





# Lipman Karas La Femme Fun Run

## 2019 PARTICIPANT INFORMATION

**Sunday 25<sup>th</sup> of August 2019 - 9:00AM**

The following information should be read carefully by all event participants

### Key Event Information

-  **Start Time:** 9:00am
-  **Start Location:** Elder Park, Adelaide (near the rotunda)
-  **Finish Location:** Elder Park, Adelaide
-  **Assemble:** participants are asked to assemble at the start line, at least 10 minutes prior to the scheduled starting time of the event

### Race Bibs



For insurance purposes, all participants must have registered for the event and must wear their race bib so that it is visible at all times during the event. This is also vital for electronic timing purposes. Individuals who do not have a race bib will not be entitled to participate in the event and asked to leave the course.

### Collection of Race Bibs

#### **On race day**

Race bibs can be collected from the blue Running SA Marquee on race day from 8:00 until 8:45am. **If you intend to collect your race bib on race day, please arrive early to enable enough time for collection.**

### Car Parking

There is plenty of parking available on the streets surrounding Elder Park. Victoria Drive, Kintore Avenue and War Memorial Drive all have parking that is within walking distance of the Elder Park rotunda. All participants are advised to look out for parking restrictions as the parking close to Edler Park is all public parking.

### Baggage Storage

A baggage storage service will be available at the Red Athletics SA Marquee. Participants will be asked to fill out a tag with their bib number. This service is complimentary and will be supervised by event staff; however participants are advised that they use this service at their own risk.

### Random Draw Prizes

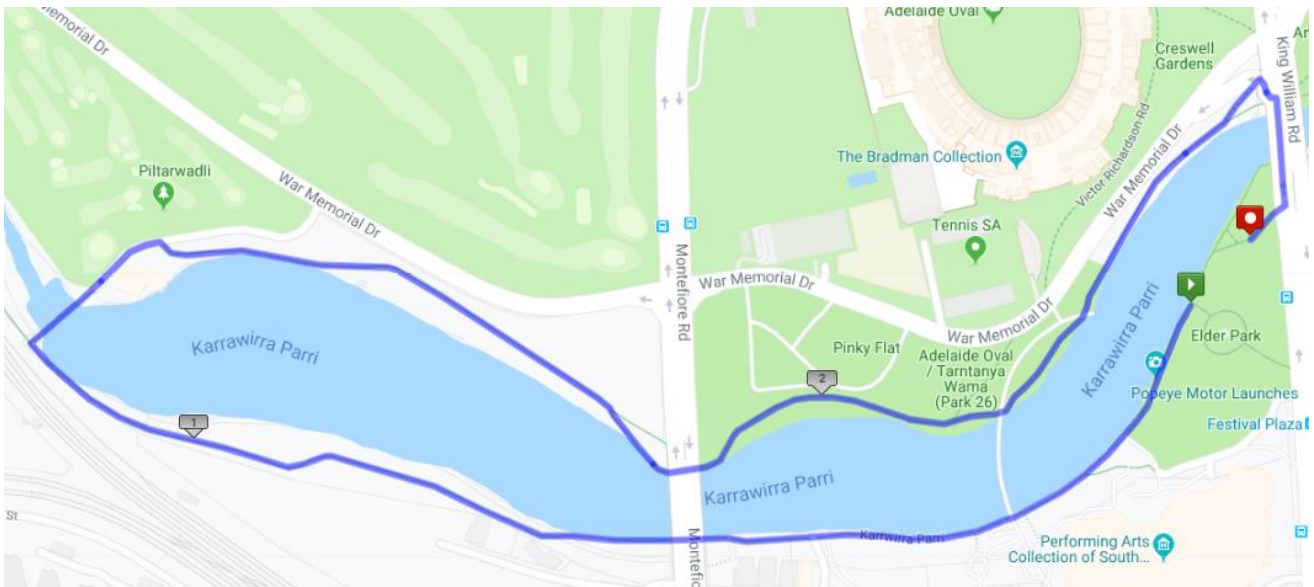
Random draw prizes will be conducted soon after the conclusion of the event. All participants will automatically be entered into the random prize draw. Participants must be present to claim a random draw prize.

### Toilets

Toilets are public toilets available on the corner of Victoria Drive and King William Rd as well as near the Festival Theatre.

### Course Map

Please refer to the map below for the layout of the course. The course is 2.7km long. Participants doing 2 laps will continue



### Program

8:00am	Number collection, late entries, and bag storage commences
8:45am	Check in closes
8:50am	Bag storage service closes
8:55am	Participants assemble at the start line
9:00am	La Femme Run/Walk commences
9:20am	First 5km runners cross the finish line
9:30am	Active warm down session begins
10:00am	Prize Draw commences
10:30am	Event concludes

### Results

Full results will be made available on [www.runningsa.com.au](http://www.runningsa.com.au) as soon as possible following the conclusion of the event.

### Contact Us

For more information about La Femme 5 or if you have any questions about the event, please contact Athletics SA on 8354 3477

**We hope you enjoy the Lipman Karas La Femme Fun Run 2019!**