Thank you, everyone, for joining us for this year’s Adelaide 6/12/24 Hour Festival. You should all take a moment and reflect about the journey you’re going to undertake.

Please let me (and the aid station volunteers) know if there’s anything we can do to help support you on your journey. Running for 6, 12, or 24 hours is no easy feat – and we’re here to help you as much as we can! Regarding the aid station and volunteers we’re here to support you in any way we can. In return, we ask that you try your hardest to treat the volunteers with kindness and consideration. Thanks!

*About the event…*

COURSE DESCRIPTION - LAPS

The course description is simple – you’re running along the uni loop. In previous years, we’ve had signs marking every 200 metres. This year, we’ve kept it simple – the wooden poles show the 200m marks. Follow the wooden poles and the gravel route and you’ll stay on the uni loop. We also have some motivational signs out to help cheer you on.

There’s one quite noticeable section of the course, which is along Frome Road and War Memorial Drive. To ensure the course remains at 2.200km, we’ve had to extend the corner – which is clearly marked with orange bollards and bright orange bunting. Just follow the bunting on and you’ll be fine.

LAP COUNTS/DISTANCE

All of you should have received a timing device when you collected your bib. **The device goes on your left ankle, in the middle of the outside ankle.** They can cause chaffing, so please wear tall socks or use some strapping time to protect your skin. Be aware: These devices are NOT disposable. When you come to collect your medal at the end of your race, you’ll be asked to hand the timing device back. If you leave before your race is done, please come let us know and return the timing device then.

Every time you cross the mat, a new lap will be added to your total. Within seconds, your lap count and total distance will be viewable on the monitors.

**Only cross the mat once per lap.** If you must go back over the area, walk far around the mat so the mat will not falsely pick up a reading.

If you wish to leave the course (to see your crew or take a nap), please complete a full lap first.

We turn you around every three hours, switching between clockwise and counter-clockwise. Don’t worry about keeping track of the time – we’ll tell you when to turn. If you had gone off course and returned to see the lap direction changed, please come tell us and we’ll sort you out.

Near the end of your race, we’ll hand each of you a bag with your bib number on it. Carry that bag until you hear the air horn. Once you hear the air horn, drop it immediately in front of you. Leave it there and come back to the start. Your precise distance will be measured at the end of the event and will be added to your lap count to get your total distance. Once the distances are measured, we’ll have a podium ceremony announcing each of your distances – and we’ll present the perpetual trophy. This is expected to happen within an hour of the end of your event.

**Remember to bring back your timing devices once your event ends.**

BIBS

Have your bibs visible for every lap. The bib is important for the camera, which will be checked for any discrepancies.

TOILETS

The nearest toilets are right here.

AID

Food/Drinks

The aid station is here. You’ll cross it at every lap. We have plenty of food and drinks for you. If you have a special request, we’ll do our best to make it for you. If you have any special food/drinks that you brought, feel free to leave it here. Also, if you have a cup or bowl that you’d like to re-use, just leave it there.

First Aid

We have engaged the services of a first aid service. Any first aid issues you have, just let them know. There’s a medic here at all times. Be aware that if the medic (or any race official) thinks it is not healthy for you to continue, you will be pulled from the event. No exceptions.

RESULTS

This event has live results. The link is on the webpage. Every lap you complete will be displayed and the preliminary results (showing the total distance) will be uploaded after the event. These results are PRELIMINARY until the Wednesday after the event. If you have any questions about the results, contact us and we’ll sort you out.

Let me know if you have any questions. Otherwise, meet back here at the start and listen for my countdown. Enjoy!