



Barossa Run

RACE BRIEFING

Welcome, everyone to the Barossa Run! Before we give the race briefing, I just want to thank you all for coming and choosing to be part of a GoodRunnings event. Thank you!

INTRODUCTION

Let me start with a few quick introductions. My name is Dawn. I'm the race director. Rob, who is at the turnaround, is the assistant race director and first aider.

There are a few other volunteers in today's gang. **Introduce the volunteers by name and role.** Let's give them a big round of applause.

Please remember: volunteers are absolute angels. These are people who willingly give up their free time to help you achieve your dreams. So, please, treat them with the respect and consideration they deserve – and, if you're thinking you'd like to one day volunteer, just let me know. We can always use a spare set of hands! Not to mention, there are some nifty perks to being a volunteer!

COURSE DESCRIPTION

Now let's move on to the main event – the course description. The course is what's known as an 'out and back, looped course'. It follows the Barossa Walking Trail along a 21.1km loop, with various turnaround points depending on your distance. Most distances only do one loop, but those running farther than a half marathon do more than one loop.

I'll first describe the course, then the aid.

Course:

Everyone starts here, at the start line, and runs slightly in that direction, to the turnaround cone. They run back and continue onwards to their turnaround point – which is marked with a cone, chalk, and a sign.

If your distance is 1km, you turn at the turnaround point marked '1km turnaround.' If your distance is 2.5km, you turn at the turnaround point marked '2.5km turnaround.' If your distance is 5km, you turn at the turnaround point marked '5km turnaround.' If your distance is 7.5km, you turn at the turnaround point marked '7.5km turnaround.' I think you get the gist – 10km'ers turn at the 10km turnaround, 15km'ers at the 15km, etc.

If it is NOT your distance's turnaround, don't turn. So, for example, if you see a 2.5km turnaround and you're not doing 2.5km, don't turn. Continue onwards until you hit your distance's turnaround.

I would like to repeat: All turnarounds are marked with a cone, a laminated sign, and chalk on the ground. The turnaround points also have a ribbon marking their spot in case the cones have moved.



Barossa Run

RACE BRIEFING

Start Times/Briefings

6am – Early starters, 63.3km

63.3km - You do three full loops, turning at the half marathon turnaround point. You start here, go to the small turnaround cone over there, come back, and continue onward until you get to the turnaround point of the full lap – about 10.55km in. It's at the end of the walking path - where it meets St Hallet Road. You'll know it's the turnaround because they'll be a bollard with a laminated sign (and chalk) AND A MARQUE. Turn around there, come back, and do your second full lap. When you've done a second full lap, do your third. Don't forget to do the short bit in the beginning of each loop.

7am – 50km

50km - You do two full loops, plus an extra bit. I'll describe the extra bit first, then the full loops. The extra loop is 7.8km – just enough to top your two full loops up to a marathon. You start here, go to the small turnaround cone over there, come back, and continue onward until you see a cone with a laminated sign (and chalk) declaring “50km, turn here – first lap only”. Turn there, come back and continue going until you hit the small turnaround cone. Then, go out and do your first full lap. To do that, follow the course until the end – where it meets St Hallet Road – and turn around. You'll know it's the turnaround because they'll be a bollard with a laminated sign (and chalk) AND A MARQUE. Turn around there, come back, and do your second (and final) full lap. Don't forget to do the short bit in the beginning of each loop.

8am – 42.195km, 30km

42.2km - You do two full loops, turning at the half marathon turnaround point. You start here, go to the small turnaround cone over there, come back, and continue onward until you get to the turnaround point of the full lap – about 10.55km in. It's at the end of the walking path - where it meets St Hallet Road. You'll know it's the turnaround because they'll be a bollard with a laminated sign (and chalk) AND A MARQUE. Turn around there, come back, and do your second (and final) full lap.

30km – You do two loops. The first loop will be a full loop. You start here, go to the small turnaround cone over there, come back, and continue onward until you get to the turnaround point of the full lap – about 10.55km in. It's at the end of the walking path - where it meets St Hallet Road. You'll know it's the turnaround because they'll be a bollard with a laminated sign (and chalk) AND A MARQUE. For the second loop, run until you hit the ‘30km, turn here, SECOND LOOP ONLY sign.’ Don't forget to do the short bit in the beginning of the second loop.

8:30am – 21.1km

21.1km - You do one full loop, turning at the half marathon turnaround point. You start here, go to the small turnaround cone over there, come back, and continue onward until you get to the turnaround point of the full lap – about 10.55km in. It's at the end of the walking path - where it meets St Hallet Road. You'll know it's the turnaround because they'll be a bollard with a laminated sign (and chalk) AND A MARQUE. Turn around there and come back, smiling through the finish line.

9am – 15km, 10km



Barossa Run

RACE BRIEFING

15km – You do a truncated loop. You start here, go to the small turnaround cone over there, come back, and continue onward until you get to the turnaround point – about 7.5km in. You'll know it's the turnaround point because it's marked by a cone with a laminated sign and chalk, declaring '15km, turn here'. Turn there and come back, smiling through the finish line.

10km - You do a truncated loop. You start here, go to the small turnaround cone over there, come back, and continue onward until you get to the turnaround point – about 5km in. You'll know it's the turnaround point because it's marked by a cone with a laminated sign and chalk, declaring '10km, turn here'. Turn there and come back, smiling through the finish line.

9:30am – 7.5km, 5km, 2.5km

7.5km - You do a truncated loop. You start here, go to the small turnaround cone over there, come back, and continue onward until you get to the turnaround point – about 3.75km in. You'll know it's the turnaround point because it's marked by a cone with a laminated sign and chalk, declaring '7.5km, turn here'. Turn there and come back, smiling through the finish line.

5km - You do a truncated loop. You start here, go to the small turnaround cone over there, come back, and continue onward until you get to the turnaround point – about 2.5km in. You'll know it's the turnaround point because it's marked by a cone with a laminated sign and chalk, declaring '5km, turn here'. Turn there and come back, smiling through the finish line.

2.5km - You do a truncated loop. You are one of the only two distances that do NOT do an extra bit in that direction. Instead, you start here and continue onward until you get to the turnaround point – about 1.25km in. You'll know it's the turnaround point because it's marked by a cone with a laminated sign and chalk, declaring '2.5km, turn here'. Turn there and come back, smiling through the finish line.

9:45am – 1km

1km - You do a truncated loop. You are one of the only two distances that do NOT do an extra bit in that direction. Instead, you start here and continue onward until you get to the turnaround point – about 500m in. You'll know it's the turnaround point because it's marked by a cone with a laminated sign and chalk, declaring '1km, turn here'. Turn there and come back, smiling through the finish line.

Things to Note (about the course)

The beginning of the course (once you turn the corner) runs alongside of the road for a bit, with a couple of side street road crossings. The side street road crossings are quite small, but please remember normal road rules apply – look both ways before you cross. When you run alongside the road for the first few kilometres, you will be *by the road* - sometimes separated by a barrier, sometimes by space. After that portion, the trail splinters from the road and enters into a lovely pathway amongst trees, vineyards, and even a creek.

It is a shared pathway, so remember to move to the side for cyclists and don't get mad at pedestrians who are in your path. Remember, they're sharing *their* path with *us*; not the other way

Barossa Run RACE BRIEFING

around. One of the reasons our events are so cheap is we don't reserve exclusive rights to the pathway.

Aid

The main aid station is here, at the start/finish line. It has plenty of lollies, snacks, water, soft drinks, and sports drink. In order to be mindful of germs, we ask that you ONLY grab the treats you want. Also, do NOT throw the rubbish onto the course. Please leave it in the rubbish bag at the aid station.

As for hydration, you were asked to bring your own cups and bottles. If you hold your cup/bottle open, our aid attendants can fill it for you. If you wish to pour your own drink, you MUST first use the provided hand sanitiser.

There are two other aid stations on course. One is near the 15km turnaround and one is near the 21.1km turnaround. The first aid station is unmanned; the second is manned. They also have water, snacks, and lollies. We request you use hand sanitiser before pouring any drinks and you only touch the lollies you wish to have.

Water is in the see-through container; powerade is in the blue container.

Toilet

The nearest toilet is right here, around the corner. There are no other nearby toilets on course.

FIRST AID/EMERGENCIES

This aid station also has first aid. I'm the first aid provider for this event. If you have a problem, just let me know. If you have an emergency, contact 000, then let myself or any other race marshal know. If, at any point, you're on the course and you need to alert me of something (for first aid or emergency needs), please call me. My number is 0412977006. It's on the sign there. Please store it in your phone.

SAFETY

We've already covered what to do in case of first aid or emergency. The other main safety concern is the sun. Though the weather is not ideal, it's still important to remind you to **use sunscreen**.

FINISH LINE & TIMING

Timing

Our current timing systems include a timing mat and a camera which takes timestamped photos of the finish line every second. For our systems to work at optimal level, we request some things of you – first, leave your bib uncovered and visible. If we can see your number, we can pull up the camera



Barossa Run

RACE BRIEFING

footage in case of a dispute. Also, **please return your bibs to us.** We have an RFID timing strip on each bib, which we will reuse. This helps us cut down on costs, which, in turn, enables us to provide you with a low-cost event; it also helps us be as environmentally-friendly as possible.

Regarding the timing mat: Don't be afraid to step on it. It's quite resilient. You won't hurt it.

Medals

There's a medal for everyone who ordered one up until Saturday. If you ordered a medal after Saturday, it'll be shipped out to you. If you chose not to purchase a medal, a completion certificate is ready for you. When you finish the race, a volunteer will check what you are to receive and hand it to you.

If you ordered a medal and paid to have it **inscribed with your finish time**, it is at the medal engraver's, who will inscribe it as soon as possible. We'll post it out to you as soon as it's ready. You'll typically hear from us in 1-3 weeks about how to receive it.

Results

Our results are typically published on the Facebook event page and the website within 1-3 days of the event. The first results published will be the preliminary results. Once they're published, you should get an email saying they're up. Once they're up, you're advised to check them and contact me within two days if there's anything you'd like me to take a further look into. Two days after the preliminary results are posted, the final results (with all updates) will be posted. No changes can be made after that point.

SPONSORS, PRIZES, & DONATIONS

Podium Prizes

We offer podium prizes. If you place 1st, 2nd, or 3rd in your distance, you will receive a podium certificate, recognising your achievement - and 1st place will be awarded a modest prize. You will receive the podium prize **on the podium**. After the 3rd place holder crosses the line, we will hold a small ceremony and formally present you with your awards.

If you finished in the top 3, you should hear from us. If you think you finished in the top 3 and we haven't told you, please check with us.

LOCAL SUPPORT



Barossa Run

RACE BRIEFING

Enjoy the Area & Support Local Businesses

We truly want you to **focus on having a weekend away** - or even a day out. I strongly urge you to not just experience this event, but to look at our “Things to Enjoy” pamphlet and choose a few that interest you. Go out, enjoy the community – and also enjoy the local businesses. There are plenty of businesses in the local area with tasty foods and treats, especially the Lord Lyndoch, which is mere metres from the start line – and one of our sponsors. Visit, treat yourself – and perhaps mention you came from this event. Doing so might encourage them to sponsor us in future years.

Donations

Final note - We're partnered with the Northern Adelaide Domestic Violence Services, to help improve the local community. The Northern Adelaide Domestic Violence Services is a branch of the Women's Safety Services SA; they focus on helping women & children rise above domestic violence and thrive. We received **\$45** in donations for them during registrations. Additionally, we allocate \$3-\$5 from every registration towards them - **\$3** for under-21.1km distances and **\$5** for over-21.1km distances. At time of writing, we have **120** registrations – **47** under 21.1km, **73** above. This results in **\$506** from registrations, plus the additional **\$45** raised during registrations, so we'll be donating **\$551**. We believe in accountability, so please keep your eye on the event page for the charity receipts.

That's a lot of information to take in, so please let me know if you have any further questions. Otherwise, it's a lovely day and a lovely course. I hope you enjoy the event!