

EVENT INFORMATION

DATE

Sunday 8th July 2018 commencing at 8am

LOCATION

Langman Reserve, Burnside

In this information pack we hope to answer all your questions regarding the Run. If however you have any further questions then please do not hesitate to contact the office. Phone: 8354 3477 or email admin@athleticssa.com.au

TIMETABLE OF EVENTS

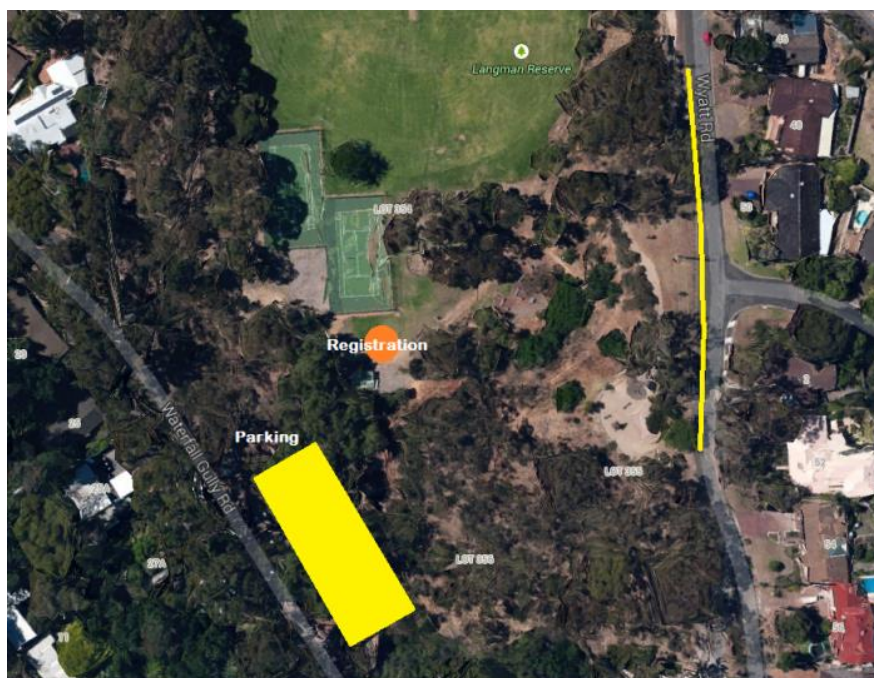
Distance	Start Point (more details later in document)	Time
9.5km – All Age Groups	Chambers Gully Track	8.00am
6km – All Age Groups	3k Water Station	8.00am

Age group categories available for both Male and Female are Open, U20, U18, U16, O35, O50 in the appropriate distances below.

- 6k** – U16, U18 & O50 Men
U16, U18, O35 & O50 Women
- 10k** - U20, Open & O35 Men
U20 & Open Women

Event Check In and Parking

Parking and Event registration is located at **Langman Reserve**, which is on Waterfall Gully Road.



Please note that there is limited parking available at the car park at Langman Reserve off Waterfall Gully Road. However there is also parking space on Wyatt Road on the other side of the oval should you wish to park there (as indicated by the yellow line on the map above).

The council asks that if you park on the road of Waterfall Gully please do so with care and try not to damage the surrounding environment. Please also observe any parking signs.

Please note that Langman Reserve is located about 650m from the 9.5km start line, which is located at the access gate to Chambers Gully. Please allow sufficient time to walk or jog to the start location (Please see Maps below for further instructions).

BIB NUMBER COLLECTION

If you are an Athletics SA / Running SA member and already have your season number then please wear that on the day. Please also ensure you check in at Langman Reserve.

If you are not an Athletics SA / Running SA Member you can collect your bib number on the day at the registration desk at Langman Reserve. Pins will be provided.

HELP STOP THE SPREAD OF PHYTOPHTHORA

Phytophthora is a disease that affects many native plants and ecosystems, important crops and horticultural plants in Australia and throughout the world. In Australia, the disease infects an especially large range of mainly woody perennial plant species and is also a major threat to some rare and endangered species. The best way to control Phytophthora is to prevent the transfer of infested soil or plant material

In order to help prevent the spread of Phytophthora, the Department of Environment, Water and Natural Resources (DEWNR) requires that all participants in the Chambers Challenge spray their running shoes with a solution of metholated spirits or bleach prior to commencing the event. Running SA will provide spray bottles of a metholated spirits solution at Langman Reserve. We ask that all participants take a moment to spray their shoes and clean any dirt away.

TOILETS

There are public toilets located at Langman Reserve at the check in area. There are also toilets in the café at the Mount Lofty Summit.

BAGGAGE/CLOTHING

We recommend that you come warmly dressed as the temperature in the Gully can be quite low early in the morning. **If you have anything that you wish to be taken to the finish line eg. Jumpers, spare shoes etc we ask that you place it in the Des' Mini Bus by no later than 7:30am.** It will then be available at the summit.

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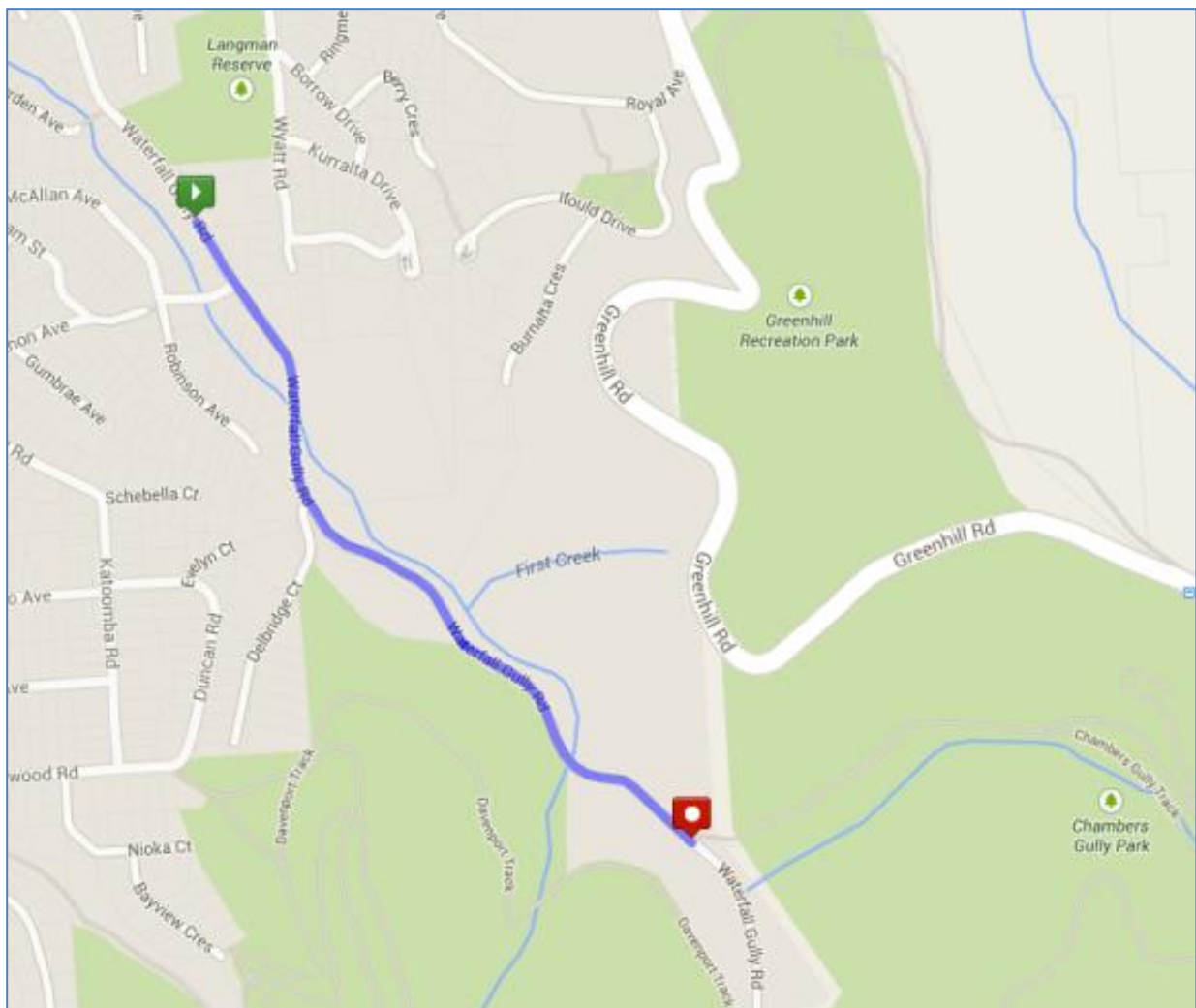
Please refrain from placing valuable items with your gear as we are unfortunately unable to take any responsibility for lost or misplaced items.

HOW TO GET TO THE START LINES (****IMPORTANT – PLEASE READ*****)

The **Start line for the 9.5km** is located approximately 650m further along Waterfall Gully Road from Langmans Reserve. Participants can walk / jog to the start line. Please make sure that you leave Langmans reserve in plenty of time for an 8am start. We suggest you allow at least 15 minutes and exercise caution when travelling along the road.

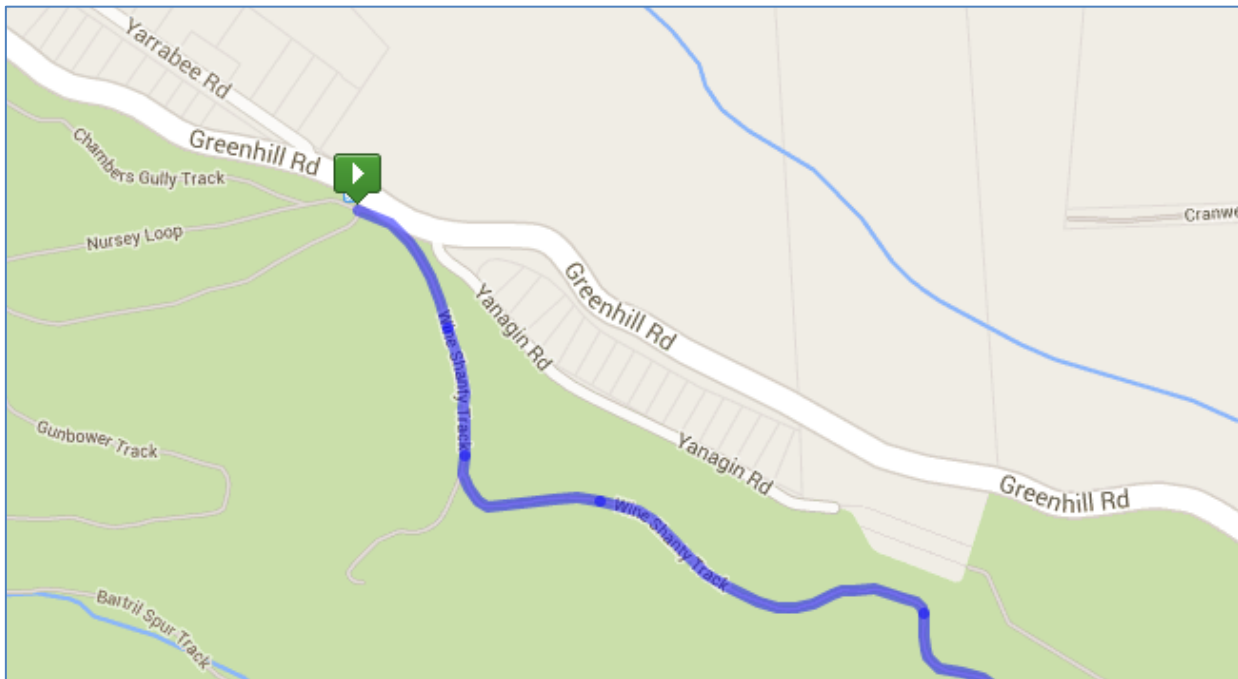
The Start line is at the Access Gate to Chambers Gully which is on the left hand side when you are heading up Waterfall Gully Road.

The map below shows the path from Langman's Reserve to the entrance to Chambers Gully.



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The **Start line for the 6km** is located at the water station just after the 3km point of the 9.5km course. **Participants in the 6km event are asked to meet at the Des' Mini Bus no later than 7:30am to be transported to the start line. The bus will leave promptly at 7:35am in readiness to travel to the start line for the 8am start.** The map below shows the 6km start location as indicated by the green square. It is located across the road from the bus stop on Greenhill Road.



If participants wish, they are also welcome to drive to the 6km start line individually after checking in at Langman Reserve as there is some parking available.

Finish Line

The Finish line will be in the Mount Lofty Court Yard. Once you reach the top of the summit please follow the orange cones to the finish line.

The Des's Mini Bus will be on hand to shuttle participants back to the Car park at Langman Reserve. Please note that the mini bus only holds 21 people at a time so there will be a few shuttle runs. The bus will depart as required.

Water

There will be two water stations for the event. There will be one at the 3km mark of the 9.5km race (after the steepest climb) and the second one will be at the Finish line. Please feel free to run with a water bottle or camel back if required.

Music Devices

We discourage the use of music devices for safety reasons. Should you wish to participate with a music device, we strongly recommend though that you keep the volume of your music to a minimum.

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Footwear

Participants are advised to wear sturdy running shoes for this event as the terrain can be quite bumpy and slippery at points.

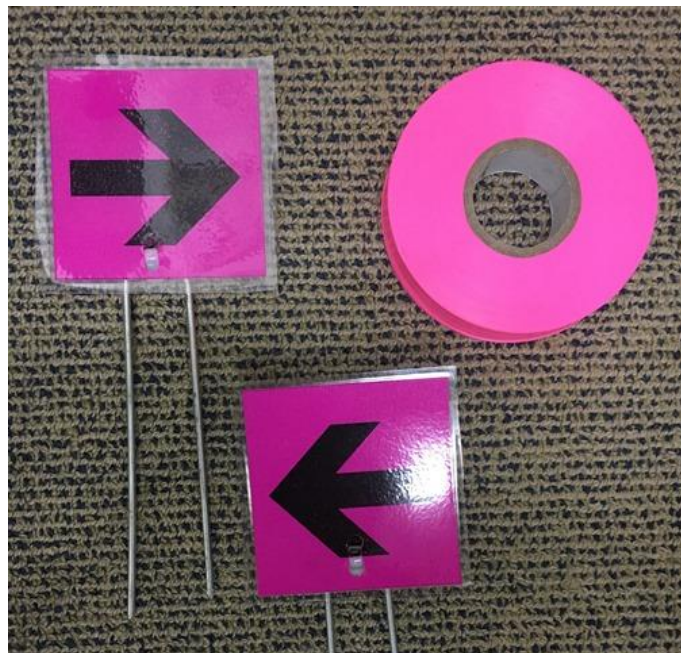
First Aid

A Level 2 Sports Trainer will be positioned at the water station and finish line. Should an accident occur around the course we will be able to provide mobile First Aid. Please help us to keep you safe by watching out for fellow participants.

Course and Course Markings

Participants are strongly encouraged to review the course maps and familiarise themselves with the course prior to the event. Also note that there will be markings on the course to help guide you.

The course will be marked with small arrows at junctions and ribbons tied to trees at various points. Examples appear below



The 9.5Km Challenge

The 9.5km event starts at the **Chambers Gully Access Gate** until you hit the top of the hill where the water station is at the 3km point. (Please make sure you turn left at the fork of Bartril Spur Track and Chambers Gully Track).

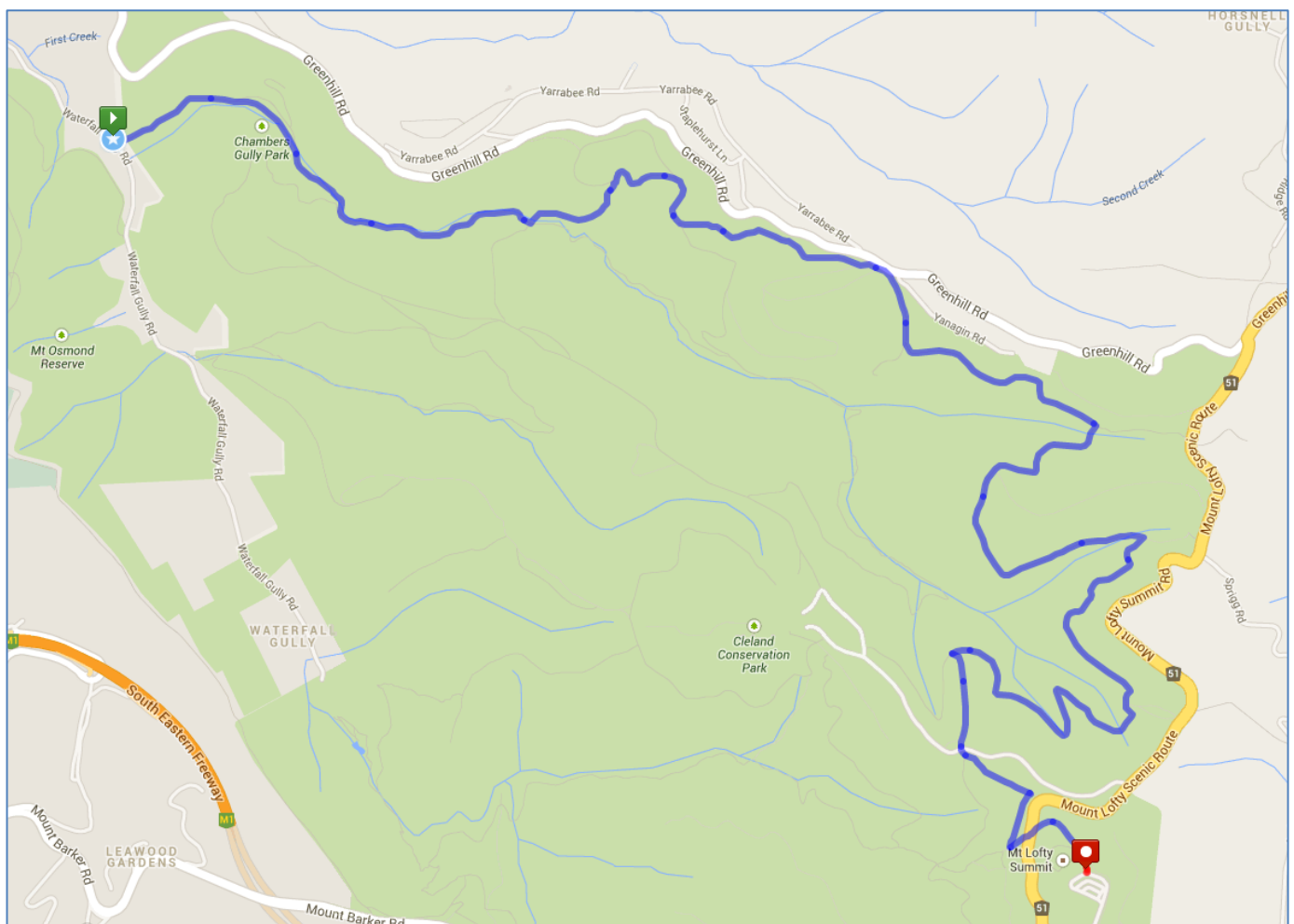
From the water station, the course continues along the **Wine Shanty Track** until you see the turn off on your left for **Lodge Track**. Follow Lodge track until you hit a fire track. Opposite here is the start of **Gurra Track**, follow the Gurra Track until you hit the **Nangara Track** on your right. Follow the Nangara Track until you see the left **turn for the Summit**. Please note on your way to the summit you will be crossing a main road, so please take care. A marshal will be there to help. They

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will have a stop slow sign, but please treat this as an open road. Once you reach the summit please follow the cones to the finish line.

We advise that sections of the course can be particularly tough with a continual steep incline. We advise that it may be necessary for some participants to walk sections of this course and that in some cases, it can be more efficient than running!

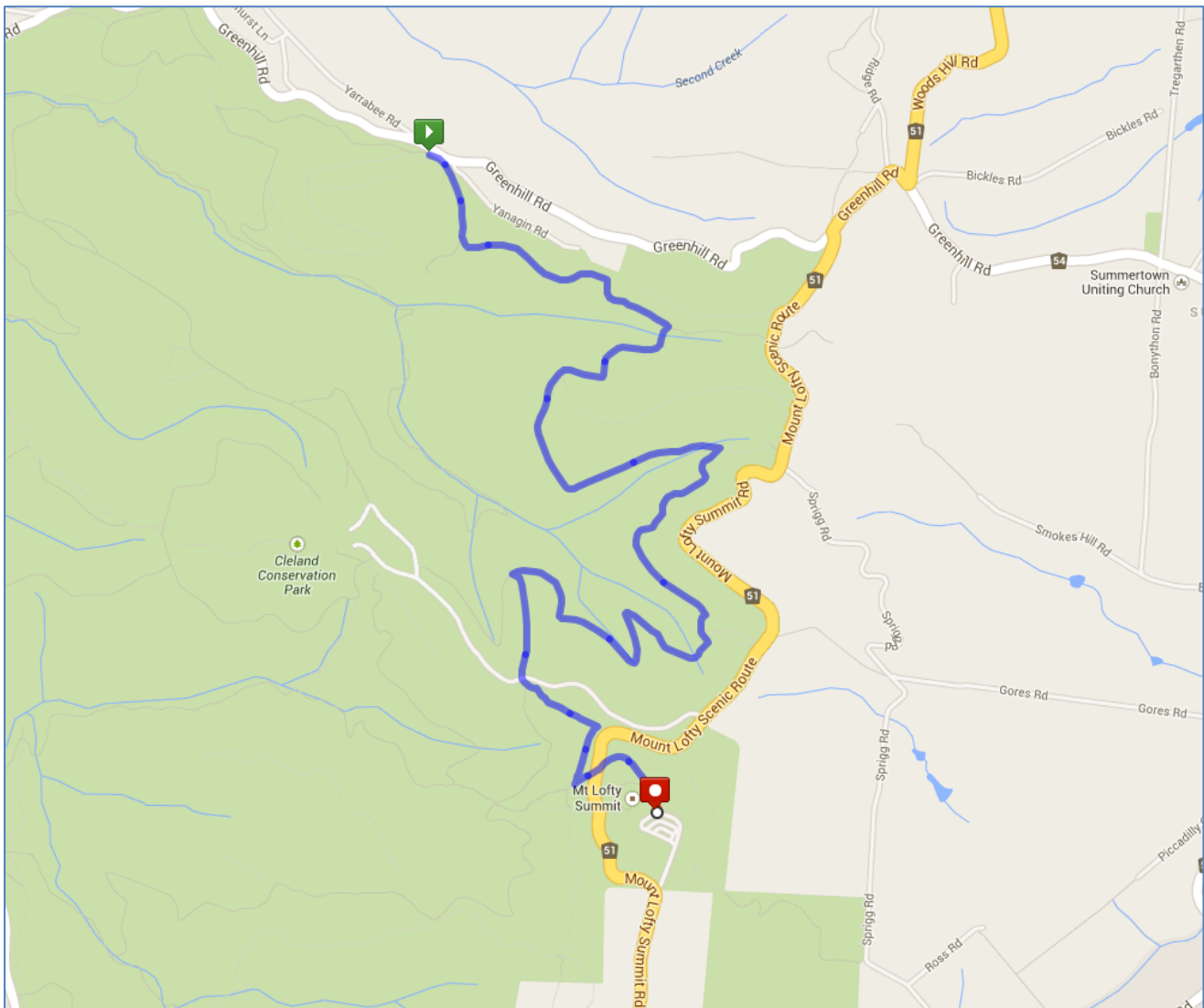
Participants are advised that the trails may be wet and slippery so we ask that you proceed with caution.



The 6Km Challenge

The 6km events off along the **Wine Shanty Track**. You continue along here until you see the turn off on your left for **Lodge Track**. Follow Lodge track until you hit a fire track. Opposite here is the start of **Gurra Track**, follow the Gurra Track until you hit the **Nangara Track** on your right. Follow the Nangara Track until you see the left **turn for the Summit**. Please note on your way to the summit you will be crossing a main road, so please take care. A marshal will be there to help. They will have a stop slow sign, but please treat this as an open road. Once you reach the summit please follow the cones to the finish line.

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We hope you enjoy the 2018 City of Burnside Chambers Challenge



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