**Adelaide 6/12/24 Hour Event Email**
Good day, legends!

Thank you all for joining us as we keep the iconic Adelaide 24 Hour Festival going! A 6, 12, or 24 hour event is a wonderous pleasure/pain experience to challenge even the most hardened ultra runner. We look forward to helping you on your journey to see what you can do – and to see how many blisters you can form.

(Though we recommend trying to avoid blisters but taking preventative action).

Below is an overview of the basic information needed for the event. Please look over the race briefing and handbook for more detailed information.

AURA, AIMS, & IAU

Curious to know how we stand with AURA, AIMS, & IAU? We’re AURA-listed, AIMs-measured (but not certified), and NOT IAU recognised. This event won’t get you in the running for any international records, but you can get AURA points.

What’s AURA? AURA stands for “Australia Ultra Runners Association”. It’s a club for those who enjoy running ultra marathons. AURA members get discounts to AURA-listed events and gain points for every AURA-listed event they complete – with extra points for podium positions. At the end of the year, points are calculated and prizes awarded. Even if you don’t win any prizes, though, it’s a great group of runners who enjoy swapping stories of their legendary runs. If you want to know more about AURA, let me know – I’m one of the state representatives this year, so I’d be happy to answer any questions.

PRE-EVENT SET-UP

Crews and runners are allowed to set up their tents and marquees whenever they want. However, please be aware that we do not have anyone on site until 3am Saturday. You can **set-up earlier at your own risk** –- as long as you don’t set up in the area designated for the aid station, timing, and first aid. Please see map and handbook for more information in regards to where these are.

Both the council and the university prefer you to use weighted tents/marques. However, **pegs are allowed as long as they are no longer than 15cm.** All tents are to be erected on the south side of the access road. Please refer to the map in the handbook for more information.

STARTING INFORMATION:

Start Location & Parking: The starting area is along War Memorial Drive. Parking is free along MacKinnon Parade and War Memorial Drive on weekends. Please refer to the handbook for the map (https://adelaide24hourfestival.com.au/).

 Start times

3 Hour – Saturday 9am

6 Hour – Saturday 6am

12 Hour – Saturday 6am

24 Hour – Saturday 10am

 Finish times

3 Hour, 6 Hour – Saturday 12noon

12 Hour – Saturday 6pm

24 Hour – Sunday 10am

Race briefings begin 15 minutes before the start. Podium ceremonies will occur within an hour of the completion of the subevent.

BIBS & REGISTRATION

Bib Collection & other bib info

Bib collection **is only available on the day.** It opens at 5am on Saturday.

Registration

Same day registration is available! If you know anyone who was a bit tardy in registration, just tell them to pop over early on the event day and we’ll get them sorted.

TIMING/LAP COUNTING CONSIDERATIONS:

Timing device

This event is timed/counted electronically, through an ankle band. **You must wear the ankle band on your left ankle to ensure proper lap count**. **Make sure the ankle band is exactly in line with the timing mat (ie, facing outwards in the middle of your left ankle).** If you leave before the end of your event, you must return the timing device to the volunteers; likewise, the device is to be collected at the end of each subevent when receiving your medal.

**The ankle band may chafe against bare skin. We recommend you use tall socks, pants, or tape to limit your discomfort.**

**If you forget to return the timing device, you will be charged a replacement fee**.

For more information about timing and lap counting, please see the race briefing here (https://adelaide24hourfestival.com.au/).

AID STATION INFORMATION:

The website (https://adelaide24hourfestival.com.au/) includes a list of the food and drink items. The short version is we will have assorted fruit, soup, assorted baked goods, lollies, pretzels, and chips available at all times. We will also have pasta and sandwiches available regularly.

Water, coke, and powerade will always be available. Hot water will be also available at all times for coffee, tea, and hot chocolate.

We prefer all runners to supply their own cups for environmental reasons; however, we will be supplying disposable cups and cutlery if needed. Participants are allowed to leave special nutrition/hydration items at the station.

EQUIPMENT

There is no mandatory gear. However, participants in this event have sometimes found it useful to bring a change of socks and a change of shoes. Overnight participants in particular tend to enjoy a headtorch or walking sticks, as well.

There is adequate street lighting to navigate without a headtorch, but certain sections can be difficult.

**We recommend warm clothing,** especially for the dark hours.

CREW/BUDDY WALKERS:
Buddy walkers are allowed, for a maximum of two consecutive laps if the participant wants to be eligible for podium. If the participant is not interested in podium, multiple consecutive laps are allowed. Pacing is not allowed. If a runner is suspected of having a pacer, he/she risks disqualification.

See race handbook for more details.

RACE OFFICIALS & FIRST AID

Susan and her colleagues from First Aid in Sport will be available throughout the event for any medical issues. Additionally, race officials will be present in the aid station to support you for your food needs. **Runners are required to heed the directives of race officials and first aid medics.** If a race official or first aid medic pulls you from the course, you must honour this.

PODIUM CEREMONY

Each runner’s distance will be announced after the final lap calculations are completed (which is typically within an hour of the end of the subevent). We will announce each runner’s completed distance and have a podium ceremony, where the perpetual trophies will be presented.

For more complete information, please check out the handbook and race briefing, available on the website at https://adelaide24hourfestival.com.au/.

Thank you all! Looking forward to seeing you at the event

Dawn Parks, director