

7 NEWS
GOLD COAST
**RUNNING
FESTIVAL**
6TH SEPTEMBER 2020
PRESENTED BY **RE/MAX**

EVENT INFORMATION

6 SEPTEMBER 2020

CBUS SUPER STADIUM, ROBINA



Queensland
AUSTRALIA

EVENT PARTNERS

Welcome Message from the Minister for Tourism Industry Development The Hon Kate Jones MP

Welcome to the Gold Coast Running Festival.

COVID-19 is the biggest challenge we've ever had to face. This event is a significant step forward in the Gold Coast's economic recovery – encouraging visitors to come back, pumping thousands of dollars into local businesses and supporting local jobs.



It's thanks to the excellent efforts of Queenslanders that restrictions have eased, and we can start to focus on our economic recovery.

Events are vital to the Palaszczuk Government's strategy to rebuild Queensland's economy and support local jobs long into the future.

This family friendly festival brings together likeminded fitness enthusiasts for a fun, competitive, healthy event.

The Palaszczuk Government is proud to support this event through Tourism and Events Queensland.

To all those participating, I wish you all the best of luck. If you're visiting, I encourage you to stay, support local businesses and experience all that the Gold Coast has to offer.

*The Hon Kate Jones MP
Minister for State Development, Tourism and Innovation*

Thanks to our event partners who support us each year

AUSTRALIA'S
GOLDCOAST.

7 NEWS
GOLD COAST

RE/MAX
REGENCY

BROOKS

von Bibra
AUTO VILLAGE

rebel

IT'S LIVE!
in Queensland

QUEENSLAND EVENTS ARE GOOD TO GO



QUEENSLAND.COM/EVENTS



IT'S LIVE!
in Queensland

EVENT TIMETABLE

RACE PACKET COLLECTION TIMES

10:00am - 2:00pm	Tues 1 st Sept & Wed 2 nd Sept	The Event Crew Office*
3:00pm - 7:00pm	Thurs 3 rd Sept	Rebel Sport, Robina Town Centre
2:00pm - 4:00pm	Saturday 5 th Sept	CBUS Super Stadium
5:00am - 7:00am**	Sunday 6 th Sept	CBUS Super Stadium

* Unit 2/28 Hutchinson Street, Burleigh Heads. On street parking only.

** Please make use of the mid week times and avoid Sunday collection if you can

SUNDAY, 6 SEPTEMBER

IMPORTANT NOTE: In order to facilitate 1.5m social distancing conditions, each event distance will operate on a rolling basis - the first participants will begin at the time noted below and participants will continue to start for a ten minute period. Your race time will be taken from when you physically cross the start line.

5:30am	Marathon start	Official Start line area
6.30am	Half Marathon start	Official Start line area
6.45am	10km Start	Official Start line area
7.15am	2.5km Start	Official Start line area
8.30am	Brooks 5km Start	Official Start line area
9.15am	Michael Shelley 1km Dash Start	Official Start line area





Australian Government

As we get out there again,
it's up to all of us to

STAY COVID FREE DO THE 3



WASH
HANDS



PHYSICAL
DISTANCE



HAVE
THE APP

And if you're experiencing cold or
flu-like symptoms, stay home and speak
to your doctor about getting tested.

BE COVIDSAFE

For more information about Coronavirus (COVID-19)
please visit [health.gov.au](https://www.health.gov.au)



COVID SAFE INFORMATION

As a condition of entry, all individuals who enter the event site, must complete our COVID Safe event questionnaire on event morning. You can scan the QR Code below and complete on your phone prior to leaving home or scan this and complete upon arrival.

PLEASE NOTE: This QR code will only become active for the Gold Coast Running Festival in the 36hrs prior to the event. It can not be completed prior to this.

All spectators and participants must agree to listen to and adhere to all instructions given on event day via our event staff, volunteers and COVID-19 Monitors.

CONTACT TRACING

Every adult participant and spectator will be required to complete a short COVID health questionnaire and provide contact details. Any dependents details attending (including children in the kid's events) will be covered by the supervising adult attending with them when completing the questionnaire. The questionnaire will be sent out 3 days prior to the event via the same email as used to register. Please complete this questionnaire no closer than 24hrs prior to the event start.

Attendees will show the confirmation email on their phone upon entering the venue to receive a wristband. Those wishing to attend who have been unable to complete prior will have a chance to do so onsite either at the entry point or near event registration by either manual method (not preferred) or on their phone with the website or QR Code.

The Event Crew have the right to refuse entry and may insist that anyone with COVID-19 symptoms needs to leave the event and obtain COVID-19 testing as per health guidelines.

PHYSICAL DISTANCING DURING THE EVENT

Participants and course personnel once commenced in the actual event and on the field of play do so under a more practical arrangement as outlined by the AIS return to Sport Tool Kit https://www.sportaus.gov.au/return-to-sport#detailed_checklist:

- Once commenced participants are asked to maintain a distance of at least 1.5 metres where practical, such as avoiding handshakes and high fives, no sharing of drinks. We request that participants don't run side by side, especially 3 or 4 wide as this creates bottle necks for participants in different events passing on course, we also request that participants maintain social distancing as practical during the event
- Along with other community sport and recreation, The AIS return to sport guideline recommends participants and spectators help support physical distancing by turning up ready to participate, compete/complete and to depart the venue as practical to do so.
- Extra Hygiene - We request that participants refrain from unnecessary contact such as high fives or fist pumps and not run or walk side by side during the event.



*Please scan and complete
on event morning*

COVID SAFE INFORMATION

In order to comply with current Public Health standards and to ensure the safety of all, we ask you to read this following section very carefully.

As a participant or attendee at the 7 News Gold Coast Running Festival you must...

- Stay at home if unwell or display any symptoms of COVID-19 infection. People are advised to seek medical advice and testing for COVID-19 if they suspect they have the infection. Full refunds or transfers will be given for reasons of illness, so we do request that you do not attend if you are unwell or display any symptoms of COVID-19. Read our [full refund policy](#).
- Do not attend if:
 - You have been in close contact with a person who is positive for COVID-19
 - You are positive for COVID-19
 - You are waiting for a COVID-19 test result
 - You have travelled overseas or to a declared COVID-19 Hotspot in the previous 14 days
- Maintain 1.5m physical distance at all times - this is every individual's responsibility
- Seek assistance if you become unwell during the event - please locate event staff, security, cleaners, Event COVID-19 monitors or attend the First Aid tent or QAS Ambulance
- First Aid is located at the finish line and QAS is on the corner of Cheltenham Dve / Stadium Dve
- We ask attendees to frequently use the supplied hand sanitizer stations throughout the venue. We also request that any spectators bring their own hand sanitizer to further reduce contact
- The Event Crew supports utilisation of the Australian Government's COVIDSafe App please download the app or visit the website for more information: <https://www.health.gov.au/resources/apps-and-tools/covidsafe-app>

SPECTATORS

To assist us with physical distancing we request that only necessary spectators attend the event, ideally one adult per child competing and one support person per competitor. To assist us with this we also wish to highlight the public viewing areas outside our venue identified in our course maps.

Download the
COVIDSAFE
app today.



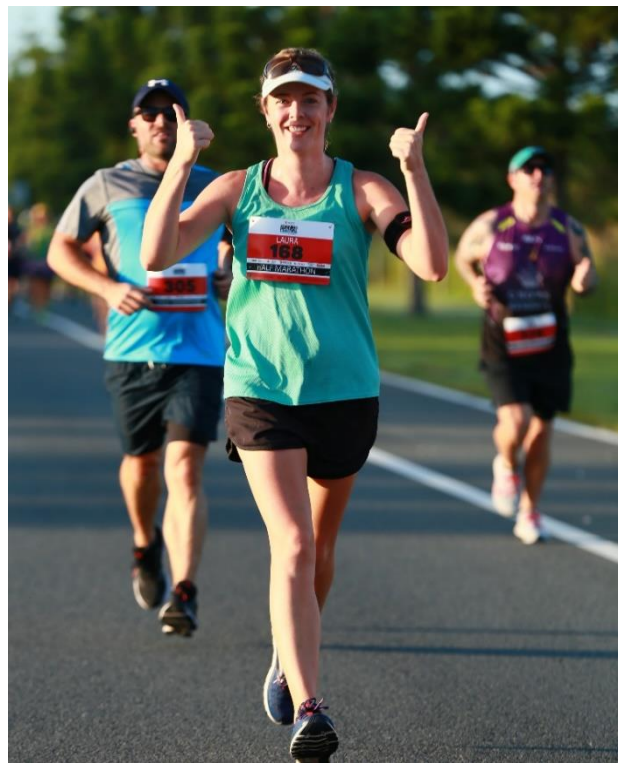
GENERAL RACE INFORMATION

EVENT BRIEFING

Event briefings for this year are all online only, we will have no briefings onsite at the event. Please ensure you have watched both our COVID Safe briefing and your distance briefing before event morning. [CLICK HERE TO VIEW](#)

START TIMES

We will open the start area 2min prior to each distance start and participants will have a 10min window to enter the start area and start each event. All participants will receive an individual start time as and when they cross the startline. There will be no congregating at the start line for any extended period and no need to rush to start. We will ask faster runners to enter first to also assist with distancing on course.



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 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, Half Marathon and 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 and Half Marathon events. There will be one on-course portaloos also available at the near turn for use during the Half Marathon and Marathon only.

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 on the preceding pages 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 coinciding with your race number in your Participant Pack 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 lost or stolen items.

FINISHERS MEDALS & PRESENTATIONS

On race day, every competitor will receive a Gold Coast Running Festival finisher's medal as you cross the finish line. There will be no presentation held at the conclusion of the event in 2020.

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 (except for the marathon) 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.

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.

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 and be sure to check out the Event Info board at the venue for any last-minute modifications.

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.

MARATHON SPECIFIC INFO

The Marathon start time will be as close to 5.30am as possible. The main factor for this will be progression of course setup being through the Markeri Street lights on Robina Parkway AND staff in place for the far turn. There will be a lead moped for the first lap.



The Marathon is 4 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** marathon / half marathon turn sign.

We request that all Marathon Participants be as self sufficient as possible to help us with physical distancing during the event, as such we have some information about food and drinks.

DRINK STATIONS

There are 5 drink stops on the course per lap (so 20 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 DRINKS

There are two options for Marathoners to receive additional special needs (other than the water and sports drinks on course).

- **OPTION 1** (preferred option): You may receive food or drinks from a supporter on Cheltenham Drive. Your support **MUST** be on the footpath side and hand to you while outbound only (eg having just started that lap). Your supporter must collect any rubbish and take it away with them. Note that we do not want any supporters standing on the median strip on Cheltenham Road as the westbound (other) side is fully open to normal traffic.
- **OPTION 2** (suitable if coming to the event on your own): Special needs tables will be located at the near turn drink station (so accessible at 10.5km, 21km & 31.5km). Marathon 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.

ADDITIONAL TOILET: In addition to the on course toilet at the 5km mark, we will have a portaloos at the turn-around point near the stadium should you need it. This is for use during the event - please use the stadium toilets prior to race start.

MARATHON CUT OFFTIMES

We are offering this Marathon option to support people who have trained for a marathon in 2020 and have been unable to run one due to restrictions on travel and events. This distance is not something we normally have in our event but a lot of our regular supporters year to year are in this as are many coaches who support our event as well - this addition has been made as a way of saying thankyou to them for their support.

To make this work **we do have a 4 hour course window**. If you are over 3 hours turning for your last lap (at 31.5km), we will talk to you on course and explain as and when you need to move to the footpath, this is most likely to only happen in the final section along Cheltenham Drive (eg from 40km onwards). The finish area will remain up until 10am, your finish medal will still be available, you will still receive a finishers time. The only real change is that you will be on the footpath for that final section. You will need to follow normal road rules and direction from staff or police.

HALF MARATHON SPECIFIC INFO

The Half Marathon start time is from 6:30am - we will have a rolling start over a 10 minute window to enable social distancing, if you are one of our faster runners, please start towards the front.



The Half 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** marathon / half 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.

ADDITIONAL TOILETS: We will have a portaloos at the turn-around point near the stadium should you need it. This is for use during the event - please use the stadium toilets prior to race start.

SPECIAL NEEDS FOOD AND DRINKS

There are two options for Marathoners to receive additional special needs (other than the water and sports drinks on course).

- **OPTION 1** (preferred option): You may receive food or drinks from a supporter on Cheltenham Drive. Your support **MUST** be on the footpath side and hand to you while outbound only (eg having just started that lap). Your supporter must collect any rubbish and take it away with them. Note that we do not want any supporters standing on the median strip on Cheltenham Road as the westbound (other) side is fully open to normal traffic.
- **OPTION 2** (suitable if travelling to the event on your own): A set of special needs tables will be located at the near turn drink station (so accessible at 10.5km, 21km & 31.5km). Marathon 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 start time is from 6:45am - we will have a rolling start over a 10 minute window to enable social distancing, if you are one of our faster runners, please start towards the front.



The 10km event is 1 lap. The far turn will be indicated by a **BLACK** 10km turn sign - other course turn signs will be out on course so please make sure you only turn at the black sign.

Note that you will likely see 1/2 Marathon Runners/walkers going past your turn to their 1/4 distance turn. Don't follow them or you will run 10.55km! When you are approaching the finish make sure you turn left at the entrance to the stadium - don't run down to the marathon / half marathon turn.

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.

5KM SPECIFIC INFO

The Brooks 5km start time is from 8:30am - we will have a rolling start over a 10 minute window to enable social distancing, if you are one of our faster runners, please start towards the front.



The 5km event is 1 lap. The far turn will be indicated by a **BLUE** 5km turn sign - other course turn signs will be out on course so please make sure you only turn at the blue sign.

When you are approaching the finish make sure you turn left at the entrance to the stadium - don't run down to the marathon / half marathon turn.

DRINK STATIONS

There are 2 drink stops on the course (3 including the recovery station).

2.5KM SPECIFIC INFO

The 2.5km start time is from 7:15am - we will have a rolling start over a 10 minute window to enable social distancing, if you are one of our faster runners, please start towards the front.



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 marathon / half marathon turn.

1KM SPECIFIC INFO

The 1km start time is from 8:30am - we will have a rolling start over a 10 minute window to enable social distancing, if you are one of our faster runners, please start towards the front.



The 1km event is 1 lap. The far turn will be indicated by a **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 EARLIER EVENTS: if you are running in an earlier event, please remove your bib before you start the 1km dash - crossing the finish line with this on in two separate events will confuse our timing system and will affect your results.

COURSE MAP & LAP INFO

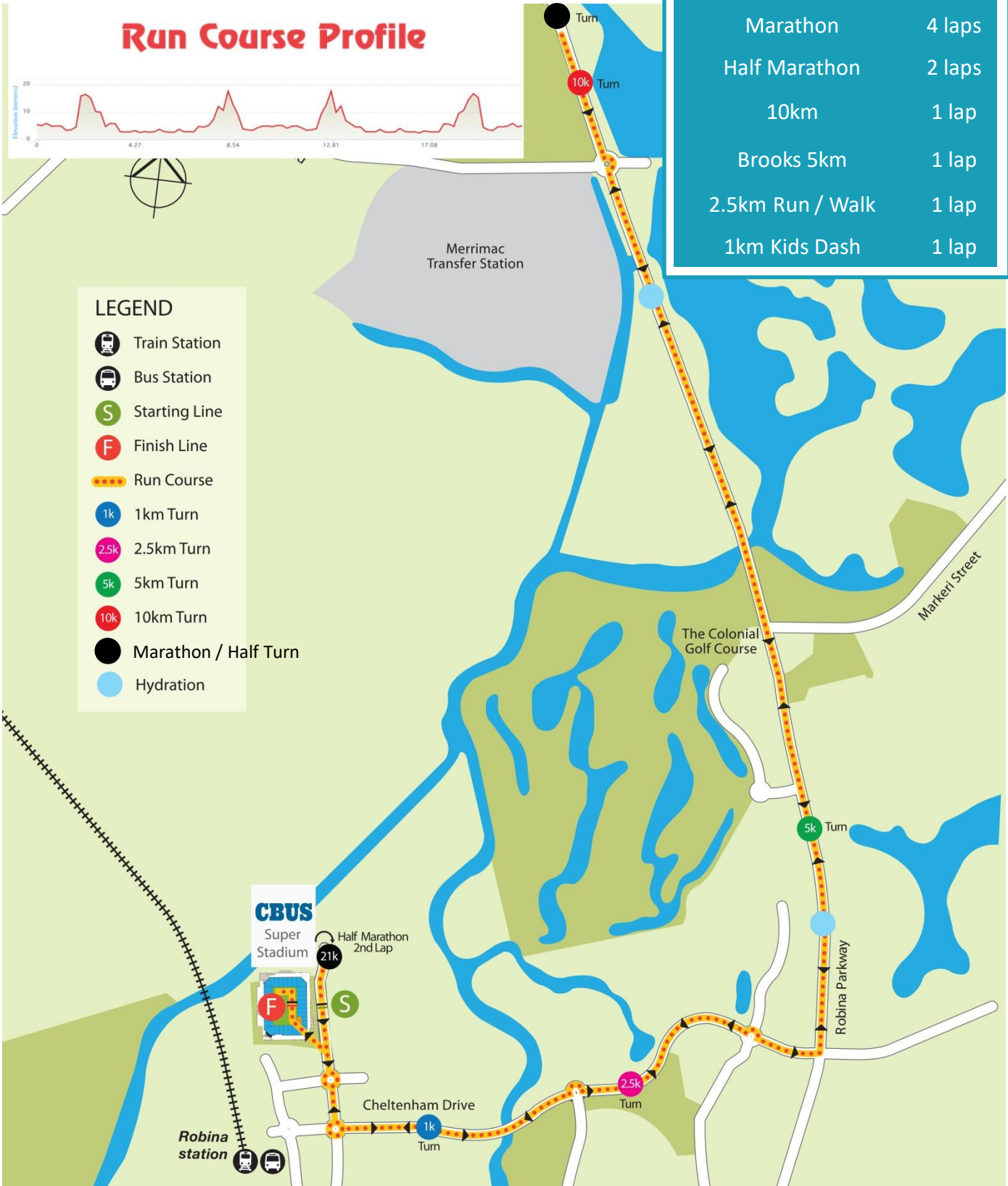
Run Course Profile



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

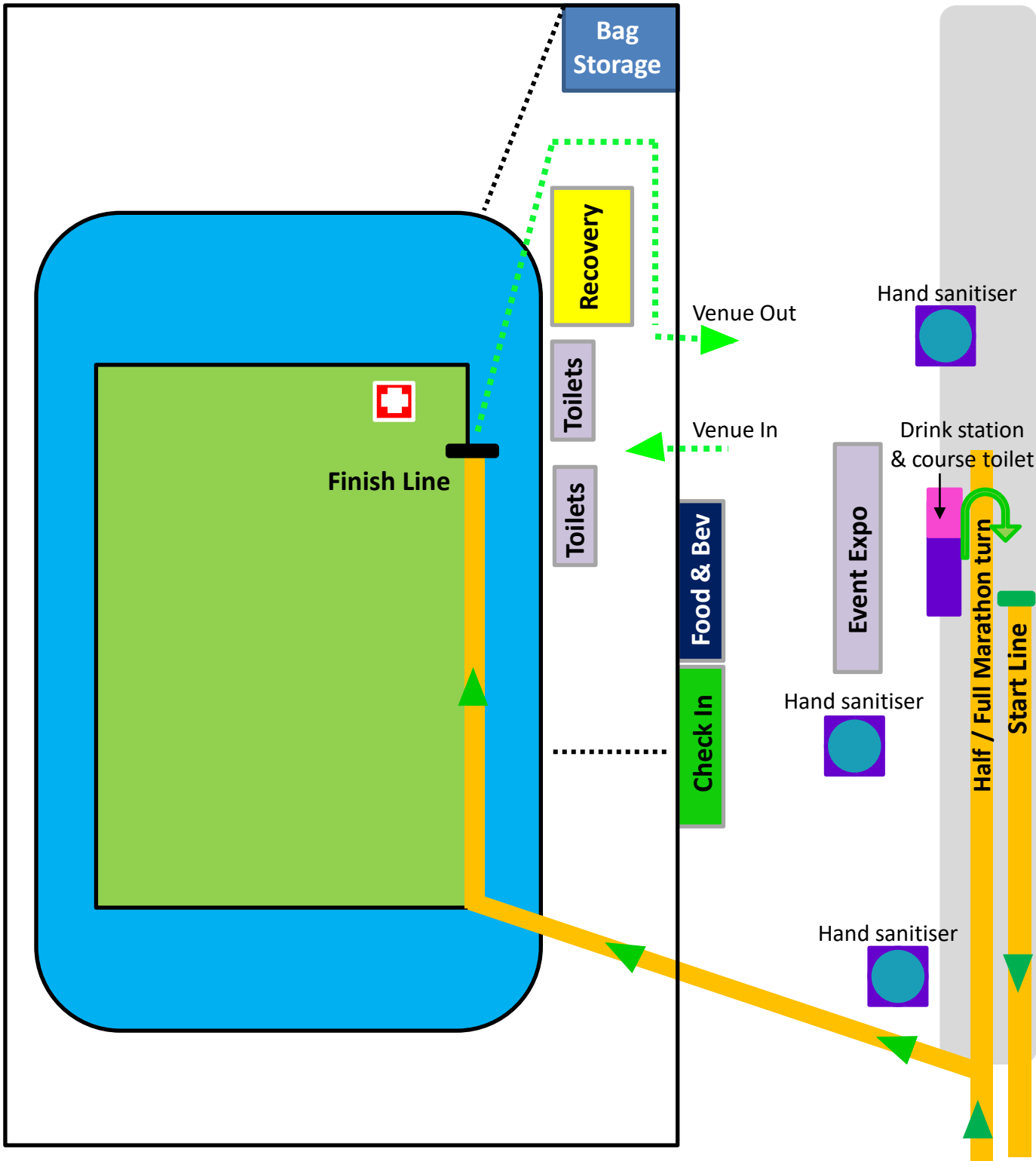
LEGEND

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



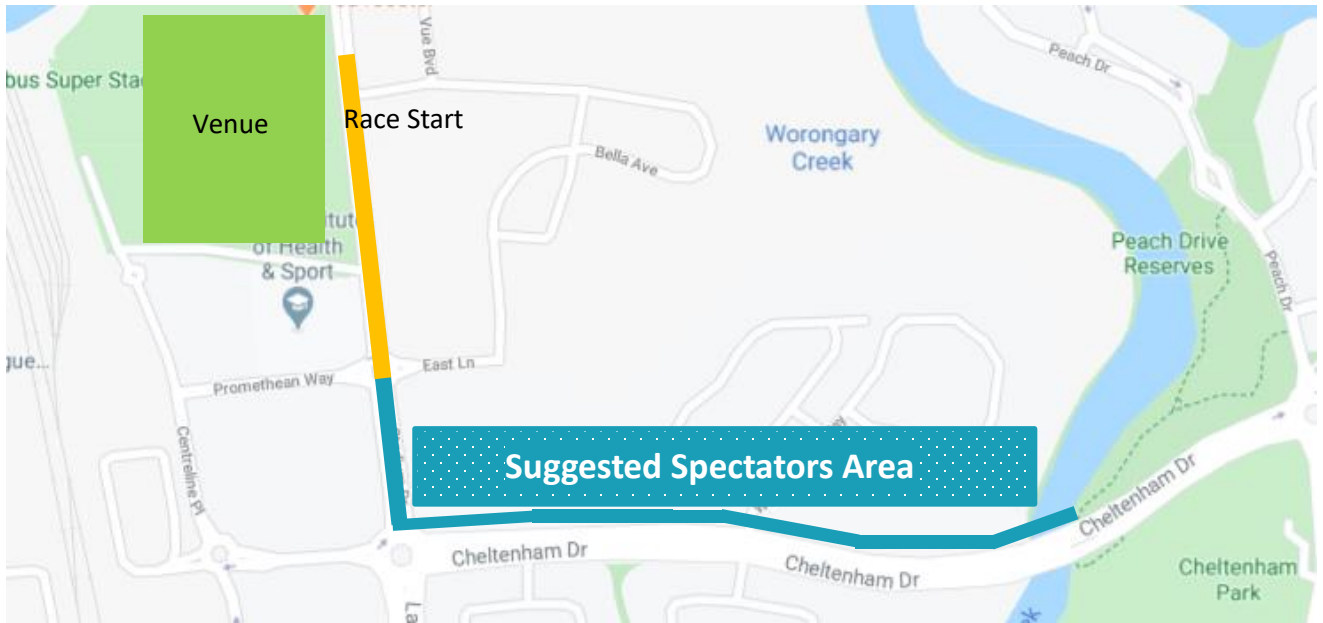
VENUE MAP

Please review the venue layout this year. We are asking that participants minimise their time at the venue and “get in, race, (have fun), go home”. Spectators are also asked to only come in to the event site if necessary and the spectate from the footpath along the course towards Cheltenham Drive (please don't stand on the median strip in the middle of the road). Anyone accessing the venue will be required to complete COVID safe check in.



SPECTATORS

Spectators are also asked to only come in to the event site if necessary and to spectate from the footpath along the course towards Cheltenham Drive (please don't stand on the median strip in the middle of the road).



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.

