

COASTAL 5 2018

Wed July 18th – Sun July 22nd

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 up to and including the 42km marathon

Plenty of time 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

This is not a closed course so please be aware of other users

This event also includes the first of the “COASTAL CLASSIC” 5km series on Sun July 22nd

Entry>>

Registrations WILL close on Tues July 17th 2018 at 4:00pm SHARP

The Start>>

The start line and check-in is situated approx 100 metres north of Semaphore Jetty directly in front of the Pavillion (see picture below)

Schedule>>

Wed July 18th – Sun July 22nd

6:00am – 10km, 21.1km & 42.195km start

Sun July 22nd

11:00am – 5km COASTAL CLASSIC

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 5:15am Sat & Sun

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

Race briefing AND group photo will be 15mins SHARP before each distance event start time

PLEASE BE AWARE THAT DUE TO THE EARLY 6:00am START FOR THE 10km, HALF AND FULL MARATHON YOU MAY WISH TO CARRY A HEADLAMP OR TORCH FOR THE FIRST LOOP. THIS CAN THEN BE LEFT AT THE AID STATION ON PASSING IF REQUIRED

The Course>>

The course is a 10km AIMS measured loop course with the start/finish and one aid station situated in the middle. You will pass the station approximately every 5km

The course consists of a 5.1km northern out and back loop followed by a 4.9km southern out and back loop

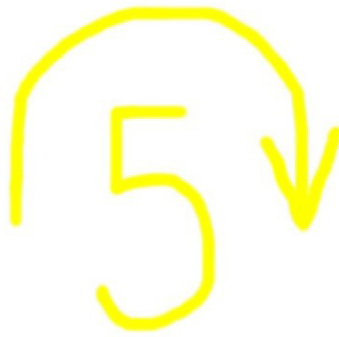
You will start on the coastal walk/bike path in front of the Pavillion (approx 100 metres north of the Semaphore Jetty) and head north and finish from the south onto the lawn in front of the Pavillion

On the first northern loop ONLY, the $\frac{1}{2}$ marathoners will run an extra 550metres past the 10km turnaround marker whilst the full marathoners will run an extra 1.1km past the 10km turnaround marker

(THIS IS ONLY ON THE FIRST RUN NORTH FOR THE HALF AND FULL MARATHONERS AS ON ALL FOLLOWING LOOPS NORTH YOU WILL TURN AT THE 10KM MARKER)

There will be yellow paint markers (pictured) AND purple cones (with glow sticks attached) at ALL turn-around points on the left hand side of the path with the distance painted. (ie 5km, 10km, 21km & 42km)

The 5km course consists of a 3km northern loop (turn point is one metre past the Largs Jetty followed by a 2km southern loop (turn point just over the second small hill on the path)



The Race Director will explain in further detail the turn-around points before each race briefing

****Just a note regarding the new Semaphore Foreshore bypass footpath around the outside of the Palais Hotel**

Just north of the start/finish the path now directs left around the back (ocean side) of the Deck in front of the Palais Hotel.

THIS REDIRECTION IS ONLY FOR CYCLISTS SO PLEASE CONTINUE TO RUN STRAIGHT AHEAD AS PER OUR NORMAL COURSE BETWEEN THE PALAIS HOTEL AND THE DECK AS PER THE SIGNS

(please be careful of anyone entering or leaving the hotel in this area)



[Aid Station/Toilets/Water Taps>>](#)

The aid station is located at the start/finish which you will pass approx every 5kms. Toilets are available at the start/finish area and also about 1km both north and south

There are also several drinking fountains and showers in each direction both north and south along the path



(start/finish)

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

We will be purchasing a new timing system in the not too distant future

Safety>>

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

There are 2 or 3 places along the southern loop where the path splits in two for a few metres so please always take the left option both out and back

Drop Bags>>

There will be an area at the start/finish under the Pavillion 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 now no longer have an official event photographer (but 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 photos for each distance before the race so please be ready when called over

Presentation>>

Due to the nature of this particular event (low key), we will not have the usual presentation

Bibs & Medals>>

EVERY FINISHER OF EVERY DISTANCE WILL RECEIVE A BRAVEHEARTS FINISHER MEDAL

1ST PLACE MALE AND 1ST PLACE FEMALE MEDALS ARE AVAILABLE AT SELECTED EVENTS

MOST EVENTS WILL HAVE A THEME WITH ONE OR TWO THEME TROPHIES AWARDED

SOME MULTI-DAY EVENTS WILL ALSO HAVE A SPECIAL MEDAL AWARDED FOR ANYONE WHO COMPLETES ALL DAYS

This event does include a quintuple medal at an extra cost for all finishers who complete a distance on all 5 days

“coastalfunruns” is a series of annual low cost, low key charity community 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>>

There is no theme for this event but you are encouraged to wear any BRAVEHEARTS gear or the colour purple as it helps us to continue to promote Bravehearts and create awareness

First Place Medals>>

No first place medals will be available for this event

Results>>

Results will be made available as soon as possible after the event and posted online at www.coastalfunruns.com

Results will be provisional and become final 3 days post event

Event Parking>>

There is plenty of all day parking along the esplanade near the start/finish and also plenty of available space in the numerous carparks nearby

Sponsors>>

We are still currently looking for sponsors for all coastalfunruns events

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 at every opportunity for without freely giving of their valuable time we would not have any events

coastalfunruns

team
BRAVERUNNER

AUSTRALIAN
CANCER
RESEARCH
FOUNDATION

COASTAL 5

420
KAZ

Proudly Supporting
Bravehearts
Educate Empower Protect Our Kids

10 km