

# **PORT LOOP Coastal 2018**

**Sat 15<sup>th</sup> & Sun 16<sup>th</sup> December**

***From bib numbers to course layout and distances on offer this is the original uncloned, uncopied low cost, low key community fun running event series in South Australia. We proudly support both Bravehearts and the Australian Cancer Research Foundation through our “running with purpose” ☺***

## **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.**

**The 5km COASTAL CLASSIC Sunday only event has a cut-off of 1:00pm. (2 hours)**

**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.**

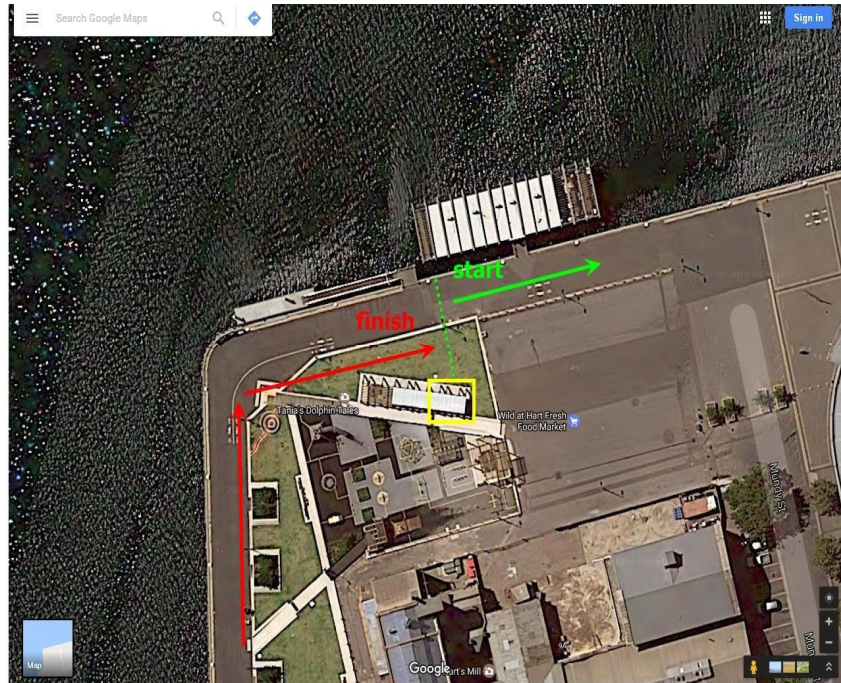
**This is not a closed course so please be aware of other users. There will also be other events on in the same area on Sunday so please use extra caution around the start/finish area.**

## **Entry>>**

**Registrations WILL close on Fri Dec 14<sup>th</sup> at MIDDAY. There will be no on the day entry available.**

## **The Start>>**

**The start line and check-in is situated under the BBQ shelter (wharf side) between Folklore Café and Hart's Mill Port Adelaide.**



### **Schedule>>**

**Sat Dec 15<sup>th</sup> 2018**

**2:00pm 42.2km Marathon**

**3:00pm 21.1km Half Marathon**

**4:00pm 10km**

**5:00pm 5km**

**Sun Dec 16<sup>th</sup>**

**6:00am 42.2km Marathon**

**7:00am 21.1km Half Marathon**

**8:00am 10km**

**11:00am 5km COASTAL CLASSIC**

**\*\*To provide the best possible start for everyone, participants should self-seed behind the start line according to your ability.**

**Please arrive to check-in and have your name taken and collect your bib and pins at least 25 minutes prior to your distance starting time. Check-in will open from 1:15pm Sat and 5:15am Sun for bib collection.**

**Bibs will not be mailed out and need to be collected from the check-in area on the day. There will be a banner showing the registration and bib collection area. Please be aware we start on time and cannot wait for any late comers. If you are late your time will be recorded from GUN time.**

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

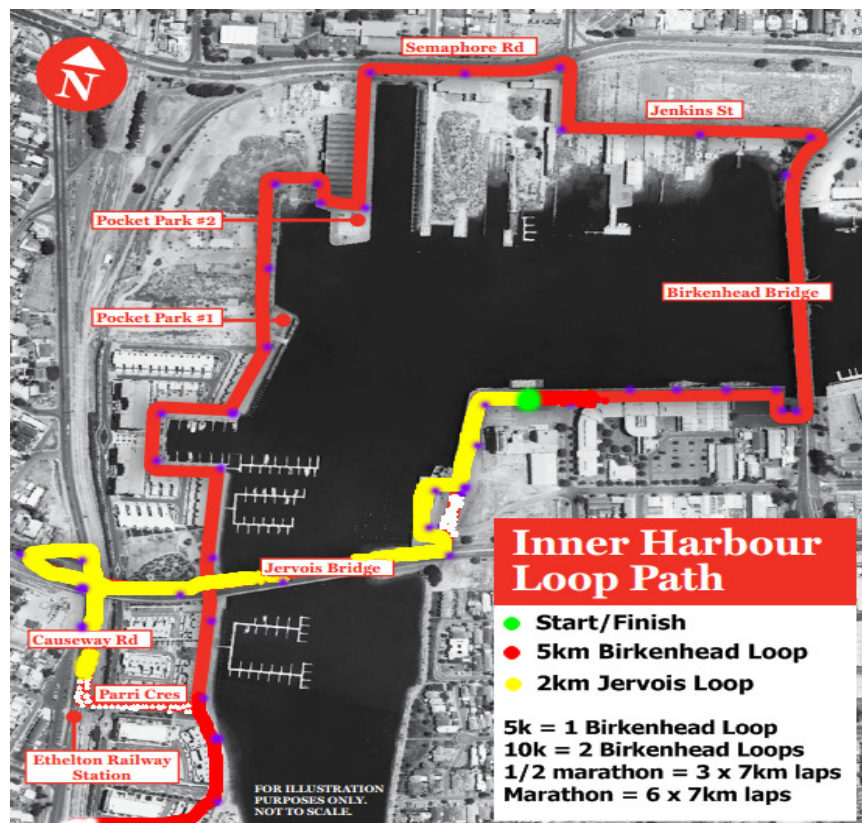
### **The Course>>**

**This course is AIMS measured.**

**The course is a 5km out & back over the Birkenhead Bridge and along the New Port Quays for the 5km. The 10km runners will do this twice.**

**The half and full marathon runners will run the 5km out & back over the Birkenhead Bridge 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 (Cherie Rothery Sun) will explain in further detail the turn-around points before each race briefing.**



**Here is a Strava link to the course which may be of assistance to some..**

**<https://www.strava.com/activities/1857262933>**

#### **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 2km 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.**

**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, walkers with dogs, runners, bikes, prams 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 on the ground to guide you and the 2 turn-around points will have purple cones in place as well as PINK ribbon tied the fence.**

**The course may be marked with pink ribbon at various points to guide the runners.**

#### **Drop Bags>>**

**There will be an area at the start/finish under the shelter 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>>**

**Cheryl Anne McKibbin has kindly offered to take photographs for this event on Sunday and hopefully the volunteers can take a few pics on Saturday. 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 event with multiple start times throughout both days, we will not have the usual presentation.**

### **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.**



#### **Theme>>**

Theme for this event is **PINK** with the winner awarded the “**PINK**” trophy to be chosen by our volunteers.

*This event is dedicated to Tameika Margetts in support of breast cancer awareness through the ACRF hence the **PINK** theme. Tameika will be present on Sunday to hand out all finisher medals so please make sure you make yourself known to her and offer your support..*

#### **First Place Medals>>**

We may or may not have first place medals for both male and female for all distances.

#### **Results>>**

Results will be made available as soon as possible after the event and posted at [www.coastalfunruns.com](http://www.coastalfunruns.com)

Results will be provisional and become final 3 days after posting online.

#### **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.**

**Merchandise>>**

**Danni Hull will be available at some stage on Sunday to sort any merchandise orders or collection.**

**Any other queries please call 0402 441 277**

**CHEERS THANKYOU AND ENJOY☺**

**[www.coastalfunruns.com](http://www.coastalfunruns.com)**

**“RUNNING WITH PURPOSE”**

**Proudly supporting 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**