

Port BRAVE 2020

Sun 18th October



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 ALWAYS ENCOURAGED.

There is a very relaxed cut-off time of 8 hours 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. For the early starters (marathon & half marathon) please keep noise to a minimum as you run past the housing on the western side of the course.

*****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.

We have a Step 3 COVID-Safe Plan in place and also your COVID Marshal for this event is Chris Glacken.

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

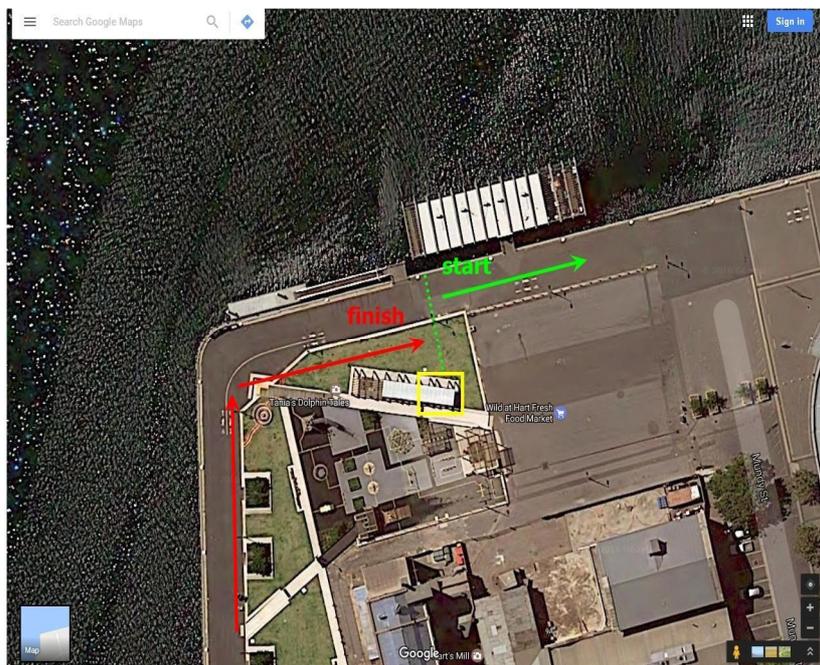
Hand sanitiser and disinfectant wipes will be available at the start/finish for all to use before and after your run.

Entry>>

Registrations have been extended and WILL close on Sat Oct 17th 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>>

Sun Oct 18th

6:00am 42.2km Marathon

7:00am 21.1km Half Marathon

8:00am 10km

9:00am 5km

You must start at your allocated distance time. No early starts are available.

****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 Sun for bib collection.

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

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.

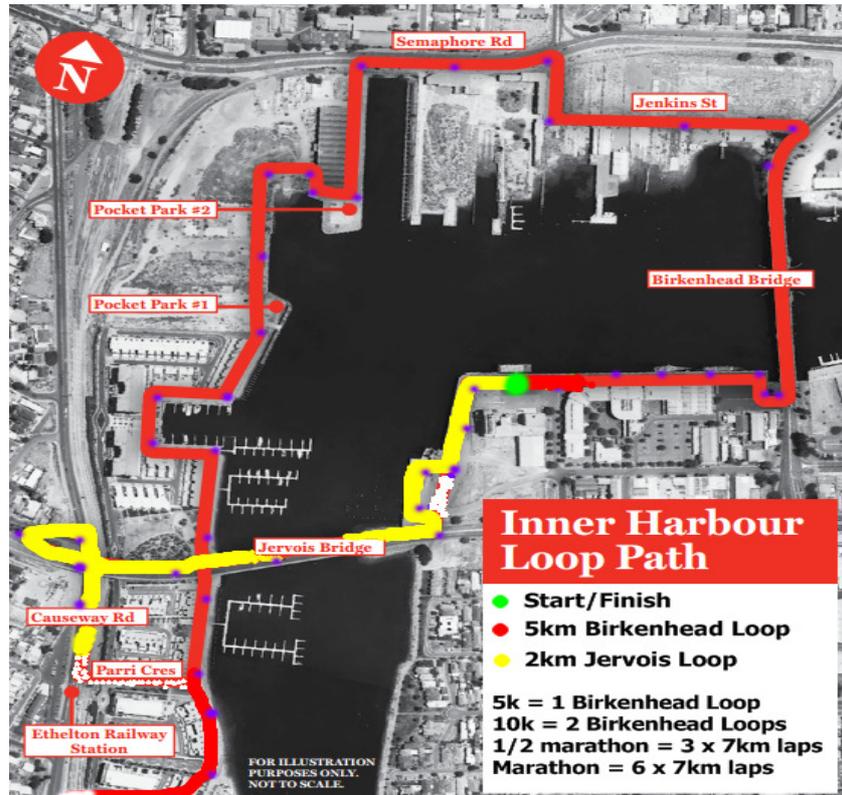
The Course>>

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 run this section 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 (7kms) 3 times with the full 6 times. The full marathon will start 200 metres back from the start/finish with the half marathon starting 100metres back from the start/finish.

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



Here is a Strava link to the 7km course ran Wed 14th Oct 2020 which may be of assistance to some.

<https://www.strava.com/activities/4192079746>

***** Please note that there is construction happening on the Birkenhead Bridge and it is currently closed to all vehicular traffic. Pedestrian traffic is confirmed as allowed on the western side which won't affect our course.***

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 5km course section.

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 (after turning left 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 white chalk or chalk paint 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.

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

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>>

We currently no longer have an official event photographer but would welcome anyone interested. Hopefully our volunteers can take a few pics throughout the day. 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 the morning, we will not have the usual presentation.

Bibs & Medals>>

EVERY FINISHER OF EVERY DISTANCE AT EVERY EVENT WILL RECEIVE A FINISHERS MEDAL.

“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 probably 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. If you register in the last few days you MAY receive a generic finisher medal and pre-printed bib without your name. Online entries will remain open until noon on the Thurs before each event (unless noted otherwise). There will be NO on the day entries.

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>>

There is no theme for this event.

First Place Medals>>

We will have first place medals for both male and female for the 10km distance only for this event.

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 parking behind Hart’s Mill for this event and also a few places along Mundy St Port Adelaide.

*****This parking will be unavailable for this event due to a testing station setup in the Mill carpark. There is plenty of parking available in the surrounding streets.***

Sponsors>>

We are still currently looking for sponsors for all coastalfunruns events.

Merchandise>>

Please refer to Danni Hull for all merch enquiries.

**** A few course pictures will be uploaded to the Facebook event page at...**

<https://www.facebook.com/events/277103743519945/>

Any other queries please call 0402 441 277

CHEERS THANKYOU AND ENJOY☺

www.coastalfunruns.com

“RUNNING WITH PURPOSE”

Proudly supporting 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.

PS.. The Folklore Café within a few metres of the start/finish will be open for any coffee or refreshments for any competitors and/or volunteers and supporters throughout the morning/early arvo.