



SA Road Runners' Dolphin Run 2020

Competitors Booklet

9th February 2020

SARRC's Dolphin run is an out and back 5 or 10 k event starting from and finishing at Point Malcolm reserve. It goes from there along the Coast Park walking / running and biking trail. SARRC's Dolphin run is a great way to start the running year for the whole family! And you really might see dolphins! We have a kids run too, and there is a children's playground adjacent the Point Malcolm Reserve.

Index:	Item
Page.	
2.	Event Entry costs:
2.	How to enter:
3.	Event Schedule
3.	Course maps and information
3.	A reminder (re use of the public paths and others
4.	Start / Finish area map
4.	Bib Placement
4.	Why is bib placement important? (and other race bib matters)
5.	Pre-event briefings
5.	Drink Stations
5.	Clothing
5.	Volunteers
5.	Course measurement and Timing
5.	Special Drinks
5.	Post race
5.	Medals
6.	Photography
6.	Toilets
6.	Bag Drop
6.	Post Race refreshments
6.	Looking After Children

- 6. Sponsors
- 6. Course closure
- 6. Pets / animals
- 6. Parking
- 6. Bike compound
- 6. Bike compound
- 7. Feedback
- 7. FAQs

EVENT ENTRY COSTS

Fee Structure	Christmas Super Early Bird Special (Until 24/12/2019)	Super Early Bird (Until 19/01/20)	Early Bird (Until 26/01/20)	General (From 27/01/20 – Close)
5K – General (18+)	–	\$28.00	\$34.00	\$40.00
5K – Members Fee (18+)	\$19.60	\$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+)	\$29.40	\$33.60	\$40.80	\$48.00
10K – Youth (12-17yrs)	–	\$33.60	\$40.80	\$48.00
Kids Fun Run	–	FREE	FREE	FREE

SARRC members get a 20% discount.

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

- 6 am: Volunteers arrive; course setup
- 7.00am: Bib collection
- 8:00am: 10km START
- 8:10am: 5 km START
- 9:00am: Winners presentations
- 9:15am: Kids run registration and event (immediately after presentations to winners)
- 9:30am: Age Category Awards
- 10.10 : Course closure

Course maps and information:



Reminder:

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

Keep left, for your safety and the safety of others.

There are 2 runs today (a 5k and a 10k), so you may encounter a lead cyclist 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 Finish area



Please note that some parts of this layout may be changed for ease of setting up. There is no parking allowed on the grassed areas (other than the Timing Van)

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 eg you are changing races. You can find your entry information by checking the online results page a few days before your event and also 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

We will give you pre-race briefings. These will include information to recognise our wonderful sponsors and to help make the event safe for you. They also include course information that will help you in your participation.

Drink Stations

There will be drink stations with water and sunscreen just after 2km mark going out, and just over 2km from the finish on the way back. Water and Sports drinks will be available at the start / finish area when you finish. Most importantly, it is a great spring morning, ideal for smashing that PB. Have a safe and enjoyable run.

Clothing

What you wear is up to you (unless its offensive). We do suggest you try out your intended gear in training runs. Chafing is not desirable. If it's hot a cap or hat is recommended, and pouring water over it helps you 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 Director's supervision) and to set up the course). These people are there to support you (we will give them a free coffee or cold drink etc., but that is pretty basic recognition). 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 some more.

Course measurement and Timing

All SARRC event courses are measured to international standards. Our marathon and half marathon events are measured to AIMS standards and certified so that times from these events can be used to qualify for international events. The Dolphin Run courses have been carefully measured. We also use electronic timing, courtesy of Malcolm Robertson's Event Strategies Company. The basis for timing is that our events start at 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.

Special drinks

There are no provisions for special drinks for this event.

Post Race

Make sure you take only your share of refreshment food, all food is donated by some small sponsors and is limited to participants.

Make sure you are aware 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 as you finish unless you entered so late that we could not order for you. (We expect to have pre-ordered enough).
- If you place in your ten-year age category you will receive an additional award at the awards ceremonies.
- 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.
- 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 keep uncollected awards for two weeks only. After that we will dispose of them.

Photography

We will have a photographer out on the course, so if you want a great picture smile and keep a look out! These will be available for purchase via the SARRC website after the event. Obviously your friends are welcome to take their own pictures.

Toilets

There are three public toilets at the Life Saving Club. Additionally we have hired toilets for your use. These will be situated at Point Malcolm reserve and there will be a signpost directing you to them.

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.

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 Point Malcolm reserve area, but parents remain responsible for their children. Please don't let them out of your sight, remembering, for example, that we are near the sea, and that some participants (and children) move really fast. Children are adventurous, inquisitive and lively. We want them to be safe.

Sponsors

Our major sponsors for the Dolphin run are Joggers World and Utonics. JW has its shop on Pirie St and has supported SARRC events for years. It is able to supply all your sports needs, from top (hats) to toe (shoes and sox). UTONIC has its own website, which states that its drinks are made with targeted nutrients and concentrated whole foods to support specific functions in everyday life, helping you transform the way you feel. Try their products after you finish so you recover faster.

Course closure

We have to consider course closure time because of demands on volunteers, many of whom arrive well before participants, costs of course hiring, and costs of traffic management and the like. For this event we will close the course after two hours, 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 Director, are allowed due to the confined course space for the competitors, high speed cycling (the lead cyclists have to stay ahead of the first competitors and warn people of their approach) and because of the potential crowd size.

Parking

There is a bituminised parking area at the Point Malcolm Reserve, and you can park on Military Road. There is no parking allowed on grassed areas (other than for vehicles required to run the event; we have permits for these).

Bike compound

Given that we encourage activity, we will cone off an area for bike parking. This will be signposted.

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 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.