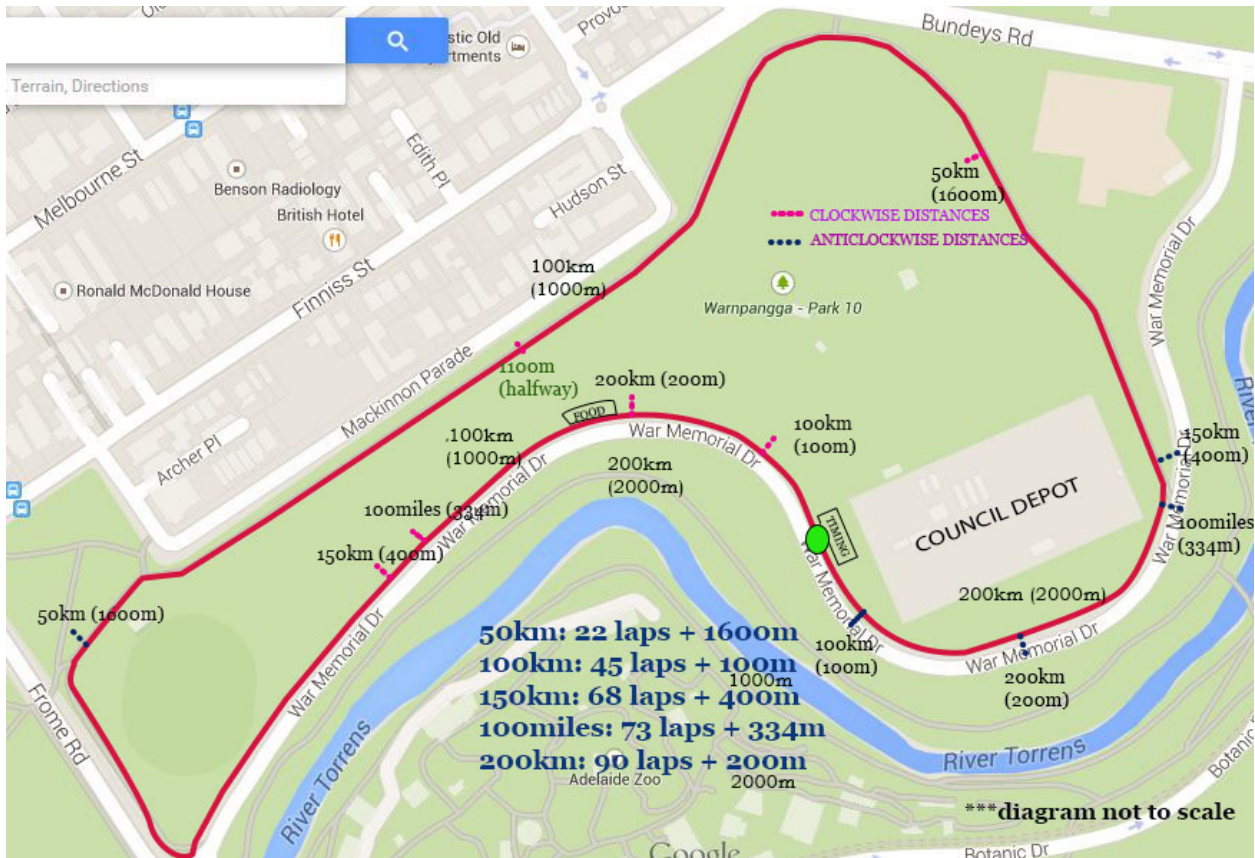


# ADELAIDE 6/12/24 HOUR FAQ



## 1. What kind of catering will be provided?

The event will supply all your general nutritional and hydration needs. All events will be supplied an assortment of sweet and savoury snacks such as sugar lollies, nuts and chips, but there will also be items such as sandwiches, cakes, brownies, and fruit. On the drinks front there will be water, sports drink and softdrink.

The 24 Hour runners will also have hot water available for coffee, as well as a pasta dinner and instant noodles.

Any other specialist food such as energy gels, energy drink (such as Hammer) and the like will need to be provided by the entrant.

## 2. Will I need a headtorch?

To be safe, yes. However many runners are able to run laps in the nighttime hours without a headtorch.

### **3. Will I need a crew or lapcounters?**

Providing your own crew for the 24 Hour is highly recommended. There will be First Aid on hand for the duration of the event but crews are great for providing specialist support for individual runners.

Lap counting will be done electronically so there is no need for runners to supply their own counters. However we have found in the past that lap counters have been useful to crosscheck electronic results, so if your crew is able to count laps then that is a bonus.

Up to date results will be via the TV screen at the Timing Area for the duration of the event.

### **4. What time do the events start?**

6 Hour: 6.00am Saturday July 8  
12 Hour: 6.00am Saturday July 8  
24 Hour: 10.00am Saturday July 8

All events start at the Timing Area. Each loop is a certified 2200m.

### **5. When do I receive my race number/timing chip?**

Bibs and timing chips, as well as merchandise, can be collected at the Timing Area from 3.00pm Friday July 7, and on Saturday July 8 from 5.00am.

### **6. Will there be shelter?**

Several marquees will be set up at the Food and Timing Areas which will provide shelter.

### **7. Will there be toilets and showers?**

There will be four portable toilets on course next to the Timing Area.

Showers are also available at the Grandstand which are only available after 6.00pm Saturday through to 11.00am Sunday (see map).

### **8. Will I have milestones recorded?**

All entrants will have their final distances recorded. **However if you wish to have any interim distances recorded (such as 50km, 100km etc) you must let Ben know by Thursday July 6.**

### **9. Can I have a pacer?**

In short, no. Pacers are prohibited by the IAU who provide the Bronze Label sanctioning (and therefore the rules) for the event.

However, after 6.00pm on Saturday July 11, the 24 Hour runners will be permitted to have an occasional friend or family member join them on laps for support only, **no pacing**. This person must run/walk on the grass on the inside of the track and all runners must be aware of not impeding the progress of other entrants on the track.

## **10. Where do I park?**

Parking is available for free along War Memorial Drive on the weekend.

If you plan on parking your car and staying overnight on the Friday night, be aware that the Adelaide Crows are playing down the road at Adelaide Oval from 7.20pm. Event parking restrictions may apply, but we will keep entrants up to speed on information from the Council, and if we are able to gain parking exemptions.

## **11. Is there accommodation nearby?**

For accommodation options near the race area you may want to consider:

[Adelaide Caravan Park](http://adelaidecaravanpark.com.au/) <http://adelaidecaravanpark.com.au/>

[Adelaide Meridien Hotel and Appts](http://www.adelaidemeridien.com.au/) <http://www.adelaidemeridien.com.au/>

[Majestic Minima](http://www.minimahotel.com.au/) <http://www.minimahotel.com.au/>

[Adelaide Royal Coach](http://www.royalcoach.com.au/) <http://www.royalcoach.com.au/>

[Hotel Old Adelaide](http://www.adelaideinn.com.au/) <http://www.adelaideinn.com.au/>

Remember the Uni Loop is no more than a fifteen minute drive from anywhere in North Adelaide or the Adelaide CBD.

If you have any further questions please do not hesitate to contact Ben [ben@yumigo.com.au](mailto:ben@yumigo.com.au)

Further to this, an event information handbook will be emailed out in the week prior to the event.