

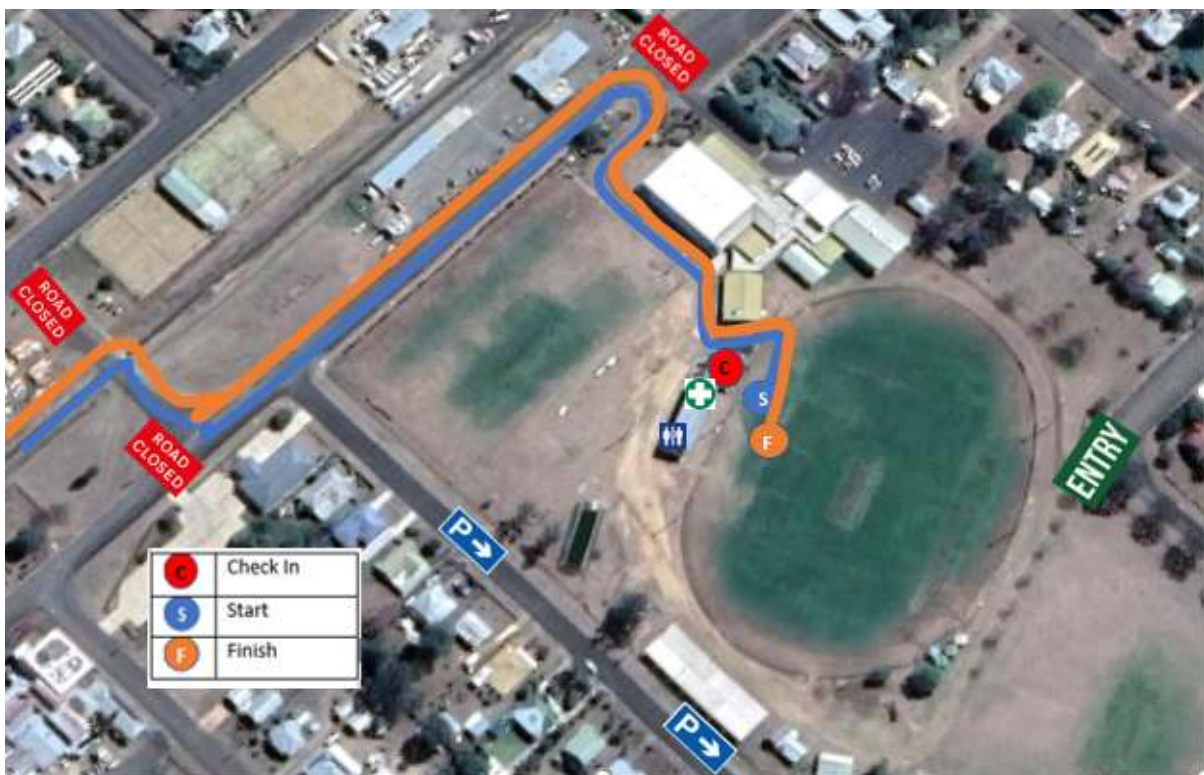
Race Day Update

Check-in

Murgon Showgrounds – Macalister Street Murgon

- Saturday 1pm to 4pm
- Sunday from 6am – check in closes 30 min prior to event

Require photo id and confirmation email for check-in



Race Rules

Due to Health and Safety, wheeled conveyances (including wheelchairs, baby buggies, scooters, bikes, inline skates) cannot be used for all events. Accompanying animals are not allowed on the course.

Health and Safety

In the interest of providing a safe and enjoyable event experience for all entrants please take in to account the following;

- Keep to the left of the course to allow people to pass on the right
- Be courteous to your fellow participants at all times
- Please obey instructions from race officials, volunteers, Police and traffic management at all times
- Headphones and personal music devices are discouraged.
- Walkers are to begin at the back not to hinder runners

Duathlon & Team Run Relay

Transition point for the Duathlon and Team relay events is on Haly Street, Wondai located in the free camp facility.

Check in

Athletes are responsible for checking their bikes in at the Wondai Transition area by 8.30am on Sunday Morning. A marshal will be present from 7am to give athletes adequate time to return to Murgon for the start of the event.



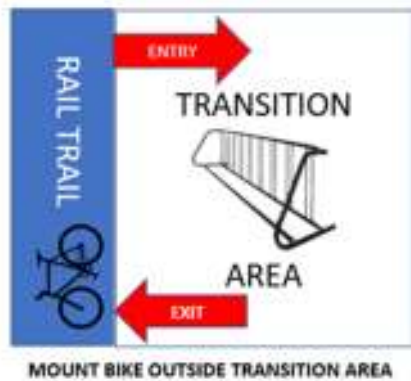
Team Events

The event runs from Murgon to Wondai. The first competitor will start at Murgon Showgrounds and run south along the Kilgivan to Kingaroy Rail trail to check point at Wondai. There they will then hand their team member the race belt and timing chip, this will act as the baton for the team. The second competitor will ride north to the finish line at

Murgon. The Team race belt must be exchanged in the designated Relay Transition Area to be considered a valid exchange.

Duathlon

Runners must enter the transition area from the end, exchange their race belt to the rider in the transition area and push their bike out the front of transition area where they will mount their bike



Bag Drop

There will be a bag drop located at the check in point for all competitors. You will need to provide a small bag for any gear you wish to have post-race. Bag tags will be available at Bag Drop

Aid Station

The course will be well supported with Aid Stations located approximately every 2.5km across all distances. Aid Stations will provide water. Electrolytes will be provided at the 10km aid station of the half marathon and duathlon. Fruit will be provided on finishing the event.

First Aid and toilet facilities will be located at the Murgon Showgrounds and the half way point for the 13km/13km Run Relay and Duathlon at Wondai.

Changed Traffic Conditions

Changed traffic conditions (CTC) will apply on Sunday 21st July with the partial closure of Macalister Street. Athletes can access the Murgon showgrounds via watt street. Please ensure you have familiarised yourself with any changes that may affect your travel arrangements and getting around.

Prizes

- Medals will be awarded to all competitors
- Awards will be presented to all female and male place getters in all events except the team events.

- Team events will compete as one category and awards will be presented to the team place getters. (1st, 2nd & 3rd Team)

Race Track Conditions

- The race starts and finishes on a grass surface which is approximately 50m in length. There it follows the road approximately 500m to the rail trail. The rail trail is set in bushland conditions and has various obstacles (heading Murgon to Wondai) which include:
 - a two cattle grid near 950m and 4km
 - winding fenced cement causeway near the 2km mark
 - Steep decent to Barambah Creek near 4km mark
 - Road Crossings on Simpson Road and Haly street near Wondai. (Roads will be covered by ses volunteers; however, athletes will need to give way to traffic)