

von Bibra  
*Auto Group* EST. 1935

MITSUBISHI  
MOTORS

# gold coast

RUNNING FESTIVAL



# EVENT INFORMATION

28 April 2024

# Acknowledgment of Country

*We acknowledge and pay respects to the Yugambeh people of the Gold Coast and all their descendants both past and present.*



*We also acknowledge the many Aboriginal people from other regions as well as Torres Strait and South Sea Islander people who now live in the local area and have made an important contribution to the community.*

## EVENT TIMETABLE

### RACE PACKET COLLECTION TIMES: RACE WEEK

*If you paid for your race packet to be sent, you do not need to also attend race packet collection. Simply attach your bib and turn up to your event ready to run!*

10:00am - 2:00pm	Friday 26 April	The Event Crew Office*
10:00am - 2:00pm	Saturday 27 April	CBUS Super Stadium
5:00am - 9:00am	Sunday 28 April	CBUS Super Stadium

\* 2/28 Hutchinson Street, Burleigh Heads

### EVENT START TIMES: SUNDAY, 28 APRIL

6:00am	Garmin 3/4 Marathon Start
6.00am	Rigs Recovery 1/2 Marathon Start
6.25am	Gold Coast Sports Medicine 10km Start
7.30am	Air Locker 2.5km Start
8.45am	Brooks Running 5km Start
9.25am	Michael Shelley 1km Dash Start



# WELCOME MESSAGE

## *Message from the Minister for Tourism and Sport, The Hon. Michael Healy MP*

It is my pleasure to welcome you to the Gold Coast Running Festival which highlights the personality and uniqueness of the Gold Coast.



Gold Coast Running Festival is supported by the Queensland Government through Round 25 of Tourism and Events Queensland's Destination Events Program, which strives to highlight the vital link between the wonderful events we host in our great state and the diverse destinations in which they take place.

Events such as the Gold Coast Running Festival foster community pride, impart local culture with all who visit and make meaningful contributions to the local economy.

Beyond the Gold Coast Running Festival, there is so much to see, do and experience on the Gold Coast. I encourage all visitors from far and wide to soak in all the delights of the Gold Coast region and make the most of all the experiences unique to this special part of Queensland.

Congratulations to the organisers plus all those involved in working tirelessly to stage such a great event and for being part of the Queensland Destination Events Program.



## GENERAL INFO

### RACE PACKET COLLECTION

If you did not elect to have your race packet and visor posted, you will be able to collect your race packet in race week. Please view the full timetable above for more information.

### BAG STORAGE

There will be a **contactless** secure bag storage area made available to competitors. Participants will receive a numbered bag tag on your race bib which must be fixed to your bag before dropping it off. We also advise that though we provide this service for your convenience, you leave your belongings at your own risk. The event takes no responsibility for any items.

### FINISHERS MEDALS

On race day, every competitor will receive a Gold Coast Running Festival finisher's medal as you cross the finish line.

### AID STATIONS & TOILETS

Drink Stations will be contactless - self serve from the table. To assist us with hygiene we also ask that you empty your cup and place it in one of the rubbish bins after the station, we want as few cups to collect from the road as possible.

There will be two aid stations on the course which participants in the 10km, 1/2 and 3/4 Marathon events will have access to every 2.5km. Participants in the 5km event will have access to one aid station at the 2.5km mark of the event.

Toilets are available inside Cbus Super Stadium as well as portaloos at the second drink station for the 10km, 1/2 and 3/4 Marathon events.

There will be one on-course portaloos also available at the near turn for use during the 1/2 and 3/4 Marathon only.

### RACE NUMBERS & RACE INFO

Race information and race numbers will come out via email in event week. Please also ensure you have liked us on Facebook to ensure you get the latest information.

### EVENT PHOTOGRAPHY

post race are our official event photography partner for the Gold Coast Running Festival. The post race team will be on course, at the finish line and in the crowd taking photos for the duration of the event. All photos will be made after the event and can be accessed via your individual results or through <http://postrace.com.au>.

### PRAMS & PETS

We welcome prams in all our distances however we do ask that you start at the back of the field. No prams are to be taken into the seating area of the stadium. Please also leave your furry friends at home - **no pets of any kind** are to be in the event or venue.

### GETTING TO THE VENUE AND PARKING

The Venue is located at Cbus Super Stadium, Stadium Drive Robina. For parking details please see the full parking map on the pages that follow.

### COURSE MAPS AND LAPS

It is the responsibility of the participant to know the full course and laps needed to complete the full course. View the maps within this event brief.

### IPODS / HEADPHONES

For safety reason we discourage the use of headphones however if you must run with them, please use on one ear only or at a very low volume so you can hear vehicles and fellow competitors approaching from behind.



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*Auto Group* | FERRY RD.

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**07 5561 6161**

**von Bibra**  
*Auto Group* | HELENSVALE

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Helensvale, QLD 4212  
**07 5514 3800**



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## **GARMIN 3/4 MARATHON**

The 3/4 Marathon is 3 Laps - each lap is exactly 1/4 of a marathon, each lap starting as you pass the start arch heading out again. The far turn will be indicated by a **RED** 1/2 & 3/4 marathon turn sign - other course turn signs will be out on course so please make sure you only turn at the red sign.

### **DRINK STATIONS**

There are 5 drink stops on the course per lap (so 11 including the recovery station). Sports drink will be available at the far and near turn drink stations - all other stations are water only.

### **SPECIAL NEEDS FOOD AND DRINK**

A set of special needs tables will be located at the near turn drink station (so accessible at 10.5km). Participants may place clearly identified food or drinks here for collection (we suggest writing your race number on your bottle and using something distinctive). These tables can be accessed just prior to your start.

### **CUT OFF TIMES**

You must have started your last lap by 8:30am. Roads will reopen at 9:30am so if you're still on course at this time, you will be asked to finish on the footpath.

## **RIGS RECOVERY 1/2 MARATHON**

The 1/2 Marathon is 2 Laps - each lap is exactly 1/4 of a marathon, each lap starting as you pass the start arch heading out again. The far turn will be indicated by a **RED** 1/2 & 3/4 marathon turn sign - other course turn signs will be out on course so please make sure you only turn at the red sign.

### **DRINK STATIONS**

There are 5 drink stops on the course per lap (so 11 including the recovery station). Sports drink will be available at the far and near turn drink stations - all other stations are water only.

### **SPECIAL NEEDS FOOD AND DRINK**

A set of special needs tables will be located at the near turn drink station (so accessible at 10.5km). Participants may place clearly identified food or drinks here for collection (we suggest writing your race number on your bottle and using something distinctive). These tables can be accessed just prior to your start.

### **CUT OFF TIMES**

You must have started your second lap by 8:30am. Roads will reopen at 9:30am so if you're still on course at this time, you will be asked to finish on the footpath.

## **GOLD COAST SPORTS MEDICINE 10KM**

The 10km event is 1 lap. The far turn will be indicated by a **BLACK** 10km turn sign.

### **DRINK STATIONS**

There are 5 drink stops on the course. Sports drink will be available at the far turn drink station - all other stations are water only.



TWIN FALLS

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## BROOKS 5KM

The Brooks 5km event is 1 lap. The far turn will be indicated by a **DARK BLUE** 5km turn sign - other course turn signs will be out on course so please make sure you only turn at the blue sign.

### DRINK STATIONS

There are 2 drink stops on the course (3 including the recovery station).

## AIR LOCKER 2.5KM

The 2.5km event is 1 lap. The far turn will be indicated by a **PURPLE** 2.5km turn sign - other course turn signs will be out on course so please make sure you only turn at the purple sign.

When you are approaching the finish make sure you turn left at the entrance to the stadium - don't run down to the half marathon turn.

## MICHAEL SHELLEY 1KM

The 1km event is 1 lap. The far turn will be indicated by a **LIGHT BLUE** 1km turn sign - if you are running out in front, follow the lead bike.

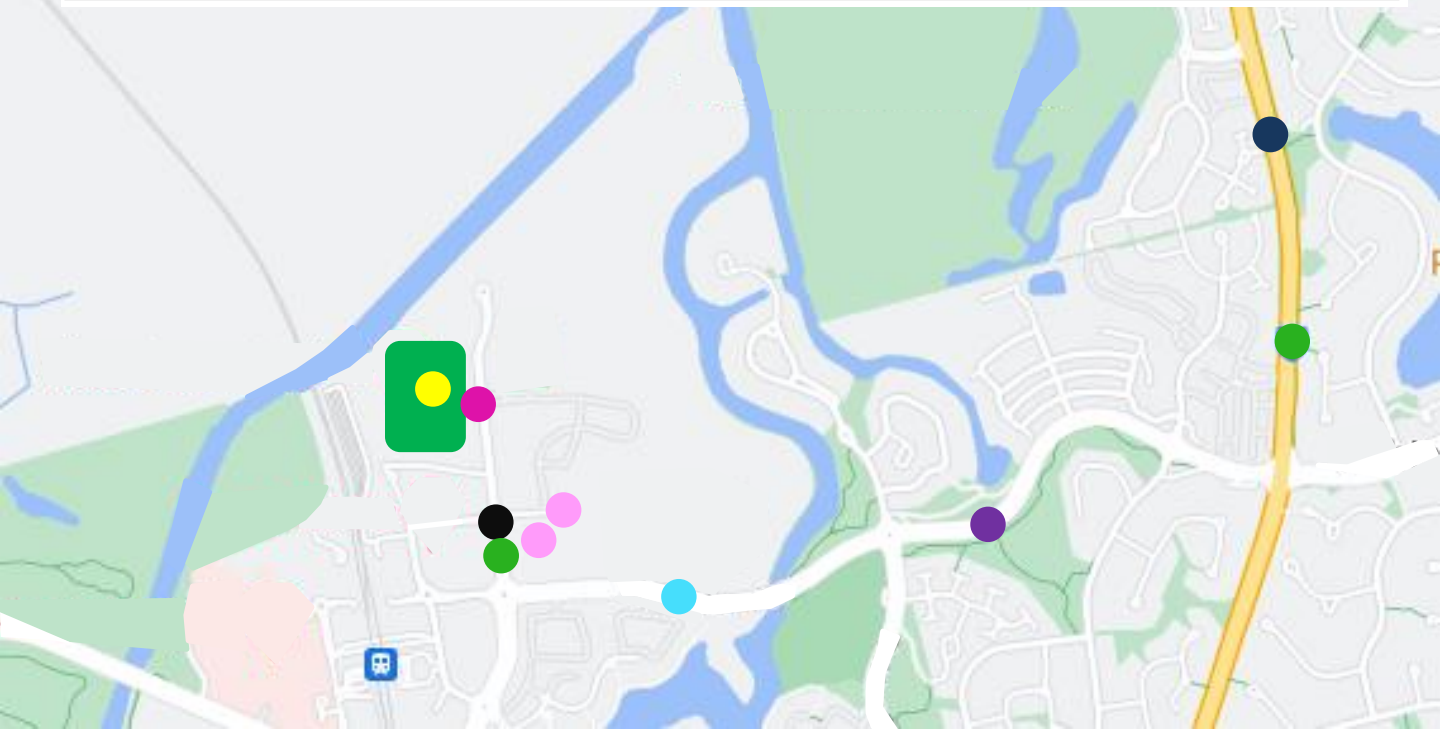
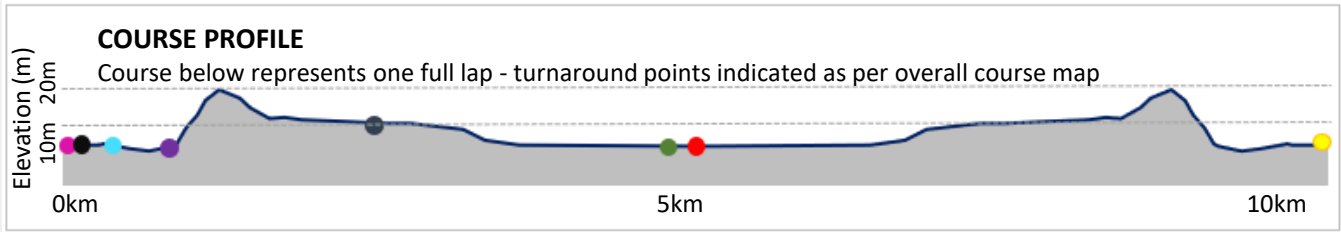
Parents you are welcome to run with your kids, you are also welcome to just run the last bit into the stadium if you wish – to do this simply stand at the stadium entrance and jump in with them. **Parents running in earlier events** - if you are running in an earlier event, please remove your bib before you start the 1km dash to avoid confusing our timing system.



# COURSE MAP & LAP INFO

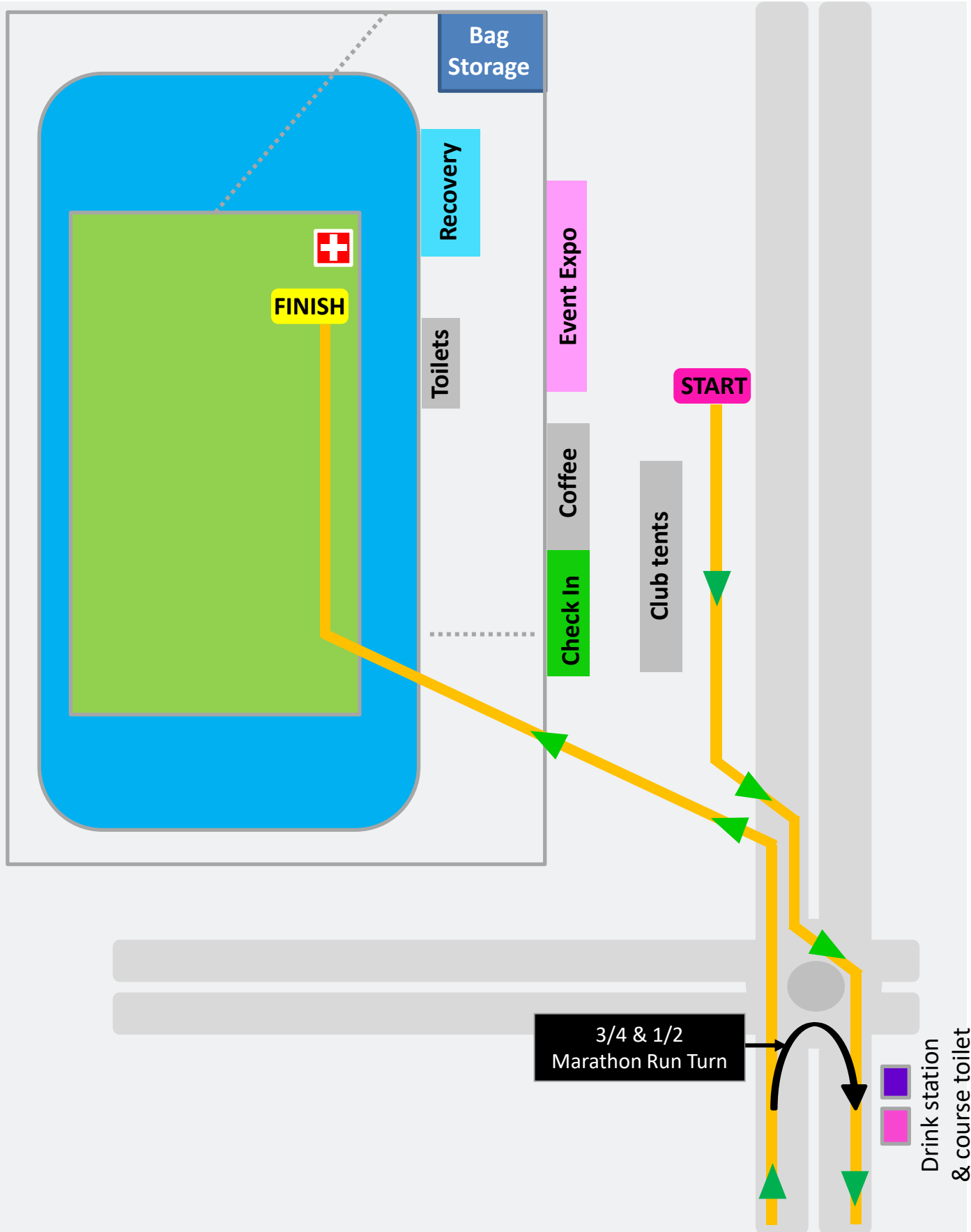
DISTANCE	LAPS
3/4 Marathon	3 laps
1/2 Marathon	2 laps
10km	1 lap
5km	1 lap
2.5km	1 lap
1km	1 lap

- Start Line
- Finish Line
- 1km Turn
- 2.5km Turn
- 5km Turn
- 10km Turn
- 1/2 & 3/4 Marathon - Far Turn
- 1/2 & 3/4 Marathon - Next Lap
- Hydration
- Event Parking





# VENUE MAP



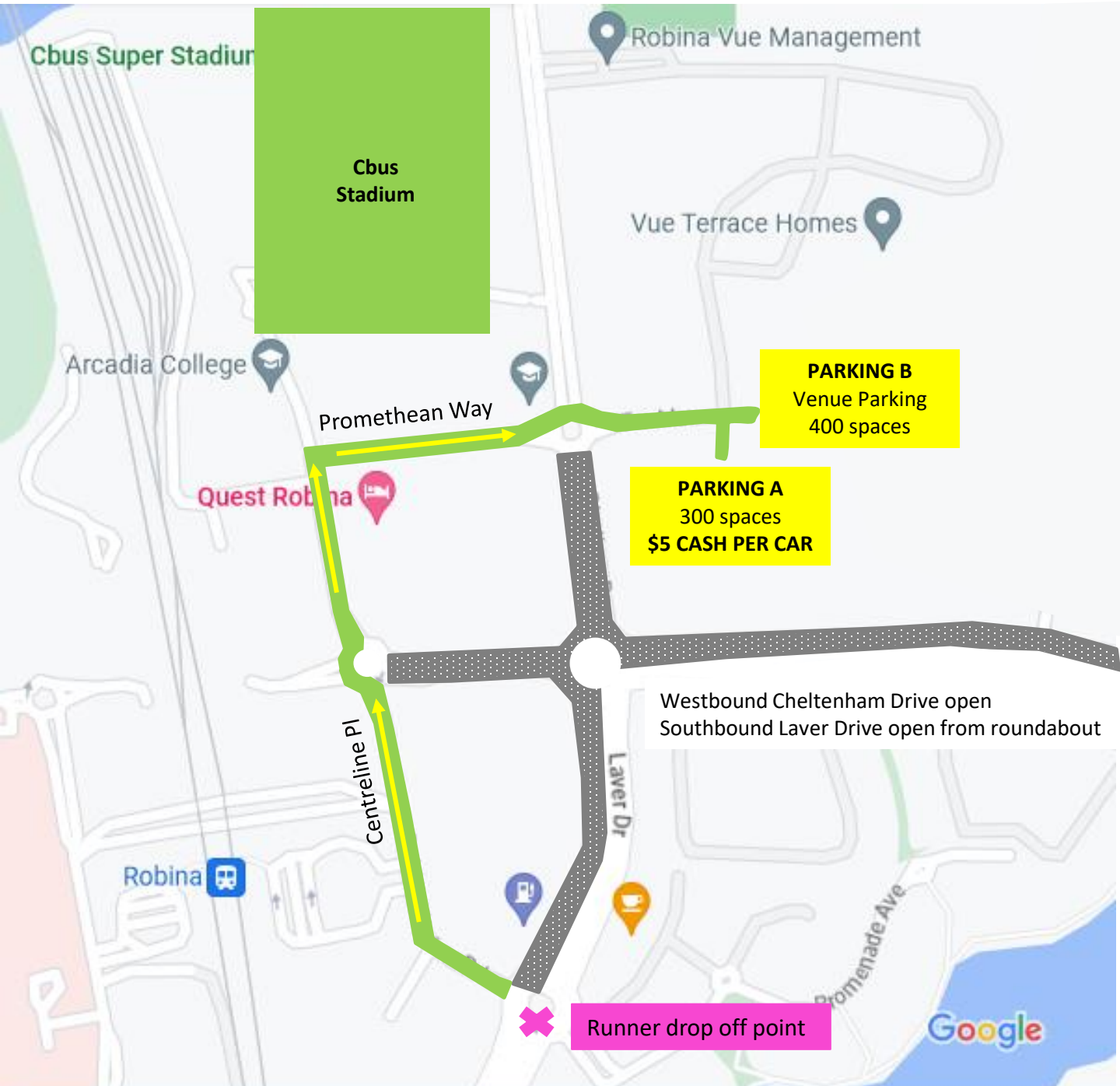


# EVENT PARKING

**Parking A:** Preferred parking. Cars can enter between 5:00am-6:45am. \$5 per vehicle - cash preferred to speed entry up. Controlled exit until 9:15am, fully open at 9:30am. Access via Centreline Pl then Promethean Way as per below.

**Parking B:** Secondary parking. Cars can enter between 5:00am-6:45am. Controlled exit until 9:15am, fully open at 9:30am. Access via Centreline Pl then Promethean Way as per below.

All other parking on side streets and surrounding areas as per local council rules. Grey shaded areas indicate closed roads.





# THANKS TO OUR EVENT PARTNERS



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**GOLDCOAST.**

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*in Queensland*



**GARMIN.**

**MUSCLENATION**



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TRAINING

