



AUSTRALIA'S LARGEST RUNNERS CLUB

24th July, 1989

Dear Marathon Entrant,

Please find enclosed your Race Number and Race Instruction Package for the Toyota Festival City Marathon.

Should you be a S.A.R.R.C. Member competing in your first Marathon, your number will have a yellow sticker, DO NOT remove the sticker as it will be important for the Finish System identifying your category.

The Race Instructions are printed for all Marathon runner's benefit, please read them carefully and ensure that you are familiar with all the information.

If you have not purchased your ticket for the San Remo/West End Runner's Party on Friday 11th August, with BOB ANSETT as the guest speaker, please send \$15.00/adult and \$10.00/child, to the office as soon as possible.

Special Marathon Merchandise will also be available for sale at the Runner's Party.

We do hope you enjoy the TOYOTA FESTIVAL CITY MARATHON and wish you luck for your run.

Yours sincerely,

DAVID GLOVER
RACE DIRECTOR

Yours sincerely,

DES FOSTER
GENERAL MANAGER

Member



Association of International Marathons and Road Races

AIMS adidas

P.O. BOX 6051,

HALIFAX ST., S.A. 5000

1 Sturt Street, Adelaide, South Australia 5000

Phone: (08) 213 0615. Fax: (08) 211 7115. Telex: TELCOM AA887655 No. AD677



TOYOTA
Oh what a feeling!

RACE INSTRUCTIONS

IMPORTANT - READ CAREFULLY

RACE NUMBERS

YOU MUST WEAR YOUR RACE NUMBER SO THAT IT IS VISIBLE AS YOU CROSS THE FINISH LINE, WHICH MEANS YOU WEAR IT PINNED TO THE FRONT OF YOUR SINGLET OR SHORTS.

ENSURE ALL DETAILS ARE CORRECT ON THE TEAR OFF TAGS. PIN THE RACE NUMBER SECURELY, BUT DO NOT SECURE EITHER OF THE TEAR OFF SECTIONS OF YOUR NUMBER, THESE SECTIONS WILL BE REMOVED BY OFFICIALS AT THE CHECK IN, AND IN THE FINISH CHUTES. PLEASE USE A SEPARATE TAG FOR YOUR GEAR BAGS.

UNOFFICIAL RUNNERS

UNOFFICIAL RUNNERS WILL BE PREVENTED FROM CROSSING THE FINISH LINE. THESE ARE RUNNERS WITHOUT NUMBERS, PACERS, FAMILY AND FRIENDS OF RUNNERS, AND ANY OTHER PERSONS NOT WEARING AN OFFICIAL RACE NUMBER. UNOFFICIAL RUNNERS COMPLETELY DISRUPT ANY WELL ORGANISED TIMING SYSTEM. PLEASE PLAY YOUR PART AND DISCOURAGE UNOFFICIAL RUNNERS.

PARKING & ROAD CLOSURES

THE TORRENS PARADE GROUND IN VICTORIA DRIVE WILL BE OPEN FOR PARKING OF VEHICLES FROM 5.30AM, BY COURTESY OF THE AUSTRALIAN ARMY. ENTRY WILL ONLY BE GAINED BY SHOWING YOUR RACE NUMBER TO THE PARKING ATTENDANT. WAR MEMORIAL DRIVE BETWEEN MONTEFIORE ROAD, AND KING WILLIAM ROAD WILL BE CLOSED FROM 7.00AM AND THE KING WILLIAM ROAD START AREA WILL BE CLOSED TO THROUGH TRAFFIC FROM 7.00AM. SO AIM TO ARRIVE AT THE START BY 7.00AM AT THE LATEST.

CHECK-IN ON RACE DAY

ALL PARTICIPANTS ARE REQUIRED TO CHECK IN ON RACE DAY WITH THEIR NUMBER CORRECTLY PINNED TO THEIR CHEST. AT THAT TIME, YOUR START IDENTIFICATION TAG WILL BE REMOVED FROM YOUR NUMBER BY AN OFFICIAL. THE LOCATION FOR THIS WILL BE JUST INSIDE THE SOUTHERN GATES OF ADELAIDE OVAL (OFF MEMORIAL DRIVE). TIMINGS FOR CHECK IN WILL BE BY 5.30AM TO 6.15AM WALKERS AND EARLY STARTERS, 6.00AM TO 7.15AM FOR RUNNERS AND WHEELCHAIR COMPETITORS. CHECK IN TIMES FOR ALL COMPETITORS WILL BE 5.45 A.M. - 7.15 A.M. AND PLEASE DO NOT LEAVE IT TO THE LAST MOMENT TO DO SO.

PRE-RACE TOILETS

THERE ARE DOZENS OF THESE INSIDE THE ADELAIDE OVAL, ALL OF WHICH WILL BE OPEN FOR RUNNERS USE.

PLEASE NOTE: CHECK IN NOW AT VICTOR RICHARDSON GATES, EASTERN SIDE OF ADELAIDE OVAL (OFF KING WILLIAM ROAD), - NOT AS ORIGINALLY STATED AT SOUTHERN GATES - ALL OTHER DETAILS AS ATTACHED.

GEAR BAGS - BRING YOUR OWN

GEAR BAGS WILL NOT BE PROVIDED, BUT GEAR MAY BE LEFT AT THE START, IN YOUR OWN BAG CLEARLY MARKED, WITH YOUR FULL NAME AND RACE NUMBER AND WILL BE TRANSPORTED TO THE FINISH AREA. YOUR GEAR BAG CAN BE COLLECTED FROM THE GEAR BAG TENT AT ELDER PARK. DO NOT LEAVE FRAGILE OR VALUABLE ARTICLES IN YOUR BAGS.

THE START

ONCE YOU HAVE CHECKED IN YOU MAY WALK THROUGH THE ADELAIDE OVAL, AND AROUND TO THE VICTOR RICHARDSON GATES, ON THE EASTERN SIDE OF THE OVAL. YOU WILL BE CALLED UP TO THE START LINE, ON KING WILLIAM ROAD, FROM THE AREA IMMEDIATELY OUTSIDE THESE GATES. THE FIRST DRINK STATION IS LOCATED IN THIS AREA.

THE COURSE (SEE MAP)

MANY RUNNERS WILL BE RUNNING THIS COURSE FOR THE FIRST TIME, THEREFORE IT IS ESSENTIAL THAT YOU ARE AWARE OF THE COURSE RULES.

THE COURSE IS ENTIRELY ON THE ROAD, (EXCEPT FOR THE SECTION THAT PASSES UNDER THE BRIDGE AT KING WILLIAM ROAD). YOU SHOULD NOT CUT ACROSS FOOTPATHS AT THE CORNERS. MARSHALLS WILL BE LOCATED AT KEY POINTS TO DIRECT YOU. THERE WILL BE OVER 200 MARSHALLS AND POLICE ON THE COURSE TO ASSIST YOU, PLEASE THANK THEM FOR THE TIME THEY HAVE GIVEN FREELY.

IT IS ESSENTIAL THAT YOU FOLLOW ALL DIRECTIONS GIVEN TO YOU BY THE POLICE. THEY ARE THERE WITH YOUR SAFETY IN MIND, AND WITHOUT THEIR ASSISTANCE WE WOULD NOT HAVE AN EVENT.

RUNNERS SHOULD SHOW A LITTLE COURTESY WHEN BEING OVERTAKEN BY A FASTER RUNNER, AND MOVE OVER TO THE LEFT. THIS COURSE IS TRAFFIC FREE FOR 4 HOURS 15 MINUTES. THIS IS 6 MINUTES PER KILOMETRE PACE. A POLICE COURTESY CAR WILL FOLLOW BEHIND THIS GROUP INDICATING WHERE THE TRAFFIC FREE SECTION ENDS. SLOWER RUNNERS WILL BE MOVED TO THE FOOTPATHS, AND WILL ALSO HAVE TO OBEY ALL TRAFFIC SIGNALS.

WITHOUT THE CO-OPERATION OF THE SOUTH AUSTRALIAN POLICE DEPARTMENT THERE WOULD BE NO FESTIVAL CITY MARATHON. PLEASE SHOW YOUR APPRECIATION TO THOSE POLICE OFFICERS WHO ASSIST US ON THE DAY. IF YOU THINK THAT THEY HAVE CONTRIBUTED TO THE EVENT, A NOTE OF THANKS TO THE COMMISSIONER OF POLICE WOULD BE ONE WAY OF SHOWING YOUR APPRECIATION.

SPECTATORS CARS

THERE WILL BE NO UNOFFICIAL VEHICLES PERMITTED ON THE COURSE. THE BETTER VIEWING POINTS WILL BE WHERE THE COURSE DOUBLES BACK ON ITSELF.

E.G. ANZAC HIGHWAY (5-21KM), WAR MEMORIAL DRIVE/MONTEFIORE ROAD (24-29KM), RUNDLE ROAD/DEQUETTEVILLE TERRACE (33-40KM).

DISTANCE MARKERS

THE COURSE IS CERTIFIED TO AIMS/IAAF STANDARDS, AND IS EXACTLY 42.195KM LONG. YOU WILL FIND DISTANCE MARKERS PROMINENTLY PLACED EVERY 1KM. (EXCEPT 32 KM.)

TIME SPLITS CALLERS

SPLITS WILL BE CALLED BY MAX BARNES, AT 5KMS AND 21.1KMS. GIVE HIM A WAVE AS YOU PASS.

TOILETS EN-ROUTE

TOILET LOCATIONS ARE MARKED ON THE COURSE MAP (T).

DRINK STATIONS

THERE WILL BE DRINK STATIONS LOCATED AT THE START AND FINISH, AS WELL AS 13 OTHER LOCATIONS AROUND THE COURSE. SPONGES, TISSUES, PETROLEUM JELLY AND PICCADILLY NATURAL SPRING WATER WILL ALSO BE AVAILABLE AT THESE DRINK STATIONS. ST. JOHNS AMBULANCE PERSONNEL, WILL BE LOCATED AT EACH DRINK STATION AND AT THE FINISH AREA TO PROVIDE FIRST AID TREATMENT. MEMBERS OF AUSTRALIAN CITIZEN RADIO MONITORS (ACRM) WILL PROVIDE COMMUNICATIONS AROUND THE COURSE.

SPECIAL DRINKS (SEE DRINK STATION LAYOUT)

SPECIAL DRINKS MUST BE PLACED IN THE APPROPRIATE BOXES, WHICH WILL BE ADEQUATELY MARKED AND PLACED ON TRESTLE TABLES, IMMEDIATELY OUTSIDE THE VICTOR RICHARDSON GATES OF THE ADELAIDE OVAL. THE BOXES WILL BE THERE AT 6.00 AM AND THE VEHICLE WILL BE TRANSPORTING THEM TO THE APPROPRIATE DRINK STATIONS AT 7.00 AM EXACTLY. NO DRINKS WILL BE ACCEPTED AFTER THIS TIME.

THERE WILL BE A SEPARATE BOX FOR EACH DRINK STATION, WHICH WILL BE MARKED AS SUCH, AND IT WILL BE UP TO YOU TO PLACE YOUR DRINKS IN THE CORRECT BOX. ALL DRINKS SHOULD BE CLEARLY MARKED WITH THE RUNNERS NAME AND RACE NUMBER. SPECIAL DRINKS WILL BE LOCATED ON THE FIRST TABLE AS YOU APPROACH EACH DRINK STATION. (SEE DRINK STATION LAYOUT).

PROVISION FOR DROPPING OUT

AS THE COURSE IS TRAFFIC FREE, THERE WILL BE NO VEHICLES DRIVING AROUND THE COURSE BUT IF YOU FEEL THAT YOU CAN NOT CONTINUE, THEN STOP AT A DRINK STATION AND BY COURTESY OF TOYOTA, A SMALL BUS WILL BE BRINGING UP THE REAR, AND WILL TRANSPORT YOU TO A POINT NEAR THE FINISH AREA. PLEASE DO NOT JUST "DROP OUT" AND DISAPPEAR WITHOUT NOTIFYING SOMEONE.

AVOID BEING UNABLE TO FINISH AND DRINK EARLY AND OFTEN. SLOW YOUR PACE IN THE EARLY PART OF THE RACE, PARTICULARLY IF YOU HAVE AVERAGED LESS THAN 100KM PER WEEK IN THE 2 MONTHS PRIOR TO THE RACE.

THE FINISH

YOUR TIME WILL BE TAKEN ACCURATELY AS YOU CROSS THE FINISH LINE. WATCH THE DISPLAY CLOCK AS YOUR CHECK. YOU MUST STAY IN FINISH ORDER WHILST IN THE CHUTE, UNTIL YOUR TAG IS DETACHED.

AS YOU LEAVE THE FINISH CHUTE YOU WILL BE PRESENTED WITH;

- * YOUR FINISHERS BAG (FULL OF GOODIES, A FINISHERS CERTIFICATE, AND SUNWORLD FRUIT JUICE VOUCHER)
- * YOUR FINISHERS PLAQUE

IF YOU HAVE ORDERED A FINISHER SINGLET IT WILL BE AVAILABLE FROM THE S.A.R.R.C. OFFICE FROM THURSDAY AUGUST 24 TH. IF YOU HAVE PAID FOR POSTAGE, YOUR SINGLET WILL BE SENT ON THAT DATE. IF YOU HAVEN'T ORDERED A FINISHER'S SINGLET, ORDERS WILL BE TAKEN IN THE S.A.R.R.C. TENT.

PRESENT YOUR SUNWORLD FRUIT JUICE VOUCHER TO THE SUNWORLD CARAVAN FOR YOUR COMPLIMENTARY FRUIT JUICE.

RESULTS

AS SOON AS RESULTS ARE VALIDATED, ALL FINISHERS WILL BE MAILED THEIR OFFICIAL PRINTED RESULTS, WHICH INCLUDES A LABEL FOR THE FINISHERS CERTIFICATE, A COMPLETE RESULTS LIST AND A PROOF PHOTOGRAPH OF YOU FINISHING THE MARATHON. THIS IS USUALLY WITHIN 3 WEEKS OF THE FINISH OF THE RACE. REMEMBER YOU MUST CHECK IN AT THE START TO BE VALIDATED AS A FINISHER.

PLEASE DO NOT RING THE OFFICE IN THE FIRST TWO WEEKS AFTER THE MARATHON SEEKING YOUR OVERALL PLACE, AS IT WILL BE TOO BUSY COMPUTING ALL THE RESULTS.

HEALTH & SAFETY INSTRUCTIONS

THE DAY BEFORE

Maintain a good balanced diet with emphasis on complex carbohydrates, e.g. potatoes, cereals, pasta, bread, rice. Do not try new foods or drinks. Do not fast within 24 hours of the start. Get a good sleep on Saturday night.

Plan your clothing requirements carefully in advance. Don't wear any new or untried gear. Plan to drink at every drink station. Do not train if suffering from a virus. Cut your toenails carefully before marathon day. Plan a realistic pace for your run.

BEFORE THE START

Don't run if you have a virus or any other illness, particularly if your doctor has advised you not to participate.

Arrive at the start early. Avoid a last minute rush. Drink plenty of water. Get to the toilet early (there are plenty at Adelaide Oval). Dress as you have planned and use petroleum jelly to prevent chafing (nipples, toes, underarms, groin and legs). Remember no new or untried gear. Keep warm and stretch before the run.

DURING THE RACE

Don't go out too fast. Stick to your planned race. Drink at every drink station. This is essential whatever the weather. Drink stations will provide water, petroleum jelly, sponges and tissues. St. John will be at all drink stations to provide first aid. Medical aid will be available at the 34/39 km points. (Cnr. Wakefield Road and Dequetteville Terrace).

If you wish to drop out, transport to the finish will be organised from drink stations.

If you are running slower than 6min/km (4hr 15min) traffic will be on your part of the course for sometime, so you must run on the footpath and observe all traffic rules.

If you are feeling unduly distressed, reduce your pace. Stop running if you are suffering heat exhaustion (throbbing headache, dizziness, nausea, chest discomfort or goosebumps) or have become unduly cold particularly if it is raining and windy.

A RACE REPORT AND PHOTOGRAPHS WILL ALSO BE PUBLISHED IN THE OCTOBER ISSUE OF SOUTH AUSTRALIA RUNNING (S.A.R.R.C. JOURNAL). THE JOURNAL IS FREE TO MEMBERS AND MAY BE PURCHASED BY NON MEMBERS BY CALLING S.A.R.R.C. OFFICE ON (08) 213 0615.

TO ENSURE GOOD FINISHER PHOTOGRAPHS DO NOT FINISH CLOSE BEHIND ANOTHER RUNNER, MOVE TO ONE SIDE. DO NOT LOOK AT YOUR WATCH OR STOP RUNNING AS YOU CROSS THE FINISH LINE. MOVE QUICKLY DOWN THE CHUTES AND AWAY FROM THE FINISH LINE.

FINISH SERVICES

PICCADILLY NATURAL SPRINGS WATER WILL BE AVAILABLE AT THE FINISH AREA. MEDICAL SERVICES IN THE FINISH AREA WILL BE STAFFED BY MEDICAL PERSONNEL, ST. JOHNS AMBULANCE BRIGADE, MEMBERS OF THE SPORTS MEDICINE FEDERATION, PHYSIOTHERAPISTS, MASSEURS AND PODIATRISTS. INVARIABLY THEY WILL SPOT YOU IF YOU ARE IN NEED OF HELP, BUT, IN THE EVENT THAT THIS DOES NOT HAPPEN ASK A S.A.R.R.C. OFFICIAL FOR ASSISTANCE.

PRESENTATION CEREMONY

PRESENTATION WILL TAKE PLACE IN THE ELDER PARK ROTUNDA (IN FINISH AREA) AT 12.30 P.M.

RANDOM DRAW PRIZE

A GREAT RANGE OF RANDOM PRIZES WILL BE DRAWN PRIOR TO THE RACE FINISH. PLEASE CHECK THE S.A.R.R.C. TENT TO COLLECT PRIZES.

START TIMES

7.25 A.M. WHEELCHAIRS

7.30 A.M. ALL REMAINING COMPETITORS

WHEN YOU FINISH

Warm down by putting on light clothing. Maintain some activity for at least 10 minute e.g. walking. Avoid becoming too cold or stopping all activity suddenly.

If distressed seek medical advice which will be available at the finish area. St. John will be present to assist those requiring attention and help them to the medical area where doctors, physiotherapists, podiatrists, sports trainers, and masseurs will be available to assist with any injuries.

Take care, enjoy yourself and the entire experience. If you have done your homework and remember the basics - fluids and pacing, you will run a fine race.

Good luck - you deserve it.

DAVID GLOVER
RACE DIRECTOR

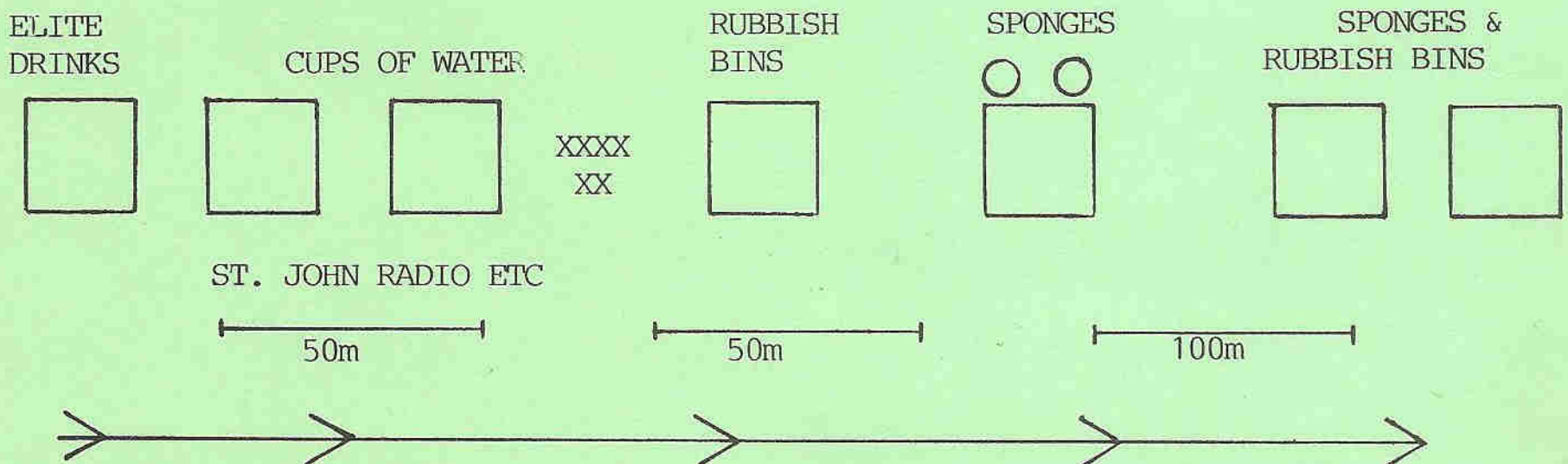
DRINK STATIONS

AT EACH DRINK STATION, RUNNER WILL FIND (IN ORDER):

1ST	ONE SMALL TABLE FOR SPECIAL DRINKS
2ND	THREE (AT LEAST) TABLES OF DRINKING WATER
3RD	ST. JOHN, ACRM RADIO, OTHER FIRST AID
4TH	LARGE RUBBISH BIN FOR CUPS
5TH	SPONGES
6TH	SEVERAL CONTAINERS FOR USED SPONGES

NOTE:

- PLEASE TRY TO RUN TO LEAST BUSY DRINK TABLE, IT WILL SAVE YOU AND OTHERS TIME.
- NOTE THAT SPONGES ARE AVAILABLE 100 METRES PAST THE CUP STATION AND A RUBBISH BIN IS IN BETWEEN - PLEASE USE THIS BIN FOR YOUR USED CUPS.
- USED SPONGE CONTAINERS ARE AVAILABLE ABOUT 100 METRES PAST THE SPONGE STATION. PLEASE TRY TO USE THESE CONTAINERS AS SPONGES ARE RECYCLED!

DRINK STATIONS

DIRECTION OF RUNNERS

CARBO PARTY



Name _____

Address _____

_____ P/C _____

Please send me tickets

_____ @ \$15 (Adult) = \$.00

_____ @ \$10 (Child/U16) = \$.00

Please Remit \$.00

THE SAN REMO/WEST END RUNNERS PARTY

**WEST
END**

**Friday 11 August 1989, 6.30 p.m.
at Latvian Hall, Wayville**

Adelaide's Premier Social Event for Runners. Come along and be entertained by a galaxy of stars, including an internationally acclaimed guest speaker.

You can participate by wearing mementos of your past athletic exploits. Wear your marathon medallions, finisher t-shirt, your favourite running shoes, spare t-shirts/singlets to swap with other runners.

The meal will be provided by the Hackney Hotel. Fellow member Noel Allen knows what runners enjoy and has promised a meal that will include generous helpings of San Remo pasta, heaps of crusty bread, salads and desserts, including pavlova and apple pie, soft drinks, tea and coffee. Of course good old West End beer will be available for sale.

We can cater for a maximum of 450 people and admission will be by prepaid ticket only.



SAMSUNG
ENTER NOW
WIN UP TO \$1,400 IN PRIZES



TOYOTA FESTIVAL CITY MARATHON

SUNDAY
13 AUGUST 1989
ADELAIDE
SOUTH AUSTRALIA



Association of International Marathons and Road Races
AIMS





RACE INFORMATION

START: 7.30 a.m. King William Road adjacent, Adelaide Oval, Eastern Gates
FINISH: Elder Park, behind Festival Theatre (King William Road)
CHECK IN: Southern Gates, Adelaide Oval (off War Memorial Drive)

PRESENTATION CEREMONY: Elder Park Rotunda. 12.30 p.m.

ELIGIBILITY: Open to all runners. Minimum age 18 years on race day.

ENTRY FEE:	SARRC Member	Non Member
Received by 1 May 1989	\$16.00	\$20.00
Received by 4 August 1989	\$20.00	\$25.00
Received by 13 August 1989	\$30.00	\$30.00

NOTE: Entry fee refundable if justified to race committee.
 Race number is not transferable.
 See back page for early entry incentive.

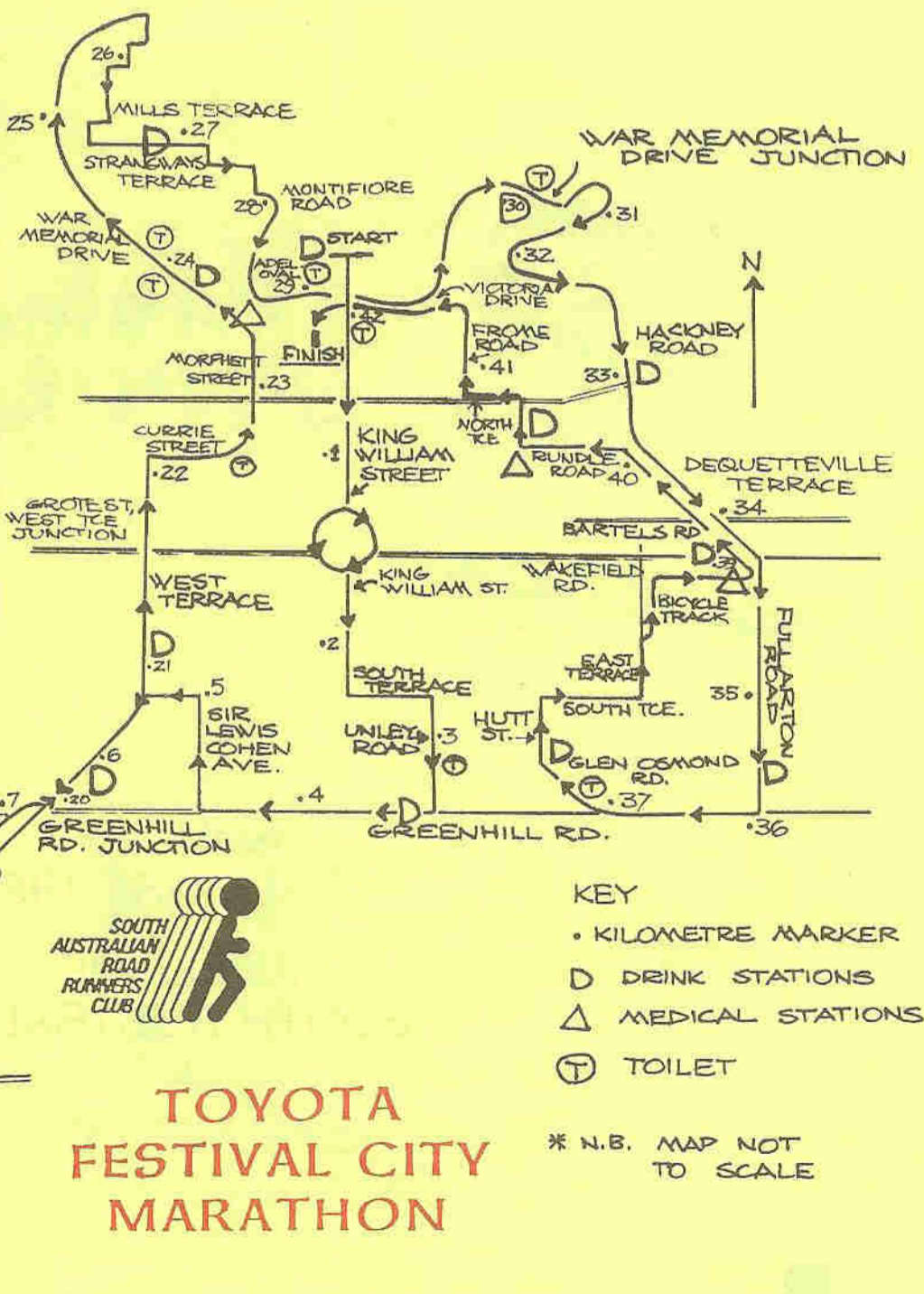
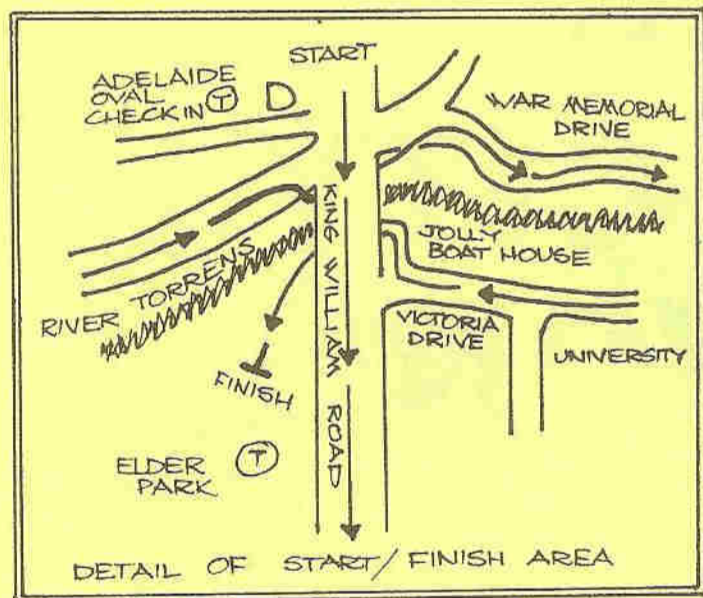
FINISHERS: All finishers receive — Commemorative Plaque, Certificate and Goodie Bag.

PRIZES: Trophies presented to:
 1st, 2nd, 3rd MALE/FEMALE RUNNERS.
 1st MALE/FEMALE WHEELCHAIR
 *1st MALE SARRC MEMBER — FIRST MARATHON
 *1st FEMALE SARRC MEMBER — FIRST MARATHON

*AWARDS BY MAX/TINA GRIGOUL
 TROPHIES PRESENTED ON RACE DAY

PRIZES FOR AGE DIVISION WINNERS WILL BE POSTED WITH RESULTS

THE COURSE



TOYOTA FESTIVAL CITY MARATHON

- KEY**
- KILOMETRE MARKER
 - D DRINK STATIONS
 - △ MEDICAL STATIONS
 - Ⓣ TOILET

* N.B. MAP NOT TO SCALE

THE COURSE IS ACCURATELY MEASURED TO AIMS IAAF STANDARD AND RUNS THROUGH THE CITY OF ADELAIDE, NEAR SUBURBS AND PARKLANDS AND FINISHES ON THE BANKS OF THE BEAUTIFUL RIVER TORRENS. DRINK/SPONGE STATIONS LOCATED EVERY 2.5KM, KM MARKERS ARE PLACED AT 1 KM INTERVALS ON A COURSE WHICH IS ESSENTIALLY FLAT, WITH ONE HILL AT 25.5 KM AND IS TRAFFIC FREE FOR 4¼ HOURS. TEMPERATURE RANGE 11° - 20°C.



ACCOMMODATION

The Adelaide Travelodge

208-223 SOUTH TERRACE
ADELAIDE, S.A. 5000

The Adelaide Travelodge is providing special rates for people visiting Adelaide for the Toyota Festival City Marathon.

Parkview Wing \$52 single or twin ... **Tower Block** \$68 single or twin
Additional person sharing \$10.00 Adult, \$2.00 Child ... Room only ...

Name _____
Address _____

Postcode _____ Phone _____

Accommodation (tick) Twin Share
No. Adults _____ Single
No. Children _____
Parkview Tower
Arrival _____ Departure _____
Free shuttle bus to start/finish

CARBO PARTY



Name _____
Address _____
_____ P/C _____

Please send me tickets
_____ @ \$15 (Adult) = \$.00
_____ @ \$10 (Child/U16) = \$.00
Please Remit \$.00

THE SAN REMO/WEST END RUNNERS PARTY

**WEST
END**

**Friday 11 August 1989, 6.30 p.m.
at Latvian Hall, Wayville**

Adelaide's Premier Social Event for Runners. Come along and be entertained by a galaxy of stars, including an internationally acclaimed guest speaker.

You can participate by wearing mementos of your past athletic exploits. Wear your marathon medallions, finisher t-shirt, your favourite running shoes, spare t-shirts/singlets to swap with other runners.

The meal will be provided by the Hackney Hotel. Fellow member Noel Allen knows what runners enjoy and has promised a meal that will include generous helpings of San Remo pasta, heaps of crusty bread, salads and desserts, including pavlova and apple pie, soft drinks, tea and coffee. Of course good old West End beer will be available for sale.

We can cater for a maximum of 450 people and admission will be by prepaid ticket only.

ENTRY FORM

TOYOTA FESTIVAL CITY MARATHON SUNDAY 13 AUGUST 1989

Runner's No. _____

Surname or Family Name _____ Given Name _____
Address Street _____ Address Suburb/Town _____
State/Country _____ Post Code _____ Phone (inc. area code) Daytime _____
Registered Athlete Tick Club Office Use (Optional - Please Tick)
No. Marathons Finished (0, if this is first) _____ PREVIOUS BEST _____
Payment is by cash or I enclose cheque to _____
SOUTH AUSTRALIAN ROAD RUNNERS CLUB
or charge my BANKCARD VISACARD MASTERCARD
Expiry _____ Date _____
Signature _____ X
ALL ENTRANTS MUST SIGN Date _____

GENDER M F
Birth Date _____
Age on Race Day _____
Chair Tick
SARRC Tick
Member No. _____
12 14 16 18 20 22
Circle Size

DECLARATION
1. I compete at my own risk.
2. I agree to obey the race rules as described in the race instructions.
NOTE MINIMUM AGE 18 YEARS.

PAYMENT DETAILS	
ENTRY FEE	\$.....
COMMEMORATIVE T-SHIRT	\$.....
FINISHER SINGLET/T-SHIRT (OPTIONAL)	\$.....
TOTAL	\$.....
NOTE CLOSING DATES	
AAU PERMIT 3/28.89	

POST TO:
SOUTH AUSTRALIAN ROAD RUNNERS CLUB, P.O. BOX 6051, HALIFAX STREET, SOUTH AUSTRALIA 5000
OR ENTER IN PERSON AT 1 STURT STREET, ADELAIDE, SOUTH AUSTRALIA.



EARLY ENTRY INCENTIVE

ENTER NOW AND HAVE A CHANCE TO WIN ONE OR MORE FABULOUS **SAMSUNG** PRODUCTS.

THE FIRST 300 ENTRIES GO INTO A RANDOM DRAW FOR A 48CM **SAMSUNG** COLOUR TELEVISION. THESE PLUS THE NEXT 200 ENTRIES GO INTO A RANDOM DRAW FOR A **SAMSUNG** 34CM COLOUR TELEVISION. AND ALONG WITH THE NEXT 100, GO INTO THE DRAW FOR A **SAMSUNG** RADIO CASSETTE.

ENTER EARLY AND YOU HAVE THREE CHANCES TO WIN A FABULOUS **SAMSUNG** PRODUCT.

MAJOR SPONSOR



MAJOR SUPPORT SPONSORS



Entertaining Adelaide



THE SOUTH AUSTRALIAN ROAD RUNNERS CLUB WISHES TO EXPRESS APPRECIATION TO ALL SPONSORS FOR THEIR SUPPORT AND TO S.A. POLICE DEPARTMENT, ADELAIDE CITY COUNCIL, COUNCILS OF GLENELG AND WEST TORRENS, DEPARTMENT OF RECREATION & SPORT, ST. JOHN AMBULANCE, BOTANIC GARDENS TRUST AND ALL VOLUNTEERS FOR THEIR ASSISTANCE.

THE SOUTH AUSTRALIAN ROAD RUNNERS CLUB
IN CONJUNCTION WITH



PRESENTS

1989 MARAFUN RUN 4.5km

8.00 a.m. SUNDAY 13th AUGUST 1989

COME AND JOIN IN THE FUN AND EXCITEMENT OF
THE TOYOTA FESTIVAL CITY MARATHON

START/FINISH:

Start is at rear of Festival Theatre in Elder Park.
Finish is under Marathon Finish Banner in Elder Park.

ENTRY FEE:

Adults: \$3
Students:
Under 18: \$1

ENTRIES CLOSE:

Wednesday 9th August, 4.00 p.m.

FEATURES:

- Run, Jog or Walk the beautiful River Torrens course.
- Shower/change facilities available at Adelaide Oval.
- Food/Refreshments available.
- Schools Prizes presented at Marathon Presentation Ceremony.

LATE ENTRY FEE:

50% surcharge of normal entry fee.

PROGRAMME

- 7.25 a.m. Wheelchairs commence Toyota Festival City Marathon
- 7.30 a.m. Toyota Festival City Marathon Start
- 8.00 a.m. Toyota Marafun Run Start
- 9.50 a.m. (Approx.) First Runner should cross finish line
- 12.30 p.m. Presentation ceremony in Rotunda, Elder Park

RACE NUMBERS TO BE COLLECTED FROM THE OFFICE OR ENCLOSE A STAMPED SELF ADDRESSED ENVELOPE, OR COLLECT ON THE MORNING OF THE RUN.

PRIZES

- Lots of Random Draw Prizes • Medals First 10 Boys/Girls to Finish
- Schools — \$500 worth of Computer or Sporting Equipment to Secondary and Primary Schools with most team members.

MAIL TO: S.A. Road Runners Club, Box 6051, Halifax Street, 5000, or enter in person at
SARRC OFFICE: 1Sturt Street, Adelaide, Weekdays 10 am-4 pm — Telephone: (08) 213 06 15

TOYOTA 1989 MARAFUN RUN

Runners No

Surname or Family Name

Given Name

Address Street

Address Suburb Town

State Country Post Code

Phone (inc. area code) Daytime

Office Use

School

Secondary Primary
(Tick appropriate box)

Payment is by cash or I enclose cheque to

SOUTH AUSTRALIAN ROAD RUNNERS CLUB

or charge my BANKCARD VISA CARD MASTERCARD

Expiry Date

Signature

ALL ENTRANTS MUST SIGN
or parent/guardian if under 18. Date

GENDER
M or F

Birth Date
Day Month Year

Age on Race Day

Wheelchair

SARRC Member

Member No.

Tick

DECLARATION

1 I compete at my own risk

2 I agree to obey the race rules as described above and distributed in the race instructions

PAYMENT DETAILS
(no refunds or exchanges)

TOTAL \$

NOTE CLOSING DATES