

# 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!

4:00pm - 7:00pm	Wednesday 23 April	The Event Crew Office
10:00am - 2:00pm	Thursday 24 April	The Event Crew Office*
10:00am - 2:00pm	Saturday 26 April	CBUS Super Stadium
5:00am - 9:00am	Sunday 27 April	CBUS Super Stadium

\* 2/28 Hutchinson Street, Burleigh Heads

EVENT START TIMES: Sunday 27 April		
6:00am	Mastery Schools Australia 3/4 Marathon Start	
6.05am	Gold Coast Sports Medicine 10km Start	
6.25am	Brooks 1/2 Marathon Start	
7.40am	Housemark 2.5km Start	
8.45am	Lorna Jane 5km Start	
9.25am	Michael Shelley 1km Dash Start	



GOLD COAST



SUNDAY 27 APR

10:00AM - 12:30PM



FREE SAUSAGE SIZZLE FOR THE FIRST 500 PEOPLE | HYDRATION STATION FIVE-MINUTE MASSAGES | FACE PAINTING | ENTERTAINMENT

PLUS SHOW YOUR RACE BIB FOR 10% OFF FOOD AND BEVERAGE AT ALL VENUES
VISIT THE CAR PARKING DESK TO RECEIVE FREE PARKING

# WELCOME MESSAGE

What a year to celebrate the 14th running of this incredible event.



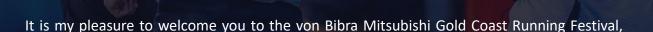
Fitness, family participation and a festival atmosphere have combined to attract more than 3000 competitors to Cbus Super Stadium this year.

The success lies in the spirit of the festival with race distances for every entrant and every age, as well as a raft of on-site entertainment for all the family.

As mayor, I applaud you all for lacing up and getting out to enjoy this incredible day.

Good luck to sponsors, supporters and participants and remember ... there's "only one hill on the course".

Tom Tate
Gold Coast Mayor



an event that truly captures the character and charm of the Gold Coast.



Supported by the Queensland Government through Round 28 of Tourism and Events Queensland's Destination Events Program, this event showcases the unique connection between our state's vibrant communities and the diverse regions they call home.

Events like the von Bibra Mitsubishi Gold Coast Running Festival bring people together, celebrate local culture and contribute significantly to the community's pride and economy.

While you're here, I encourage you to explore all that the Gold Coast regions has to offer - whether it's its scenic beauty, local flavours, or the warm hospitality that makes this part of Queensland so special.

A big congratulations to The Event Crew and everyone who worked hard to bring this wonderful event to life. Thank you for being part of the thriving Queensland Destination Events Program.

Andrew Powell MP
Minister for Tourism

# **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 at the Northern End of the internal concourse, near Gate F. 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.

# **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

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 portaloo also available at the near turn for use during the 1/2 and 3/4 Marathon only.

### **PACERS**

Look out for the yellow GaleForce Running Squad Pacers at the start line of our 10k, 21km and 32km events - pacers will be wearing their yellow Pacer shirts and will have their pace time bib on their back.

# Pace times for this year are:

- 10km: 0:40:00, 0:50:00, 1:00:00
- 21km: 1:30:00, 1:45:00, 2:00:00, 2:30:00
- 32km: 2:15:00, 3:00:00, 3:30:00

# **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 & 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.

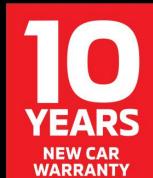
# **COURSE MAPS AND LAPS**

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.

# **AUSTRALIA'S FIRST**



TO YEARS CAPPED PRICE SERVICING

# DIAMOND ADVANTAGE



CONTACT VON BIBRA HELENSVALE, ROBINA OR FERRY RD TODAY.

# von Bibra

Auto Group | ROBINA

10-12 Brabham Circuit, Robina Q. 4226

(07) 5575 0500

# Von Bibra Auto Group | FERRY RD

83 Ferry Rd, Southport Q. 4215 (07) 5561 6161

# von Bibra

Auto Group | HELENSVALE

2 Town Centre Drive, Helensvale Q. 4212 (07) 5514 3800



# MASTERY SCHOOLS AUSTRALIA 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.

# BROOKS 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.





The 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).

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.

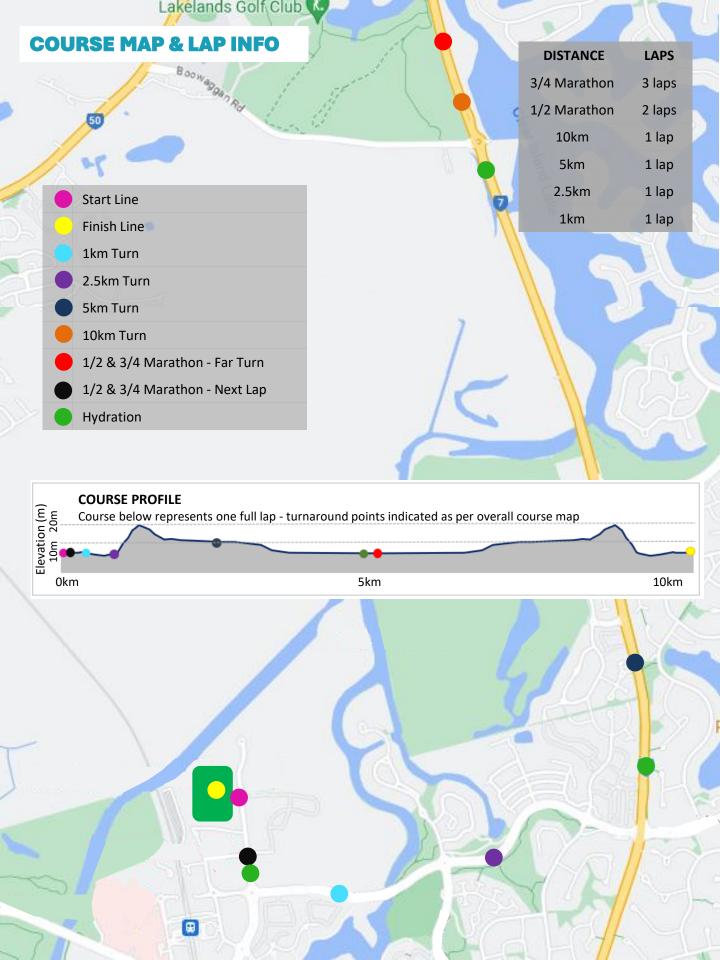
Parents you are welcome to run with your kids, you are also welcome to just run the last bit into the stadium if you wish – to do this simply stand at the stadium entrance and jump in with them. **Parents running in earlier events** - if you are running in an earlier event, please remove your bib before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

# SPRINGBROOK NATIONAL PARK IS CALLING

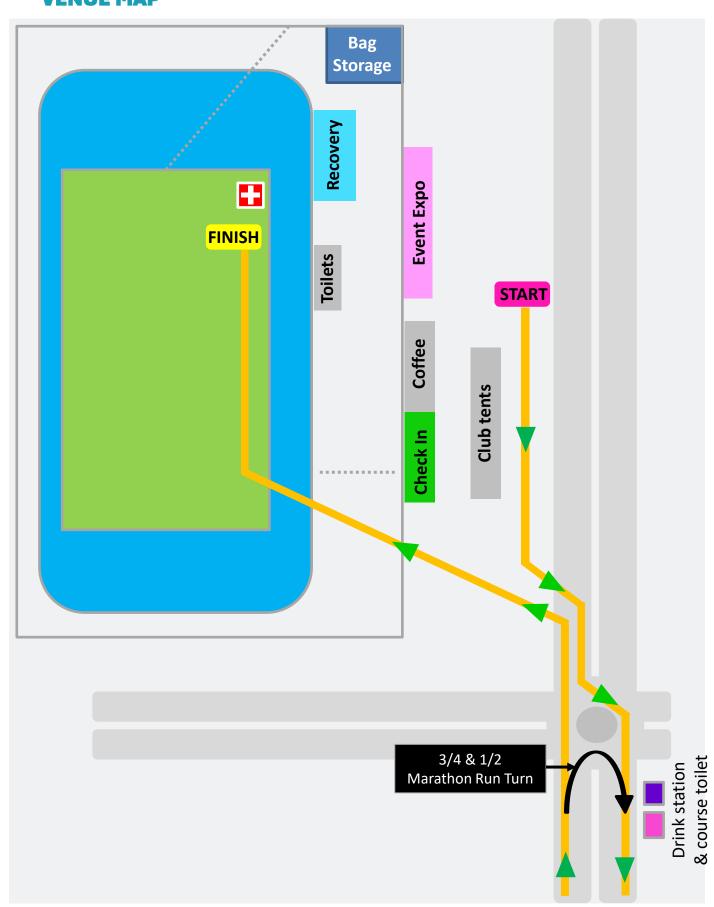
Queensland's most incredible holiday destinations are ready to welcome you. There are so many places to explore on the Gold Coast, so say hello to new adventures.

**QUEENSLAND.COM** 

Queensland



# **VENUE MAP**



# **EVENT PARKING**

Parking A: Parking will open and available from 5am.

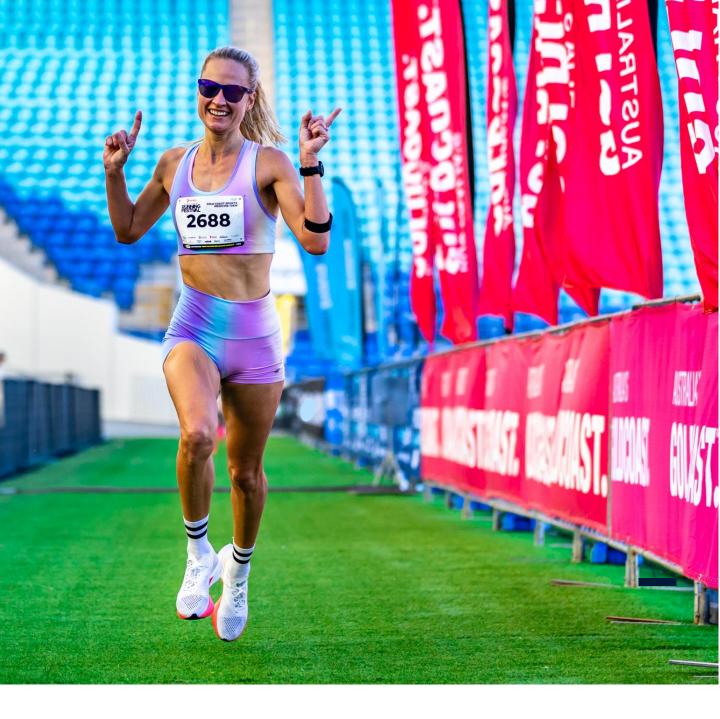
Parking B: Parking here has no time restrictions. Parking is limited. Please follow the boardwalk for Pedestrian access over the train lines to the venue.

All other parking on side streets and surrounding areas as per local council rules.



### NOTES:

Red shaded areas indicate closed roads Westbound Cheltenham Drive open Southbound Laver Drive open from roundabout



# THANKS TO OUR EVENT PARTNERS



















