SPRING COASTAL 2018

- Semaphore/Outer Harbour

Event Rules>>

This particular event is proudly sponsoring the Australian Cancer Research Foundation (ACRF)

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 August 30th 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)

Start/Finish

Schedule>>

1:00pm – 14km

1:00pm – 21.1km

1:00pm – 42.2km

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 12:15pm

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 briefing AND group photo will be at 12:45pm SHARP

The Course>>

The course is a 14km out and back loop from Semaphore to Outer Harbour and return
This self supported course starts 100 metres north of the Semaphore Jetty directly in front of the Pavillion
Turn around points for the half and full marathon will be further explained at the briefing
The half marathon will run 1 ½ laps of the 14km loop course turning opposite the snake pit on the second lap
The full marathon will run 3 laps of the 14km loop course (turning a few metres short at the half way point on lap 2 & 3 only)

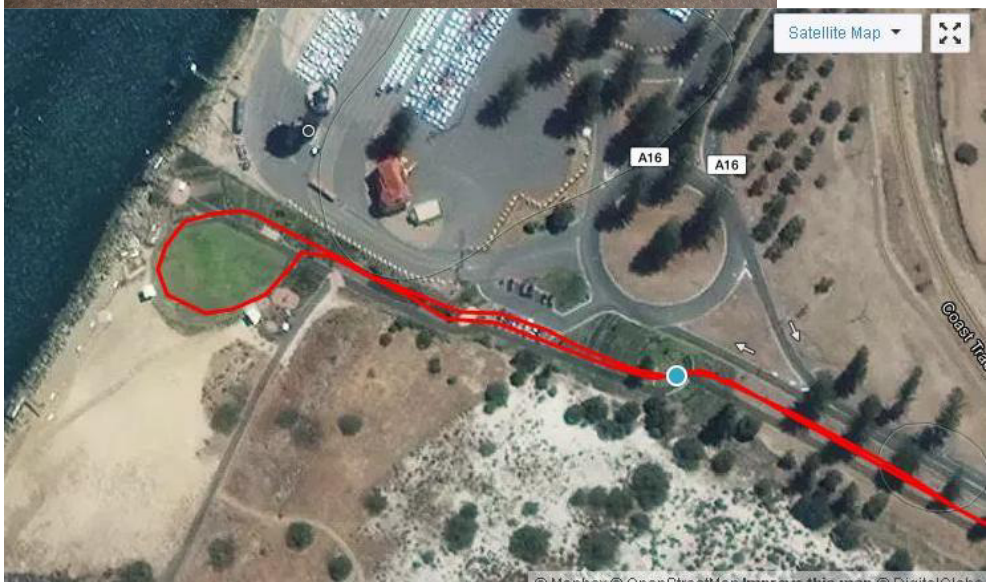
Both the 21.1km half marathon & 42.195km full marathon will turn here on the first lap north (run around the lawn area on the path)

21km & 42km turn first lap only

21km & 42km run to end and turn left (first lap only)

21km & 42km follow path around lawn (first lap only)

21km second lap turn point (opposite the “snake pit”)



42km turn point for lap 2 & 3 only

All turn around points will be clearly marked with yellow paint on the path and further explained at the race briefing

Aid Station/Toilets/Water Taps>>

The aid station is located at the start/finish area which will have the usual water, powerade & lollies etc
There is also a toilet at the start/finish which WILL be open
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 nutrition

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
This event will finish from the north on the lawn in front of the Pavillion

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>>

EVERY finisher of EVERY distance will receive a medal on crossing the finish line

"coastalfunruns" is a series of annual low cost, low key coastal fun running events held in South Australia and proudly supporting the Australian Cancer Research Foundation (ACRF)
Our costs are already the lowest in Australia and will remain so as the fixed EARLYBIRD price (until 8 weeks before each event date when prices will increase slightly to the STANDARD 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 your Braverunner singlet/t-shirt if you have one

Notes>>

We will be using the spare bibs for this event so your name and number will be hand written

We also encourage you to help us raise awareness about the need to end cancer by taking part and wearing your Braverunner purple or yellow singlet/t-shirt

All runners will be encouraged to wear black armbands for this event which will be provided. This will be explained at the briefing

Any other queries please call 0402 441 277

CHEERS THANKYOU AND ENJOY☺

www.coastalfunruns.com

"RUNNING WITH PURPOSE"

Proudly supporting the
Australian Cancer Research Foundation (ACRF)

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AUSTRALIAN
CANCER
RESEARCH
FOUNDATION

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