

EVENT INFORMATION

In this information pack we hope to answer all your questions regarding Fitzy's 5. If however you have any further questions then please do not hesitate to contact the office on 8354 3477 or email events@athleticssa.com.au

DATE

Sunday 6th August 2017 commencing at 7:45am

LOCATION

Torrens Parade Ground

TIMETABLE OF EVENTS

Distance	Start Point	Time
1km Kids	Kintore Avenue	7:45 am
5km run / walk	Kintore Avenue	8:00 am
10km run / walk	Victoria Drive	8:05 am

RACE BIBS

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

Race bibs can be collected from the following locations at the following times:

Athletics SA office

Level 1, Santos Stadium, 145 Railway Terrace, Mile End
Thursday 3rd August between 12pm and 5pm and
Friday 4th August between 9am and 5pm

On race day

Race bibs can be collected from inside the Drill Hall at the Torrens Parade Ground, corner of King William Street and Victoria Drive, on race day only from 6:30am until 7:45am. **If you intend to collect your race bib on race day, please arrive early to enable enough time for collection.**



ASSEMBLING AT THE START LINE

When assembling at the start line, participants are asked to place themselves in relation to their anticipated pace. That is, the fastest runners at the front and walkers towards the back. If you are unsure, please ask one of our friendly marshals or another event participant.

START LINE LOCATIONS

5km Runners and Walkers

Start Time: 8:00am

Start Location: Kintore Avenue, Adelaide

Finish Location: Victoria Drive, inside the Torrens Parade Ground

Assemble: participants are asked to assemble at the start line, at least 10 minutes prior to the scheduled starting time of the event

10km Runners and Walkers

Start Time: 8:05am

Start Location: Victoria Drive

Finish Location: Victoria Drive, inside the Torrens Parade Ground

Assemble: Corner of Victoria Drive and King William Street

1km Kids

Start Time: 7:45am

Start Location: Kintore Avenue, Adelaide

Finish Location: Victoria Drive, inside the Torrens Parade Ground

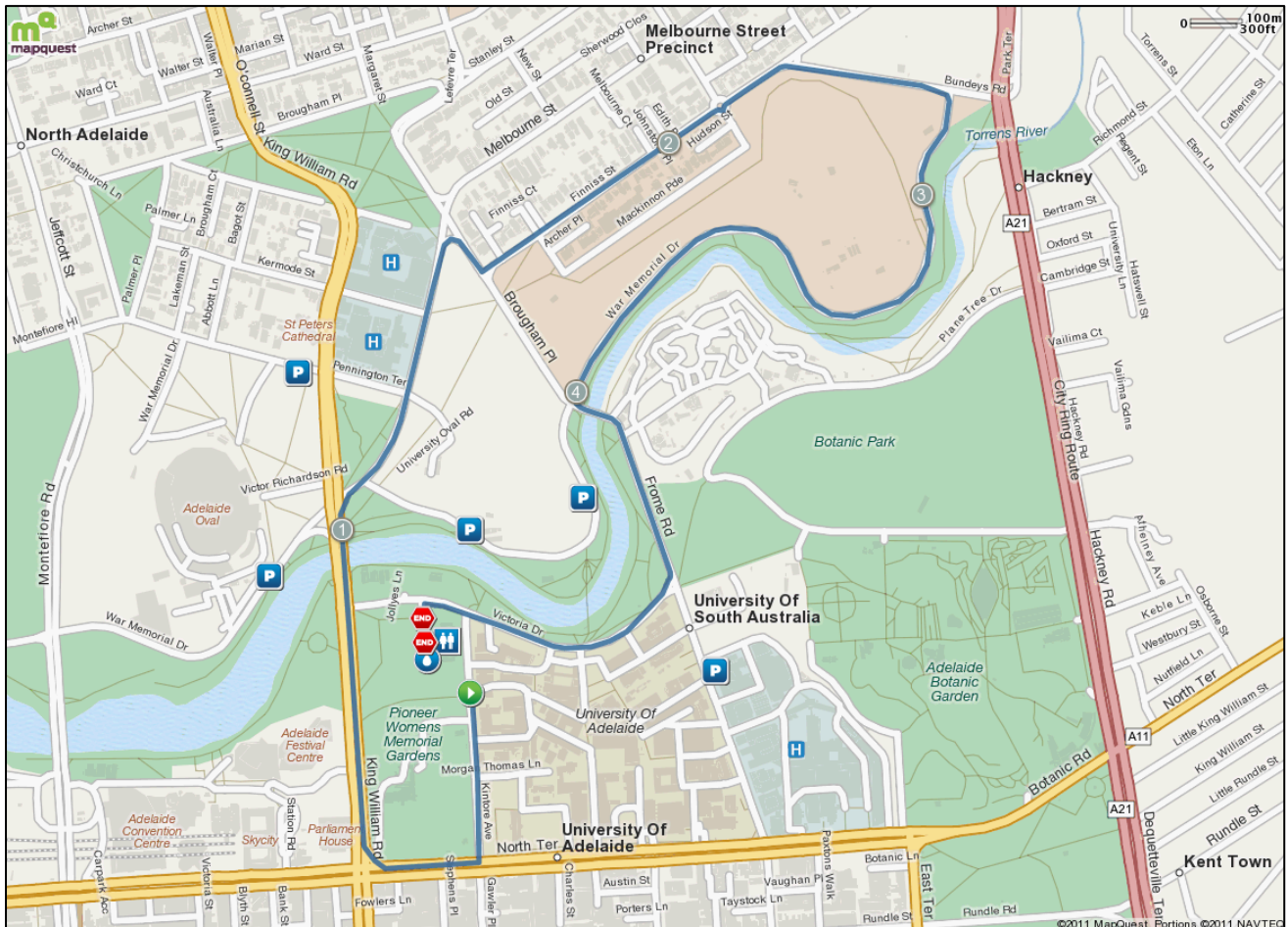
Assemble: participants are asked to assemble at the top of the path adjacent Kintore Avenue no later than 5 minutes prior to the start time (see map below)

ROAD AND SPEED RESTRICTIONS

Traffic and speed restrictions will be in place during the event. Participants must follow the directions of event staff, the SA police, and traffic management contractors at all times. Please note that due to increasing participant numbers, it has become necessary for event organisers to fully close some roads to ensure participant safety. We advise you to allow some additional time to find a car park and walk to the start location.

COURSE MAPS

5KM

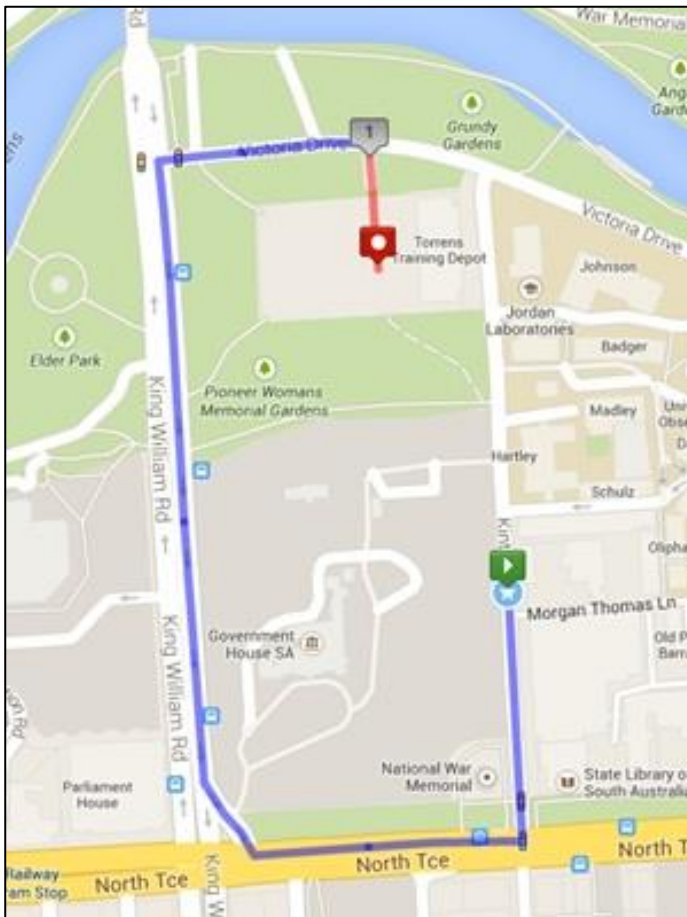


5KM COURSE DESCRIPTION

- Start on Kintore Avenue, south of the Torrens Parade Ground, facing towards North terrace
- Turn right into North Terrace
- Turn right into King William Street
- Turn right into Sir Edwin Smith Avenue
- Turn right into Frome Road
- Turn left into Finnis Street
- Turn right into Mackinnon Parade
- Turn right into Finnis Street
- Veer right into Bundeys Road
- Turn right into War Memorial Drive
- Turn left into Frome Road
- Turn right into Victoria Drive
- Turn left into the Torrens Parade Ground

- Turn left into Frome Road
- Turn right into Victoria Drive
- Continue straight past the turn in to the finish and continue along to King William Street
- Turn right in to King William Street
- Turn right into Sir Edwin Smith Avenue
- Turn right into Frome Road
- Turn left into Finniss Street
- Turn right into Mackinnon Parade
- Turn right into Finniss Street
- Veer right into Bundeys Road
- Turn right into War Memorial Drive
- Turn left into Frome Road
- Turn right into Victoria Drive
- Turn left in to the Torrens Parade Ground

MINI FITZY 1KM KIDS EVENT



MINI FITZY 1KM COURSE DESCRIPTION

- Start on Kintore Avenue, south of the Torrens Parade Ground, facing towards North terrace
- Turn right into North Terrace
- Turn right into King William Street
- Turn right into Victoria Drive
- Turn right into the Torrens Parade Ground



RESTRICTIONS

Participants are advised that for the safety of all participants, pets are unable to participate in the run and/or walk events. Individuals are also unable to participate with bicycles, roller skates, skate boards or motorised devices. Prams are permissible but all individuals, including those travelling in a pram must have a registration number for insurance purposes. Please contact us if you require further information

CAR PARKING

Participants are encouraged to arrive early, with road closures in place on Kintore Avenue and Victoria Road. There will be no public parking at the Torrens Parade Ground and access will be restricted to event staff. Participants are asked to park on War Memorial Drive (between Frome Road and Sir Edwin Smith Avenue, as well as West of King William Road). Plain Tree Drive (behind the zoo) is also within walking distance of the start



BAGGAGE STORAGE

A baggage storage service will be available in the Drill Hall at the Torrens Parade Ground. Participants should detach the perforated section of their race bib and attach it to their belongings before handing to a Fitzzy's 5 staff member at the baggage point inside the Drill Hall. This service is complimentary and will be supervised by event staff, however participants are advised that they use this service at their own risk

TOILETS

Toilets are available inside the Drill Hall at the Torrens Parade Ground. Public toilets are available on Victoria Drive opposite the northern end of the Torrens Parade Ground

DRINK STATIONS

A Drink station will be located near the 3km mark (corner of War Memorial Drive and Bundeys Road) and at the finish area at the Torrens Parade Ground

FIRST AID

A Level 2 Sports Trainers will be positioned at the 3km water station and at the Torrens Parade Ground. Please help us to keep you all safe by watching out for fellow participants during the event.

PRESENTATIONS AND RANDOM DRAW PRIZES

Presentations and random draw prizes will be conducted soon after the conclusion of the event. To enter the random prize draw, participants should detach the perforated bottom section of their bib number (example shown above) and place it in the dedicated draw bucket inside the Drill Hall. Participants must be present to claim a random draw prize.

FOOD AND BEVERAGES

Some catering will be available at the event including a coffee van

ROYAL ADELAIDE HOSPITAL RESEARCH FUND

Since its inception, Flinders University Fitzys 5 has assisted in raising funds for the Royal Adelaide Hospital Research Fund (formerly known as the Hanson Institute) to support cancer research. If you would like to make a donation, we encourage you to do so during the event entry process. For more information on the Hanson Institute visit hansoninstitute.sa.gov.au

PROGRAM

6:30am	Road closures in operation on Kintore Avenue and Victoria Drive
6:30am	Number collection, late entries, and bag storage commences in the Drill Hall at the Torrens Parade Ground
7:45am	Full Road closures around the course commence
7:45am	Kids 1km Run commences
7:50am	Event Check in closes
7:50am	Bag storage service closes
8:00am	5km Run/Walk commences
8:05am	10km Run/Walk Commences
8:15am	First 5km runners cross the finish line
8:37am	First 10km runners cross the finish line
9:15am	Presentations commence inside the Drill Hall at the Torrens Parade Ground
10:00am	Event concludes



RESULTS

Full results will be made available on www.fitzys5.com.au as soon as possible following the conclusion of the event

CONTACT US

For more information about Fitzys 5 or if you have any questions about the event, please contact the office on 83543477 or email events@athleticssa.com.au