



7NEWS

GOLD COAST

**RUNNING
FESTIVAL**

23RD APRIL 2023

WELCOME MESSAGE

From the Minister for Tourism, Innovation and Sport and Minister Assisting the Premier on Olympics and Paralympics Sport and Engagement. The Hon. Stirling Hinchliffe MP

Welcome to the Gold Coast Running Festival, a wonderful opportunity to immerse yourself in Gold Coast's local culture and community, and hopefully explore some of the superb tourism experiences on offer here.



The impacts of the pandemic have provided incredible challenges, but thanks to the hard work of Queenslanders our state was one of the first to put in place a COVID Safe Event Framework which paved the way for events such as this one to take place.

The Queensland Government is proud to support the 2023 Gold Coast Running Festival through Tourism and Events Queensland's Destination Events Program, and it is a feature on our It's Live! in Queensland events calendar. Events are an important part of our state's economic recovery from the pandemic because they attract visitors to the region which stimulates the local economy and supports local jobs. Events are also an important opportunity for communities, friends, families and visitors to come together, creating community pride and reconnecting us.

Congratulations to the event organisers and all those involved in organising this event – may it be a successful one.

If you are visiting for the event, I encourage you to make some time to explore the diverse tourism experiences on offer in this beautiful region.

The Hon. Stirling Hinchliffe MP

Minister for Tourism, Innovation and Sport and Minister Assisting the Premier on Olympics and Paralympics Sport and Engagement.

EVENT PARTNERS

AUSTRALIA'S
GOLDCOAST.

7 NEWS
GOLD COAST

IT'S LIVE!
in Queensland

von Bibra
Auto Group | EST. 1935

GARMIN

BROOKS

rebel

RunX
NUTRITION

VILLAGE ROADSHOW THEME PARKS GOLD COAST MARATHON,
2 - 3 JULY 2022

BE YOUR ABSOLUTE BEST

[QUEENSLAND.COM/EVENTS](https://queensland.com/events)

IT'S LIVE!
in Queensland

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	Wed 19 th April	The Event Crew Office*
10:00am - 2:00pm	Thurs 20 th April	The Event Crew Office*
9:00am - 2:00pm	Saturday 22 nd April	Rebel Sport, Robina Town Centre
5:30am - 7:00am**	Sunday 23 rd April	CBUS Super Stadium

* 2/28 Hutchinson Street, Burleigh Heads - please park ONLY on the street

** Only use this option if you can not make any other collection times

EVENT START TIMES: SUNDAY, 23 APRIL

6:00am	Garmin 3/4 Marathon Start
6.30am	1/2 Marathon Start
6.45am	10km Start
7.15am	2.5km Start
8.30am	Brooks Running 5km Start
9.15am	Michael Shelley 1km Dash Start

GENERAL RACE INFORMATION

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 INFORMATION

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.



3/4 MARATHON INFO

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.

1/2 MARATHON INFO

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.

10KM SPECIFIC INFO

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.



5KM SPECIFIC INFO

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).

2.5KM SPECIFIC INFO

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.

1KM SPECIFIC INFO

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

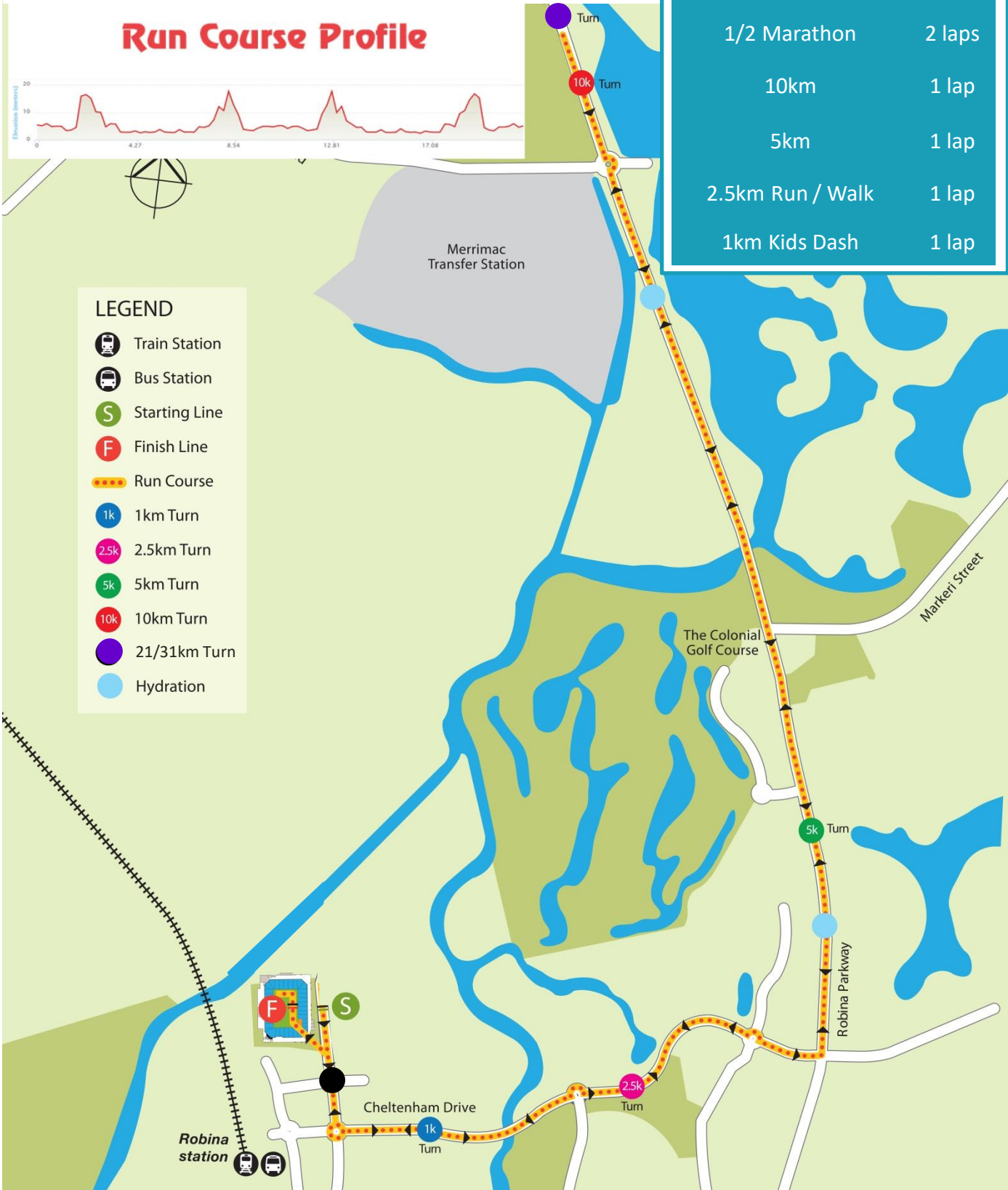
Run Course Profile



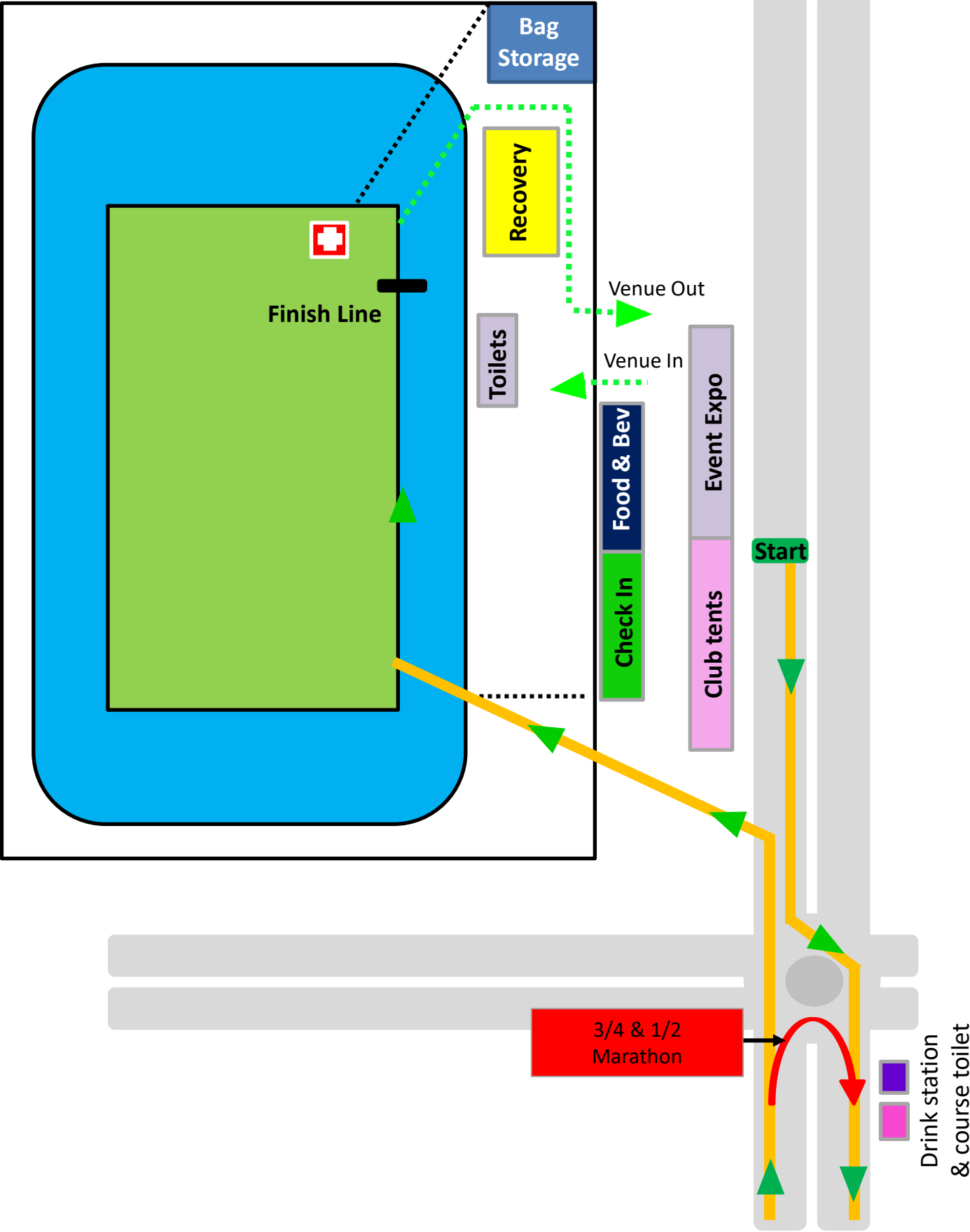
LEGEND

- Train Station
- Bus Station
- Starting Line
- Finish Line
- Run Course
- 1km Turn
- 2.5km Turn
- 5km Turn
- 10km Turn
- 21/31km Turn
- Hydration

DISTANCE	LAPS
3/4 Marathon	3 laps
1/2 Marathon	2 laps
10km	1 lap
5km	1 lap
2.5km Run / Walk	1 lap
1km Kids Dash	1 lap



VENUE MAP



EVENT PARKING

Parking is open from 5am (please park according to all signage and pay where indicated if you're within the paid parking lot). Controlled access between 5:30am-9:15am. Access via Centreline Pl then Promethean Way as per directions below. All other parking on side streets as per local council rules. Grey areas indicate closed roads.

