



# La Femme 5

## 2018 PARTICIPANT INFORMATION

**Sunday 7<sup>th</sup> of October 2018 9:00AM**

The following information should be read carefully by all event participants

### Key Event Information

#### 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 8:00am until 8:45am. **If you intend to collect your race bib on race day, please arrive early to enable enough time for collection.**









### La Kidz 1 km Kids Event

-  **Start Time:** 8:45am
-  **Start Location:** Victoria Park, Adelaide
-  **Finish Location:** Victoria Park, Adelaide
-  **Assemble:** Participants are asked to assemble at the Northern end of the Victoria Park grandstand at least 5 minutes before the starting time of the event.

### 5km Runners and Walkers

-  **Start Time:** 9:00am
-  **Start Location:** Victoria Park, Adelaide
-  **Finish Location:** Victoria 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

### 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 the slower runner and walkers towards the back. If you are unsure, please ask one of our friendly marshals or another event participant.

### Car Parking

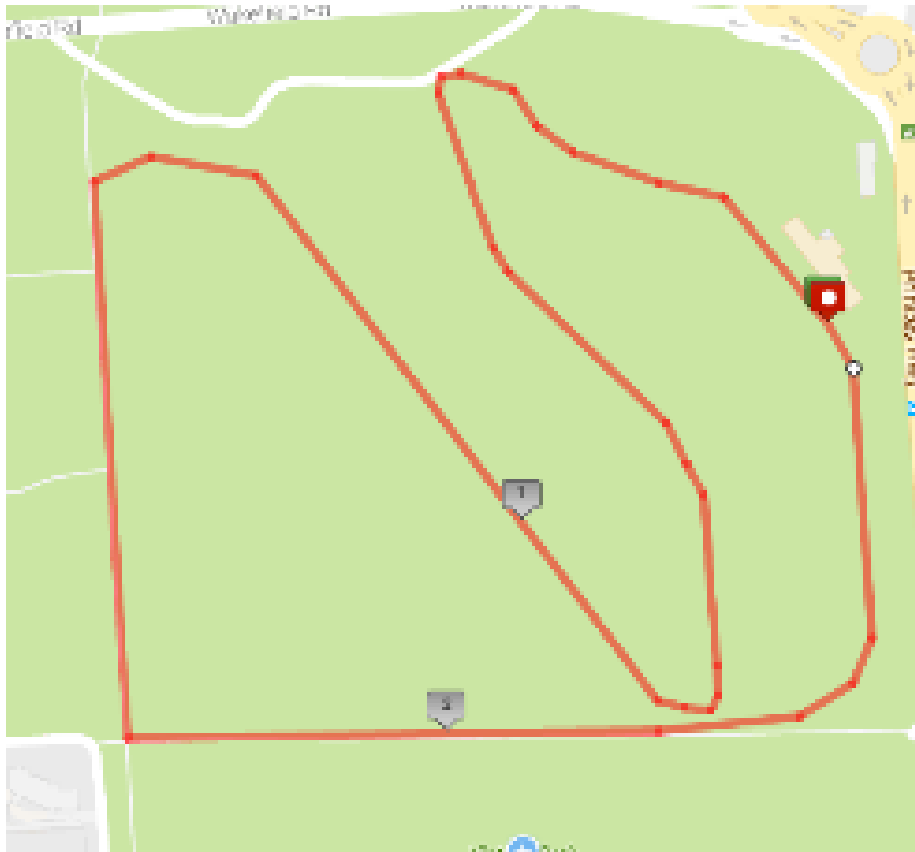
There is plenty of parking available on the streets surrounding Victoria Park. Fullarton Road, Wakefield Road and East Terrace all have parking that is within walking distance of the Victoria Park grandstand. All participants are advised to look out for parking restrictions as the parking close to Victoria Park is all public parking.





### 5km Course Map

Please refer to the map below for the layout of the course. The course will be 2x 2.5km laps.



### 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 available in the back of the Victoria Park grandstand. We ask that participants use these toilets and avoid using the toilets within the Café Velo Precinct as they are for Café Velo customers only.

### Program

- 8:00am Number collection, late entries, and bag storage commences
- 8:45am Check in closes
- 8:45am La Kidz 1km event commences
- 8:50am Bag storage service closes
- 8:55am Participants assemble at the start line
- 9:00am 5km Run/Walk commences
- 9:15am First 5km runners cross the finish line
- 9:45am 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 La Femme 2018!**

