

Coastal2City - West Beach - Sun June 13th 2021



The Coastal2City event is back again in 2021 with 3 event distance choices.

10km walk/run - \$20

21.1km - \$30

42.2km - \$35

This is another of the original low cost, low key community self supported fun runs from the coast towards the city and return along the Linear Park trail.

We will run with last year's modified course route.

The course will be changed to a 10km loop for the 10km runners (5km out 5km

back). The half & full marathon runners will run a further 275 metres past the 10km turn point to make a multi loop 10.55km out and back loop (5.275kms out 5.275kms back).

All distances will still start and finish at the same location which will also include the aid station. There are drinking fountains along the way and also a toilet close to the start and also another just metres before the 10km turn around point.

This will make for more of an atmosphere as runners will pass each other often very similar to our Semaphore courses.

A 7:00am start for all runners. with the start for all distances located at Harold and Cynthia Anderson Reserve, Seaview Road West Beach.

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.

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.

We will provide hand sanitiser and antibacterial wipes at the start/finish for all to use before and after your run.

You will need to use your mobile to check-in to our unique QR Code using the mySA GOV app. If you don't have a mobile or the app you will need to check-in with our volunteers and leave your name and contact number.

There is an 8 hour cut-off time for all distances. 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.

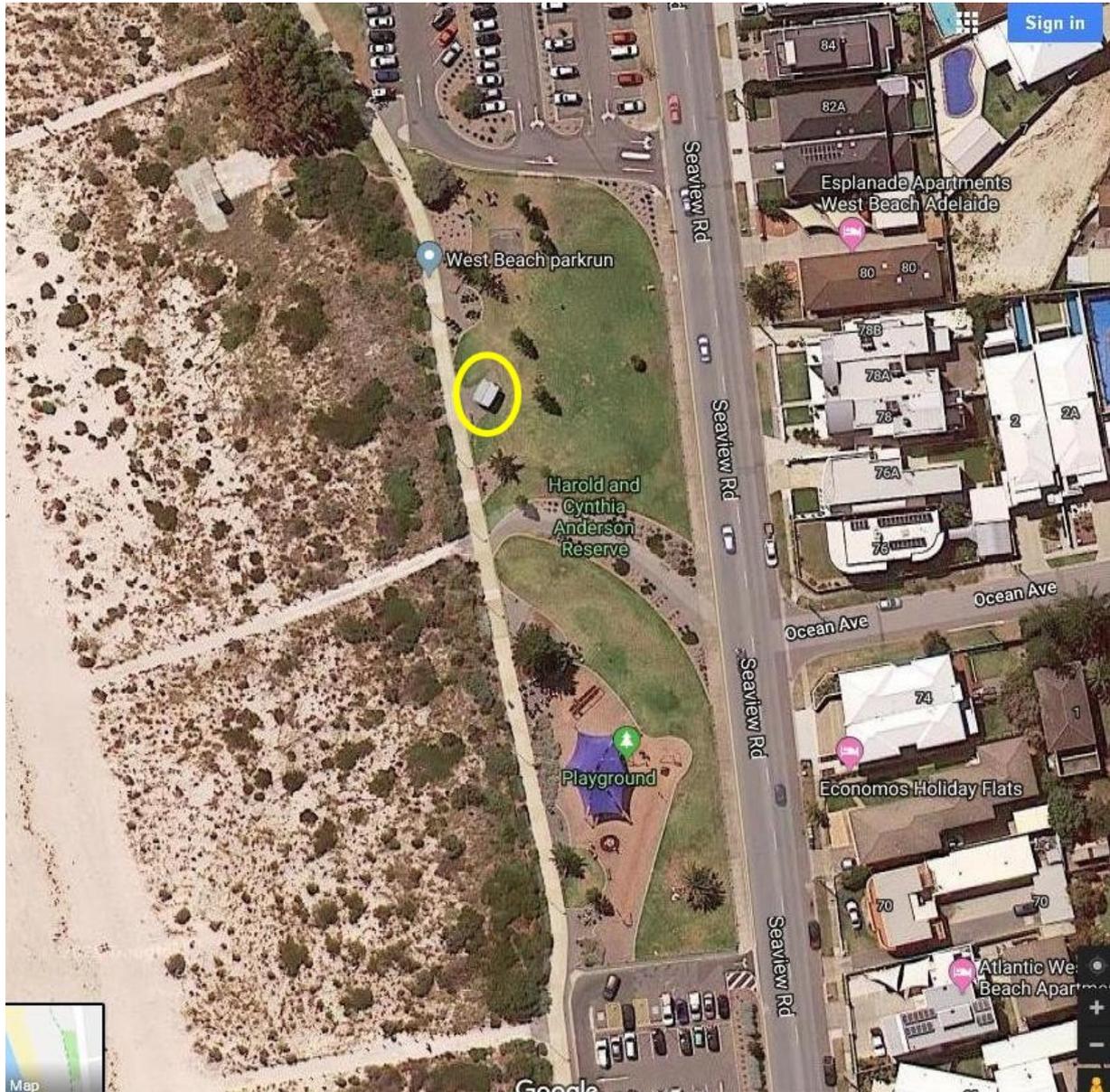
This is not a closed course so please be aware of all other users.

Entry>>

Registrations are online and will close Thurs June 10th at midday (unless noted otherwise).

The Start>>

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





Start/Finish

Schedule>>

Sun June 13th 2021

10km - 7:00am - \$20

21.1km - 7:00am - \$30

42.2km - 7:00am - \$35

Please arrive to check-in and have your name taken and collect your bib and pins at least 20-30 minutes prior to your distance starting time so you are ready for the race briefing.

Due to larger numbers for this event please try and arrive as early as possible to get your name checked, bib collected and be ready for the briefing as we need to start on time for all distances.

Check-in will open from 6:15am on the morning 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 the advertised start time.

**** Just an update effective from March 1st 2021. We are very low cost, low key with a heavy focus on the fun and enjoyment of running. We continue to remain as flexible as possible with most rules and regulations, but at the same time there is a need to add the following guidelines effective immediately. To keep some level of professionalism we need to set some fixed rules in place. All runners must start at the scheduled start time for all distances at all events.**

Any early starts are only allowable with good reason by prior arrangement with coastalfunruns at least 24 hours before the event start time.

You must also stay in the distance you nominated and registered for and cannot decide to drop back to a shorter distance or run a longer distance without prior arrangement with coastalfunruns at least 24 hours before the event start time. This ensures our medal count and bib allocation is correct for all distances and makes our volunteers work much easier including the recording of finish times as we currently use a manual timing system.

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 yellow 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 yellow 21 painted on the path. The 10km runners will turn at the first point where you will see a yellow 10 painted on the path.

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

Here is a link showing the full 10.55km course.

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



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.

Please be aware we are now cup free (a few cups will still be provided however)

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>>

At this stage there will be no award presentation for this particular event.

Bibs & Medals>>

EVERY finisher of EVERY distance at EVERY event 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 the Australian Cancer Research Foundation (ACRF) & Bravehearts.

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.

Theme>>

There is currently no theme for this event.

First Place Medals>>

At this stage there are no first place medals on offer in this event for either male or female. The event is all about participation and fun but we do however occasionally offer extra medals.

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 future coastalfunruns events.

Volunteers>>

We are still in need of volunteers for this event especially with timing if anyone is free? If anyone is available to take a few photos please also let us know.

Any other queries please call 0402 441 277

CHEERS THANKYOU AND ENJOY ☺

www.coastalfunruns.com

“RUNNING WITH PURPOSE”

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

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.

