

Good morning, City Runners!

Thank you for being part of the City Run. The City Run has a meaningful history for us at GoodRunnings. Not only has the event been 'running' (pun intended) for the last 8-9 years, but it's one of most atmospheric events, with plenty of joy, support, and, of course, sights! This event is an extra meaningful one on the GoodRunnings calendar, as it's being held in memory of one of our earliest supporters, Jacob Vennix. Jacob was a wonderful person with a big, loving heart who had loved supporting others. We're hoping this run can spread a bit more of his joy out into the world.

I imagine you have a few questions about the event, so read on to find the answers!

### **STARTING INFORMATION:**

Start Location & Parking: We have the same start location as last year - Karrawirra Park (also known as Red Gum Park). It's located at the Uni Footbridge, on the north side. If you get to the location, you'll easily see us - there are plenty of marquees.

**There is free parking in the area, available on a 'first come, first served' basis.** Alternatively, if you don't wish to deal with parking, the options of public transportation or being dropped off are recommended. It is only a short walk from the Adelaide Railway Station.

If you can't find the start, call me at 0412977006 and I'll hand my phone over to a lovely volunteer who won't mind giving directions. (Trust me, you'd prefer a volunteer's directions to mine, as I have an absolutely horrendous understanding of how to get anywhere)

#### Getting There:

##### By car:

If you're getting there by car, the best way to do so is to enter the "Adelaide University Footbridge" on Google maps and head there, staying on the street (note: do not drive into the park). You will end up taking War Memorial Drive to the park. Alternatively, you can park on the other side of the bridge, park there, and walk over the footbridge to the start.

##### By public transportation

Typically, when we give public transportation options, we give them to you from the starting point of the CBD. However, as this location is right near the CBD, that'd be fairly useless! Instead, we'll simply explain that the nearest train & tram stop is the Adelaide Railway Train & Tram stop, which is less than a kilometre from the start. There are also a fair amount of bus stops within walking range of the start. To find out the best public transportation route for you, check out google maps or <https://adelaidemetro.com.au/> for advice.

#### Start times\*

Early start #1	6:00
60km	6:00
Early start #2	7:00
50km	7:00
42.2km	8:00
30km	8:00*

21.1km	8:30
15km	9:00
10km	9:00
7.5km	9:30
5km	9:30*
2.5km	9:30
1km	9:30

\*Asterisked distances start a minute later than other distances in the wave.

Suggested arrival time: The race briefing will begin 15 minutes before your event's start time. Please ensure you arrive with enough time to collect your bib and be present for the briefing; I would recommend arriving at least 30 minutes prior to your distance's start time. You can leave your bags at the bag drop.

Same-day registration. We offer same-day registrations for those who are unable to register online. If you know of anyone who needs to use the same-day registration option, tell them to show up at least 40 minutes prior to their elected distance's start time to fill out the emergency contact form and event waiver. A same-day registration fee will apply.

Early starts An early start of either 6am or 7am is available for this event with prior notice. The only people who are scheduled to be in the early starts are those with either selected an early start during registration or emailed us since to request an early start. **If you wish to have an early start but have not registered for it, you MUST let us know prior to the event day. If you do start at the 'early start' time WITHOUT letting us know, your laps will not be recorded.** This is because the timing chip gets ignored by the reader until the programmed start time. So, please, if you wish to change to an early start, you must let us know. Also, please be aware that you must run under the same conditions as other competitors to be eligible for podium recognition. **Early starters** (and those who did not follow the course properly) **are not eligible for podium recognition. This means they will not be called to the podium, receive a placement medal, or be on the podium list.** (This rule does not apply if your distance's standard start time is held at the same time as the early start)

If you wish to get in touch with me before/during the race, **please store my number into your phone.** It is 0412977006.

## COURSE DESCRIPTION:

**Attached is a map of the course and the race briefing. We are following the 5km lap set last year.** This course consists of 5km loops along the Torrens River. All distances of more than 5km involve multiple loops, with distances less than 5km (the 2.5km and 1km) following a simple out-and-back pattern. The half marathon (21.1km) and full marathon (42.2km) courses also involve a little extra distance with a turnaround. The race briefing goes over the precise course for each distance.

All full laps start clockwise. All partial laps start counter-clockwise.

## FINISHER'S AWARDS & PODIUM PLACEMENTS

### Finisher's Awards

Anyone who completes a distance of 21.1km and above should receive a finisher's medal; additionally, anyone who completes a distance of less than 21.1km and chose to purchase a medal during registration should receive one.

Anyone who is not to receive a medal on the day will receive a finisher's certificate. Those who registered for a medal inscribed with their finish time will not receive it on the day; instead, they will get a finisher's certificate on the day and have the medal posted out to them.

#### Podium Placements

We will be recognising the 1st, 2nd, & 3rd place podium finishers (male & female) in each distance. The 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> male/female winners in standard distances will receive a podium medal; the 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> male/female winners in alternative distances will receive a podium certificate. Only children will receive podium recognition in the 1km.

**Reminder: You must follow the course and compete in the standard wave for your distance to be eligible for podium recognition.**

Standard distances are 5km, 10km, 21.1km, 42.2km, 50km, and 60km.

Alternative distances are 1km, 2.5km, 7.5km, 15km, and 30km - great distances for a unique challenge.

#### **Go local! MAKE A WEEKEND OUT OF IT**

At GoodRunnings, we firmly believe events don't need to be limited to just the hours spent running. Instead, you can make a day out of it - or a weekend. And the Adelaide CBD certainly has plenty to offer for a weekend! If you're looking for things to do, check out our **Things to Enjoy** pamphlet. It lists just a small sample of things you can do in the area - and showcases some amazing businesses!

#### **LOCAL CAUSES**

This run supports TWO local causes.

- 1) **Women's Safety Services SA**  
GoodRunnings proudly supports WSSSA & NADVS (Women's Safety Services SA & Northern Adelaide Domestic Violence Services), helping local women and children rise above domestic abuse and thrive. We donate \$3 from every 15km and under registration and \$5 from every 21.1km and over registration to WSSSA & NADVS. At the time of writing, we have [insert] registrants from 15km and under and [insert] registrants from 21.1km and over, totalling a donation amount of \$[insert]. We also received \$[insert] in donations upon registration, which brings the total to \$[insert]
- 2) **Guide Dogs SA/NT**  
Guide Dogs SA/NT has been added to this event in honour of Jacob. He and his wife's youngest son was born with a rare visual problem, which spurred Jacob to become involved - heavily - in Guide Dogs SA / NT. He ran City-Bay blindfolded to help raise funds for them, reaching over \$4,000. In his honour, we're donating \$1 per registration to Guide Dogs SA / NT, which is \$[insert].

## ENVIRONMENTALLY FRIENDLY

GoodRunnings is typically a “green” organisation, asking all runners to supply their own cups. We do not believe logistics would allow us to stand by that for this event. Instead, we are supplying ‘biocup’ compostable cups at the event, **which we request you throw into the compostable bag**. If you wish to bring your own cup/bottle to reduce waste even further, you can store it at the aid station. Participants are also invited to place any preferred supplies - gels, preferred hydration, etc - on the table allocated for it. Please write your name on any supplies you wish to leave at the table, to enable easier identification.

## IS ENGLISH NOT YOUR FIRST LANGUAGE?

We offer language help! We know that even strong English language users might struggle a bit with a noisy environment. **If you’d like to sign up for our ‘ESL’ race briefing, please let us know. We can give you a race briefing in a smaller setting, with simpler language.** Don’t worry - I am expert at explaining ideas to non-native speakers. (A literal expert, with an MA in TESOL and 20 years of experience). I can easily break down the briefing into simpler phrases, with one-on-one attention. Just let me know if you need it.

## ATTACHED POLICIES & OTHER INFORMATION

For your convenience, the ‘General Policies, Procedures, & FAQ’ manual is attached, as well as our ‘Anti-Harassment Policy’ and ‘Code of Conduct’. Please don’t hesitate to contact me if you have any questions - or if you feel uncomfortable with a participant/marshal’s behaviour, at or away from an event.

Don't hesitate to let me know if you have any further questions! I look forward to seeing you this weekend!

Sincerely,

Dawn Parks  
GoodRunnings Director