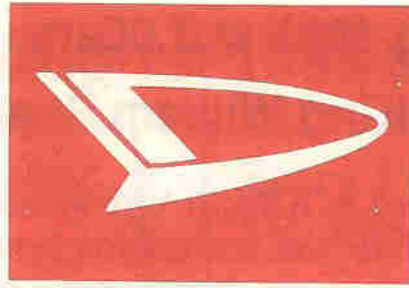


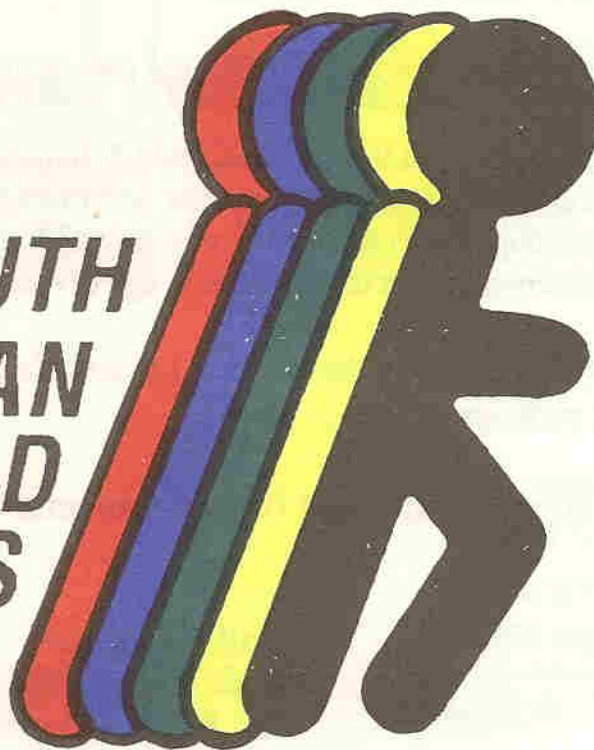
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93

DAIHATSU

**SOUTH
AUSTRALIAN
ROAD
RUNNERS
CLUB**



Adelaide Marathon

1/2 Marathon and
A.S.A. State Marathon Championship



Sunday
29th August
7.00am





1993 DAIHATSU ADELAIDE Marathon and Half-Marathon

Sunday 29th Aug 1993 at 7.00am (Walkers 1hr earlier)

Start Victoria Drive (King William St end). Finish in Elder Park

Both courses are accurately measured to AIMS/IAAF standard by AA qualified measurers and are Police controlled & traffic free for four and one quarter hours. Runners are taken through the City of Adelaide, its suburbs and parklands to the finish on the banks of the picturesque River Torrens. Piccadilly Natural Spring Water and sponge stations are located approximately every 5km and markers are placed at 1km intervals on a course which is essentially flat. The temperature range is between 11°C and 20°C.

Race Packs will be sent out approximately two weeks before the race. After this time they can be collected from the SARRC office or at the start. **Race Director** is Tony Ashwell.

Entry Fees: ASA registered athletes are treated as members of the SARRC for entry. Entrants in the ASA State Marathon Championship are automatically entered in the Daihatsu Adelaide Marathon. Entry fees are refundable if justified to the Race Committee in writing. Race numbers are not transferrable.

Awards: Marathon finishers receive a medallion and certificate, half-marathon finishers receive a certificate.

Trophies are awarded to: first three places, male & female, in both events. Trophies are awarded to the first male & female SARRC members in their first marathons. Gold, silver and bronze are awarded in the ASA Championship, male and female in Open and Veteran divisions.

Medallions are awarded to first three places in age divisions and to walkers in both races.

Presentations will be held in Elder Park at 11.00am. **Results**, including a proof finish photograph, will be sent to each participant.

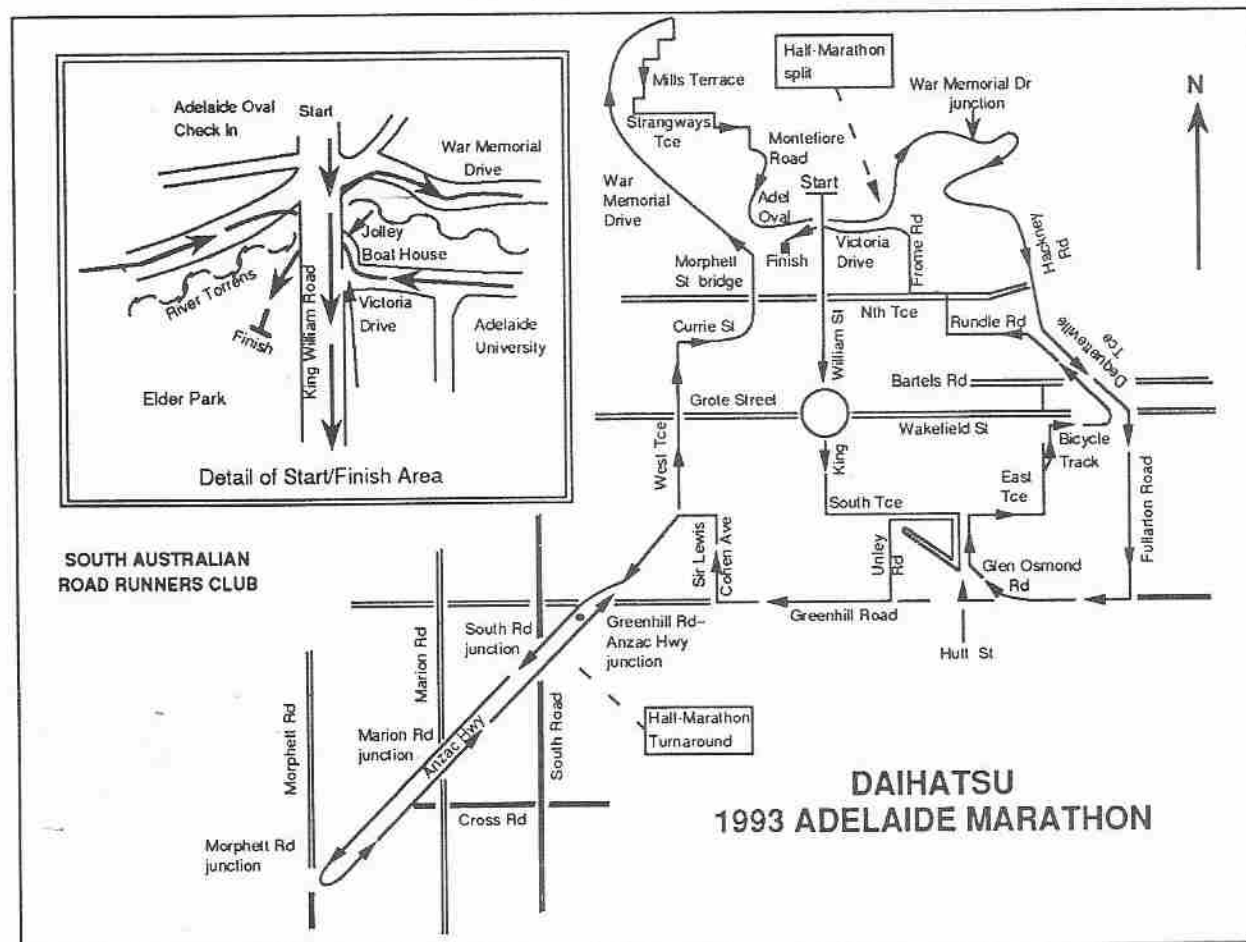
Cash Prizes: run for fun—and financial incentive!

Marathon
Male & Female:
1st \$250
2nd \$150
3rd \$75
4th \$25

Half-Marathon
Male & Female:
1st \$150
2nd \$75
3rd \$50
4th \$25

Five be-there-to-win-it prizes of \$100.

Random Draw Prizes



Accommodation at the Adelaide Travelodge

Special rates have been negotiated for the race weekend with The Adelaide Travelodge. Bookings can be made with this race entry or direct to the Travelodge – enquiries (08) 223 2744.

Prices shown are per room; please tick boxes appropriately:

Prices:	per room—	<input type="checkbox"/> Tower Block \$	<input type="checkbox"/> Parkview Wing \$
• Extra Adult Sharing		74	59
• Children under 16 (staying with adult)		10	10
		5	5

Your Booking:

- Single or–Twin Share or– Double No. adults (max. 3 per room) _____
- Arrival date: _____ Departure date: _____ No. children under 16 (max 2 per room) _____
- Free transport to start? Please enclose \$20 deposit.

Pre-race Pasta Party

Pasta Party at The Travelodge • Friday 27th August 1993 • 6.30pm

THE place to be pre-race, The Travelodge has been booked for the Annual Pasta Party, with entry by pre-paid ticket only and limited to 200 people. Please make Pasta Party reservations as follows:-

_____ adults @ \$12.50 = \$ _____ child/U16 @ \$10.00 = \$ _____ remit Total = \$

Your Details for Accommodation and/or Pasta Party:

Name: _____ Address: _____

Post Race Dinner at Venezia's Pasta Express, 121 Pirie St, Adelaide

• Sunday 29th August 1993 • 7.00pm Delicious carbo-reloading!!!

Acknowledgements

This event would not be possible without the sponsorship of Daihatsu and supporters of The SA Road Runners' Club. Please keep this commitment in mind in the choices you make personally and in the course of your business. We thank:

Daihatsu

Joggers World

Cleanaway

Adam's Apple

Foundation SA

Piccadilly Natural Springs

West End

Adelaide Travelodge

The SA Road Runners' Club is also indebted to the following organisations for the assistance, advice and support:

SA Police Department

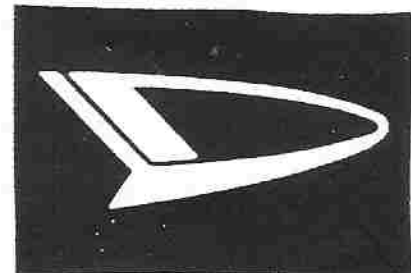
City of Glenelg Council

St Johns Ambulance

City of Adelaide Council

City of West Torrens Council

Department of Recreation and Sport



DAIHATSU ADELAIDE MARATHON AND HALF MARATHON

SUNDAY 29 th August 1993

TIME 7 a. m. START

RACE NUMBERS

You must wear your race number so that it is visible at all times as you cross the finish line. Pin the race number securely, but do not secure the tear off section of your number. This section will be removed by the officials at the Finish

UNOFFICIAL RUNNERS

Runners without official numbers will be prevented from crossing the finish line. Unofficial runners completely disrupt any well organised timing system.

PARKING AND ROAD CLOSURES

Parking is available this year on the Torrens Parade Ground. However parking is available in the car-park on the south side of the cricket ground on War Memorial Drive.

PRE RACE TOILETS

These are situated inside the Adelaide Oval, all of which will be open for runners use.

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-Tent at Elder Park. Do not leave fragile or value able articles in your bags.

THE START WALKERS 6 a. m.

Walkers choosing to go earlier are advised to sign the sheet hung up at the start noting their start time. Officials will not be available for check in prior to 6 a. m.

HALF MARATHON AND MARATHON 7a.m.

After check in , walk through Adelaide Oval outer area, and around to the Victor Richardson Gates, on the Eastern side of the oval. Water is available here. The start line is adjacent to Victor Richardson Gates on King William Road. WALKERS starting at 6 a.m. must remain on the footpath and obey traffic lights and road rules until the runners catch up to them.

THE COURSE

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. Marshals will be located at key points to direct you, Please thank them for the time they have given freely. The course is traffic free for 4hrs 15 mins. This is 6 minutes per kilometre pace. A Police Vehicle will travel at 6 minute pace behind a marshal running the course- competitors slower than this pace must move onto the footpath. The co-operation of the South Australian Police Department makes the Daihatsu Adelaide Marathon the success it is, please show your appreciation to those Police Officers who assist on the day.

DISTANCE MARKERS

The course is certified to AIMS/IAAF standards, and is exactly 42.195km long. You will find distance markers prominently displayed every 1km.

NOTE FOR HALF MARATHON - kilometre markers every kilometre for first 9km then small blue one's

NOTE THE HALF MARATHON TURN AROUND IS JUST PAST THE 9km MARKER.

TOILETS EN-ROUTE

Toilet locations are marked on course map- T.

DRINK STATIONS

Drink stations will be located at the start and finish, as well as 12 other locations around the course. PICADILLY NATURAL SPRING WATER, tissues, petroleum jelly will be available at these drink stations. (Sponges during the last half of event.) 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 5K 10K

Special Drinks must be placed in appropriate boxes, immediately outside the Victor Richardson Gates of the Adelaide Oval. The boxes will be there at 6.00 a.m. and a vehicle will be transporting them to the appropriate drink stations at 7.00 a.m. 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 your responsibility to place your drinks in the correct box. All drinks should be clearly marked with runners name and race numbers. Special drinks will be located at the first table as you approach each drink station.

PROVISION FOR DROPPING OUT

As the course is traffic free, there will be no vehicles driving around the course. If you feel you cannot continue, then stop at a drink station and notify official personnel you are dropping out. Avoid being unable to finish by drinking early and often. Slow your pace in the early part of the race, particularly if you have averaged less than a 90km 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 while in the chute, until your tag is detached. A photo will be taken as you cross the finish line, so look up and SMILE! To ensure good finisher photographs do not finish close behind another runner, move to one side. as you will also be on video.

If you have ordered Finisher Merchandise it will be available from the SARRC Office from If you have paid postage, your merchandise will be sent on that date. If you haven't ordered Finisher Merchandise orders will be taken in the Merchandise Tent on race day. Finisher Medallions will be presented to you as you leave the finish chute.

RESULTS

As soon as results are validated, all Finishers will be mailed their official printed results, including a label for finishers certificate, complete results list, and a proof photograph of your finishing the Marathon or Half Marathon.

FINISH SERVICE

Medical Services (e.g. Podiatrist, Doctor, Physiotherapist) will be available in the finish area.

PRESENTATION CEREMONY

Presentations will take place at Elder Park finish area at 11.15 a.m.

The random draw for cash prizes will be held during the presentation ceremony. CASH WINNERS MUST BE THERE IN PERSON TO BE ELIGIBLE FOR A PRIZE.

REMINDER START TIMES

WALKERS Marathon 6 .00 A.M. OR BEFORE BUT LET US KNOW WHAT TIME TO ADD

HALF MARATHON and MARATHON 7.00 A.M. or let us know what time to add

THANKYOU TO OUR SPONSORS AND ALL THE NUMEROUS PEOPLE WHO HAVE GIVEN OF THEIR TIME TO MAKE THIS MARATHON POSSIBLE. PLEASE GIVE THEM A SMILE AS YOU CROSS THEIR PATH. BEST OF LUCK TO ALL ENTRANTS FROM THE RACE

DIRECTOR *Tony Ashwell.*



THE MARATHON
HEALTH & SAFETY INSTRUCTIONS.

Dr. Terry Farquharson,
Medical Director - Marathon.

The Day Before.

Maintain a good balanced diet with emphasis on complex carbohydrates eg. 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. Fill in personal details on the back of your chest number, noting any present medical condition. Plan to drink at every aid 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 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, underarm's, groins and legs). Remember, no new or untried gear. Check you have written information on the back of your chest number.

Keep warm and stretch before the run.

During the Race

Don't go out too fast. Stick to your planned pace.

Drink at every aid station. This essential whatever the weather. Aid stations will provide water, petroleum jelly, sponges and tissues. St. John will be at all aid stations to provide first aid. Medical aid will be available at the finish.

If you wish to dropout, transport to the finish will be organised from aid stations. If you are running slower than 6 min/km (4hr 15 mins) traffic will be on your part of the course for some time, 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 goose bumps) or have become unduly cold particularly if it is raining and windy.

When You Finish

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

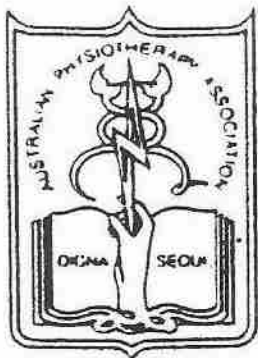
If distressed seek medical advice which will be available at the finish area. St. John will be present to assist those requiring attention and help them to the medical area where doctors, physiotherapists, podiatrists, sports trainers, masseurs will be available to assist with any injuries.

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.

MEDICINE • PHYSIOTHERAPY • PODIATRY





AUSTRALIAN
PHYSIOTHERAPY
ASSOCIATION

Incorporated in Victoria
S.A. BRANCH

A.P.A.
SPORTS
PHYSIOTHERAPY
GROUP
S.A. COMMITTEE



CHAIRMAN:

SECRETARY

A.P.A. SPORTS PHYSIOTHERAPY GROUP

"The S.A. Sports Physiotherapy Group is pleased to continue its association with the (Adelaide) Marathon by giving our services to all competitors. Sport is a vital part of the Australian Lifestyle, and provides exercise, social contact, relaxation, competition as well as promoting good health. Physiotherapists are highly qualified and trained in the assessment and treatment of soft tissue injuries, which is evidenced by our involvement with the Australian team at the Olympic Games. We also offer important self help advice on injury and its prevention. Please make use of our services, as early treatment and advice can dramatically reduce recovery time."

ADVICE FROM THE PODIATRIST.

If you suffer from recurrent foot and or lower limb problems or injuries podiatry may be able to help you. Your podiatrist can assess your lower leg and foot alignment and prescribe functional orthoses to improve the efficiency of your gait thereby helping your symptoms. The Podiatry association will assist you in locating a biomechanically skilled Podiatrist. (Phone 370 9348).

ADELAIDE MARATHON

1993

Singlets, T-Shirts
Windcheaters



WE'RE ALWAYS ON THE RUN!



ADELAIDE MARATHON *1993



1993 DAIHATSU ADELAIDE MARATHON

MERCHANDISE ORDER FORM

Surname or Family Name _____

Given Name _____ Tel (Daytime Contact) _____

Address Street _____ Suburb _____

State/Country _____ Postcode _____

		CIRCLE	NO.	TOTAL
Marathon	Singlet (grey)	S M L XL XXL@ \$14 each =
Marathon	T-Shirt (grey)	S M L XL XXL@ \$16 each =
Marathon	Windcheater (grey)	S M L XL XXL@ \$22 each =
1/2 Marathon	Singlet (grey)	S M L XL XXL@ \$14 each =
1/2 Marathon	T-Shirt (grey)	S M L XL XXL@ \$16 each =
1/2 Marathon	Windcheater (grey)	S M L XL XXL@ \$22 each =
				Postage \$4.00.....
				To be collected _____
				TOTAL \$ _____

CASH

CHEQUE to South Australian Road Runners Club

BANKCARD VISACARD MASTERCARD

Card Number.....

Expiry Date.....

Signature.....

Date.....



POST TO: SOUTH AUSTRALIAN ROAD RUNNERS CLUB
 PO BOX 6051 HALIFAX STREET
 ADELAIDE SOUTH AUST 5000
 PHONE (08) 213 0615

The Muscular Dystrophy Association of South Australia Inc.

Telephone: (08) 212 6694
Facsimile: (08) 212 3159

Our Ref: QMT3

11th August 1993



Fight
Muscular
Dystrophy

G.P.O. Box 414
ADELAIDE, 5001

251 Morphett Street
ADELAIDE, 5000

PATRON:
H.R. (KYM) BONYTHON
A.C., D.F.C., A.F.C.

RE: DAIHATSU ADELAIDE MARATHON

The South Australian Road Runners Club has informed me that you are an entrant in this year's Daihatsu Adelaide Marathon.

Why not join the **QANTAS MUSCLE TEAM** and help raise funds to assist those who, through no fault of their own, have one of the Muscular Dystrophies or similar disorders?

By joining the **QANTAS MUSCLE TEAM** and raising a minimum of \$50 in sponsorship, you will then be included in the draw for the chance of winning the prize of a **FREE flight to London provided by Qantas, and a place in the 1994 London Marathon.**

All you need to do is fill in the enclosed form and send it back to us. We will then send you a sponsorship form, and a free Qantas Muscle Team singlet (which you must wear during your marathon to qualify for the draw).

Please join the **QANTAS MUSCLE TEAM**, for together we CAN beat Muscular Dystrophy.

Yours sincerely

Bronwyn Vickers
QANTAS MUSCLE TEAM CO-ORDINATOR

enc.

Daihatsu Adelaide Marathon & Half Marathon



The Muscular Dystrophy

Association Of SA Inc.



Fight
Muscular
Dystrophy

You can help those who suffer from the devastating effects of Muscular Dystrophy.

By participating in the Daihatsu Adelaide Marathon as a member of the Qantas Muscle Team.

**Win A Free Qantas Flight To London
and a
Guaranteed place in the 1994**

LONDON MARATHON

by competing in the Daihatsu Adelaide Full Marathon

● Win a Weekend for two at the
Terrace Inter-Continental, Adelaide
by competing in the Daihatsu Adelaide Half Marathon

● Members of the winning Relay Team will each receive specially engraved trophies.

Please complete and return the form below to join the Qantas Muscle Team and to receive a FREE commemorative singlet and official sponsorship form.

All amounts raised over \$50 entitle the runner/walker to enter the raffle for the above prizes.

*You will also be helping someone disabled by
Muscular Dystrophy who can't run - or even walk!*



QANTAS MUSCLE TEAM REGISTRATION FORM

To: The Muscular Dystrophy Association Of SA Inc
GPO Box 414, ADELAIDE SA 5001
251 Morphett Street, ADELAIDE SA 5000
Telephone: (08) 212 6694

Please send sponsorship forms for the Full / Half / Relay Marathon *

NAME (Mr/Mrs/Ms) * _____

ADDRESS _____

TELEPHONE (Bus) _____ (ah) _____

Singlet Size: _____ (Please specify size in cm)

*Delete as applicable



Layout Design: Simon Trangmar

DAIHATSU ADELAIDE MARATHON 1993

VOLUNTEER

Name _____

Phone _____ (daytime) _____ (A.H)

I am able to help with (Please tick where appropriate)

... Office work Opening mail, telephone & counter enquiries, processing entries computer data entry (if experienced)

... Envelope Stuffing Sending out Race Packages (After hours)

Day(s)/times available (July & Aug) _____

... Pre Race Setup Put up tents, fences & finish scaffold - Elder Park Sat 28 August from 9.00am

... Marshals On the course. Assisting with traffic control, ensuring safety of runners. Sunday 29 Aug 7am - 1pm

... Drivers & Labourers Deliver equipment to drink stations & collect. Sunday 5am-1pm

... Start & Finish Areas assist Sunday 6am - 1pm

... Gear Bag Officials Sunday 6:30 - noon

... Remove tents & Tidy up Great stretching exercise as you cool down after the run

Comment: _____

Please fill in the form and return:

SARRC VOLUNTEER
PO BOX 6051
HALIFAX ST.
ADELAIDE 5001

Race Tony Ashwell
Director: Ph 267 2393(AH)