2017 COASTAL CHALLENGE

INFORMATION HANDBOOK

Welcome to the second attempt at the second official running of the SA Coastal Challenge 65km!

Originally an idea by Matt Angus, the SA Coastal Challenge gives runners the opportunity to run essentially the entire length of the metro Adelaide coastline. Most distance runners are familiar with the Adelaide Hills and their trails, but a lot less is known about running around the Coast.

South Australia has so much to offer runners, and the Coastal Challenge is a prime example of that.

This year the event still presents runners the choice of running along footpaths or the beach, there is generally no right or wrong path. However there will be spots along the beach where you will be directed up onto the footpath, and several locations where the course is very specific and runners will have no choice.

We will have over 100 runners at this year's event, so we thank you for your support! High tide will be around 7.00am which means you will still be able to enjoy some beach running, but it will be useful to know where the inland paths are in case any part of the beach is inaccessible. With the tide then receding you will have more beach to run on the longer the morning goes on. Weatherwise it is looking sunny with a forecast max of 18deg cel, a nice departure from the woolly weather we have been having.

Please read on for all of the event details.

Thanks, and see you this weekend!!

Ben

1.0 Event Details

Event Start Date: Sunday August 13
Location: Aldinga Bay Beach Driveway (Esplanade, near the end of Morgan St)
Copy and paste these co-ordinates into your Maps app:
https://goo.gl/maps/CnwBwxUCyWn

Check-in (including number collection) from: 6.00am
Race start: 7.00am

There is also a toilet at the Start.

1.01 Bus

Reservation for seats on the buses will be closing when entries close at midnight, Thursday August 10. For those who have booked, your departure time and location is below.
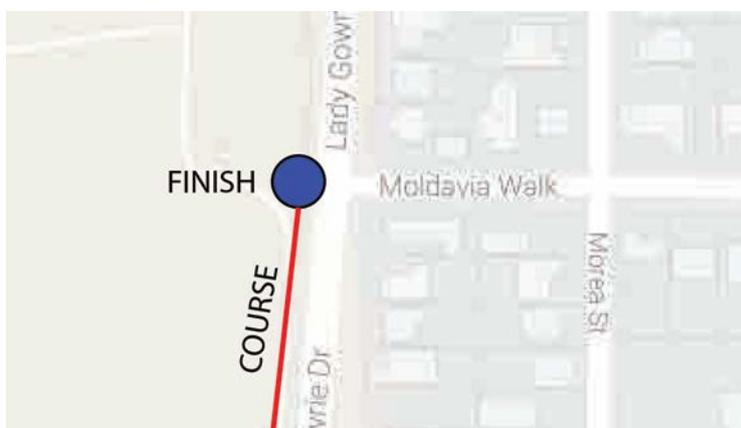
Please check the bus list on the event website to ensure you are listed. Notify Ben if not.

Bus arrives at the Finish at 5.15am for a 5.30am departure.

Finish Location: The park at the western end of Moldavia Walk (intersection wth Lady Gowrie Drive), Osborne
Copy and paste these co-ordinates into your Maps app:
https://goo.gl/maps/eLphd5pthex

Bus departs promptly so be sure you are at the designated pickup location well in advance.

2.0 The Course

Click here for the Course Maps
Also, the notes to accompany the maps

NB WHERE THE GREEN "RUNNING LINE" DISAPPEARS ON THE MAPS, THIS INDICATES A BEACH ONLY SECTION.

Event Cut-Off Time: Sunday August 13 7.00pm

Checkpoint Cutoffs
Enforced from CP4 (39km) onwards. Based on an average 12min/km to CP4 then ~9min48s/km thereafter:
Checkpoint 4 (39km): 2.45pm
Checkpoint 5 (46km): 4.00pm
Checkpoint 6 (52km): 5.00pm

Cutoffs will be strictly enforced for safety reasons. The Race Directors' decision is final.

2.01 Notes for street-only sections

As was the case last year there have been some changes made to the course to appease Council concerns, particularly around the use of the Marion Coastal Trail south of Hallett Cove Beach.

These sections will be marshalled at each junction. However we strongly recommend you print off the Course Notes.

NOTE it is important that you do not run on paths that have a "Wrong Way" sign before it. These signs are there for a reason; more often than not because we do not have permission to traverse those areas.

Please note that maps are not printed for collection on the day. It is up to the entrant to print their own maps.

3.0 Event Awards and Merchandise

The top three males and females will receive a special SA Coastal Challenge trophy each.

All finishers will receive a SA Coastal Challenge Finishers' Medal.

The shirts and singlets will arrive prior to race day, and will be handed out at check-in to those of you who have ordered one. It's not too late to order at www.yumigo-merch.com

Thanks as always to our merchandise supplier [Mekong](#)!

4.0 Suggested Gear

We highly recommend you carry all of the following as a minimum:

A 1.5L hydration bladder pack
Gels and other food for on the run
Sunscreen
Hat
Running lubricant
Bandaids
Your phone with Ben's number (0447 550 010)
The course maps and notes
Crepe bandage

5.0 Bag Drops

Gear drops will be available at the following locations:

Checkpoint 4: 39km
Finish

Bring your bags for these gear drops to the Start and they will be taken to your requested Checkpoints. Ensure your bags are labelled clearly!

6.0 Timing

This year timing will be done manually, with your time taken at the Finish.

7.0 Course Markers

The only markers that will be used on the day (primarily through the sections as detailed above) will be corflute red arrows on a white background. We will endeavor to make these as obvious as possible!

8.01 Safety

As you will be running through highly-populated areas and amongst people on the beach, it is imperative you run with safety in mind:

1. Use footpaths whenever running near roads
2. Cross roads with care – **all normal pedestrian rules apply**
3. Where footpaths are crowded always keep left and err on the side of being too courteous
4. When deciding which route to take, always take the safest option and the one you are most confident with
5. Do not run on paths which are signposted "Wrong Way"
6. Drink often
7. There are stretches where shelter is not immediately accessible. If the weather looks threatening always consider your options
8. Follow any other commonsense safety actions

8.02 <u>First Aid</u>

Thanks to Susan Stevens at First In Sports First Aid, a First Aid officer will be available at the following Checkpoints:

CP 2/3/4/5/Finish

There will also be a roving First Aid Officer between 11.00am and 5.00pm who will initially be stationed at CP 4 Kingston Park and will slowly make their way north towards the Finish.

If you find you need assistance during the event, inform Aid Station staff or call Ben direct.

If the emergency is life-threatening then call 000.

8.03 <u>Injury and Withdrawing</u>

You must notify Ben if you are withdrawing from the event.

If, as another entrant, you come across someone who requires assistance out on the course, you are obliged to render all help possible.

9.0 <u>Aid Stations</u>

Provided at Aid Stations will be the following food and drink offerings:

CP1
Water and sweets

CP2/3
Water/softdrink/energy drink
Ice
Sweets and fruit

CP 4/5/6 and Finish
Same as 2/3 plus sandwiches

10.0 <u>Photographers</u>

Karina of K Photography by Karina Cook will be our official event photographer. She will be out on course so keep an eye out for her!

Photos will then be available free of charge through the Yumigo! website, by the end of that week.

I think that's about it!

For any further details please contact Ben ben@yumigo.com.au 0447 550 010

Otherwise I wish you all the best on Sunday!