

SEMAPHORE COASTAL RUNNING FESTIVAL 2019

Sun Feb 24th

Event Rules>>

Have fun...lots of fun!! #coastalfunruns.

HIGH-FIVES AND SMILES ARE MANDATORY.

There is an 8 hour cut-off time 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.

Entry>>

Registrations **WILL** close on Thurs Feb 21st at midday.

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).



Start/Finish

Schedule>>

6:00am - 42.2km full marathon.

7:00am – 30km.

7:00am - 21.1km half marathon.

8:00am – 15km.

8:00am - 10km.

9:00am – 5km.

****As an added precaution please be aware that marathoners may need a torch or headlamp for possibly the first 20 mins as it will still be dark. The course has enough lighting in most areas and those who have ran the course before may be ok without extra lighting.**

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 5:15am on the morning of the event for bib collection.

Bibs will not be mailed out and need to be collected from the check-in area on the day.

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>>

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 loop followed by a 4.9km southern 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 loop ONLY, the ½ marathoners will run an extra 550metres north past the 5.1km turnaround whilst the full marathoners will run an extra 1.1km north past the 5.1km turnaround. There will be yellow paint markers at ALL turn-around points

on the left hand side of the path with the distance painted. Each loop thereafter both the half and full marathoners will turn at the 10km turn point.

Each yellow turn-around marker will have an arrow with the race distance written.



(example 10km event turn point)

There should also be a purple cones placed at all turn-around points.

Here is a STRAVA link to last year's ADC marathon run which was run on the exact same course.

<https://www.strava.com/activities/1375731497>

The Race Director will explain in further detail the turn-around points for each particular distance 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.

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.

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.

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>>

We will only have a presentation to award first place male & female medals if we can secure enough volunteers.

Bibs & Medals>>

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

“coastalfunruns” is **THE ORIGINAL** 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.

Prices will increase 2 weeks out from the event start date to the **STANDARD** price. All distances increase by only \$5. This is put into place to hopefully encourage runners to enter early.

We do however encourage all runners/walkers to enter as early as possible to ensure a smoother event day and to assist our volunteers work load on the 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 midday 3 days before each event (unless noted otherwise). There will be **NO** “on the day” late entries.

What this means is the following..

****If you enter early you are assured of a finisher medal with the correct distance engraved (we are also now possibly including your full name engraved on all finisher medals at selected events). You will also receive a pre-printed bib with your name and number.**

****If you enter in the last seven days you may possibly receive a generic finisher medal without the completed distance engraved. You will also receive a pre-printed numbered bib but your name will not be included.**

This will ensure everyone goes home with a medal as 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 “HEART” and “CRAB” which forms part of the logos of our two charities we support. A trophy will be awarded for each to the 2 people who best represent these themes. The trophies will be chosen by our volunteers.

First Place Medals>>

We may or may not have first place medals for both male and female for all distances depending on whether we can secure enough volunteers to help out on the day. These will be awarded at the presentation if it goes ahead at approx. 10:30am.

Results>>

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

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

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.

Volunteers>>

We are still in need of volunteers for this event to help with Race Director, bibs, aid station, finisher medals and the all important timing.

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