

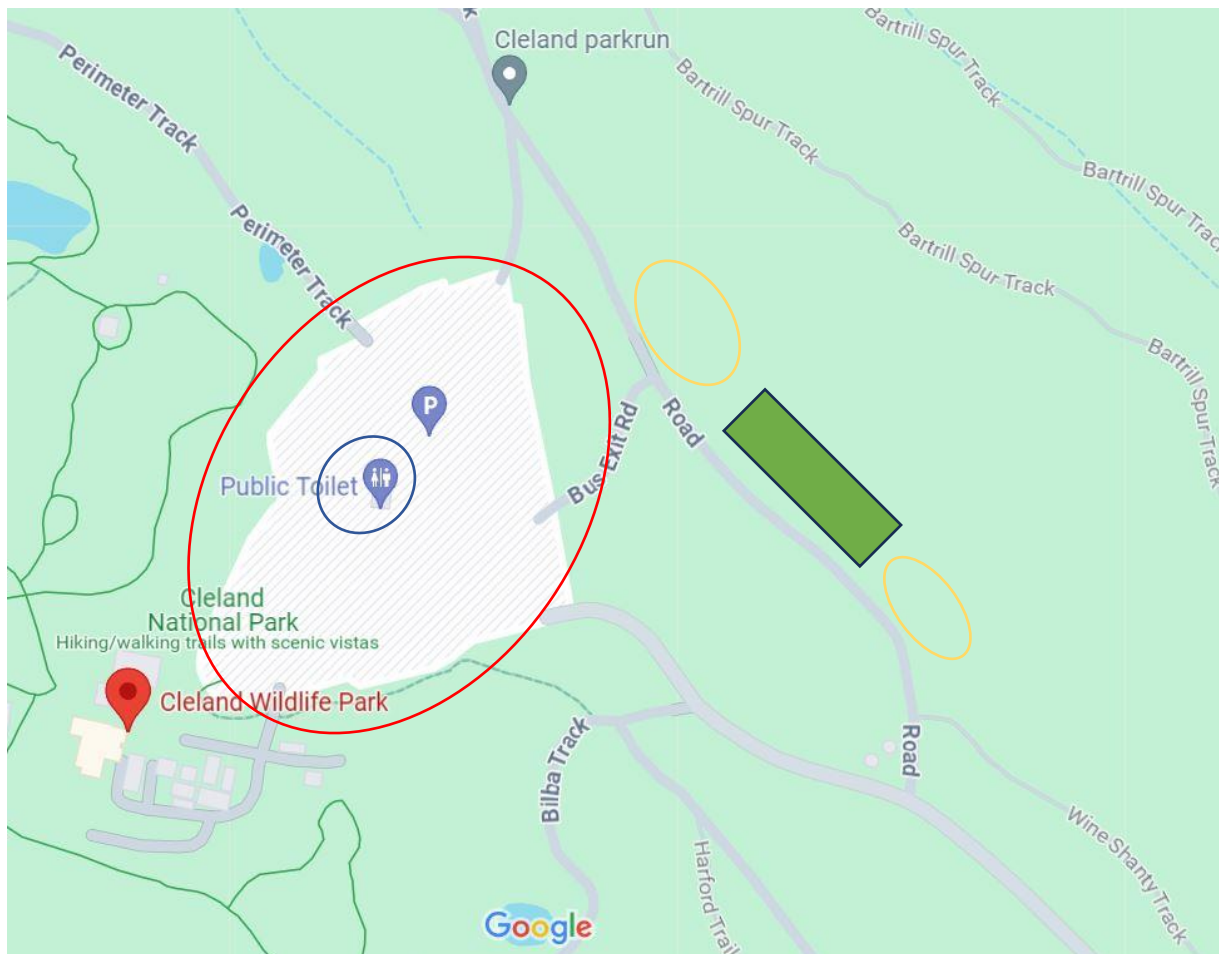


## ADELAIDE TRAIL RUNNERS – SUMMER SERIES RACE #5 – CLELAND

### EVENT BRIEFING 2024

#### Start/Finish Area

The image below shows the start/finish area marked in **GREEN**. The ATR tents for check-in, Sponsors, Timing, First-Aid, and coffee van will also be in this area. The main bitumen carpark is highlighted in **RED**. There is a public toilet block located in the centre of the car park as shown in **BLUE**. These are the only toilets for the event. There are no porta-loos for this event. Overflow car parking options are shown in **ORANGE**. We do NOT have exclusive access to the park, and we need to be considerate of all other users of the park and be mindful of Mountain Bike riders who could be sharing the same tracks as us.



## Public Toilets

Please note, there are **NO** porta-loos at the start & finish. The public toilet block is in the middle of the car park.  
Please keep this in mind when arriving.

## Parking Options A

The image above shows the main car parking options in **RED** This is about 1.6km down the entrance driveway from Mt Lofty Summit Road. Once this is full, we can use the overflow car park shown in **ORANGE** **Short Course runners arriving later should allow extra time to find a car park and then walk to the start area for bib collection.**

Please do **NOT** park in front of any fire hydrants or Conservation Park Gates.

## Main Entrance

The main entrance is from Mt Lofty Summit Road. You can access this either from Greenhill Road or the South Eastern Freeway. This is the exact same entrance gate as you would use if you were visiting the Cleland Wildlife Park.

**\*\*\* VERY IMPORTANT \*\*\***

**Do NOT type "Cleland Conservation Park" into Google Maps as it will NOT take you to the correct entry point. If you are using Google Maps, please type in "Cleland Wildlife Park".**

<https://g.page/clelandwildlifepark?share>

## Aid Stations

We will have 2 Aid Stations on course for all runners except the Fun 5 which will have one. Aid Stations can be seen on the All Trails Maps.

Here are the distances that each course will have travelled upon arriving at the Aid Stations -

Long - 5.5km, 10.6km & 14.7km.

Medium – 1.5km, 6.5km & 10.6km

Short – 4.0km & 6.3km

Fun 5 – 1.7km

**ALL DRINK STATIONS ARE CUP-FREE. YOU MUST PROVIDE YOUR OWN CUP, BLADDER or FLASK.** We will have water, Coke, Lollies & Chips available at the Aid Stations. All Medium & Long Course runners are recommended to carry their own Hydration with a minimum of 1L of fluid on board. Short Course runners should carry at least 500ml of fluid.

## Start Times

Long Course - 7:15am

Medium Course - 7:30am

Short Course & Fun 5 – 7:45am

**\*\* There is only ONE wave start per race \*\***

### **Race Day Entries**

No race-day entries are being accepted.

### **COVID-19**

If you are feeling unwell and/or showing symptoms of Covid-19, please stay home.

### **Bib Pick-Up**

Bib pick-up will open at 6:30am. Please allow plenty of time to walk from your car to the Start/Finish area to collect your bib. The link for your race bib numbers is listed below

[ATR Summer Series Race 5 - Cleland 2024 | Start lists | Webscorer](#)

### **Course Markers**

Please look for Blue & White directions markers (arrows) on course. There will also be blue & white marking ribbon attached to trees along the way. We have Red & White X's to signal a wrong way.

### **What if I am injured and need to withdraw?**

The phone numbers for the race director and first aid are printed on the back of your race bibs. Please call first aid in the case of injury and call the race director for any other emergency. If you are very badly injured and cannot move i.e., broken leg or ankle etc it is best to phone 000 as they have a direct line to the park Rangers and can arrange to have you collected. The phone numbers to save in your phone are –

Race Director (Brett) 0432 062 255

First Aid (Samantha) 0402 562 412

Emergency (Police) 000

### **Medal Presentations and Random Prize Draw**

The top-3 place getters, Male & Female in the Short, Medium and Long Course will be presented with Medals. The exact timing of the Medal presentations will be decided on the day, but it could be around 9:30am which would then be followed by the random prize draw shortly after. You MUST be in attendance to win a random prize. If your name is called out and you are not there, we will call another name.

### **Animals on Course**

Dogs or any other household pets are **NOT** permitted during the race for the safety of all runners. The only exception to this is for Assistance Dogs.

### **Volunteers**

We have an amazing team of volunteers who are very generously giving up their time to help make this event happen. Please treat them with the respect they deserve. Any verbal or physical abuse towards a volunteer will not be tolerated and can result in disqualification.

## Race Results

At the completion of the event, your results will be available here.

[Results | AdelaideTrailRunners](#)

## Trail Etiquette

Please always keep to the LEFT, just as if you were driving a car. When passing another runner, always pass on the RIGHT and please give a clear verbal indication of your approach and of your intentions. We do NOT have exclusive access of the trails so please show courtesy to all other users.

## Course Maps

All Course maps are available on the Adelaide Trail Runners website. We are using the exact same courses as 2021. Here is the link

[Cleland 2024 | AdelaideTrailRunners](#)

## Bag Drop

Yes, we will be able to look after bags for you. Adelaide Trail Runners will take no responsibility for lost or damaged items, and it is highly recommended that you have a clearly marked name tag. As we are unable to provide food or drinks at the end, it would be a great idea to bring along some food and drink for after the race.

## Race Bib Information

- 1) Before you start you must notify Timing Officials if any of your entry information needs changing e.g., you are changing courses.
- 2) Do not use someone else's number bib as this will produce false results for everyone.
- 3) 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.
- 4) Your time and number will be recorded 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 your bib must be LOWER than all of these.
- 5) Race number bibs are disposable & do not need to be returned.
- 6) Please notify Timing Officials at the finish line:
  - a) and do not pass through the finish timing point if you cut the course short (for example by skipping a lap, or taking a shortcut), as we may inadvertently think you have won the race.
  - b) if you pull out of your race before finishing.
  - c) and pass through the finish timing point if you lose your race number bib during the race.
- 7) All results will be "Provisional" until 6pm on the Wednesday after your event, after which they will be "Final". Queries must be emailed to [info@adelaidetrailrunners.com.au](mailto:info@adelaidetrailrunners.com.au) before this time.

