

GRIFFITH SPORT **Toohey**
TRAIL RUN
Presented by Allianz Care



2023 RACE INFORMATION

***FROM
BITUMEN
TO BUSH***

SCHEDULE

TIME	EVENT
5.30 am	Event Precinct and Race Pack Collection Opens
6.30 am	21.1 km Half Marathon Race Start
6.45 am	10 km Race Start
7.05 am	5 km Race Start
8.30 am	Presentation: Overall, Age Category and Novelty Awards
10.00 am	Cut off time for all runners
10.30 am	Event Concludes and Event Precinct Closes

All participants must be race ready and at the start line 5 minutes prior to the start of their race.

RACE PACK COLLECTION AND BAG DROP

Arrivals Plaza, Griffith University Nathan campus, 170 Kessels Rd, Nathan

- » **Friday 15 September** 2 pm–5 pm
- » **Saturday 16 September** 10 am–3 pm
- » **Sunday 17 September** 5.30 am–6.15 am

What to bring

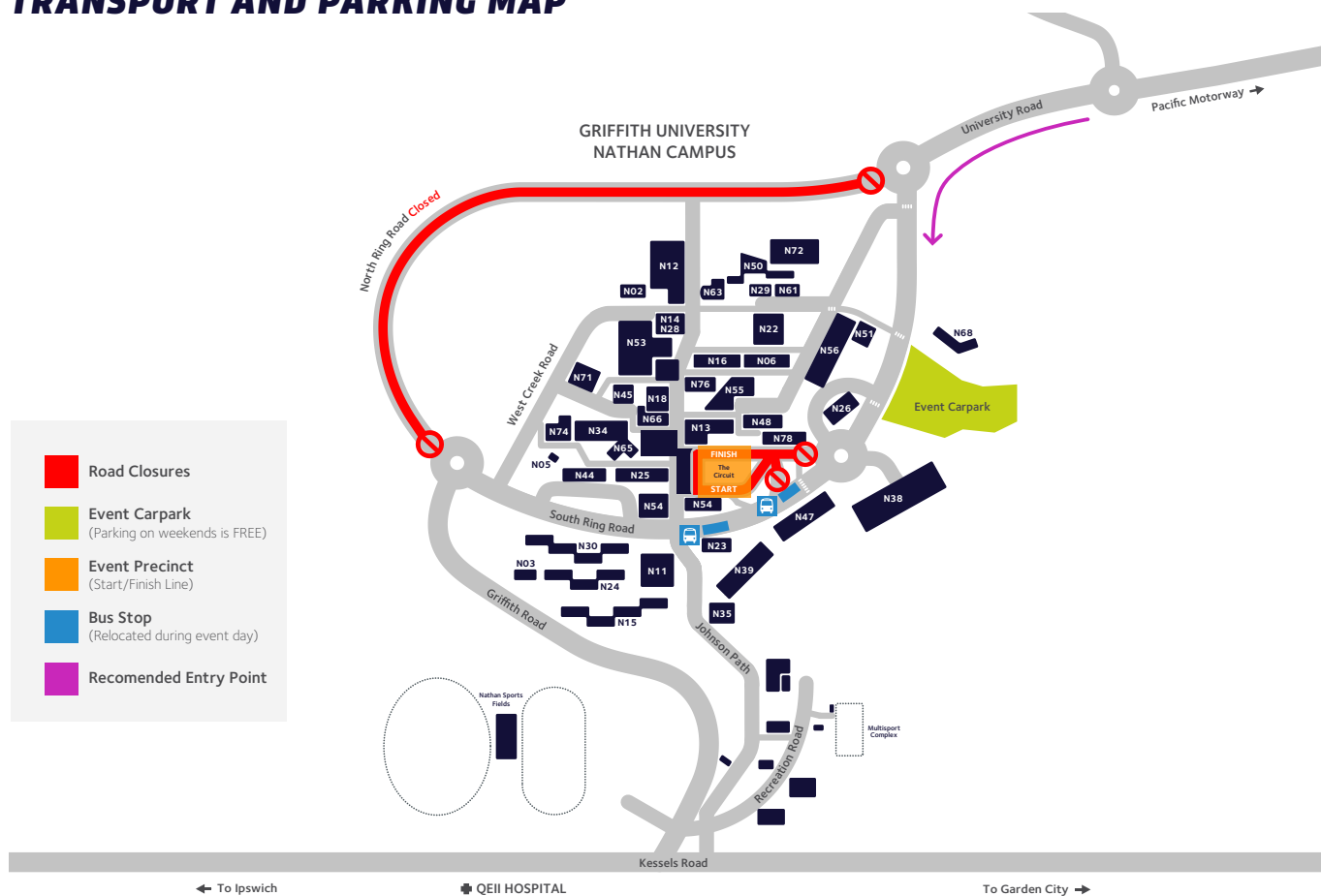
You will need to show a copy of your e-ticket or provide photo ID. A nominated person can collect your race pack on your behalf by presenting your e-ticket at the time of collection.

Bag Drop

Your personal items will be safest if left with friends and family, however we will be providing a bag drop service for those who require it, items left here are at your own risk.



TRANSPORT AND PARKING MAP



Free parking is available for all participants and spectators on Saturday and Sunday at the Griffith University Nathan Campus East car park. Access to the car park will be open for the entire event.

Paid parking is available in East car park on Friday for Race Pack Collection at \$6 a day

It is recommended to access East car park via the University Road entrance to the campus to avoid being impacted by South Ring Road stop and holds during race starts.

BUSES

Buses will have access to the University on the morning of the event, but will be diverted to the Temporary Bust Stop adjacent to N47 (refer to blue section of Transport and Parking Map). There may be some small delays to the bus services during the commencement of each race distance between 6.30 am–7 am.

ROAD CLOSURES

Full road closures of the West Ring Road and The Circuit will be in place from 4.30 am–10.30 am on Sunday 17 September. Please be aware that any cars parked on the West Ring Road at the time of road closure may not be able to exit the University until the roads have once again opened. No parking or vehicle access is available in The Circuit.

ON COURSE SUPPORT

Pacers

21.1 km Half Marathon Only

If you have a desire to complete the 21.1 km Half Marathon within a certain time frame, it's highly likely a Pat Carroll Pacer will be able to assist you greatly. The pace runner facility is offered free to all participants.

Pacers will be available for the following goal times;

- » 1 hr 40 mins *blue*
- » 1 hr 50 mins *green*
- » 2 hrs *yellow*
- » 2 hrs 10 mins *red*

Pace runners will be identifiable throughout the race via a coloured cap.

On-Course Water Stations

Water Stations are placed across all courses, as marked on the course maps.

Recovery Zone

The official Recovery Zone is located in the event precinct just after you cross the finish line. There will be a range of fruit and beverages as well as massage services to support your post-race recovery.

Medical

First Aid services will be available on site for the duration of the event. If you require assistance before, during or after the race, please approach the First Aid tent or a Griffith Sport Event Crew member who can arrange medical support.

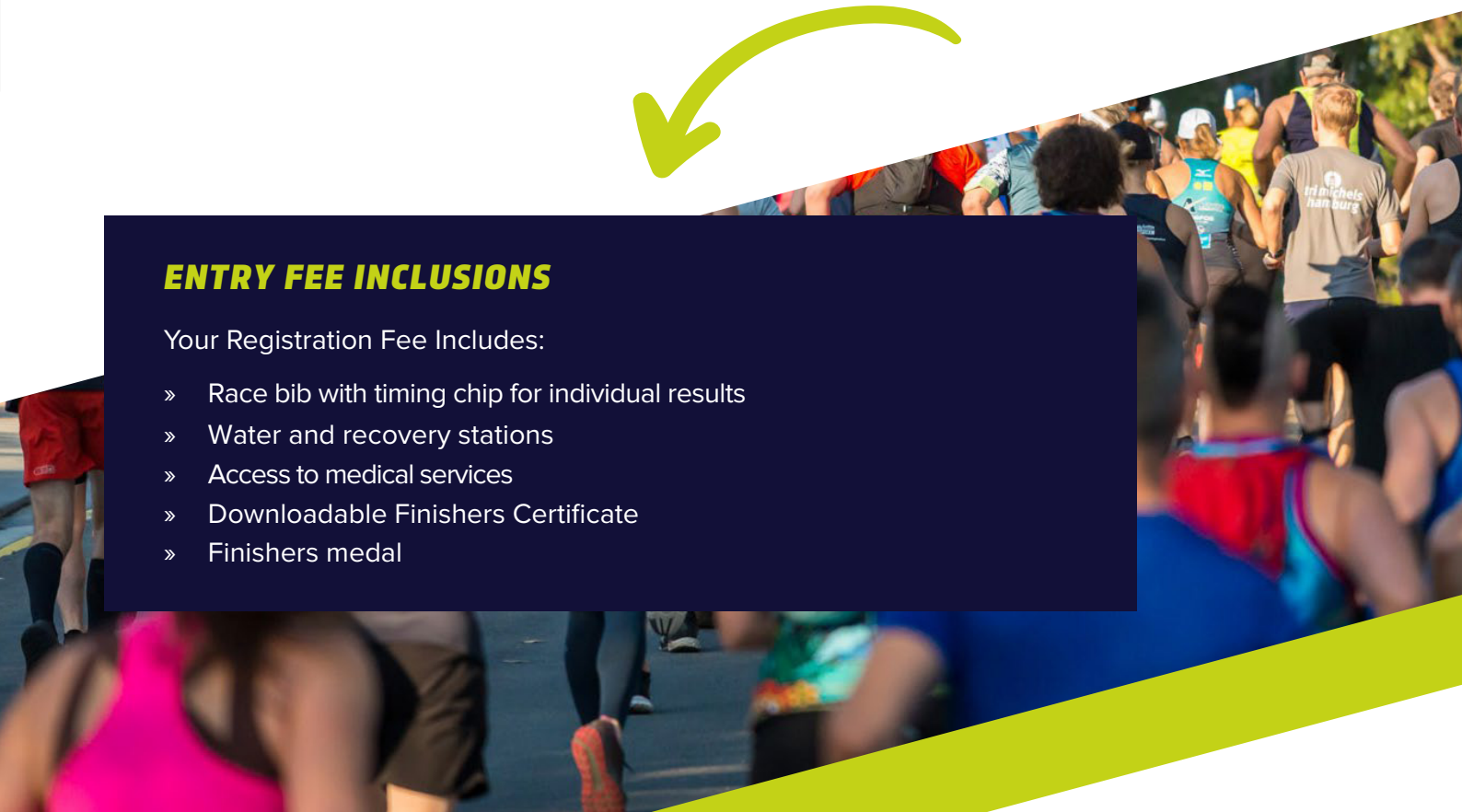
RACE BIB

Your race bib has an electronic timing chip located on the back to ensure correct results, ensure your bib is on the front of your shirt.

ENTRY FEE INCLUSIONS

Your Registration Fee Includes:

- » Race bib with timing chip for individual results
- » Water and recovery stations
- » Access to medical services
- » Downloadable Finishers Certificate
- » Finishers medal



FUNDRAISING

Diabetes Australia is the official charity partner of the Griffith Sport Toohey Trail Run presented by Allianz Care. A portion of your registration fee will be donated to Diabetes Australia.

SUPPORTING



FUNDRAISING PLATFORM

Did you know that you can fundraise additional money for Diabetes Australia?

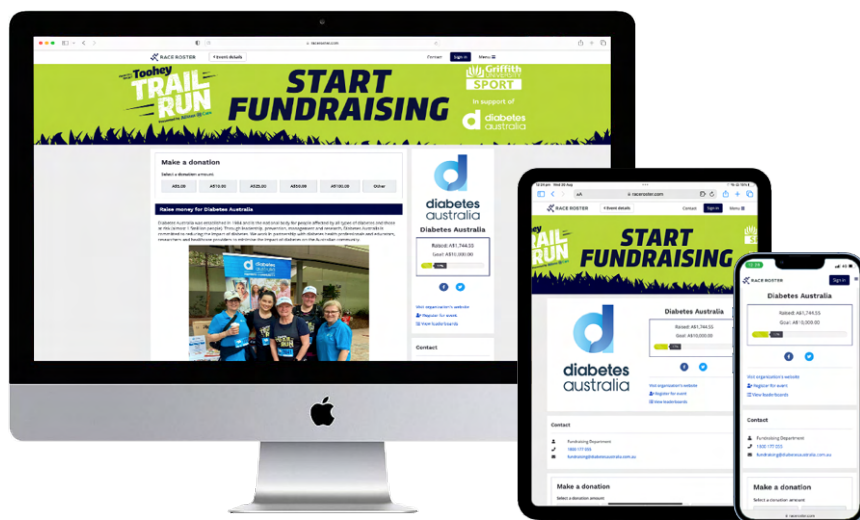
Just by registering through our registration platform, a fundraising page is automatically set up for you. You can share this with your friends and family to help you raise much needed funds for our charity partner.

Invite friends, family, your boss and even strangers to support your walk, run, shuffle or crawl on the day.

Visit diabetesaustralia.com.au for more information on the wonderful work they do.

Griffith Sport is proud to partner with Diabetes Australia to promote the benefits of a health and fitness to the Queensland community. Sixty Queenslanders are diagnosed with all types of diabetes every single day. The funds raised will go towards providing more research and education about this condition.

**DID WE MENTION
THERE IS A PRIZE
FOR THE HIGHEST
FUNDRAISER?**



INCLEMENT CONDITIONS

If weather deems the event unsafe, the event will be cancelled or postponed.

If the event is cancelled before event day, every effort will be made to notify all participants by email, a notice will be placed on the website and the Griffith Sport Toohey Trail Run Facebook page.

PLEASE NOTE: *The decision to cancel an event is not made lightly; safety is our main priority when making this decision. Unfortunately the entry fee is non-refundable.*

FAST FACTS

This is an all-terrain course, a mixture of bitumen, grass, trail and dirt.

Off road/racing prams are permitted at no extra charge – anyone racing with a pram is required to start to the side or the back of the pack.

The cut off time for all runners is 10.00 am.

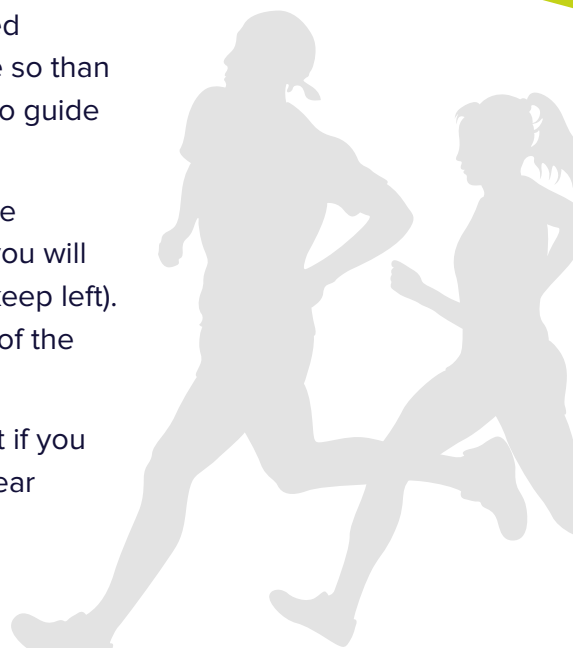
21.1km runners must complete their first lap before 8.20 am or they will not be permitted to commence their second lap.



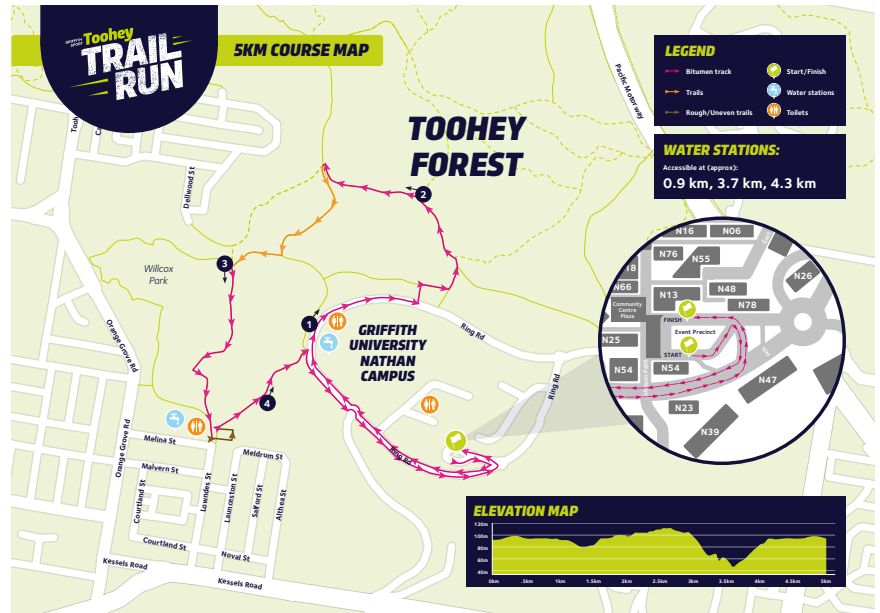
The event is described as a 'bitumen to bush' course that traverses a selection of road, trail, bituminised trail, rough trail and cross country terrain. You will find short and long steep hills, sharp turns and long cantered sections all combining to constantly disrupt your rhythm much more so than a race on an even flat surface. The course maps provide markings to guide you through the different terrain and create a plan for your run.

The event is a 'keep right' course—due to the direction of the course (to eliminate packs and overtaking on narrow sections of the trail), you will need to 'keep right' at all times (instead of your natural instincts to keep left). Be aware of two way runners through some of the narrow sections of the course. Single file running may be required in some sections.

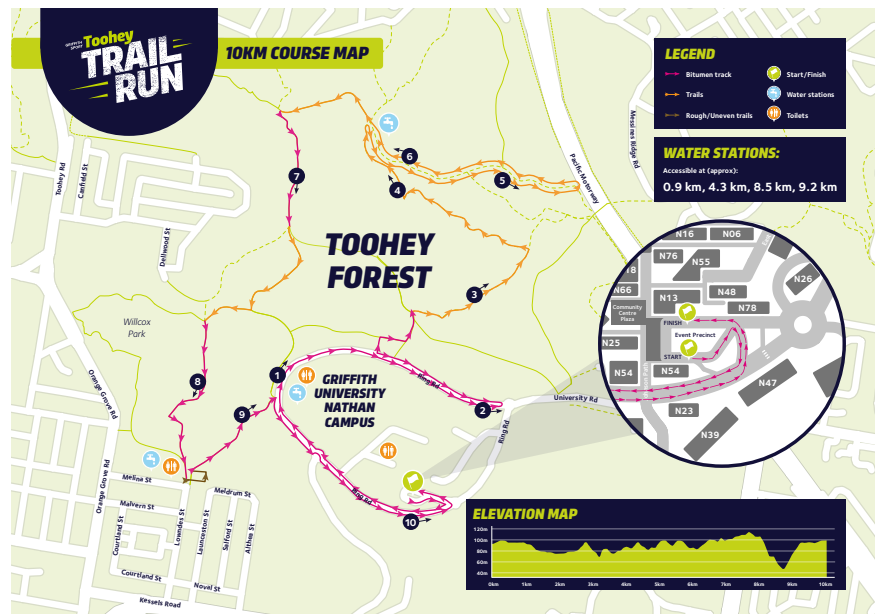
As the tracks are narrower than a road race it is more important that if you choose to run with headphones, please keep one out so you can hear calls from behind you for 'behind', 'overtaking', 'watch out' etc.



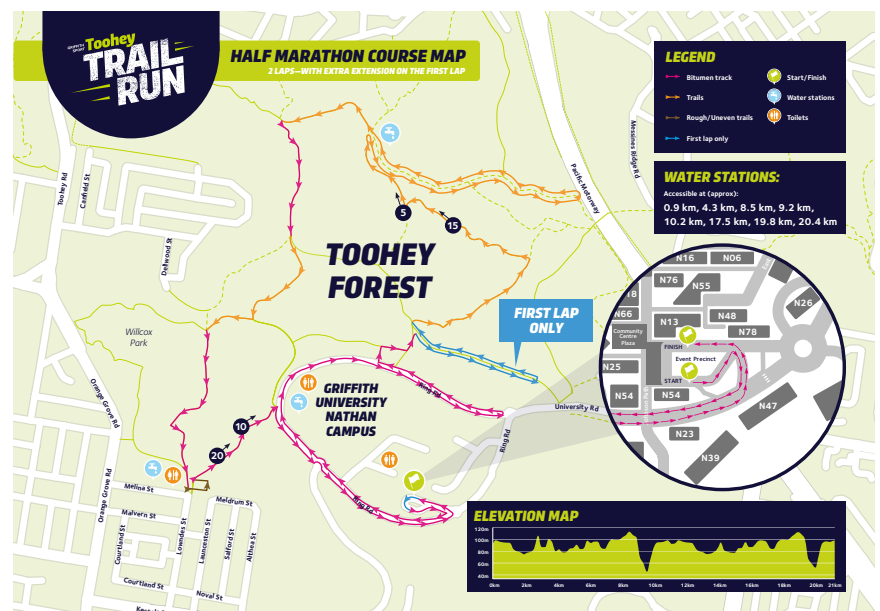
5 km COURSE MAP



10 km COURSE MAP



21.1 km COURSE MAP





AFTER THE RACE

Upon completing your race, collect your finishers medal and make your way through the Recovery Zone where you can rehydrate, enjoy some fruit and seek medical support before heading into the event precinct.

There will be a coffee vendor and sponsor stalls onsite, be sure to check them out in the event precinct.

PRESENTATION CEREMONIES

The presentations for all overall, age category and novelty awards will commence at 8.30am on the main stage in the event precinct.

Please note: We understand that these presentations will be held while there are still runners competing on the course, but this allows our winning runners to receive their awards and have the largest possible audience to congratulate them.

EVENT PARTNERS

A big thank you to our event partners, without their support the 2023 Griffith Sport Toohey Trail Run presented by Allianz Care would not be possible. Please support the businesses that support us.

PRESENTING PARTNER: ALLIANZ CARE



Allianz Partners Australia is a global assistance organisation. We specialise in the creation and delivery of solutions that support people across the world in their time of need. In the education sector in Australia, under their brand Allianz Care Australia, we have been market leaders in the provision of Overseas Student Health Care since 2001.

We believe in prevention over cure, care over claims and making the complex simple for everyone. Together with our partners, we help international students, visitors and workers navigate the Australian healthcare system, making it easy to get help when and where you need it.

EVENT PARTNERS





THANK YOU

**FOR BEING A PART OF
THE GRIFFITH SPORT TOOHEY TRAIL RUN
PRESENTED BY ALLIANZ CARE**

HAVE A GREAT RACE DAY!

