



TROPICAL JOURNEYS  
**GREAT BARRIER REEF  
MARATHON FESTIVAL**  
PORT DOUGLAS

# Runner's Guide



**IT'S LIVE!**  
*in Queensland*

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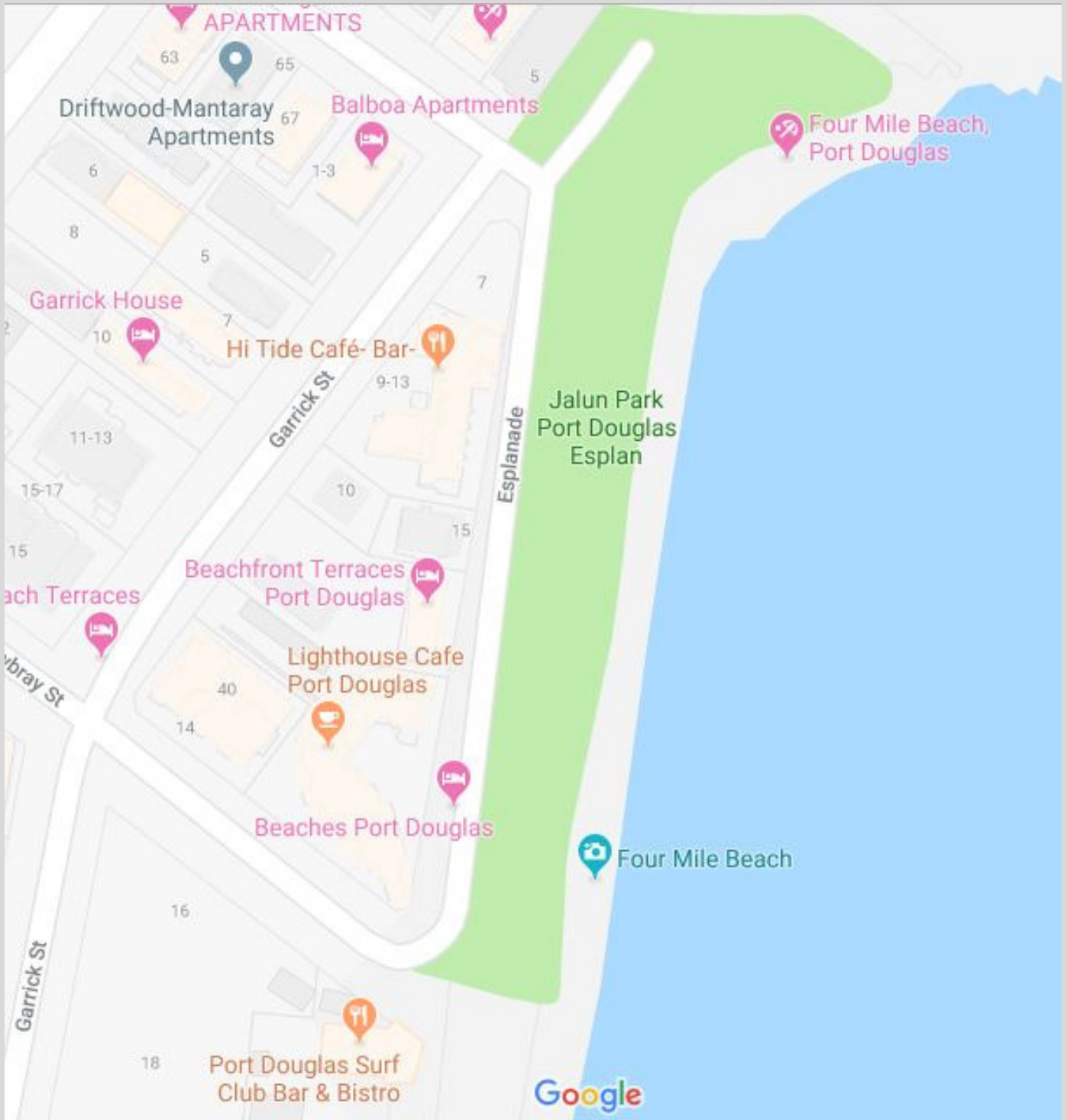
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# Venue



# Athletes Check List

Read the Athlete Run Guide

Familiarise yourself with the Event Schedule

Ensure you have received your confirmation email

Locked in travel arrangements ensuring you arrive in time for Athlete check in

- **Wednesday 24 October 3:30pm - 6:30pm (Cnr Cairns Esplanade & Smith Street)**
- **Saturday 27 October 9:00am - 5.00pm (Port Douglas Esplanade)**
- **Sunday 28 October 4.45am (Port Douglas Esplanade)**

Registrations can be taken up to the day of the event, however please help organisers by getting your registrations in as early as possible.

All participants must attend the race briefings. Late registrations must be completed prior to the race briefing to be issued with race bibs.

Check In closes 15 minutes prior to race start for each distance

Ensure you have your PHOTO ID (Passport or Drivers Licence) to bring to Check In.

If you cannot attend check in, a friend may collect for you, but they must have a copy of your confirmation email.

Confirm your Emergency Contact is current and available on race day and is not racing. If you need to update please email [sarah@pdem.com.au](mailto:sarah@pdem.com.au) or phone **0408 130 970**

Confirm your Medical/Health Insurance details are current

Check the weather forecast to ensure you bring all relevant clothing and equipment (Sunscreen, hat etc)

Familiarise yourself with the venue and Changed Traffic Conditions

Familiarise yourself with the course – it is your responsibility to know the course on race day

Bring a small bag to use for bag drop on race day

Pins or race belt to attach your race bib

# Event Schedule

SATURDAY 27 OCTOBER		
9:00AM – 5:00PM	GBRM Check In & Late Registration	Port Douglas Esplanade
SUNDAY 28 OCTOBER		
04:00AM	Full road closure of Mowbray River Road from Big 4 Caravan Park – Bottom of the Bump Track	
4:45AM	Marathon runners begin to arrive. Last minute registrations.	Port Douglas Esplanade
5.00AM	42KM Marathon Briefing	Port Douglas Esplanade
5.30AM	42KM Marathon Commences	Four Mile Beach - North
6.05AM	21KM Half Marathon Briefing	Port Douglas Esplanade
6.30AM	21KM Half Marathon Commences	Four Mile Beach - North
6.30AM	10KM Race Briefing	Port Douglas Esplanade
7.00AM	10KM Race Commences	Four Mile Beach - North
7.45AM	5KM Race Briefing	Port Douglas Esplanade
8.00AM	5KM Race Commences	Four Mile Beach - North
8.20AM	2KM Junior Challenge Briefing	Port Douglas Esplanade
8.30AM	2KM Junior Challenge Commences	Four Mile Beach - North
10.00AM	Road re-opens: Mowbray River Road from Big 4 Caravan Park – Bottom of the Bump Track	
10.30AM	Presentations	Port Douglas Esplanade
4.30PM	Esplanade reopened to traffic	Port Douglas Esplanade
5.00PM	GBRM 2018 After Party @ Hemingways Brewery	Crystalbrook Marina
MONDAY 29 OCTOBER		
8.30AM	Recovery on the Reef – Calypso Cruises	Crystalbrook Marina



# Race Information

## **Race Bib**

Your Race Bib must be worn on the front throughout the race. Your timing chip will be attached to the back of your Race Bib and is disposable.

## **Changes**

### ***Transferring to Another Event***

You may change your registration to another event at no additional charge up until one month prior to the event via the ACTIVE website.

For a higher distance, participants will be charged the difference in price at the time of the change.

For a lower distance the participant will be refunded the difference in price as at the time of the change.

### ***Transferring to Another Participant***

Registrations are not transferable to another participant.

### ***Cancelling Registration***

A FULL REFUND is offered for all registrations cancelled no later than 30 days prior to race day. Please email [info@pdem.com.au](mailto:info@pdem.com.au) to submit the cancellation request.

Cancellations made 29 days or less to race day will not receive a refund.

### ***Transfer to Another Year***

Registrations are not transferable to the following year's event.

## **Parking**

There is limited parking available close to the Esplanade towards Garrick Street. Runners and spectators are encouraged to park closer to town and walk to Four Mile Beach.

## **Bag Drop**

Bags can be left in the baggage area next to Registration Tent. GBRM takes no responsibility for valuables so please leave at your own risk.

## ***Please Note***

All gear must be collected by 2pm, any remaining gear after this time will be donated to charity.

## **Marathon Cut Off Times**

Marathon: 1:00pm – 7.5 hours after start  
Half Marathon: 10:00am – 3.5 hours after start  
10km: 9am – 2 hours after start  
5km: 9:30am – 1 hour after start  
2km: no cut off

## **Aid & Water Stations**

The course will be well supported with Aid Stations located approximately every 2km across all distances.

Aid Stations will provide water and electrolytes as well as First Aid.

## **Toilets**

Toilets will be provided on course for runners with portable toilets located:

- Mowbray River Road near Connolly Road intersection (half marathon turn around),
- Bottom of the bump track
- Southern end of Four Mile Beach at the end of Reef Street
- Craiglee
- Bruno Reidwig Park (Solander Area)
- Port Douglas Esplanade

# Safety on Course & Race Routes

## SAFETY ON COURSE:

Runners must give way to all cars and other pedestrians

Runners must stop/slow at the command of a road marshal

Signs are located at every road crossing point advising of traffic ahead as well as runners on the road

Runners must not wear headphones in both ears, they must be able to hear other runners and marshals commands at all times

There are 13 hydration stations along the 42km course, all offering hydrolytes and water with the top of the bump track and spring creek offering lollies.

Every water station has a first aid kit, instruction manual w/ emergency procedures and contact as well as ice packs

Every marshal and volunteer also has instruction manual w/ emergency procedures and contact numbers

Bottled water will be provided at the bottom of the bump track

4 timing plates are on course (end of Four Mile Beach, south end of reef street, the bottom of the Bump Track and the finish line) to enable each runner to be traceable and accounted for

Category 5 Emergency Care are located at the bottom of the bump track, 1 team roving, 1 master station at north end of Esplanade with Ambulance access plus team of 2 plus wheel chairs at the finish line

All Category 5 Emergency have the authority to pull a runner from the event if they're deemed a liability to themselves and others

Each distance has a sweep bike with the last runner to ensure no one gets left behind

## Race Routes

For all race routes, please go to [www.greatbarrierreefmarathon.com.au](http://www.greatbarrierreefmarathon.com.au) to see the interactive mapping of all individual routes.

# Rules

## RULES:

You must complete the marked course on foot under your own power. Trekking poles are permitted.

Your race bib must be visible at all times on the front of your body.

You must stay on the marked course. Shortcuts are not permitted. If you think you have gone the wrong way, go back.

During the course there are times in which you will be running across roads & driveways

Be diligent at all times and follow direction of road marshals. Should they ask you to stop you **MUST STOP**. This is for your safety. Should you disobey a direct order from a marshal your bib # will be taken and you will be disqualified

Should you see another runner in need of assistance, you are required to stop and give attention until a volunteer or St. Johns member arrives and dismisses you

Any headphones worn can only be on low and in one ear only – this is for your safety

Drop zones for each water station – bins at start & finish of water station to dispose of rubbish. Failure to dispose of appropriately may result in DQ

If you withdraw from the event, you must report to the closest checkpoint or finish line and hand in your race bib.

No roads are closed for this event. Obey all road rules and give way to vehicles, trail bikes, mountain bikes, horses, pigs and cassowaries!

Absolutely no runners are to run on Port Douglas Road – safety tape will be in place to keep runners to the right of the road by 2.5m. Failure to abide by these rules will result in an immediate DQ.

Pets/Dogs anywhere along the course are prohibited – this applies to competitors, volunteers, support crew and spectators.

Support crews must follow the instructions of race officials.

For safety reasons wheelchairs are unable to compete in this event.



# Post Race Information

## Bag Drop Collection

You will need to have your bib to collect your bag for verification. All gear must be collected by 1pm, any remaining gear after this time, will be donated to charity.

## Results

All results will be available online at [www.greatbarrierreefmarathon.com.au](http://www.greatbarrierreefmarathon.com.au)

## Finish Line Etiquette

Friends and family members, including children are requested to not stand at the finish chute - there are plenty of places along the straight outside the barriers to watch. We ask all athletes respect the finish line area and ensure celebrations do not interfere with other athlete's finish line experience.

## Finisher Medal Collection

Once you have crossed the finish line, you will follow the finish line chute passing volunteers who will present you with your Finisher Medal. You will then continue onto recovery and meet back up with family and friends.

## Recovery

Recovery stations will be located along Port Douglas Esplanade. Recovery will have water, fruit and electrolytes. Medical personnel will be available.

## Finisher Photos

**NEVER FORGET YOUR RACE!**

Photographers will be on course and at the finish line on race day. Try to remember in the finish chute that the photographer will be at the finish line to capture your 2018 GBR Marathon finish, so avoid looking down.

## Massage

Trained massage therapists will be on hand in recovery. The GBRM Massage Service is free for all Marathon and Half Marathon participants and \$10 for all other GBRM runners.

## Presentations

Presentations will award 1st – 3rd place with a medal in each category on Sunday 28 October from 12 noon

## Awards

If you are a place-getter and are unable to stay for presentation, you will need to contact the GBR Marathon office within two weeks of the event to arrange collection. You will be able to collect your medal from the GBR Marathon office or alternatively have your medal posted to you at your expense.

## Get Social

See, like and share all the excitement of the Tropical Journeys Great Barrier Reef Marathon.

**Facebook:** [@greatbarrierreefmarathon](https://www.facebook.com/greatbarrierreefmarathon)

**Instagram:** [@gbrmarathon](https://www.instagram.com/gbrmarathon)

Don't forget to tag us in your photos [#gbrmarathon](https://www.instagram.com/gbrmarathon)

## Volunteers

Tropical Journeys Great Barrier Reef Marathon requires support from over 150 volunteers from the community to deliver our event. We would like to thank our volunteers for all their hard work over the weekend and encourage you to give your thanks.

# Sponsors

## Legacy Sponsors

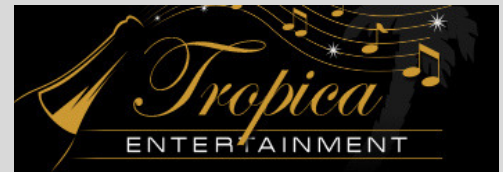
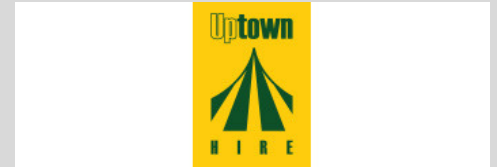


## Major Sponsors



# Sponsors

## Corporate Sponsors



## Volunteer Groups



## Media Partners

