

Coastal GLOW RUN

Semaphore

Fri May 13th 2022



From multi-day events, 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.

There is a 3 hour cut-off time 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.

*****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 if possible.

If it can be sourced we will also provide hand sanitiser 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 details. ****NO LONGER REQUIRED**

Entry>>

Registrations WILL close on Wed May 11th at noon.

Registration has now been extended until Thurs May 12th at 10:00am.

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 300 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 200 metres SOUTH of the Semaphore Jetty.





Start/Finish

Schedule>>

Fri May 13th 2022

7:00pm - 5km GLOW RUN

Check-in will open from 6:00pm Fri 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 scheduled starting 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 or late 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.

Also no deviations from the actual event course during your run/walk.

The Course>>

You will start on the coastal walk/bike path in front of the new location (approx 200 metres south of the Semaphore Jetty) and head north and finish from the south onto the lawn between the yellow cones and banners.

The course basically is an out and back 2.50km (1.25km out 1.25km back) northern loop towards the Large Jetty (turn around point is opposite Hannay St Largs Bay) followed by an out and back 2.50km (1.25km out 1.25km back) southern loop (turn point is approx. 200 metres before Semaphore Surf Life Saving Club).



The course has been modified from our usual 5km Semaphore course with the start/finish now situated exactly at the half way point.

At both turn-around points there will be purple cones placed on the left hand side of the path along with white paint distance markers (#5) on the ground on the left hand

side of the path at those turn-around points. I will also tie some pink tape next to the turn-around points. The purple cones will have reflector tape on them as well.

The course is reasonably well lit but if not familiar with this coastal path please use a head lamp or torch for safety reasons. Hopefully there is enough glow to light the way?

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

On the southern loop the path splits into two for a few metres so 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).

*****THIS REDIRECTION IS NOW PERMANENT FROM BOTH DIRECTIONS AS OF THURS DEC 23 2021.***



Aid Station/Toilets/Water Taps>>

The aid station is located at the start/finish which you will pass as you head on the southern loop before returning to finish. Hydration & nutrition will be provided on the table.

Toilets are available at the start/finish area and also in both directions north & south.

There will be 600ml bottled water and also 10litre boxes of water available.

There are also several drinking fountains in each direction both north and south along the path.

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.

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 numbered 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.

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.

*****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 photo (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 but a trophy will be awarded before the start for our GLOW Theme.

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 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>>

We will have a "GLOW" theme for this event with 1 x trophy awarded (selected by our volunteers) to the person who best represents this theme. This will be awarded before race start.

First Place Medals>>

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 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.

Misc>>

Unfortunately Neville is unavailable to be present this year at the start dressed the part playing the bagpipes with some familiar tunes to send the runners off.

"Coastal GLOW RUN" Facebook event page is here...

<https://www.facebook.com/events/680048193322904>

coastalfunruns "STRAVA" Club is here...

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

Facebook "team BRAVERUNNER" group is here...

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

PS.. The Steam Train Kiosk about 150 metres north of our start/finish should be open late for any coffee or refreshments for competitors and/or volunteers and supporters throughout the event.

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.

