

**HAPPY COASTAL
(RESERVOIR RUN)**

2022

Sun Feb 20th

#runhappy

*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 the Australian Cancer Research Foundation &
Bravehearts through our "running with purpose" ☺*



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.

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

Please stay home and do not attend if feeling unwell.

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 details

There is a 4 hour cut-off time for all distances up to and including the 21.1km. (Don't stress we will still wait if you take longer to complete the course)

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.



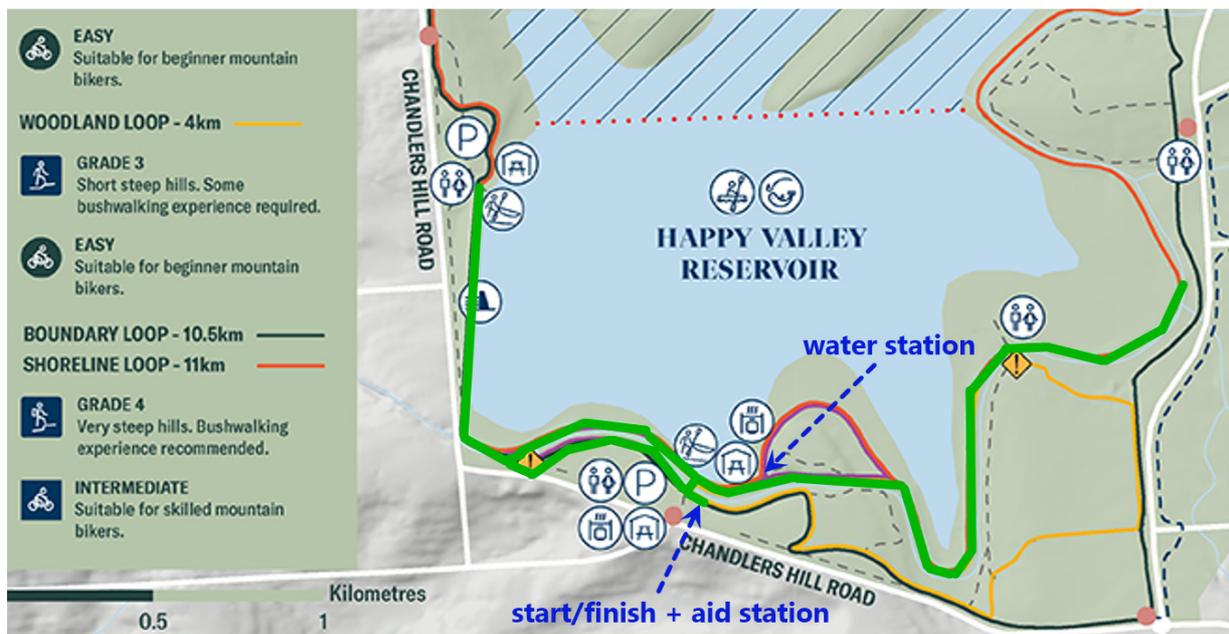
Entry>>

Registrations WILL close on Thurs Feb 3rd at noon. **(This has now been extended until 10:00pm Fri Feb 18th)** There will be no late entries on the day.

The Start>>

The start line and check-in for bib collection is situated just inside the southern entrance to the reservoir (off Chandlers Hill Road).

Access is via the carpark which is left off the roundabout connecting Kenihans Road to Chandlers Hill Road.



Start/Finish



The start/finish area

Schedule>>

7km 8:30am Start - \$15

14km 8:30am Start - \$20

21.1km 8:30am Start - \$30

ALL prices are "Earlybird" for all events (priced from \$15 - \$35 inc. race bib & finisher medal) but revert to "Standard" one month (one week for all future events) out from each event date (priced from \$20 - \$50 inc. race bib & finisher medal).

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 7:30am.

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

*****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.



We will have the permanent bib numbers available for this event for those who have chosen their number

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 course is a measured 7.04km loop.

Approximately 4km out and back to the east followed by a 3km out and back to the west. The course will be marked with pink ribbons tied to either trees or posts on the left hand side on the way out in both directions and purple witch hats (cones) will be placed at the 2 turn-around points.

The turn-around back at the completion of each loop for the 14km & 21.1km participants will be further explained by the Race Director at the briefing.

All runners run the same 7.04km loop. The 7km runners will run the course once. All other distances will run multiple loops of the course. (14km twice & 21.1km half marathon 3 times)

The second and third turn area back at the start/finish for those running multiple loops will be further explained at the race briefing.

Please ONLY run and stay on the actual event course with NO deviations during the run.

Here is a STRAVA link to the 7km reservoir loop ran about a week ago. It is an out and back in both directions.

<https://www.strava.com/activities/6659202801>

The GPX file for the course is also uploaded to our team BRAVERUNNER private Facebook group (the link is listed below)

Aid Station/Toilets/Water Taps>>

The aid station is located at the start/finish which you will pass approx every 7kms. We will provide water, powerade, coke, chips, lollies etc which will be handed out by our volunteers as you pass through the start/finish area.

Due to no water fountains on course there will be a drinks table at about the 4km mark just before the bridge as you head out west to complete the last 3 kms of the loop.

Toilets are also available at the start/finish area.

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

There is 600ml bottled water and also 10litre boxes of water.

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.

We are currently testing a new timing system so as you cross the finish line one volunteer will record your finish time with a race app and you will be handed a ticket from our second volunteer. Please hand this ticket to our third volunteer who will

record the ticket number against your name on the start list (this will be matched later with the race app to record your accurate finish time), and you will then receive your finisher medal.

Safety>>

Be mindful this is a shared path so please watch out for other walkers, runners, bikes etc and it is advised to keep left where possible.

Drop Bags>>

There will be an area at the start/finish 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 with 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.

Please DO NOT CROSS THE FINISH LINE MORE THAN ONCE as this may affect our timing.

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>>

Due to the nature of this event being low key we will not have the usual presentation.

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.



"coastalfunruns"
HAPPY COASTAL
(RESERVOIR RUN)
HAPPY VALLEY
2022
14km FINISHER
#endcancer
#protectkids

Braverunners

Theme>>

Theme for this event is “HAPPY” with the overall winner awarded the “HAPPY Theme” trophy to be chosen by our volunteers.



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 plenty of parking in the carpark near the reservoir entrance off Chandlers Hill Road.

Sponsors>>

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

Volunteers>>

We are still looking for volunteers for this event on any day to help with bibs, aid station, finisher medals and the all important timing.

"Happy Coastal" Facebook event page is here...

<https://www.facebook.com/events/324432396201727>

coastalfunruns "STRAVA" Club is here...

<https://www.strava.com/clubs/327098>

Facebook "team BRAVERUNNER" group is here...

<https://www.facebook.com/groups/406678329694875>

Any other queries please call 0402 441 277

CHEERS THANKYOU FOR YOUR SUPPORT AND ENJOY 😊

www.coastalfunruns.com

“RUNNING WITH PURPOSE”

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

WHAT SETS HAPPY VALLEY RESERVOIR APART

Capacity: 12.6 gigalitres (that's enough to fill 6,300 Olympic swimming pools]

The Happy Valley Reservoir was completed more than 120 years ago in 1897, making it one of our oldest reservoirs. In addition to water from its reserve, the reservoir receives water from Mount Bold Reservoir via the Clarendon Weir.

The Happy Valley Water Treatment plant, which treats much of Adelaide's drinking water, is located within the reservoir reserve – and you can see it easily from the water.

It is the largest of our two metropolitan based reservoirs, the other one being [Hope Valley](#) at just 2.9 gigalitres.