

COASTAL 5 Semaphore Mon July 20th - Wed July 22nd 2020

Event Rules>>

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

We finally get to run together as one.

*****Due to the current COVID-19 pandemic please be aware of the following restrictions in place for this event.***

Physical distancing, or social distancing principles still apply. Every person should attempt to stay at least 1.5 metres from other members of the public.

At this stage we can have wave starts of up to 75 people to a maximum of 300 in total. Further relaxing of restrictions are due to be announced on June 25th.

ALL distances will start at the same time of 7:00am with a maximum of 75 runners.

If there are more than 75 registrations then we will advise of a second start wave at 7:30am.

Please make sure you are aware of which starting wave you are in before you arrive.

Please take note that we have to be very aware of the need to not gather in groups of more than 75 either before, during or after your run at the start/finish area.

Please try and keep the social distancing of 1.5 metres at all times even when on course if possible.

There are plenty of drinking fountains along the course route but we will also supply 10 litre water boxes at the start/finish. Remember we are now "cup free". Due to restrictions we cannot supply any lollies or fruit so if you need any other nutritional requirements please bring your own food and sports drink which you can leave at the start/finish with our volunteers.

If it can be sourced we will also provide hand sanitiser at the start/finish for all to use before and after your run.

There is an 8 hour cut-off time for all distances for this event. Please be aware there are no early or late starts for this event.

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>>

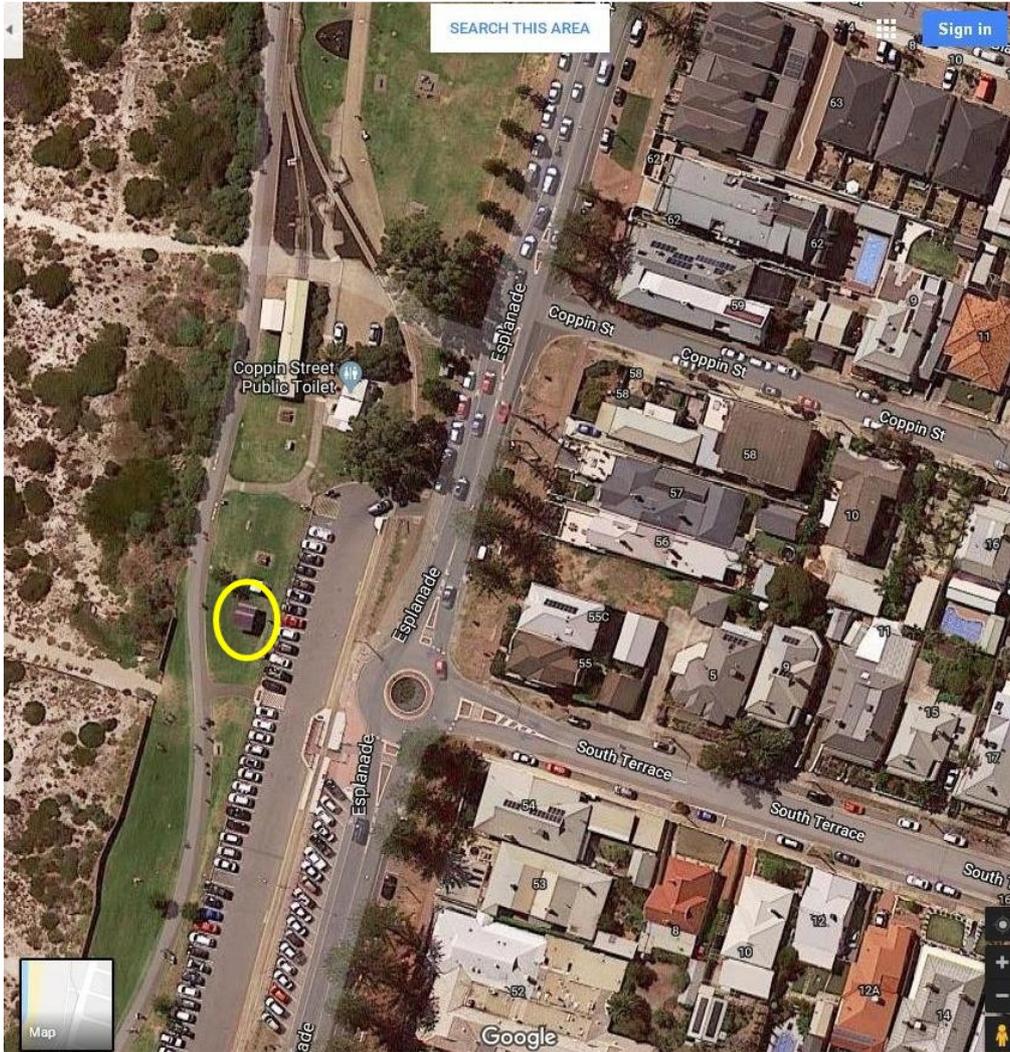
Registrations WILL close on Thurs July 16th at midday.

****This has now been revised and extended until midday on Sun July 19th.**

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 July 20th, Tues July 21st & Wed July 22nd.

7:00am - 10km, 21.1km half marathon & 42.2km full marathon - Wave 1 (max 75)

Please try and arrive in time for the race briefing at 6:45am each day. Please if you're in any second wave (if needed) do not arrive before the previous wave have already left the start area. Please arrive to check-in and have your name taken and collect your bib and pins at least 20 minutes prior to your distance starting time so you are ready for the race briefing.

Check-in will open from 6:15am each day for bib collection for wave 1 runners.

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 the advertised start time each day.

The Course>>

For the half & full marathon distance the course is a 10.55km 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 an approx 6.40km northern loop followed by a 4.15km 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.

We will be using the original AIMS measured course of 10.55km laps for the half & full marathon distance.

NO LONGER will there be purple cones placed at the 2 turn-around points. There will be white paint distance markers on the left hand side of the path at those turn around points. We will also tie pink ribbon to the tree or post at each turn point. The northern turn will have a white 21 painted on the ground with a white 10 painted on the path at the southern turn.

The course for the 10km will be explained on the morning but will consist of one lap of a 10km AIMS measured loop. There will be a white 10 painted on the path at both turn points.

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 same full course used at another event earlier this year.

<https://www.strava.com/activities/3043631477>

On the southern loop the path splits into two for a few metres on several occasions. Please take the left option both out and back as this is how the course was measured.

****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.

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 for our volunteer timekeepers 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 (observing the 1.5m social distancing rules) before the race so please be ready when called over.

Presentation>>

There will be no award presentation for this event.

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 probably already 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 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>>

There will be no theme for this event. Part proceeds will be directed to the ACRF so wear the colour teal if you can.

First Place Medals>>

There are no first place medals on offer in this event for either male or female.

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 a large car park 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 timing and handing out bibs and finisher medals. If anyone is available to take a few photos on the day please let us know.

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.