

# **COASTAL2CITY**

## **West Beach**

### **Sun Aug 9th 2020**

#### **Event Rules>>**

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

*\*\*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.**

**The 21.1km half marathon & 42.2km full marathon will start in the first wave at 7:00am. The 10km will start in the second 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.**

**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.**

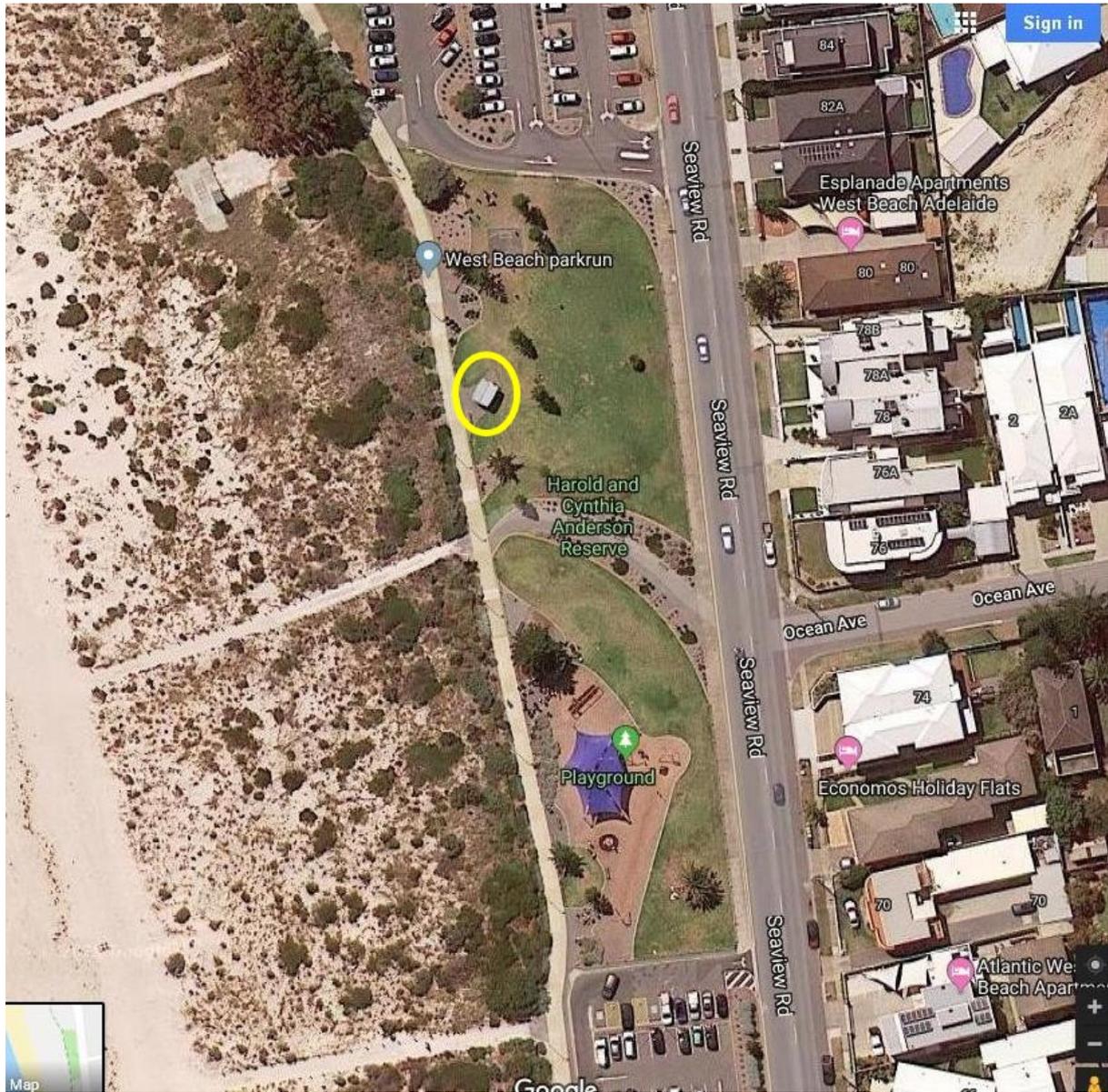
**This is not a closed course so please be aware of other users.**

#### **Entry>>**

**Registrations will now close on Sat Aug 8th at midday.**

**The Start>>**

The start is on the path at Harold and Cynthia Anderson Reserve, Seaview Road West Beach (see picture).





### **Schedule>>**

**Sun Aug 9th 2020.**

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

**7:30am - 10km - Wave 2 (max 75)**

**Please try and arrive in time for the race briefing & group photo at 6:45am (21km & 42km) and 7:15am (10km). Please if you're in the second wave 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 30 minutes prior to your distance starting time so you are ready for the race briefing.**

**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.**

### **The Course>>**

**For the half & full marathon distance the course is a 10.55km measured out and back loop. (5.275kms out 5.275kms back). The half marathoners will run this twice and the full marathoners will run this 4 times.**

**The 10km is an out and back 10km loop which is run once. (5kms out 5kms back)**

**The one aid station is situated at the start/finish which the half and full marathon runners will pass numerous times.**

**You will start on the coastal walk/bike path next to Harold and Cynthia Anderson Reserve and finish on the lawn to the left of the shelter.**

**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 light poles at each turn point. The half & full marathon runners will turn at the second point EACH LAP (275metres past the 10km turn point) where you will see a white 21 painted on the path. The 10km runners will turn at the first point where you will see a white 10 painted on the path.

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

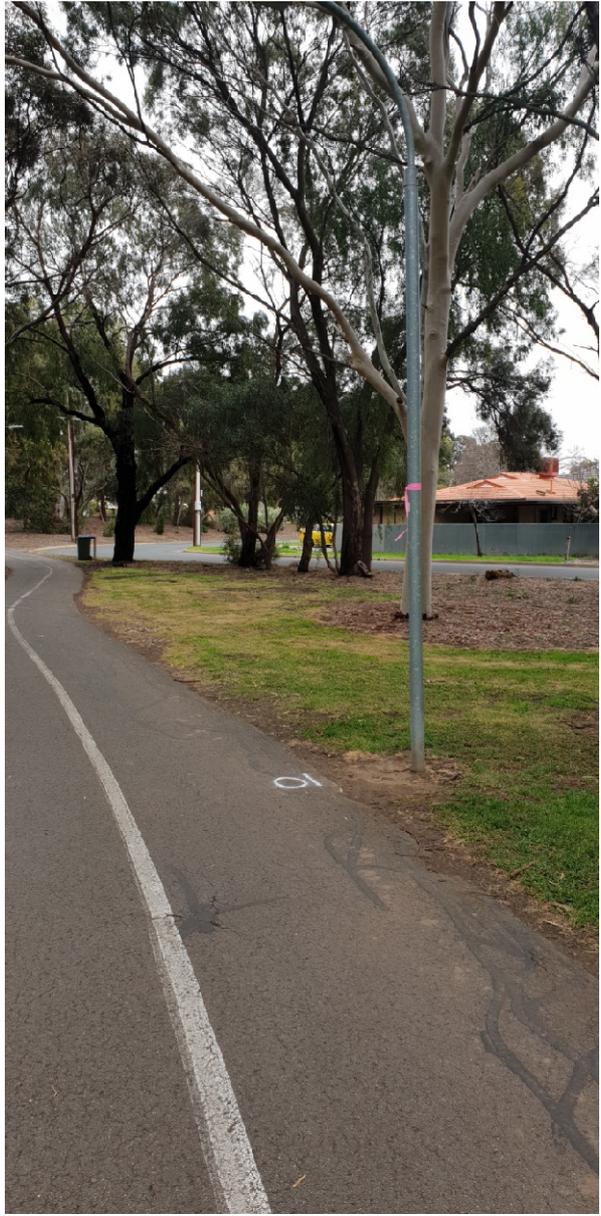
**Here is a link showing the full 10.55km course ran Friday.**

<https://www.strava.com/activities/3876158567>

**On the way out I have also marked the left hand side of the course with white dots as km markers. (ie 2 white dots = 2km mark from the start)**







### **Aid Station/Toilets/Water Taps>>**

The aid station is located at the start/finish which the half & full marathoners will pass numerous times.

Toilets are available near the start/finish area (about 200metres south) and also just before the 5km turn point (on the left hand side right next to the path).

There are also several drinking fountains 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.

### **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>>**

**Theme for this event is "WATER" and a trophy will be awarded to the person who best represents this theme.**



"coastalfunruns"  
COASTAL2CITY  
2020  
"WATER" THEME WINNER  
#endcancer

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

**“RUNNING WITH PURPOSE”**

**Proudly supporting both BRAVEHEARTS & the Australian Cancer Research Foundation (ACRF).**



Proudly supporting  
**AUSTRALIAN  
CANCER  
RESEARCH  
FOUNDATION**



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

**Part proceeds will be directed to the Australian Cancer Research Foundation (ACRF) for this event to help #endcancer.**