

Competitors Booklet

SARRC's Clare Valley runs feature out and back 5km, 10 km and half marathon (21.1 km) events starting on the Riesling Trail on Station Rd and finishing at the beautiful Clare Oval. SARRC's Clare Valley event run is a great way to start or continue the running year for the whole family, and offers the first of several SARRC Half Marathon events for the year. The Clare Valley Running Festival events are (normally) the first of three events that comprise the Triple Crown. (People who complete all 3 at the ClareValley event, in the Greenbelt event, and the McLaren Vale event qualify. The course passes through some of most beautiful countryside you can see in SA, and is kept in tip top condition by the local Riesling Trail volunteer group. We have kids run too, run inside the Clare Oval for safety. Our 2021 Race Directors are Allan Mayfield, a well known Clare personality, and Jeremy Zieseniss, from Adelaide.

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EVENT ENTRY COSTS

Fee Structure	Super Early Bird (Until 01/02/21)	Early Bird (Until 15/03/21)	General (Until 14/04/21)
5K – General (18+)	\$28.00	\$34.00	\$40.00
5K – Members Fee (18+)	\$22.40	\$27.20	\$32.00
5K – Youth (12-17yrs)	\$22.40	\$27.20	\$32.00
5K – Under 12 (5-11yrs)	\$16.80	\$20.40	\$24.00
10K – General (18+)	\$42.00	\$51.00	\$60.00
10K – Members Fee (18+)	\$33.60	\$40.80	\$48.00
10K – Youth (12-17yrs)	\$33.60	\$40.80	\$48.00
Half Marathon – General (18+)	\$56.00	\$68.00	\$80.00
Half Marathon – Members Fee	\$44.80	\$54.40	\$64.00
Half Marathon – Youth (15-17yrs)	\$44.80	\$54.40	\$64.00
Kids Fun Run	FREE	FREE	FREE

NOTE: Members usually get 20% Discount off General Fees on all events
Online Entries Close at 11:59pm on Wednesday the 14/04/21
Late Entries at Bib Pickup or on Race Day incur a \$10 Late Entry Fee

How to enter:

Enter from the SARRC website, which has a tab to registration.
 The kids' run is free; entry to this will be managed on the day.

Event Schedule

Friday

12:00pm till 5:00pm BIB collection from SARRC Office – 467 Morphett St Adelaide

Saturday afternoon

2:00pm till 4:00pm: BIB collection from Clare Valley Visitor Information Centre.

Sunday

6:40am: Bib collection from Clare Oval

8:00am: 21.1 km START

8:30am: 10 km START

8:50 am: 5 km START

9:00am: Kids run registration & Bib Collection (FREE)

9:30am: Winners presentations

10:00 am: Kids Run (immediately after presentations to winners)

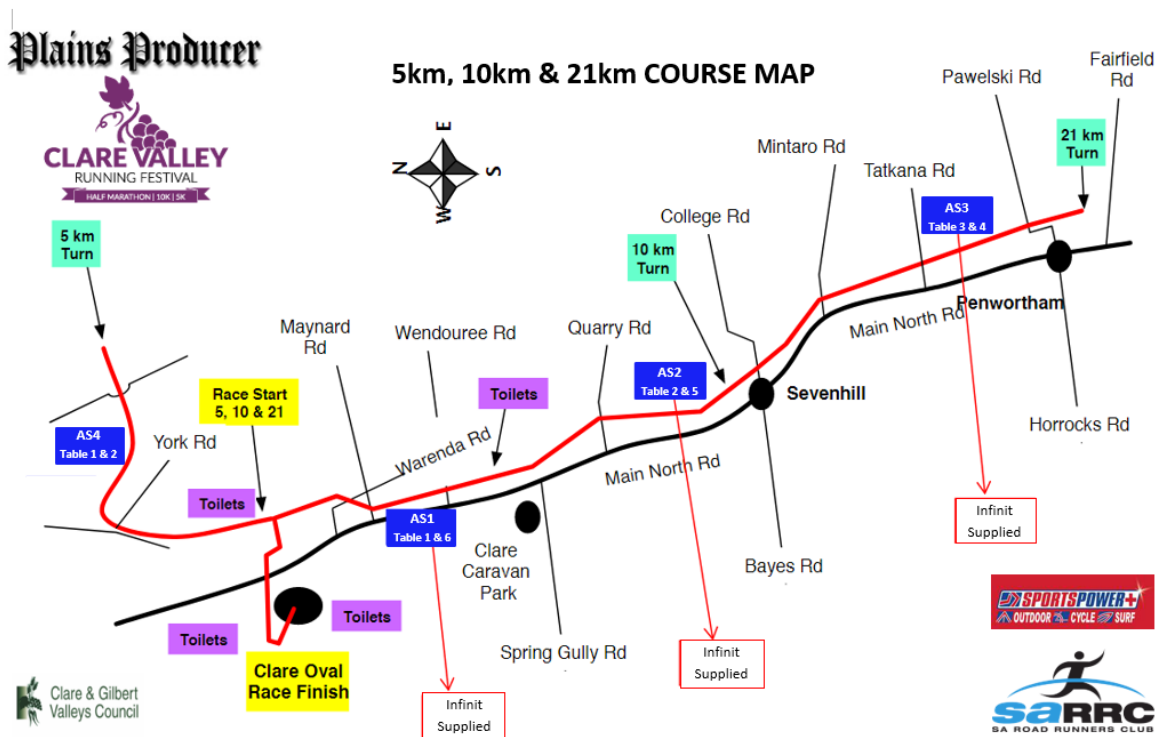
10:15am: 5Km Age Category Awards

10:20am: 10Km Age Category Awards

10:25am: 21.1Km Age Category Awards

11.00am: Course closure

The Course Map



Reminder:

Please remember that you will be running on a public path, so you may encounter Sunday walkers and cyclists (not to mention wildlife). Please be polite in the tradition of friendly running and sharing.

Keep left, for your safety and the safety of others, especially as you near turn around points and on your way back.

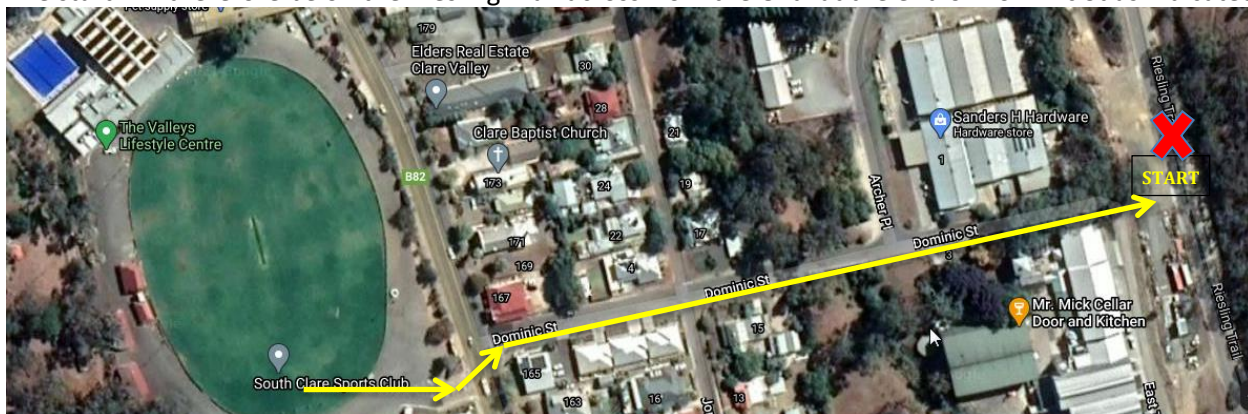
There are 3 runs today (a 21.1 k, a 10k and a 5k), so you may encounter other distance lead cyclists with fast runners close behind. Keep left and follow their instructions.

The Marshalls and traffic management staff are there to look after your safety. Please follow their instructions at all times.

We will have First Aid officers. They are there to look after you. Please follow their instructions at all times.

The Start Area

Due to COVID Wave starts, we are not able to start on the Oval due to traffic considerations crossing Main Rd. The start will therefore be on the Riesling Trail across from the Oval at the end of Dominic St as indicated below.



Please make your way from the Oval to the start 10 minutes before your start time.

Note: Dominic St and Station Road will be closed for the duration of the event.

The Finish area

Please note that some parts of this layout, as shown in the map below may be changed for ease of setting up and to cater for sponsor requirements. There is no parking allowed on the grassed areas.



Bib placement.

Please correctly attach your bib. Your bib must be positioned at waist height and not covered. The timing sensor is in the mat under the Arch, and if your bib is too high or covered, it won't be detected and you won't get a correct time.

Why is bib placement important? (And other race bib matters)

1. Electronic Transponder Timing will be used to record your race times.
2. You have been allocated a race number bib and it has an electronic timing tag on the back linked to you and the race you have entered.
3. Before you start you must notify Timing Officials if any of your entry information needs changing e.g. you are changing races. You can find your entry information by checking the online results page on the SARRC website a few days before your event and also on the Entry Details boards when you collect your bib
4. Do not use someone else's number bib as this will produce false results for everyone.
5. Attach the bib at WAIST HEIGHT (NOT chest!) to the OUTSIDE FRONT of whatever you will be wearing. Do not bend or fold the tag or tamper with it.
6. You must start at the correct time for your race or you may be disqualified.
7. Your time and number will be recorded when you pass timing points provided your race number bib is visible. Covering it with your hands as you operate a watch, a nutrition belt, clothing or anything else will prevent it recording, so all of these must be HIGHER than the bib.
8. Race number bibs are disposable & do not need to be returned.
9. Please notify Timing Officials at the finish line if you think your online results are not correct or if anything happened that will affect your results, eg:
 - a. if you cut the course short (for example by skipping a lap or taking a shortcut).

- b. if you pulled out of your race before finishing.
 - c. if you lost your race number bib during the race
10. Both gun and net times and positions will be shown in the results.
11. After finish line video has been uploaded, re-visit the online results page to get a link to your finish moment

Pre-event briefings

Pre-race briefings will include information recognising our wonderful sponsors and to help make the event safe for you. They will also include course information to help you in your participation.

Drink Stations

There will be drink stations with water and sunscreen on the course at about 1.5k and 3k on the 5 km course, and at about 3,5,7,9 13, 17 and 19 on the 10 k and 21.1 k courses. Water and Sports drinks will be available at the start / finish area when you finish, and at the 21.1 k drink stations. Have a safe and enjoyable run. Don't drink too little and risk dehydration, and don't drink too much and risk hyponatremia,

Clothing

What you wear is up to you (unless it's offensive). We do suggest you try out your intended gear in training runs, especially if you are taking part in one of our longer events. Chafing is not desirable. If it's hot a cap or hat is recommended and pouring water over it helps your cooling.

Volunteers

As usual we will rely on volunteers to help you with bib collection, at the finish area, and out on the course. (Other volunteers will have worked to organise the event (under the Race Directors supervision) and to set up the course). These people are there to support you. You can increase their enjoyment with friendly comments, just as they will support you with encouragement, smiles, as well as pointing the way or giving you a drink. Please show your appreciation. It will make their day. We want them to leave our event thinking they have done a good thing, and ready to come back and support you next time.

Course measurement and Timing

All SARRC event courses are measured to international standards. We use electronic timing, supplied by Malcolm Robertson's Event Strategies Company. The basis for timing is that our events start at gun time and placegetters are determined from gun time, in accordance with the requirements of the International Association of Athletics Federations) rule 165 part 24, and our own SARRC "Good Sports" policy. Age group medals are based on elapsed time (the time when your chip goes over the start line until it passes over the finish line).

(NOTE: Due to COVID and the use of wave starts, until further notice, ALL times will be measured on Elapsed time and not Gun Time)

Special drinks

There are no provisions for Special Drinks at the Clare Valley Running Festival.

Post Race

All food, which is distributed from a marquee and tables close to the finish line, is donated by sponsors and is limited to participants. We aim at two pieces per athlete.

Please remember that there still may be competitors starting or finishing their events well after you roar over the finish line. Stay off the course please.

Medals

- We pre-order medals, and you will receive a finisher medal unless we run out. (We expect to have pre-ordered enough, but can't guarantee this for later finishers).
- If you were in the first three male or female finishers in either the 5k or 10k your achievement will be recognised at our awards ceremony.
- If you place in your ten-year age category you will receive an additional award at the Age Category awards ceremony.
- Our Morphett St office has several boxes of old unclaimed medals and awards and we are running out of room. We appreciate that you may have to go before our awards ceremonies but be warned: we will attempt

to contact you if your award is not collected on the day, but will only keep uncollected awards till the next SARRC event. After that we will dispose of them.

Photography

We hope to have photographers out on the course, so if you want a great picture smile and keep a look out! These will be uploaded to our Facebook page and will be available for download after the event. Obviously, your friends are welcome to take their own pictures.

Toilets

There are toilets at the Lifestyle Centre, near the Tennis Courts, and in The Lions Club Reserve. Additionally, there will be 2 toilets situated at the Start Line and one toilet at the Tim Adams Winery (situated at about the 3km mark on the 10km and 21.1k course. There will be signposts directing you to toilets.

Bag Drop

We will have a bag drop area, but please understand that we can take no responsibility for loss. Please mark your bag with your race number and name and make it sufficiently different that you will recognise it easily.

Post Race refreshments

SARRC will provide event participants with fruit, water, electrolyte drinks etc. at the finish. Tea and Coffee will be supplied by the Lifestyle centre and will be available in their canteen.

Looking after children

We know that many of our participants have children to think of. We are working to ensure our volunteers have Child Safety Clearances, and we will organize the Kids' run within the Clare Oval area, but parents remain responsible for their children. Please don't let them out of your sight, remembering, for example, that we are near a main road and that some participants (and children) move really fast. Children are adventurous, inquisitive and lively. We want them to be safe.

Triple Crown

The Plains Presenter Clare event is the first of three events in which you can score points toward the SARRC Triple Crown. (The others are the Greenbelt events and the McLaren Vale events). Details of Triple Crown arrangements can be found on our website (SARRC/org.au/triple-crown-2021).

Sponsors

Our major sponsors for the Clare events are the Plains Presenter and Sportitude. These are all great companies, and we recommend them to you. We will have more to say about them on the day!

Course closure

We must consider course closure time because of demands on volunteers, many of whom arrive well before participants, allowing public access to the Riesling Trail, SAPOL needs, and the like. For this event we will close the course at 11.00, or when the last Competitor finishes if s/he finishes before then, although if you are in sight and looking healthy we will be flexible and wait. We want you to achieve!

Pets

No animals, other than recognised mobility animals approved by the Race Directors, are allowed due to the confined course space for the competitors, high speed cycling (the lead cyclists for each distance have to stay ahead of the first competitors and warn people of their approach) and because of the potential crowd size.

Parking

There is limited parking within the Clare Oval area, and you may be able to park in surrounding streets. There is no parking allowed on the grassed oval areas (other than for vehicles required to run the event).

Feedback

SARRC wants to make its events as great as possible, and if you have ideas on what we should do more have, less of, or differently in 2021 we want to hear from you. Please email your feedback to our office email, and it will be passed on for consideration at our events committee meetings.

FAQ's

We will add to this booklet online and for next year, as we receive questions. Answers to those we have received so far are:

Is there a bus from the finish to the start?

The start and finish are both at or near the Clare Oval, so there is no need for a bus.

Are there showers available after the run (Our accommodation checkout time allow us to go back for a shower before driving back to Adelaide).

There are some showers at the Clare Lifestyle Centre alongside the Oval.

You could ask your accommodation hosts to allow you to return for a shower, given this is a community event.

Is there a Kids Run?

Yes, the 1Km (approx.) Kids run kicks off at 10am. Please head to the Late Entry tent and register your child/ren anytime between 8.30am and 9.50am. They will receive a participant Bib and on conclusion of the event will receive a medal and participation certificate.