

GRIFFITH SPORT **Toohey**
TRAIL
RUN



2024 RACE INFORMATION

SCHEDULE

TIME	EVENT
5.30 am	Event Precinct and Race Pack Collection Opens
5.50 am	Zumba warm up run by Malzak Fitness
6.30 am	21.1 km Half Marathon Race Start
6.30 am	Zumba warm up run by Malzak Fitness
6.45 am	10km Race Start
7.05 am	5km Race start
8.15 am	Zumba cool down run by Malzak Fitness
8.30 am	Presentations: 5km, 10km and 21.1km Half Marathon
10.00 am	Cut off time for all runners
10.30 am	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

Engineering Technology & Aviation (N79), Griffith University Nathan Campus, 170 Kessels Rd, Nathan

- » **Friday 20 September** 2.00 pm – 5.00 pm
- » **Saturday 21 September** 10.00 am – 3.00 pm

Event Precinct, Ring Road, Griffith University Nathan Campus, 170 Kessels Rd, Nathan

- » **Sunday 22 September** 5.30 am – 6.45 am

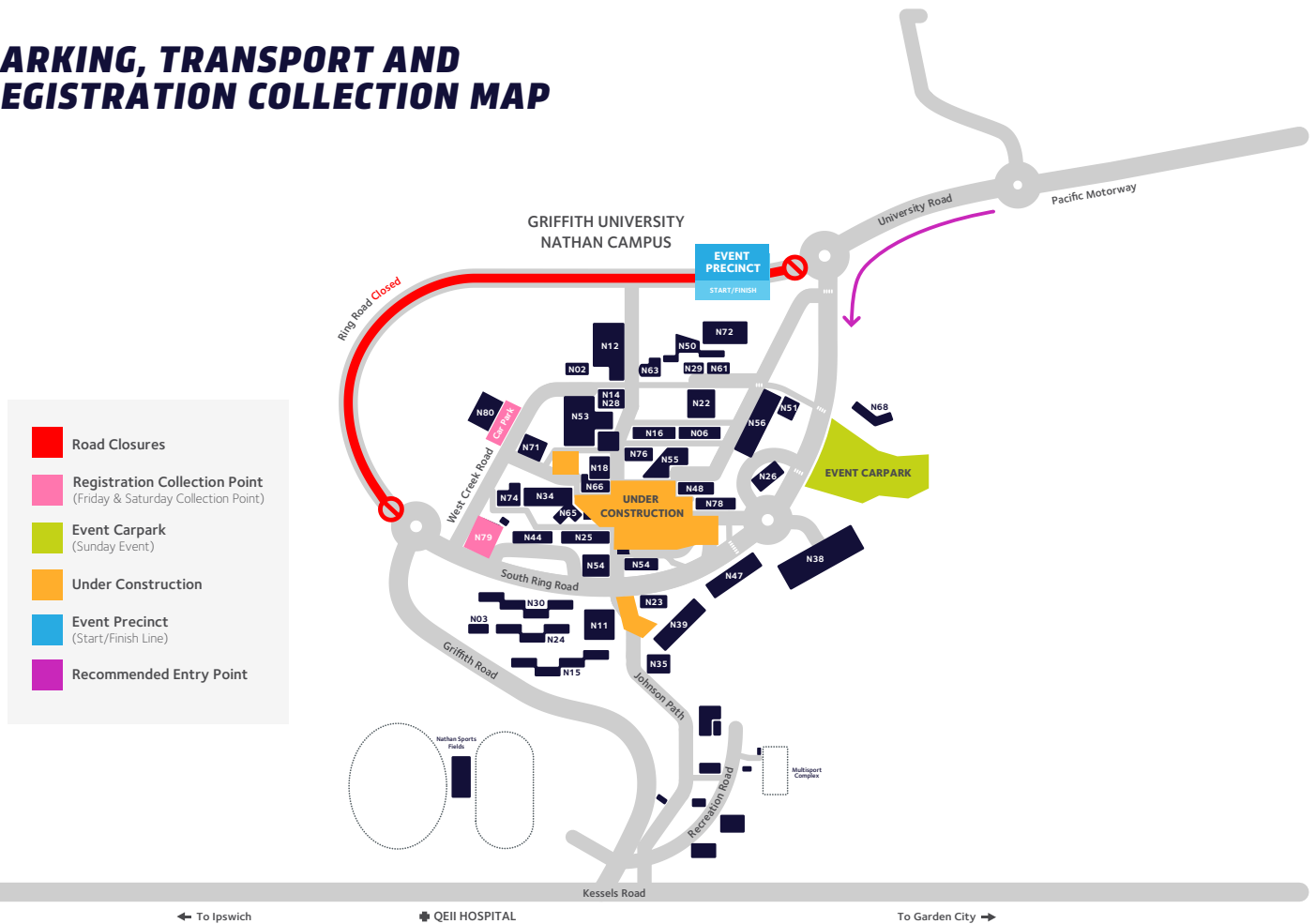
What to bring

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.

PARKING, TRANSPORT AND REGISTRATION COLLECTION 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.

Free parking is available in the car park on West Creek Road on Friday for Race Pack Collection, refer to map above.

It is recommended to arrive via the University Road entrance to the campus for easy access into East car park.

ROAD CLOSURES

Full road closures of the North Ring Road and West Ring Road will be in place from 10:00pm Friday 20th September – 10:30am Sunday 22nd September.

Please be aware that any cars parked on the North and West Ring Road at the time of road closure may not be able to exit the University until the road is open again

BUSES

Buses will run as normal to Griffith University on race day. Please refer to the Translink website for your best route to the event.

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 *Red*
- » 1 hr 50 mins *Green*
- » 2 hrs *Blue*
- » 2 hrs 10 mins *Yellow*

Pace runners will be identifiable throughout the race via a coloured bib and helium balloon.

On-Course Water Stations

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

Recovery Zone powered by Recovery Lab Alderley

The official Recovery Zone powered by Recovery Lab Alderley is located in the event precinct just after you cross the finish line. There will be a range of fruit, water and Powerade 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:

- » Finishers medal
- » Race bib with timing chip, individual results
- » Race kit with sponsor inclusions | LSKD perks (\$30 voucher + 20% discount to race day precinct store)
- » Recovery Lab Alderley free 30 minute compression boot session discount code - FREEBOOTS30
- » Access to medical services
- » Downloadable finishers certificate



FUNDRAISING

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

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.

SUPPORTING



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.*

FAST FACTS

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

Off road/racing prams are permitted – 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.

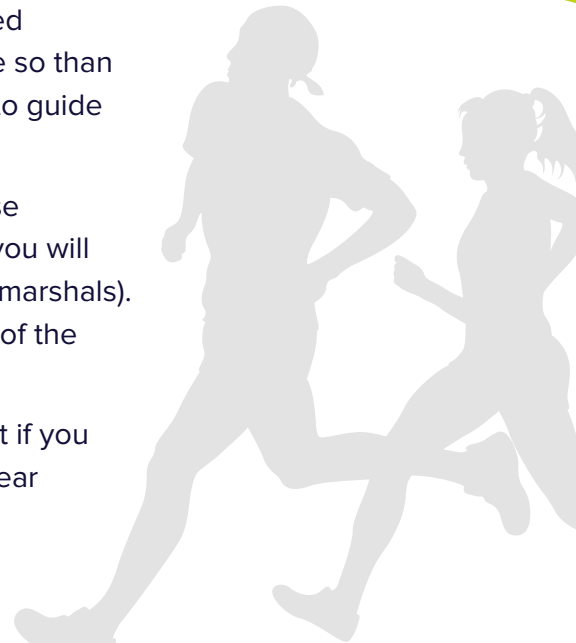
21.1km runners must complete their first lap before 8.20 am or they will not be permitted to commence their second lap.



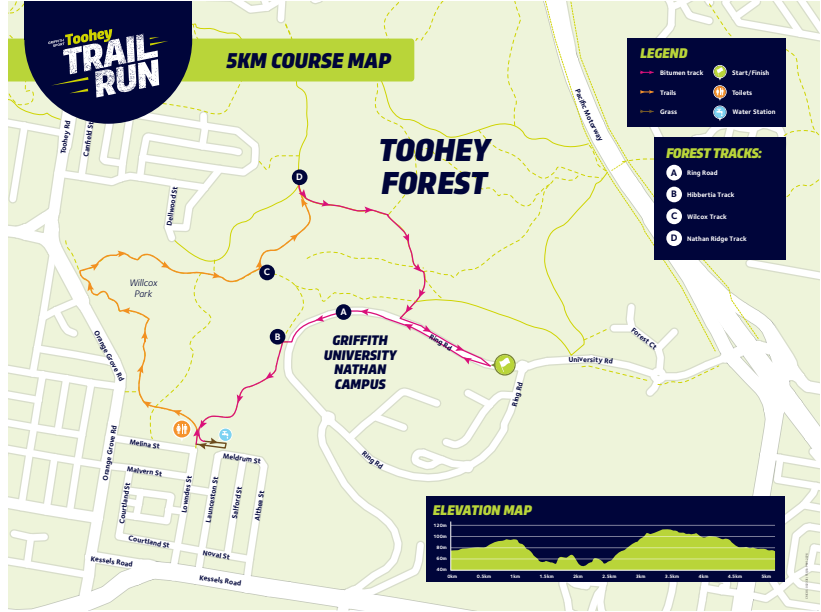
The event is described as a 'bitumen to bush' course that traverses a selection of road, trail, bituminised trail, rough trail and cross country terrain. You will find short and long steep hills, sharp turns and long cantered sections all combining to constantly disrupt your rhythm much more so than 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 left' course — due to the direction of the course (to eliminate packs and overtaking on narrow sections of the trail), you will need to 'keep left' at all times (unless advised otherwise by course marshals). 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 powered by Recovery Lab Alderley 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 2024 Griffith Sport Toohey Trail Run would not be possible. Please support the businesses that support us.

EVENT PARTNERS



THANK YOU

FOR BEING A PART OF THE GRIFFITH SPORT TOOHEY TRAIL RUN
HAVE A GREAT RACE DAY!