

Griffith
SPORT

Logan

FUN
RUN

Presented By  RayWhite
AKG

ELEMENTS

Big Toaks
SPORTS

Griffith
SPORT
Logan
FUN
RUN 10
KM 10109
@LOGANFUNRUN

LOGAN
RUNNING
FESTIVAL

FINISHER

2024
INFORMATION GUIDE



EVENT LOCATION GRIFFITH UNIVERSITY LOGAN CAMPUS FIELDS • SUNDAY 26 MAY 2024

Proudly brought to you by



Official Charity Partner



Proudly supporting
Ronald McDonald
House Charities
South East QLD



RACE PACK COLLECTION AND BAG DROP



*Sports pavilion Logan campus fields
Griffith University Logan campus
University Drive Meadowbrook*

Saturday 25 May 10.00 am–3.00 pm
Sunday 26 May 6.30 am–7.30 am

What to bring

You will need to show photo ID to confirm your registration

Picking up a race kit for a family member/friend?

A nominated person can collect your race pack on your behalf by presenting their registration confirmation email 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, items left here are at your own risk.

PROGRAM ITINERARY

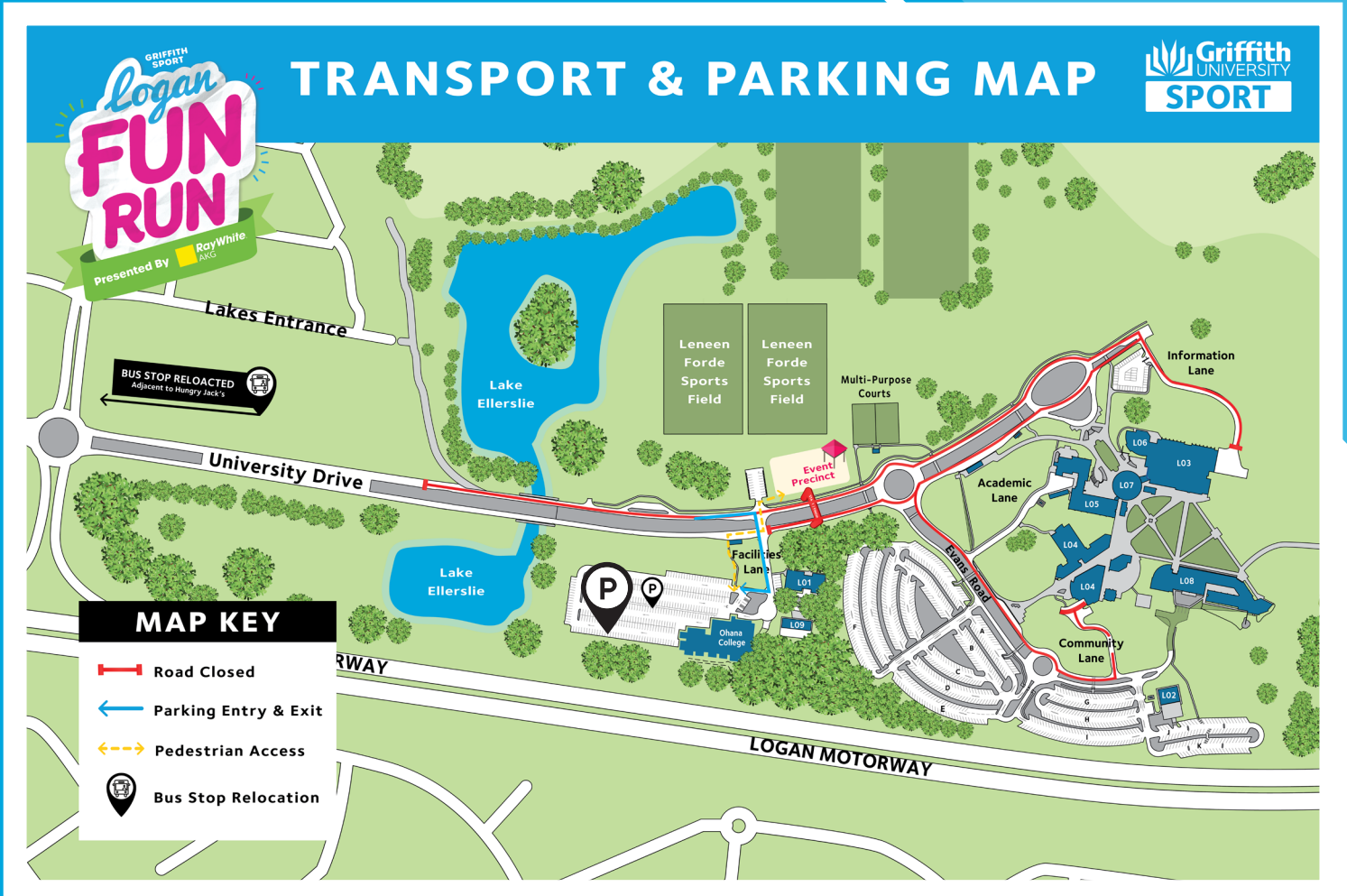
- 6.30 am Event Precinct Opens
- 6.45 am Warm up - Zumba
- 7.00 am 1km Junior Dash Race Start
- 7.15 am 2.5km Race Start
- 7.25 am Warm up with James Arnold
- 7.35 am 1km Junior Dash & 2.5km Presentation
- 7.55 am 10km Race Start
- 7.55 am Warm up - Zumba
- 8.15 am 5km Race Start
- 9.00 am 10km & 5km Presentations
- 9.15 am Cool down with James Arnold

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





LOCATION AND PARKING



LIMITED FREE PARKING is available for all participants and spectators in the large carpark located opposite the start/finish line. Access to the car park will be open for the entire event, so you can come and go as you please. At times there will only be one-way access to this carpark, but it will be managed by Traffic Control and only be in place for a short period of time and cause some minor delays in exiting the carpark.

Buses

Buses will not have access to the University on the morning of the event. Alternate stops are available at Loganlea Rd near Ellerslie Rd (Stop ID 312596 & 1315719).

Services affected include

Outbound to Browns Plains

9:13am & 10:13am

Outbound to Logan Hyperdome

8:46am, 9:46am & 10:46am

Vehicle access further into the University and the official University carpark will be closed from 5:30am on event day. Visitors, students & staff wishing to gain access to the University will need to park in the Event Carpark and utilize pedestrian pathways to enter the campus.



ENTRY FEE INCLUSIONS

Your Registration Fee (Including Race Kit):

- Early bird entrants lucky enough to secure a race shirt (adults & kids).
- Race bib with timing chip
- Professional photos (Griffith Sport Logan Fun Run Facebook Page)
- Individual results
- Access to water stations and recovery station post-race
- Access to medical services and massage
- Downloadable finishers certificate

Your Race Kit Includes:

- CLIF bar
- Fisiocrem sample
- LSKD voucher
- Brisbane Heat giveaway
- Other sponsor inclusions

Race Bib

Your race bib has an electronic timing chip located on the back of the bib. The chip must remain on your bib during the entire race and does NOT need to be handed in after you complete the race.

ON-COURSE SUPPORT

On-Course Water Stations

Water stations are placed across both the 2.5km, 5km & 10km courses.

2.5km Event

at approx 2.3km mark

5km Event

at approx 1.5km, 3.5km & 4km mark

10km Event

at approx 1.5km, 3.5km, 5km, 6.5km & 8km mark

Recovery Station

The official recovery station is placed at the event precinct just as you come across the finish line. There will be a range of fruit, water & Powerade available for all runners.

Medical

Please ensure you are adequately hydrated and sufficiently fit to complete your nominated course. If you require assistance before, during or after the race, please approach the closest member of our Griffith Sport event crew who will be able to signal our medics to provide further support.



Proudly supporting

**Ronald McDonald
House Charities®**
South East QLD

FUNDRAISING

As you might know, the Griffith Sport Logan Fun Run will donate a portion of your registration fee to our Official Charity Partner, Ronald McDonald House Charities.

But, did you know that you can also fundraise too? Visit the fundraising page here (raceroster.com/events/2024/81818/2024-logan-fun-run/fundraising-organization/49519#event-description) and you too can 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.

Did we mention there is a prize for the highest fundraiser?

Visit seqfundraising.rmhc.org.au/seq for more fundraising tips & inspiration.



INCLEMENT CONDITIONS

Could the event be cancelled?

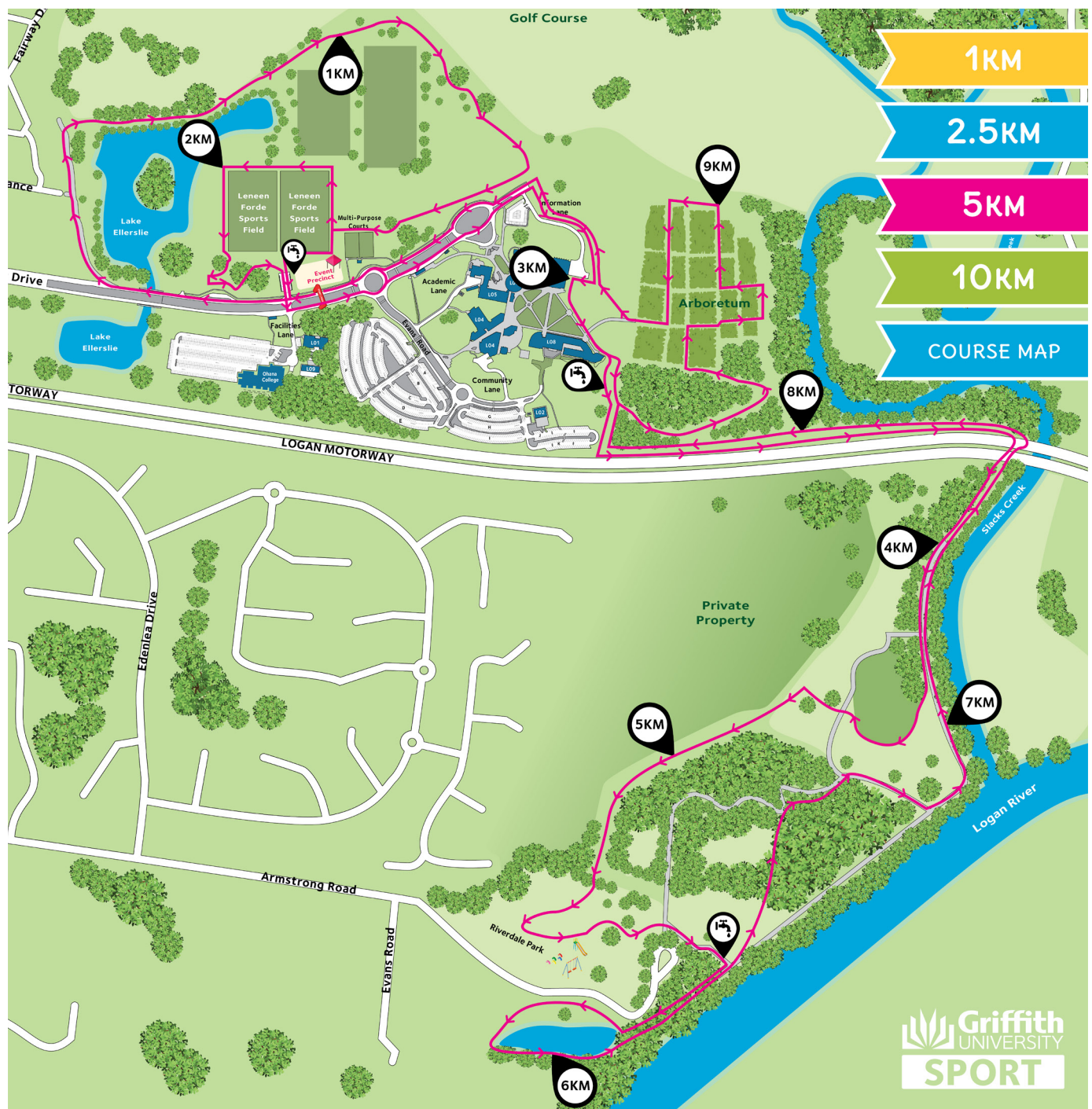
Highly unlikely. If weather or government directives deem the event unsafe, the event will be cancelled or postponed.

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 Logan Fun Run Facebook page.

PLEASE NOTE:

The decision to cancel an event is not made lightly; safety is our priority when making this decision.





The course traverses the most scenic areas of the Griffith University Logan Campus and Riverdale Park.

The Griffith Sport Logan Fun Run is run over a variety of different surfaces from dirt and grass, to mud and asphalt, to gravel and everything in between. You'll find sharp turns, short steep hills and long cantered sections all combining to constantly disrupt your rhythm much more so than a race run on an even, flat surface.

Fast Facts

- The Junior Dash 1km is a cross country course, running on our beautiful sporting fields
- The 2.5km, 5km & 10km events are cross country courses – enjoy a variety of bitumen, grass and dirt
- Off road/racing prams are permitted at no extra charge – anyone racing with a pram needs to start at the back of the pack. Bear in mind this is an all-terrain course
- The cut off time for all competitors is 10:00am

AFTER THE RACE

Upon completing your race please make your way past the recovery station where you can rehydrate and enjoy some fruit before heading into the event precinct.

- Blackout Coffee are on-site for your morning brew and breakfast fuel
- LSKD pop up shop will be offering 20% off for participants
- Red Bull DJ and free Red Bull to bring the energy to race day
- Brisbane Heat skills activation
- Giant games
- Ronald McDonald House Charities colouring-in station
- Free massage from Allsports Physio
- Warm-up & cool-down classes with Zumba and James Arnold (run coach)
- Plenty of space to chill-out and enjoy the Logan Fun Run vibe!



PRESENTATION CEREMONIES

Presentations will be held on the main stage at the following times:

- 7.40am - 1km & 2.5km presentations
- 9.00am - 10km & 5km presentations

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



THANK YOU

SPONSORS AND SUPPORTERS

OFFICIAL CHARITY PARTNER



Proudly supporting

Ronald McDonald House Charities®
South East QLD

Ronald McDonald House Charities South East Queensland (RMHC SEQ) provides essential accommodation and support services to seriously ill or injured children and their families. They help keep families together and by their child's side during treatment, providing a comfortable home away from home through their toughest times. RMHC SEQ can accommodate up to 144 families each night at one of their three houses.

A big thank you to our sponsor & supporter family. Without their support, the 2024 Griffith Sport Logan Fun Run would not be possible. Please support the businesses that support us.

PRESENTING PARTNER



PLATINUM PARTNER



GOLD PARTNER



SILVER PARTNERS



BRONZE PARTNERS



IN-KIND AND PROMOTIONAL PARTNERS

Dan The Motivator | Meadowbrook Golf Club | Brisbane Heat | Malzak Active Lifestyle | Brisbane Lions | Red Bull | Woolworths Meadowbrook | Run Faster | Griffith Sport | Griffith Sport Nathan Fitness Centre



**THANK YOU
FOR BEING A PART OF
THE GRIFFITH SPORT
LOGAN FUN RUN 2024**

**WE HOPE YOU
HAVE A GREAT
RACE DAY**

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