GRANGE COASTAL

- Grange

Sun March 12th 2023

A wear "GREEN" event

Proudly Backing

AUSTRALIAN CANCER RESEARCH FOUNDATION

Braveheorts

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" ☺

Welcome to the 7th year running of our popular Grange Coastal event held at Grange South Australia. The event this year includes the following options of 10km, 21.1km half marathon and the 42.2km full marathon (self supported after 10:00am).

Event Rules>>

Have fun...lots of fun!! #coastalfunruns.

There is an 3 hour cut-off time for all distances up to 21.1kms. Plenty of time so relax, run/walk well and see you at the finish safely.

The 42.195km marathon distance becomes self-supported ONLY after the last half marathoner has finished, or from 10:00am. Therefore there is no cut-off time for the full marathon and finisher medals will be handed out to those runners at the pre-race briefing. The marathon runners will need to provide their Strava or the like result showing "elapsed time" not moving time to be included in the results. (this is only for those finishing after the last half marathoner has finished)

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 March 9th 2023 at noon.

*****Please note registration has now been extended until Sat March 11th at 4:00pm, however all late registrations may receive a generic finisher medal.***

The Start>>

The start line and check-in is located on the "Grange Jetty Reserve" (see picture).

Start/Finish

Schedule>>

Sun March 12th 2023

- **10km - 7:00am - $20**
- **21.1km - 7:00am - $30**
- **42.2km - 7:00am - $35 (SELF SUPPORTED - only after the last half marathoner has finished, or from 10:00am - race bib & finisher medal handed out at start - no cut-off time)**

ALL prices are "Earlybird" for all events (priced from $15 - $35 inc. race bib & finisher medal).

Please arrive to check-in and have your name taken and collect your bib and pins at least 30 minutes prior to your distance starting time so you're ready for the race briefing at 6:45am SHARP.

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 (usually volunteer duties etc) 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.

For anyone running the 42.195km marathon distance you MUST record your time on Strava or the like and send to coastalfunruns, just in case the event becomes self supported before you finish. Failure to record your run may result in no time recorded on the results website.

The Course>>

The course is run along the coastal bike/walk path and starts on the path between the Grange Jetty Reserve and Grange Hotel (pic attached below).

The course is run entirely on the shared coastal bike/walk path. Some runners will do multiple laps of the course.

The course is a 7.033km loop starting at Grange and heading south before the turn-around point just before Ozone Reserve at West Beach. The turn-around point is opposite house number 47. The course heads south for approx 3.52kms before returning back another 3.52kms to the start. The marathon runners will run this course 6 times whilst the half marathon runners will run the course 3 times.

The 10km runners will run one complete 7.033km loop back to the finish followed by another 3km out and back loop to the finish. (1.5km out to the south and back 1.5km to the northern finish at Grange). The turn -around point is opposite house number 319 before you reach Henley Jetty.

For those running multiple laps you will pass the aid station approximately every 7kms.

Plenty of drinking fountains and toilets along the course with many places to stop for a quick coffee 😀

I've attached a STRAVA link below...

https://www.strava.com/activities/6789878590

The full course gpx file is also available upon request from the email address listed below.

There will be NO placed at the turn-around points. Instead 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, seat or post on the left hand side nearest as possible to the paint markers.

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

Aid Station/Toilets/Water Taps>>

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

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

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

Toilets are available at the start/finish area and also at numerous locations along the course.

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.

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.

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 (or on the table provided near the path) 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 photos for each distance before the race so please be ready when called over.

Presentation>>

There will be no award presentation for this event, however the theme trophy winners will be chosen by our volunteers and handed out at the pre race briefing both days.

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.

*****2022 pic - our medal ribbons will this year have the distance written numerous times on each side***

Theme>>

Theme for Sunday is "GREEN" with trophy awarded to the person who best represents this theme and voted on by our volunteers and runners.

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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 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

info@coastalfunruns.com

“RUNNING WITH PURPOSE”

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

Proudly supporting
AUSTRALIAN
CANCER
RESEARCH
FOUNDATION

Proudly
Supporting
Bravehearts inc.
Educate Empower Protect
Our Kids

Please thank our awesome volunteers when you get the opportunity for without freely giving of their valuable time we would not have any events.

"Grange Coastal" Facebook event page is here...
https://www.facebook.com/events/5801667856556258

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 Grange Jetty Cafe about 50 metres south of our start/finish should be open early (8:00am) for any coffee or refreshments for competitors and/or volunteers and supporters throughout the morning/early arvo.

#greenrun #weargreen #grangecoastal #gc2023 #coastalfunruns #enjoythejourney #runningwithpurpose #run4fun