



Celebrating the 13<sup>th</sup> running of the Dolphin Run

## Competitors Booklet

12<sup>th</sup> February 2023

SARRC’s Dolphin run is an out and back 5Km or 10Km 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.

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# Before the Race

## Event Location

The event location is on Point Malcolm Reserve in Semaphore. Parking is available in the Semaphore Surf Life Saving Club carpark off Military Rd, on Recreation Parade, the Esplanade and on the many surrounding roads off Military Rd as well.

This being the first SARRC event of the year, temperatures could be quite high on race day so ensure that you are well hydrated in the lead up to race day.

## Race Entry

You can enter either from the SARRC website (which has a link to registration) or directly on [Active.Com](https://www.active.com).

SARRC members can login to the [SARRC website](https://www.sarrc.org.au) and enter there, saving paying Active admin fees.

The kids' run is free; entry to this will be managed on the day. Please request a kids Bib at Bib Collection and sign the waiver.

## Pre-Race Bib Collection

Pre-Race Bib Collection is held at the SARRC Office situated at 467 Morphett St in Adelaide. Days and times are as follows:

- Friday before race day from 12pm till 5:30pm
- Saturday before race day from 9am till 1pm

It is highly recommended that you endeavor to collect your race bib on either of these 2 days to avoid congestion in the Athletes Village on race day. Additionally, it allows you to arrive stress free 10-15 minutes before the start.

## Race Day Event Schedule

6.45am: Bib Collection & Late Entries open

8:00am: 10km START

8:15am: 5 km START

9:00am: Winners presentations

9:10am: Kids run registration and event (immediately after presentations to winners)

9:15am: Age Category Awards

10.00am: Course closure

## Course Map 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 (a 5km and a 10km), so you may encounter a lead cyclist with fast runners close behind. Keep left and follow their instructions.

The entire race is on the coastal path. Do not deviate from the path unless specifically instructed to by a race marshal or emergency services personal.

Race Marshalls will be in place to look after your safety. Please follow their instructions at all times.

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



## Drink Stations

There will be drink stations with water and sunscreen just after the 2km mark and then roughly every 2km till the finish. Water, Electrolyte Drinks and Fruit will be available at the start / finish area when you finish.

Table #	5km		10km	
	Distance	Distance to next DS	Distance	Distance to next DS
DS1 – Palais Hotel	2.1km	0.8km	2.1km	1.7km
DS2 – Largs Bay (10km only)			3.8km	2.4km
DS3 - Largs Bay (10km only)			6.2km	1.7km
DS4 - Palais Hotel	2.9km	2.1km	7.9km	2.1km

## 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 and 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 by Doug Kewley. We also use electronic timing, courtesy of SARRC's timing team. 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.

## Race Start Procedure

To minimise congestion on the coastal path, we will be using a self-seeding start. There will be 4 separate pace groups set up in the start area designated by boards displaying finish time ranges. Please estimate your anticipated finish time and line up in the appropriate area. This way, everyone gets across the line quicker and minimises overtaking on the narrow coastal path.

	5Km	10Km
<b>Group 1</b>	< 30min	< 45Min
<b>Group 2</b>	30min – 40min	45min – 55min
<b>Group 3</b>	> 40min	55min – 1:05min
<b>Group 4</b>		> 1:05min

**Important:** If you are a potential top 3 overall finisher (Male or Female) you need to start in the first group irrespective of your finish time. Overall awards are based on gun time. All others (incl age group awards) are awarded on nett time so please stick to your appropriate pace group start. Your time will only start when you cross the line.

## Special Drinks

There are no provisions for special drinks for this event.

## Post Race

Make sure you take only your share of refreshment fruit (to ensure all runners get some) and is limited to participants. Special thanks to IGA for providing fruit for this event.

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 were in the first three male or female finishers in either the 5km or 10km your achievement will be recognised at our awards ceremony.
- If you place in your ten-year age category (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>) you will receive an additional award at the awards ceremonies to be held after the Kids Run. Please check your results and attend the awards presentation to collect your award.
- Our Morphett St office has several boxes of old unclaimed awards. 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 1 month 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 free download via the [SARRC Photo Gallery](#) after the event.

Obviously your friends are welcome to take their own pictures. Please [upload these to our gallery](#) for all to enjoy.

## Toilets

There are three public toilets at the Life Saving Club. Additionally, we have hired toilets for your use. These will be situated on Point Malcolm Reserve and there will be a signpost directing you to them. There are several public toilets along the course as well.

## Bag Drop

We will have a bag drop area, but please understand that we can take no responsibility for loss. We have implemented Race Bibs with Bag Drop tear-off tabs at the bottom. These should be used for any bags you want to leave at the Bag Drop area in the village. Rubber bands will be available from Bib Collection or Bag Drop to attach these to your bag. Alternatively, 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.

## 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, 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!

## Partners

**SPORTITUDE**, our major sponsors for the Dolphin run, has its shop at 20 Manton St, Hindmarsh and has supported SARRC events for years. It is able to supply all your sport's needs, from top (hats) to toe (shoes and sox). Please support them.

### Baby Joggers

As much as we would love to have parents running with baby joggers, the nature of the 'out & back' course makes it a safety risk. The trail is narrow and open to the public, along with runners going in both directions makes the chance of collision with Sunday walkers, runners and bike riders too high. We therefore strongly discourage participation with baby joggers for this event.

### 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).

### 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.