



ATR – SUMMER SERIES RACE #1 – ONKAPARINGA RIVER **EVENT BRIEFING – NOV. 2024**

**** IMPORTANT ANNOUNCEMENT ****

DUE TO THE HOT WEATHER, ALL START TIMES ARE BEING BROUGHT FORWARD. THE NEW START TIMES ARE NOW LISTED BELOW

LONG COURSE – 7:15

MEDIUM COURSE – 7:30

SHORT COURSE & FUN 5 – 7:45

BIB COLLECTION WILL NOW OPEN AT 6:30AM

Start/Finish Area

If using Google Maps, just type in **854 Piggott Range Road, Onkaparinga Hills** and it will take you to the exact point. The Start/Finish is right alongside the main road, so it is impossible to miss. Google Maps will likely send you via States Road as indicated on the larger view map. Link is below.

<https://goo.gl/maps/qqgvWUEAGtCy95Mx8>

The image below shows the start/finish area marked in **GREEN**. The ATR tents for check-in, Toilets, Sponsors, Timing, First-Aid and Coffee Van will also be in this area. 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.



Parking Options A

The image above shows the main car parking options in **RED**. Short Course runners arriving later should allow extra time to find a car park and then walk to the start area for bib collection. ***We will have Car Park Marshals to direct you to the best place to park.***

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

Aid Stations

We will have 2 Aid Stations on the course. Please make sure you thank our amazing volunteers for giving up their Sunday morning. Here are the distances that each course will have travelled upon arrival >

Fun 5 - 1.1km

Short – 1.2km & 4.4km

Medium – 5.8km & 9km

Long – 6.6km, 11.4km & 14.6km

ALL DRINK STATIONS ARE CUP-FREE. YOU MUST PROVIDE YOUR OWN CUP, BLADDER or FLASK.

All Medium & Long Course runners are recommended to carry their own Hydration with a minimum of 1L of fluid on board. Aid Stations will have a combination of water, Huma Electrolyte Drink Mix, Coke, Chips, Muesli Bars & Lollies.

Start Times & Waves

Long Course 7:15am, Medium Course 7:30am, Short Course & Fun 5 at 7:45am.

We will only have 1 wave for each race.

Race Day Entries

NO Race Day entries are permitted. Regular on-line entries close at 1:00pm this Friday November 22nd

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. It would be extremely beneficial if you know your race number in advance. This will greatly speed up the bib pick-up process. The start list is attached below and is updated periodically.

[ATR Summer Series Race 1 - Onkaparinga 2024/25 | Start lists | Webscorer](#)

COVID-19

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

Course Markers

Please look for Blue & White directions markers (arrows) on course. There will also be some 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

Emergency (Police) 000

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.

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 10:00am 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.

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.

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

The exact distances of each event are as follows. Long 19.1km, Medium 13.6km, Short 9.0km & Fun 5 is 5.7km. All Course maps are available on the Adelaide Trail Runners website. Here is the link.

[Onkaparinga River 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.

Race Results

The link below will show your race results after the event.

[Results / Start Lists | AdelaideTrailRunners](#)

ATR Merchandise

We have a huge range of ATR merchandise available at our events so make sure you check it out! **We also have an incredible special on our Summer Series Hoodies. Buy one for \$79.95 and received an ATR Cotton T-Shirt absolutely FREE!** Only while stocks last.

Upcoming Events

Robe Run – February 8 - [Robe Run 2025 | AdelaideTrailRunners](#)

Melrose Running Festival – May 24 - [Melrose Running Festival | AdelaideTrailRunners](#)

City 2 Summit – June 28 - [City 2 Summit 2025 | AdelaideTrailRunners](#)

Clare Valley Trail Run – July 26 - [Clare Valley 2025 | AdelaideTrailRunners](#)

Wonderland Run – August 30 & 31 - [Wonderland Run | AdelaideTrailRunners](#)

ATR Refund Policy

We have recently amended our refund policy. The change now states that no refunds are available within a 4-week period of race day. This was previously listed as 12 weeks. Here is the link

[Refund Policy | AdelaideTrailRunners](#)

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 before this time.

