

Seaside Coastal / ULTRA ONE
Semaphore
Sun Nov 8th 2020



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.

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.

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.

There is an 8 hour cut-off time for all distances (except the ULTRA ONE). 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 all other users.

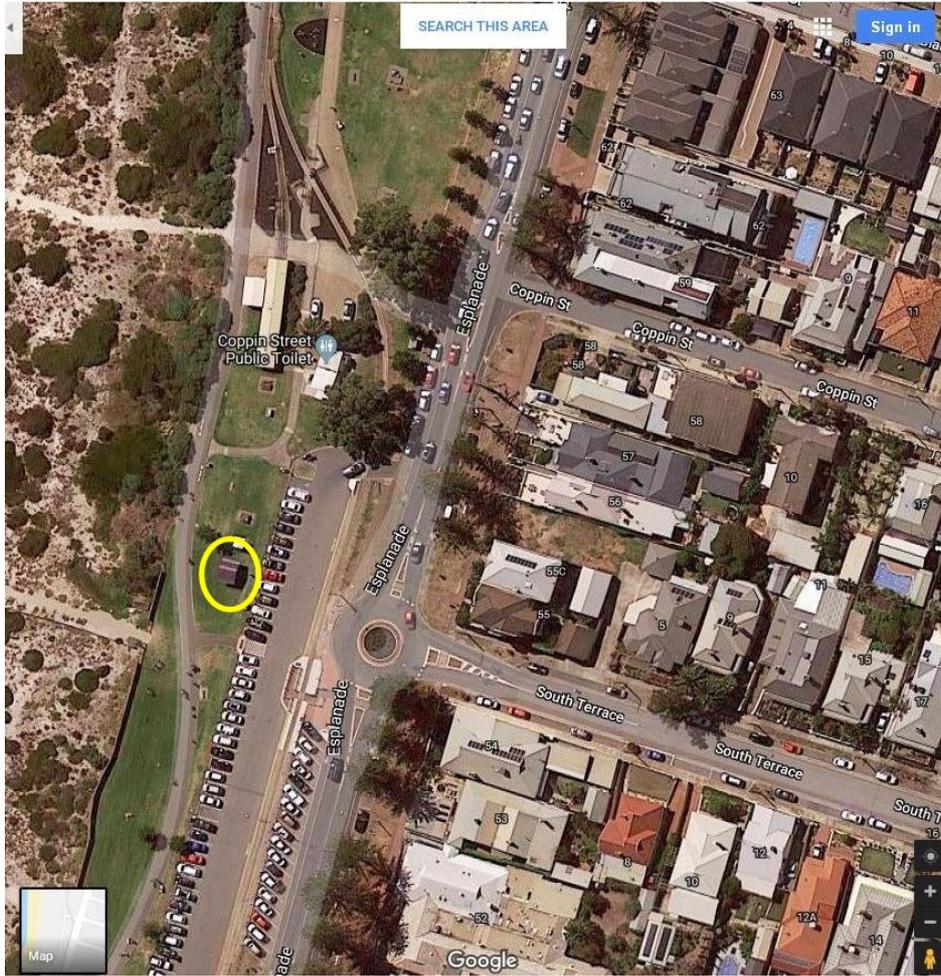
Entry>>

Registrations WILL close on Thurs Nov 5th at 12:00pm.

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 400 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 300 metres SOUTH of the Semaphore Jetty.







Start/Finish

Schedule>>

Sun Nov 8th 2020

6:00am - ULTRA ONE

8:00am - 10km

8:00am - 15km DOUBLE - 10km run

9:45am - 15km DOUBLE - 5km run

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 5:15am for bib collection for all 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 each distance event start time.

The Course>>

The 10km course is an official AIMS measured loop course on along the coastal bike/walk path 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 5.85km out & back northern loop followed by a 4.15km out & back southern loop.

You will start on the coastal walk/bike path in front of the new location (approx 300 metres south of the Semaphore Jetty) and head north and finish from the south onto the lawn.

The 5km course is an approx 3.6km out & back northern loop followed by a 1.4km out & back southern loop.

There should be purple cones placed at all turn-around points. We will have white paint distance markers on the left hand side of the path at all turn around points and pink ribbons tied to the tree or post on the left hand side next to the paint markers.

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

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.

Merchandise>>

Please refer to Danni Hull for all merch enquiries.

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 or trophy awarded for this event.

First Place Medals>>

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

The 15km DOUBLE event has a trophy for both the male and female who complete both the 5km & 10km in the least amount of time combined.

The ULTRA ONE has an overall large trophy for the person who completes the final lap alone in the required time. There is also a trophy for the last remaining male & female in the ULTRA ONE 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 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.

ULTRA ONE..

The course is a 4 mile (6.4 km) out and back northern course with the one aid station situated at the start.

You will start on the coastal walk/bike path at the same location listed above (approx 300 metres south of the Semaphore Jetty) and head north and finish back at the start left onto the lawn.

Here is a STRAVA link to the exact course.

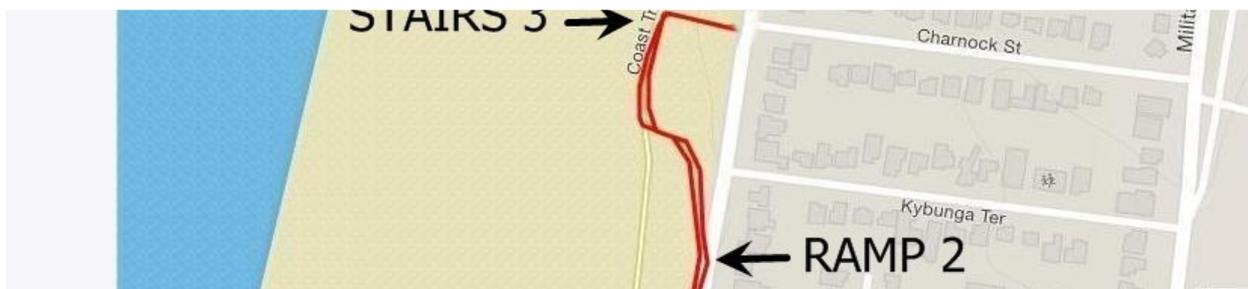
<https://www.strava.com/activities/4283370312>

The Race Director will explain the course in further detail including the turn-around point and the location of the stairs and ramps that you will need to navigate.

Once you turn right and run up the last stairs (3rd set of stairs) you will turn around at the top and run back down the same stairs turning left back onto the path and continue all the way along the path back to the start. You do not run the stairs or ramps on the return leg.

There are 3 sets of stairs you run up and 2 sets of ramps you run down.

The turn-around point AND each sets of stairs and ramps will be well marked (with yellow dots on the ground and pink ribbon and chalk markings) and will be further explained at the briefing.





RULES

If you are not back and ready in the start area to start the next loop on the hour you will be eliminated and receive a large DNF medal.

This will continue indefinitely until there is only one remaining who must also complete their final loop within the hour to be declared "ULTRA ONE" winner.

Every runner who does not finish a lap within the hour time frame will be awarded a DNF medal.

There will also be a small trophy for both the last male & female remaining in the event.

Overall winner (if there is one) will receive the large "ULTRA ONE" trophy.

This is not a race but more about pacing yourself over the multiple loops every hour.

This will not be flat as we will be using the numerous stairs and ramps at the northern end of the course.

This event (ULTRA ONE) will be strictly limited to 20 competitors.

No need to go out fast because you can't build up a lead over other runners. As every new hour begins those remaining are all in equal first place in the race.

Who will be the inaugural ULTRA ONE?

***I apologise in advance for the following 😊*

***Please note there will be a surprise awaiting for this event to make things just a little bit tougher!!*

***I predict we will have a winner, or at least no winners by some time late Sunday afternoon.*