



# RACE BRIEFING

Thank you for being part of the City Run, our CBD-based run which passes many iconic 'Adelaide-ian' sites right in the heart of Adelaide. This year's City Run is extra-meaningful, as it's not only our nine year anniversary of this run, but it's being held in honour of one of our original supporters, Jacob Vennix. Jacob was a wonderful person with a big heart. We like to think this event is helping to continue spreading his joy through the world.

**THANK YOU SO MUCH** for being part of this event, supporting us, and helping us honour him in this way! Page | 1

Before I begin the briefing, I'd like to start on a personal note. As mentioned, this event is in honour of Jacob, so, I'd like to tell you a bit about him. Jacob was an incredibly lively, vibrant person. He threw himself into everything he loved. One thing he loved was fitness; another thing was sustainability. He was also probably one of the friendliest person you'd ever meet. I heard someone say that every person he ever met was his best friend and then seems about right. He was one of our earliest supporters – he was my sounding board for GoodRunnings at the very beginning, back when I was just contemplating starting it. He listened to ideas and gave his thoughts. Later, he became a member of our Advisory Committee, built the podiums, got a sponsor for our then-weekly plogs (and also our first Antsy event), and was one of the few people other than me who could ever claim to have race directed one of the events. He was also the inspiration behind our policy to always have vegan lollies and to use compostable cups. That was the type of person he was – passionate, energetic, caring (both about others and about the environment). Unfortunately, a couple of years ago, tragedy struck – he was on his honeymoon and was swimming in some bad current. I like to think that even though he's no longer around physically, the energy he put into the world still is. And that's why I wish to give each and every one of you a special thank you – by being at this event, you're helping to pass on his energy. Any time that you smile at each other, give each other motivation, or simply enjoy in the moment, you're helping to preserve a piece of his memory. So, thank you, very much, for doing that.

The second personal note is just introductions. As to myself, I'm Dawn. My official titles are 'event organiser' and 'race director'. Basically, I'm the one to go to if you have any questions or suggestions. Our assistant race director is Rob, who is also our first aid officer. He's the one to go to if you have any basic injuries.

We're fortunate enough to have several volunteers for this event. They're truly special, as, without them, the event wouldn't happen. Our volunteers include **[insert names]**. We want to thank the volunteers for their willingness to help out, giving up their free time to make this event a reality. Please welcome the volunteers whole-heartedly. And, 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.



# RACE BRIEFING

## Course:

This course is a **5km loop**. Each distance is made up of variations of the loop.

## Marking:

The course is marked with cones, laminated signs, and chalk. You'll see green arrows showing you where to go, red x's showing you where not to go, and cones with laminated signs telling you where to turn.

Page | 2

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

*\*Starts a minute later than the other distances in the wave*

*6:00am – Early starters #1, 60km*

*60km – 12 full laps*

*7:00am – Early starters #2, 50km*

*50km – 10 full laps*

*8:00am*

*42.2km – 8 full laps, one shortened lap*

*30km – 6 full laps\**

*8:30am – 21.1km*

*21.1km – 4 full laps, 1 shortened lap*

*9:00am – 15km, 10km*

*15km – 3 full laps*

*10km – 2 full laps*

*9:30am – 7.5km*

*7.5km – 1 full lap, 1 shortened lap*

*5km – 1 full lap*

*2.5km – 1 shortened (2.5km) lap*

*1km – 1 shortened (1km) lap*

Let me tell you about the full loop, then the shortened loops. [Note: Use maps to illustrate] One thing you should remember about the full loop is that you should always have the river on your left hand side (except when doing a 60m turnaround). The full loop starts here and heads west/ANTI-clockwise, towards the Oval Footbridge (and the Weir). The Oval Footbridge is what I call the shiny pedestrian bridge that connects the Oval to the rail station. When you hit the Oval



# RACE BRIEFING

Footbridge, you'll run under the bridge and then take the ramp up so that you will cross at the bridge. Once you cross the bridge, you run down the stairs and turn right, remaining on an anti-clockwise path. You continue in that direction until you hit the "Disco Bridge" (the Sir Douglas Nicholls Bridge). This bridge is easy to spot, as it's the only bridge that is on level with the footpath. **DO NOT CROSS THE WEIR BRIDGE UNTIL YOU HAVE DONE AN EXTRA BIT – ABOUT 60m – UP THE PATH. DO THE EXTRA BIT EVERY LAP.** As an added motivation to get you to do the 60m turnaround, we have put a water drop at the turn. Even if you don't want water, you should do that bit, as the distance is included in the loop. Once you've done the extra bit, cross the bridge and continue running in an anti-clockwise direction, keeping the river on your left. From there, it'll be just over a kilometre until you return back here. Once you're back, cross over the timing mat. **Make sure you cross the timing mat for each lap.**

Page | 3

Follow all chalk markings and arrows. If you're ever uncertain of where to go on the loop, just remember – while on the full loop, the **river is always on the left** (except when coming back on the dirt road or doing a partial lap). So, follow course markings, keep the river on the left and return here each at the end of each loop.

Other things to note about the course:

- Only turnaround at signs that mention your distance. So, if you see a sign saying '2.5km & 7.5km turn here' and you're not doing 2.5km or 7.5km, don't turn. Just keep going.
- Please follow all standard road rules – stay to the left and be respectful of the shared path.
- This is not 'choose your own adventure'. We expect you to follow the course.

## Toilets

The nearest toilets are right here. There are also toilets at Par 3 and a few others along the path.

## Aid

### HYDRATION

The aid station is here, at the start/finish line. It has plenty of lollies, snacks, water, soft drinks, and sports drink. If you brought your own cups and bottles, you can leave them at the aid station or carry them with you. You can also leave any special foods or drinks on the 'runners' table.

**If you are a vegan, we do have vegan lollies you can eat.**

**All of our cups are compostable. Please make sure they go in the compostable bag.**

**Please do NOT throw the rubbish onto the trail.** Please leave it in the rubbish bag at the aid station.

### FIRST AID/EMERGENCIES



# RACE BRIEFING

This aid station also has first aid. Rob is the first aid provider for this event. If you have a problem, just let him know. If you have an emergency, contact 000, then let myself or any other race marshal know. My number is on the sign there. Please store it in your phone in case you need to contact me.

In order for us to obtain an event permit, we have to fill out an extensive safety plan for all **emergency situations**. It is too extensive to explain each one, BUT, if you ever see a race marshal on the course in a yellow high-vis vest, please stop what you are doing and immediately listen.

Page | 4

## 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, put the bib which has the timing chip on the front of your body. Some of you have asked for a 2<sup>nd</sup>, chip-free bib as a souvenir. Don NOT put that one in front. Second, leave your chipped bib uncovered and visible. It should also be fastened on all 4 sides to prevent flapping. If we can see your number, we can pull up the camera footage in case of a dispute.

I need to repeat this, as it's important. **The bib should be on your front, fully visible, and not flapping. That's the rule. You can choose to ignore the rule, but you do so at your own risk.**

Improperly worn bibs are more likely not to get picked up by the timing mat. If the timing mat doesn't pick up your bib, we will go through video footage. **If we have to go through video footage to verify your time and we discover that you were not wearing your bib correctly, you will be DQ'ed.**

When you have finished the race, 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 turns, enables us to provide you with a low-cost event.

Please go directly over the timing mat. The timing mat might not record you if you go to the side of it.

### Medals

There's a medal for everyone who ordered one. If you chose not to purchase a medal, a completion certificate is ready for you.

When you finish the race, please hand your bib to the volunteer and he/she will provide you with your certificate or medal.

If you ordered a medal and paid to have it **inscribed with your finish time**, the medal 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.

### Podium Presentation



# RACE BRIEFING

We recognise the top three male, female, and non-binary runners of each distance with a podium ceremony. If you're part of the podium ceremony, you will receive a podium certificate, recognising your achievement, and a prize (depending on the number of entrants in your distance). Please stay around for the podium ceremony – whether you won a prize or 'merely' wish to support the winners!

Page | 5

Also, in terms of medals, we have 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place medals for all **standard** distances – 5km, 10km, 21.1km, 42.2km, 50km, and 60km. The other distances have podium certificates. This includes 1km, 2.5km, 7.5km, 15km, and 30km.

**Please remember that it is a condition of 'podium recognition' that you do the course under the same conditions as the other competitors.** If you do not start in the standard wave OR you do not follow the prescribed course, you are not eligible for podium recognition. Those who are not eligible for podium recognition will not be eligible for the podium presentation, a placement medal, or their name on the podium sheet.

## Results

The preliminary results are usually posted in 1-3 days from the event – typically anywhere from today until Wednesday. They'll be posted on the event page and the website. Additionally, an email is typically sent out to all participants stating the results are posted. Once they're posted, you have three days to check the preliminary results and contact us with any aspect with that you have questions on. We can pull up the footage and check your time, if necessary. After those days have passed, we'll publish the final results. Once they're published, no amendments are possible – so please ensure you contact us before the results become finalised if you have any questions.

## 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].



# RACE BRIEFING

That's a bunch of information to take in, so please let me know if you have any questions!

Otherwise, it's a great course and a great day, so I hope you enjoy your run!