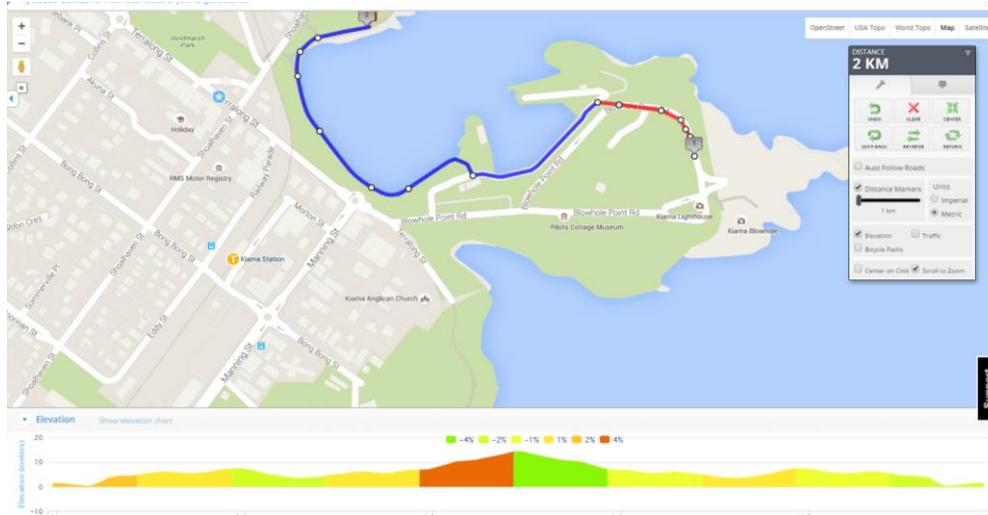




Kiama Coastal Classic – FAQ's

What is the 2.5km run like?

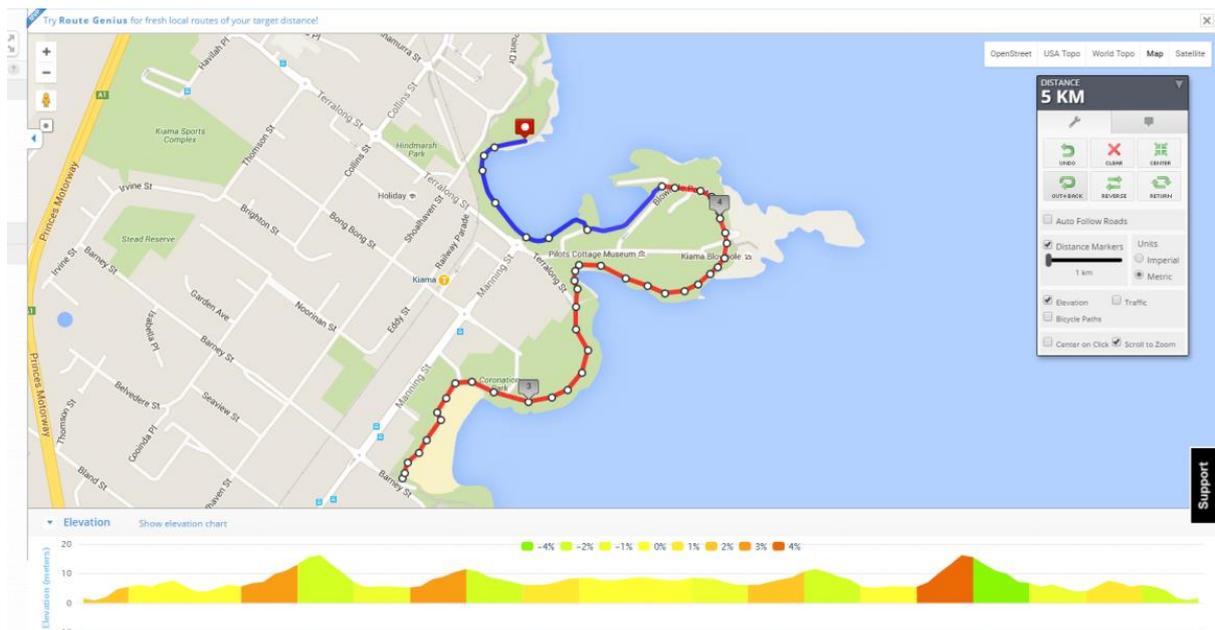


It is relatively flat, but with a bit of a hill up towards the blowhole. But you get to come back down fast off that hill, towards the finish line! It is all on paths.

What is the 10km like?

It is a two lap, 5km course that has some undulating hills in it, and is mostly on path.

This can be contested as a two person team, with the team members doing one lap (5km) each.





Kiama Coastal Classic – FAQ's

What is the 14km run like?

The 14km course is hilly, with various terrains underfoot, including path, sand, grass, rocks. It can be slippery in spots, you'll need to be aware of where you place your feet!

The 14km is also spectacularly scenic, which may affect your speed as you run along with your mouth open, gaping at the vista before you.

The second half of the run involves running on mostly paths, with equally spectacular views.



Do we receive finisher medals for any of the runs?

No, there are no finisher medals for these events. There is an event singlet provided for the 14km run but for the others, they need to purchase one when they enter for \$20 prior to the Late Entry period. However, for the 10km and the 14km events, there are medals for podium finishers in their age groups, which will be presented at the presentation, see event schedule for more details.

What sort of nutrition would we expect on course?

On course there will be aid stations that will have water, and electrolytes for your consumption. See course maps for aid station locations.

Can I run with a pram?

You can for the 10k and the 2.5k, but need to be mindful of other athletes on course with you and need to start at the rear of the pack. The terrain of the 14km race would impede a person trying to run with even an off road pram.



Kiama Coastal Classic – FAQ's

Will the event be cancelled in the case of bad weather?

It would be highly unusual that we cancel the race due to bad weather. It would more likely be modified rather than cancelled. Cancellation would be a last resort, keep an eye on our [facebook page](#) for any event updates.

What is the go with the bus to the start?

We will be having a bus service to ferry the 14km competitors to the start line, so that when they finish their race they will have their car and gear there. The bus fare will be part of the 14km entry fee.

When is registration, race start and presentation of my event?

Please see the [event schedule](#) for more detailed information on all registration, race start and presentation times.

How old do I have to be to run in the 14km/ 10km/ 2.5km?

You need to be 16yrs on the day of the race to do the 14km race

You need to be 12yrs on the day of the race to do the 10km race

You need to be 10yrs on the day of the race to do the 5km team option in the 10km race

You can be any age for the 2.5km run!

What if I can't make it to presentation, but I placed in my age group? How do I get my medal?

Elite Energy is based in Nowra. If you are able to come into the office, you can pick up your medal any time during business hours Monday – Friday 9am - 5pm. If you aren't local, please email office@eliteenergy.com.au and you will pay a \$10 postage and handling fee to have your medal posted out to you. 😊