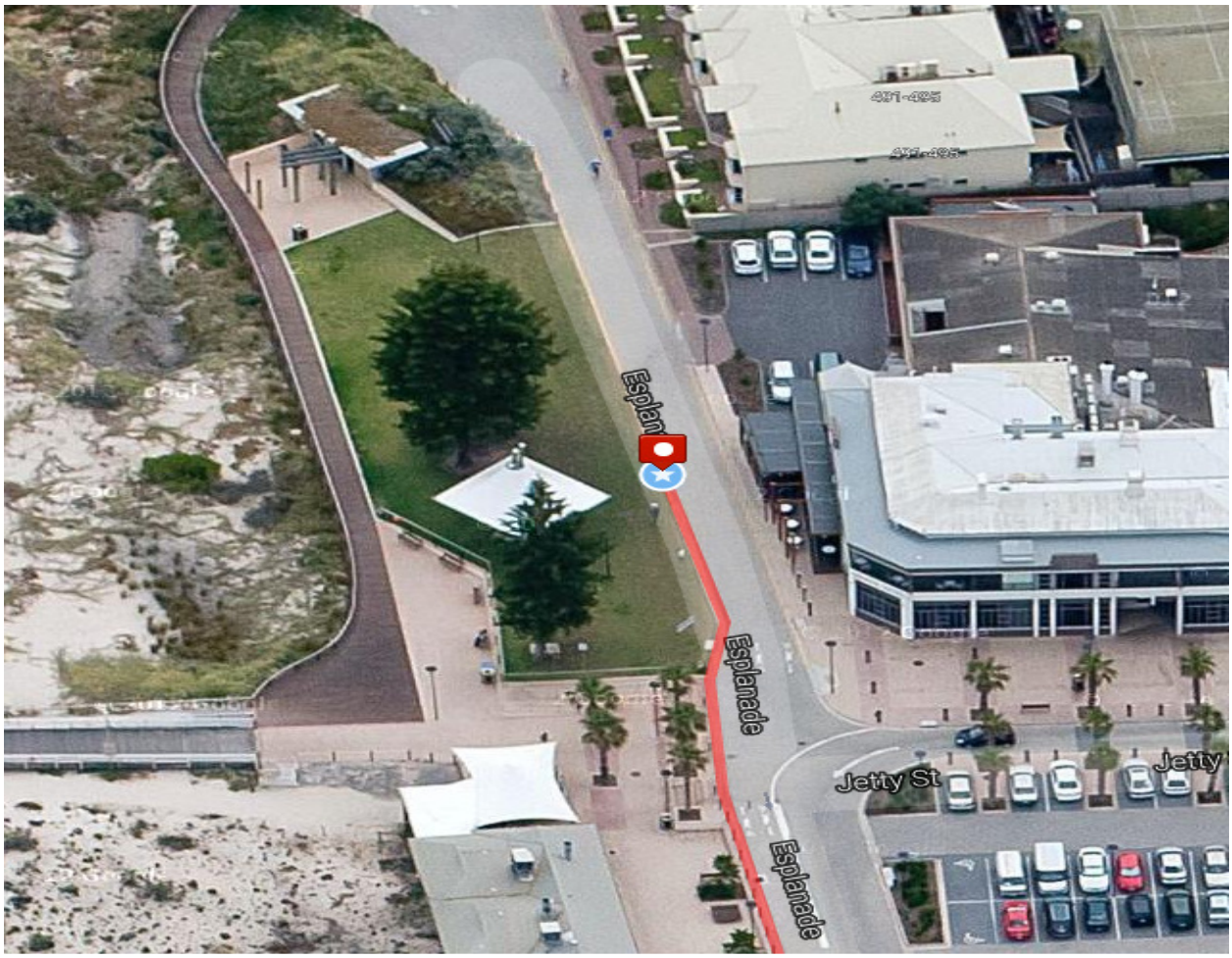
Entry>>

Registrations WILL close Thurs March 29th 2018 at 12:00pm Midday SHARP

The Start>>

The start line and check-in is situated on the lawn area (Grange Jetty Reserve) beach side directly in front of the Grange Hotel (see pic)

Start/Finish



Start/Finish

****Note**
The Grange Hotel and also the Grange Café are both within metres of the finish if you need any refreshments or would like to catch up after your event

Schedule>>

Sunday April 1st

6:30am - Full Marathon

6:30am - Half Marathon

7:30am - 10km

7:30am - 5km

Please arrive to check-in and have your name taken and collect your bib and pins at least 25 minutes prior to your starting time

Check-in will open from 5:45am

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

Race briefings AND group photo will be at 6:15am (21km & 42km) SHARP and 7:15am (5km & 10km) SHARP

The Course>>

Here is the link to the full marathon course
http://www.mapmyrun.com/routes/view/1444307032

This self supported course starts at Grange Jetty Reserve heading south along the coastal path to past Glenelg and return
It will include a 5km out and back (for the marathon distance only) along the Linear Park trail to almost Findon Road heading both out from Grange and on the return journey from Glenelg

The 5km turn-around point is on the coastal path just before Henley Beach Road opposite house #181

5km turn

The 10km turn-around point is on the coastal path just before West Beach Road and the West Beach Surf Life Saving Club

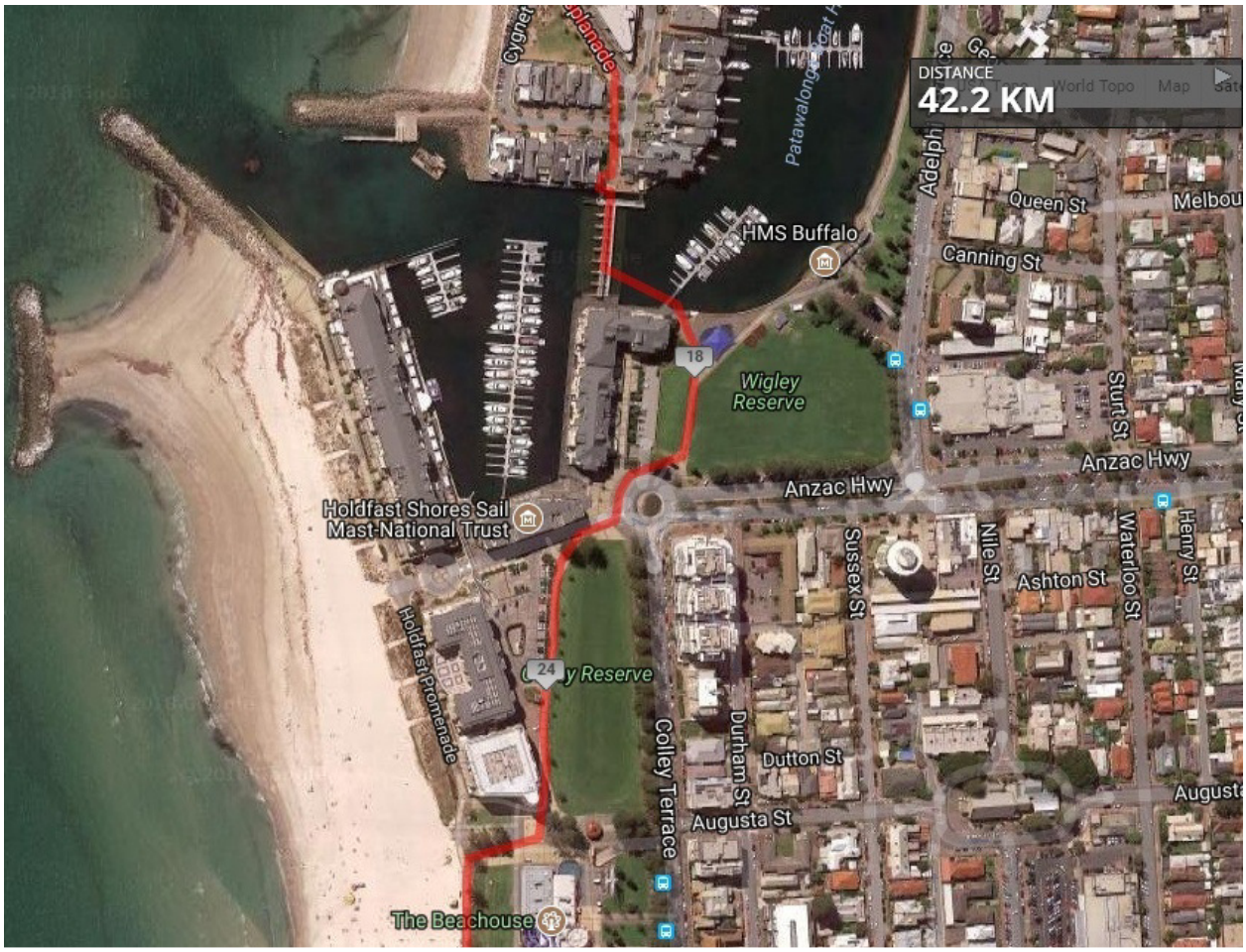
10km turn

The 42.195km Linear Park trail turn-around point is just before Findon Road (this is ran both out on the way to Glenelg and on the return from Glenelg – this means you will run this section twice)

42km Linear trail turn

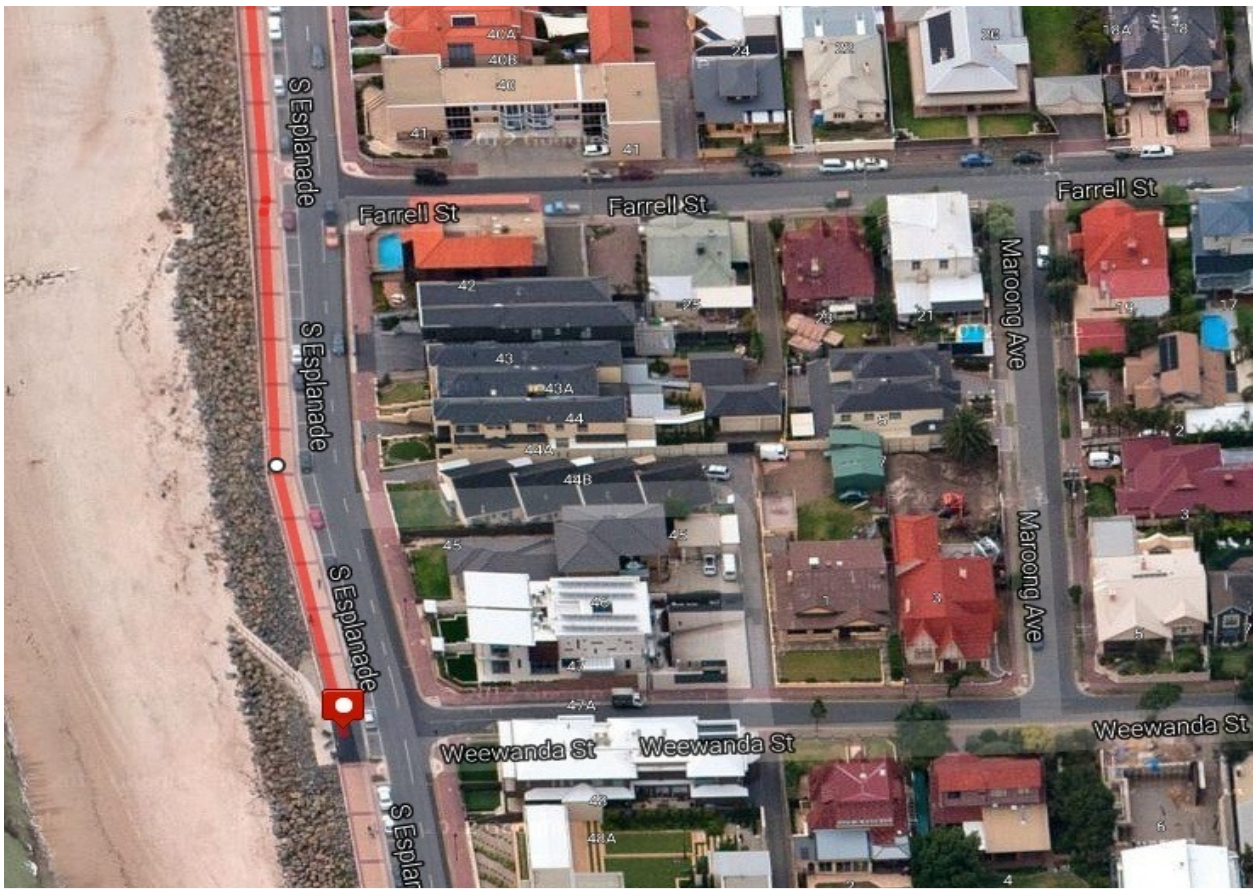
****Note**

The marathon (yellow) run under the bridge both out and back



Glenelg Pier course direction

The 21.1km turn-around point is on the coastal path opposite Weewanda St Glenelg South



21km turn

The 42.195km southern turn-around point is opposite the Somerton Surf Life Saving Club

42km turn

All turn around points will be clearly marked and further explained at the race briefing

Aid Station/Toilets/Water Taps>>

The aid station is located at the start/finish area
There is also a toilet at the start finish which hopefully will be open this year
As this is a self supported run there are numerous drinking taps and toilets along the course but please carry your own supplies if you need anything extra

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
When convenient please confirm you have a finish time recorded with our volunteers

All times are recorded from GUN time

Safety>>

Be mindful this is a shared path so please watch out for other walkers, runners, bikes, prams etc and it is advised to keep left where possible

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
When convenient please check with the volunteers that your finish time is recorded

Photos>>

We presently no longer have an official event photographer (we would welcome someone willing) but hopefully we will have someone or at least our volunteers to take some photos
Please remember to smile even if you are hurting
There will be the usual group photo before the race so please be ready when called over

Presentation>>

There will be no presentation for this event

Bibs & Medals>>

"coastalfunruns" is a series of annual low cost, low key coastal fun running events held in South Australia and proudly supporting both Bravehearts & the Australian Cancer Research Foundation (ACRF)
Our costs are already the lowest in Australia and will remain so as the fixed EARLYBIRD price

We do however encourage all runners/walkers to enter as early as possible to ensure a smoother event day

Finisher medals and bibs need to be ordered at least one week from the event date to ensure they arrive on time. Online entries will remain open until 4:00pm the day before each event (unless noted otherwise)
There will be NO on the day entries

What this means is the following -

****If you enter early you are assured of a finisher medal with the correct distance engraved**

You will also receive a pre-printed bib with your name and number

****If you enter in the last seven days you may receive a generic finisher medal without the completed distance engraved. You will also receive a pre-printed bib but your name and number will be handwritten**

This will ensure everyone goes home with a medal and they will no longer be posted out

These small changes will help to make our awesome volunteers work much easier

Theme>>

This event has an Easter theme and trophies will be presented for male & female who best represent this theme.

We also encourage you to help us raise awareness about the prevention of child sexual assault by taking part and wearing your Bravehearts purple or yellow singlet/t-shirt

Any other queries please call 0402 441 277

CHEERS THANKYOU AND ENJOY☺

www.coastalfunruns.com

"RUNNING WITH PURPOSE"

Proudly supporting both
Bravehearts & the Australian Cancer Research Foundation (ACRF)

Please thank our awesome volunteers when you get the opportunity for without freely giving of their valuable time we would not have any events