



Summary

Registration	From 6:30am at Warland Reserve, Victor Harbor
Start Location	Soldiers Memorial Gardens, Victor Harbor
Start Times	8:00am Long Course (10.5k) 8:10am Short Course (5.5km)

Here we are, days out from the 4th The Granite Island Run. If you missed last year's run, I've got some great news for you, we are using the same course with those leg draining stairs again, dont completely cook them though, you need to save them for the climb up the centre track, and the sprint back across the causeway to the finish..... unless you signed up for the long course.....you legends get to do it all again!

As you are running around the island be sure to thank our wonderful.

Where is everything?

Try this [Google Maps link](#) to find The Victor Harbor Causeway



Parking

There is plenty of parking around Victor Harbor but it's best to arrive early and be prepared for a moderate walk to the event. The parking bay adjacent the information centre on The Esplanade is ticketed and parking inspectors are active in the area, if you want to park here, bring some change.

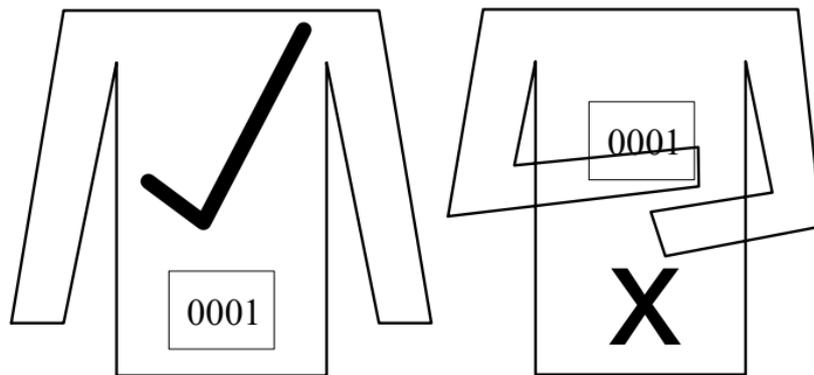
Registration and Electronic Timing Briefing

The registration marquee where you can collect your race bib with disposable timing chip will open at 6:30am on the grass in front of the causeway cafe.

The registration process is:

- 1) Find your name and race number on the name list on the board
- 2) Proceed to the next point to collect your bib with attached timing tag
- 3) Check the details on the back of the bib are correct

**BIBS MUST BE WORN AT WAIST HEIGHT
DO NOT COVER WITH CLOTHING, HANDS ETC**



Important points

- 1) Electronic Transponder Timing will be used to record your race time
- 2) You have been allocated a race number bib and it has an electronic timing tag on the back linked to you. Do not use someone else's number bib as this will produce false results for everyone.
- 3) Attach the bib at waist height to the outside front of whatever top you will be wearing. Do not bend or fold the tag or tamper with it.
- 4) Your time and number will be recorded when you pass a timing point provided your race number bib is visible. Covering it with clothing or your hands as you operate a watch will prevent it recording.
- 5) If there are several starts for different races, make sure you start at the correct time.
- 6) Race number bibs are disposable & do not need to be returned.
- 7) If you cut the course short (for example by skipping a lap, or taking a shortcut), do not pass through the finish timing point as we may inadvertently think you have won the race. Please notify Timing Officials if this occurs.
- 8) If you lose your race number bib during the race you must notify Timing Officials as soon as you cross the finish timing point.
- 9) Please notify Timing Officials if you pull out of your race before finishing.

Bag Drops

A bag drop area will be available for you to store your gear with an attached bag tag from your race bib, however your gear will not be supervised, and no responsibility for your bag will be accepted by the organisers or volunteers.

Race Briefing

The race briefing will be held at the start line at 7:45am at the Soldiers Memorial Garden.

Start Times

The long course race (10.5km) starts at 8am with the short course (5.5km) starting at 8:10am. Make sure you start with the correct wave.

Course and Course Marking

The course will be marked with red on white direction arrows and traffic cones. There will also be wrong way "X"s.

Finish Line

The finish line will be between the 2 orange The Granite Island Run flags.

Results

Results will be available shortly after of you finish online at <http://eventstrategies.racetecresults.com/results.aspx?CId=90&RId=270>. You can check the starters list and your entry now at this link.

Presentations and Random Draw Prize

After your race head on over to the grass in front of The Causeway Café and Victor Information Centre to recuperate with food and drink. We'll be holding the presentations for and random draw prizes there from 9:45am. We have some great prizes, include entries into [The Great Southern Half Marathon](#) thanks to the Southern Athletics Club and the [UltrarunnersSA Summer Trail Series](#) and vouchers from [Mekong](#). Many thanks to all our supporters.

Coffee

Kieran and Matt will be opening the [Causeway Cafe](#) from 7 am to make sure all the runners, spectators and volunteers are well supplied with their food and drink of choice.



In the afternoon the Causeway Cafe will be hosting DJ Carl Q from 2pm to 6pm so you can refuel while enjoying the tunes.

Water Station and Refreshments

There will be one **cup free** water station on the island, you'll need to bring your own cup or bottle. There several great products available now suited for this type of event. You will pass the water station twice for the short course and 4 times for the long course. Please keep any rubbish in the bins provided. This isn't triathlon and we aren't animals.

Safety, First Aid and Ambulance

Please add my phone number to your phone, especially if you intend to take your phone on with you during the race. My phone number is 0421 282 236.

Once again we have the amazing crew at First in Sports First Aid who will be located at the start line prior to the start and the finish line during the race to look after us.

Since the ambulance service in South Australia is not free we also highly recommend that you have private health cover or ambulance cover.

Running on The Causeway and Island

The Granite Island Run is certainly unique. I don't know of any other races that involve running over a causeway and around an island. You should be aware that there are tram tracks running the entire length of the causeway and northern side of the island, and tripping on them is possible. Between the tram tracks on the causeway is a rubber mat which will be slippery if wet. The rubber mat is held down with bolts that can also trip you up. When approaching the causeway, we suggest you pick a lane, either to the side of the tracks, or between them, for the length of the causeway and avoid crossing the tracks. Since there will be runners going in both directions at various points along the course, normal rules of keeping to the left also apply.

As mentioned previously this year we have added the stairs. Runners will only be going up the stairs but stick to the left and look after yourselves.

Care of The Island and it's Residents

To minimise the risk of damage to the Island stick to the marked course which will be on the existing paths. Littering on the island is forbidden. A bin will be provided at the water station for you to use. Among its inhabitants, Granite Island is home to around 20 Little Penguins who may be at home in their burrows, by sticking to the marked paths you can avoid disturbing them.

Please also spray your shoes with the provided methylated spirits to minimise the risk of phytosphthora infection.

Mekong and the Official Race Tees



Those that preordered the official TGIR race tees will be able to collect them at bib pick up before the race. For those that missed out on the preorder there will be a small number of extras available for \$45.

And for the 4th year running Mekong will have their pop-up stall with all their products there for you to see, try on and buy their range of products.

See you on race day,

Simon Porteous

The Granite Island Run Race Director
Fleurieu Outdoor Adventure Management Inc

