

# RAINBOW COASTAL – Semaphore

Mon Dec 30<sup>th</sup> 2019



*From bib number design to looped course layout and distances on offer this is the original low cost, low key community coastal 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 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 path users.**

## **Entry>>**

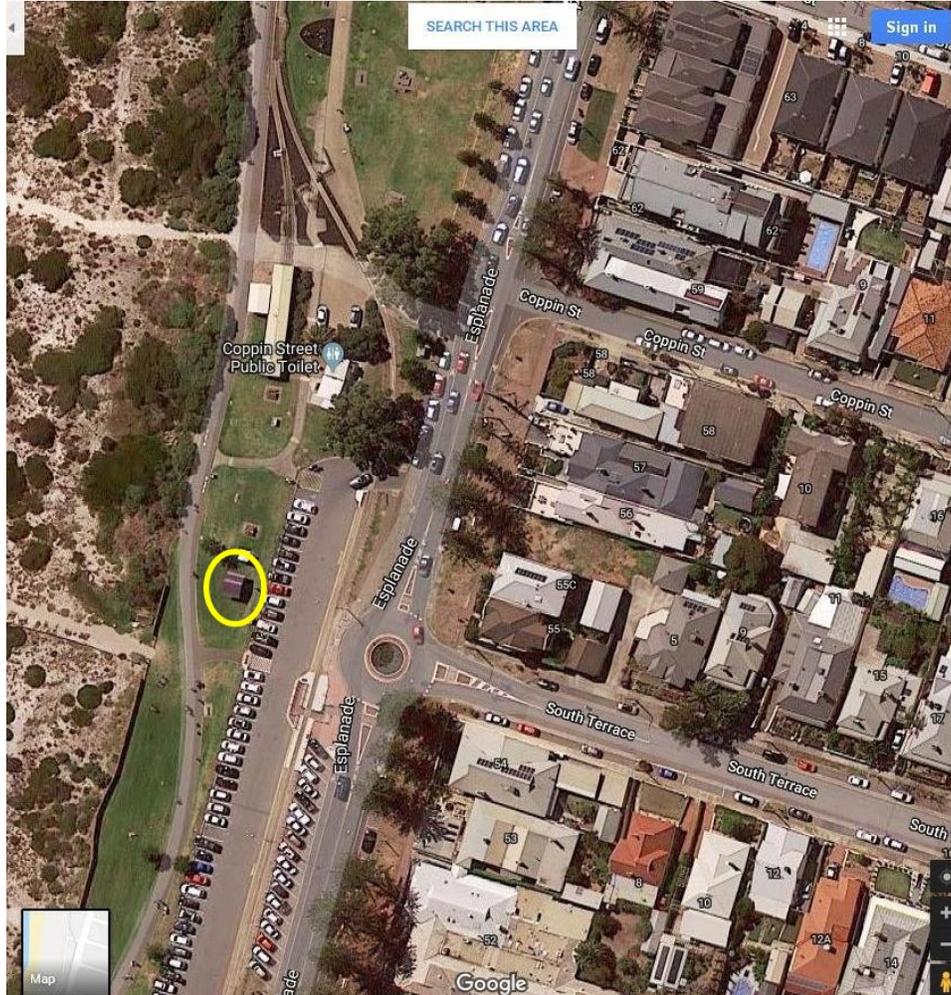
Registrations WILL close on Fri Dec 27<sup>th</sup> at midday.

## **The Start>>**

The start line and check-in has been moved from our usual Semaphore location. In future the start/finish location will be located approx 300 metres south of the existing location. This will not affect any of our current distances available. The new

location is opposite South Tce Semaphore. There are toilets within metres and also an undercover area for our volunteers. (see picture).

This means the start and check-in is now located approx 200 metres SOUTH of the Semaphore Jetty.







**Start/Finish**

**Schedule>>**

**Mon Dec 30<sup>th</sup>**

**6:00am – 42.2km**

**8:00am – 7km RAINBOW RUN – (runners MUST be wearing one or more colours of the rainbow to start – ideally a one coloured top)**

**(red, orange, yellow, green, blue, indigo, violet)**

**\*\*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 5:15am Mon 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 new location (approx 200 metres south of the Semaphore Jetty) and head north and finish from the south onto the lawn between the Bravehearts flags and yellow cones.**

**On the first loop ONLY, the full marathoners will run an extra 1.1km north past the 5.1km turnaround. There will be WHITE paint markers at ALL turn-around points on the left hand side of the path with the distance painted. Each loop thereafter the full marathoners will turn at the 10km turn point which is only about 20 metres approx. past the first wooden bridge.**

**The 7km runners will run the northern loop first followed by a shorter southern loop.**

**There WILL also be purple cones placed at all turn-around points next to the white paint markers.**

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

**Here is a link showing the full course ran at another event earlier this year..**

**<https://www.strava.com/activities/2306192790>**

**To ensure you run the exact correct distance please don't cut corners and stay to the left of the path at all times.**

**\*\*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 manually 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 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.

### **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 probably the lowest in Australia and will remain so as the fixed EARLYBIRD price.**

**We do 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 will still receive a medal but it may possibly be 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 (7km only) is RAINBOW with a trophy awarded for both male & female who best represent this theme. Our volunteers will decide on the winners.**

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

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

#### **Event Parking>>**

**There is a large carpark within metres of the start/finish area.**

**There is also plenty of available space with all day parking along the esplanade.**

#### **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.**

**Merchandise>>**

**Danni Hull may possibly be available at some stage during the event to sort any merchandise enquiries, 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 both BRAVEHEARTS.**



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