BRAVE HART'S MILL COASTAL
Port Adelaide
Sat Sept 22nd 2018

AUSTRALIAN
CANCER
RESEARCH
FOUNDATION

Event Rules>>

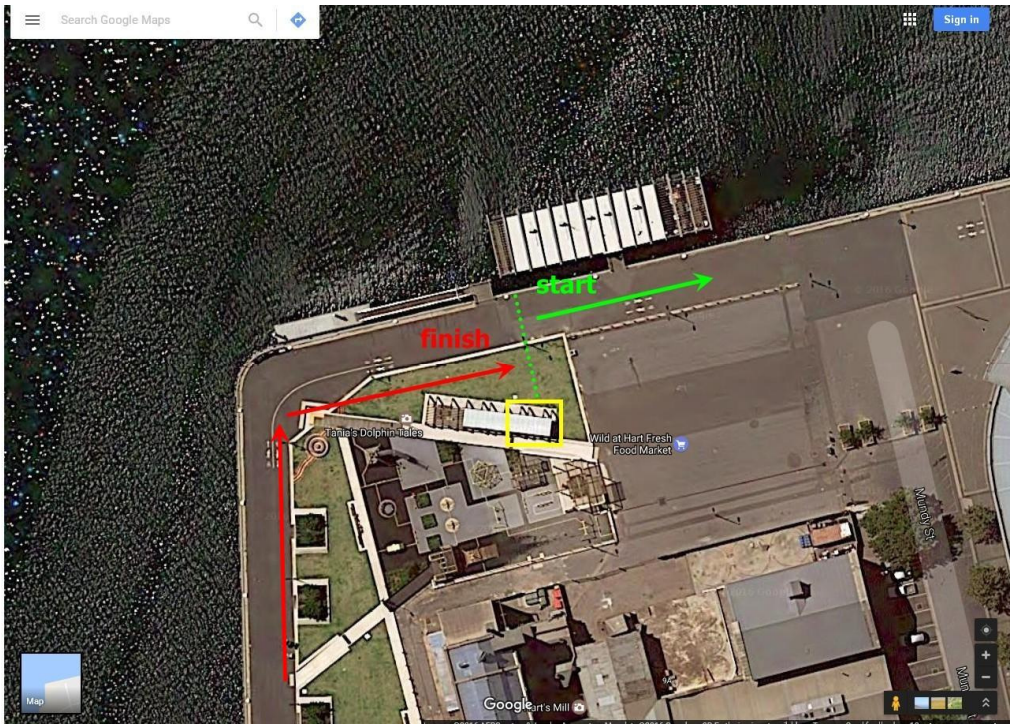
Have fun…lots of fun!! #coastalfunruns
HIGH-FIVES AND SMILES ARE MANDATORY
There is an 8 hour cut-off time for all events so relax run/walk well and see you at the finish safely
If you do need to rest or walk do so but please be aware of other runners and stay to the left
This is not a closed course so please be aware of other users
Don't forget to look out for the dolphins swimming in the water as you run along the wharf

Entry>>

Entries WILL close 12:00pm midday Thursday Sept 20th

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 Sept 22nd 2018

6:30am Marathon

6:30am Half Marathon

8:00am 10km

11:00am 5km COASTAL CLASSIC

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

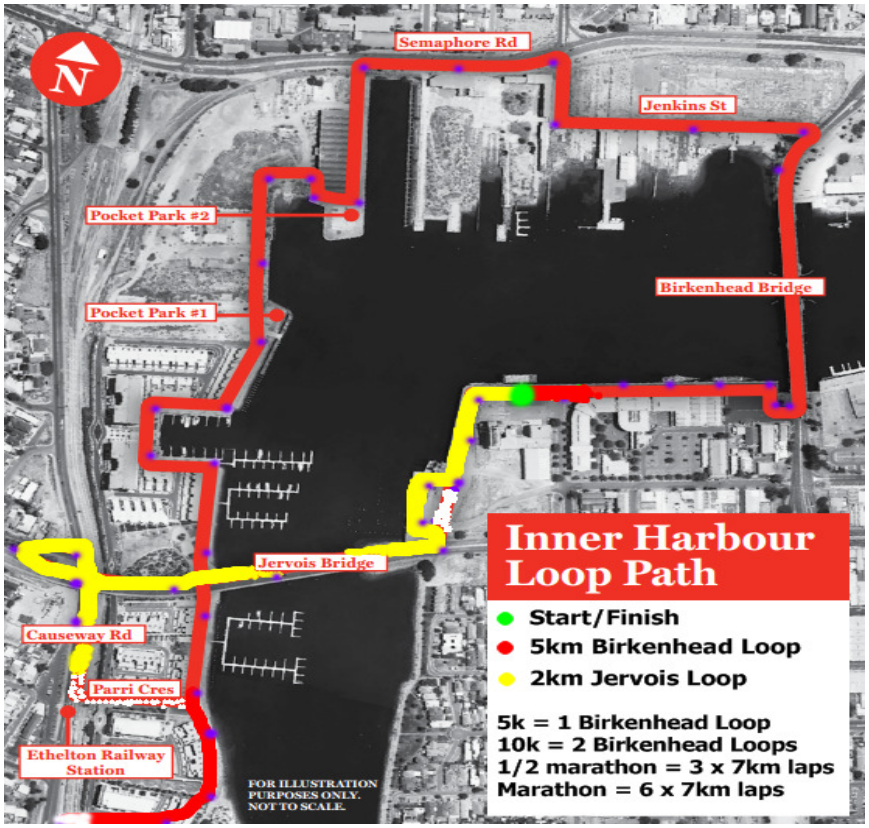
We will have a group photo and race briefing approx 15 mins before each distant event start

Check-in will open from 5:45am Sat
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>>

This course is AIMS measured
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



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

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 next to Portobello restaurant
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
All times are recorded from GUN time

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 (just over the Birkenhead Bridge) 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 PINK ribbon tied 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>>

There will be no need for a presentation for this event

Theme>>

Theme for this event is TEAL

First Place Medals>>

We will not have first place male & female medals available for this low key event event but EVERY finisher of every distance receives a finishers medal

Bibs & Medals>>

"coastalfunruns" is a series of annual low cost, low key 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

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 parking behind Hart's Mill for this event and also a few places along Mundy St Port Adelaide

Sponsors>>

We are still currently looking for sponsors for all coastalfunruns events

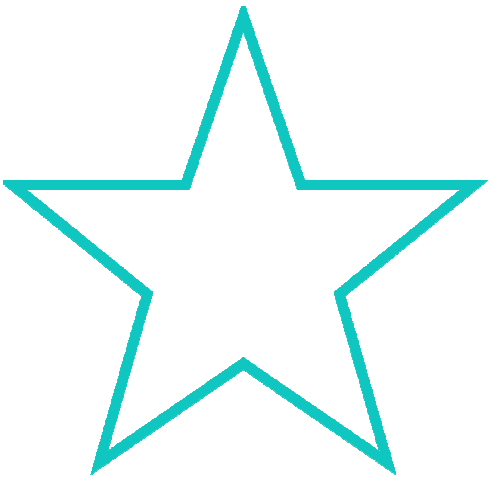
---

Any other queries please call 0402 441 277

CHEERS THANKYOU AND ENJOY☺

www.coastalfunruns.com

"RUNNING WITH PURPOSE"

Proudly supporting the Australian Cancer Research Foundation (ACRF)

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