

SEQ^{TRAIL} SERIES

RUNNER'S GUIDE

SEASON 11, ROUND 4

@ BAYVIEW

SUNDAY 19TH NOV 2023



VERSION 1

Updated 15/11/2023



SEASON 11, RD 4
BAYVIEW

Presented by



CONTENTS

WELCOME	P 04
EVENT LOCATION AND PARKING	P 04
PARTICIPANT SAFETY	P 05
EVENT DAY PROGRAM	P 06
COURSE MAPS AND PROFILES	P 06
COURSE MARKING	P 07
CHARITY BBQ	P 08
PARTICIPANT EXPECTATIONS	P 08
BIBS & MERCHANDISE	P 10
TIMING & PHOTOS	P 09
EVENT PRECINCT	P 11
STILL GOT QUESTIONS? CONTACT US!	P 11

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50km
100km

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SATURDAY 20TH – 21ST JULY 2024

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WELCOME

Thanks for signing up to join us at the South East Queensland Trail Running Series presented by The Trail Co. We can't wait to share the beautiful trails of the Gold Coast, Sunshine Coast and Brisbane with you again in Season 11.

We would like to acknowledge the traditional custodians of the lands upon which each of our events take place and pay our respects to their Elders past and present. We also thank the current owners, land managers and local residents for allowing us to visit each year. Please remember that we are guests of the land areas on which the events are held and we ask particularly for your responsible actions regarding parking, use of facilities and rubbish removal from the event area.

Please make sure that you thoroughly read through the following, even if you have participated in the SEQ Trail Series before, as it contains all the information you'll need to ensure the day runs smoothly.

See you all out there soon!

Tim, Laura and The Trail Co. team



EVENT LOCATION AND PARKING

The event precinct will be at [Bayview Conservation Staging Area](#). Set your GPS to 487-503 German Church Road, Mount Cotton. If coming from the south, please note German Church Rd does not connect through from Mt Cotton Rd. Access is via Valley Way.

Parking is directly adjacent to the staging area, in the Redland City Council event space. **Not all spaces are marked so please ensure you park in neat, well-spaced rows, with some kind of order.**

Once this space is full, park along one side of the road in a safe, legal manner. Please be very mindful of the local residents by keeping the far side of the road and all driveways clear. We'd love to be welcomed back again next year.

Round 4 is one of our biggest events which unfortunately means lots of cars so we very strongly request that as many of you carpool as possible. **If there's only going to be one of you in your car, please find some friends or consider riding a bike or catch an Uber.** Our [Facebook group](#) is a great place to meet other runners heading from your area.





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PARTICIPANT SAFETY

We have taken considerable care in event planning to ensure that the events are safe and enjoyable. There are a few key points that you need to be aware of:

- Bayview runs on shared-use single trails. While MTB riders are instructed to give way to runners, bikes are bigger than you and bruise less easily, so keep your eyes and ears open for riders approaching from either direction. As a courtesy, step to the side and allow them to pass whenever safe to do so.
- Even with wave starts, there will still be a lot of runners wanting to pass each other in the beginning of the race and on the single track sections. Keep it friendly and look for a safe place to pass/be passed. Remember, we're all out there to have fun and not take ourselves too seriously.
- Speaking of fun - enjoy all the single track! There are some options to choose between route 'A or B'. They'll always rejoin just ahead so either is fine. A is usually a bit more technical (read: fun!) and slightly shorter than B.
- All runners under 12 years of age must be directly supervised for the duration of the run – that is, a parent or guardian must run with the child for the entire distance, and they too must be entered in the same event.
- If, after starting the event, you withdraw for any reason, notify us immediately so that we don't launch a search for you.
- Do not run under another runner's bib in any circumstances. This is especially irresponsible for trail running where any search efforts would be greatly hindered if you were to become lost or ill while alone in the bush.
- There will be first aid located in the event precinct.



OFFICIAL EVENT SPONSOR

FIXX
NUTRITION

MANDATORY REQUIREMENT:

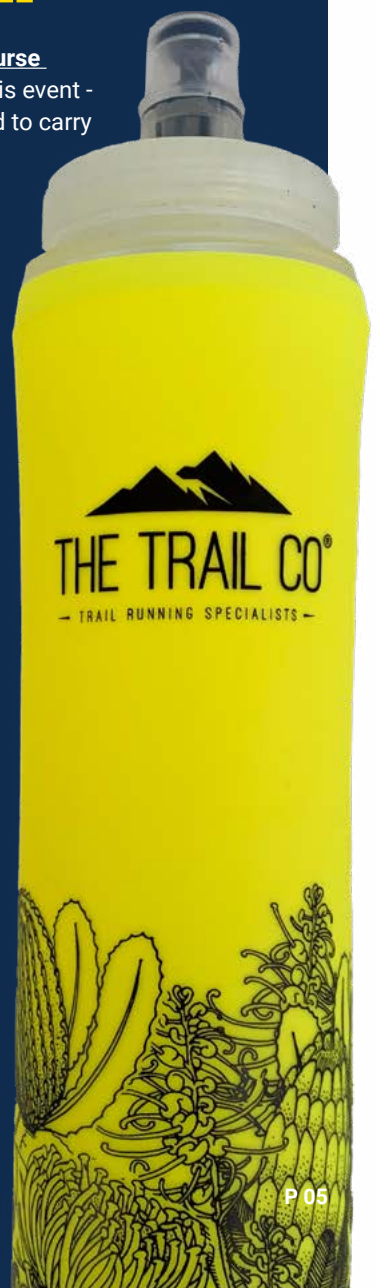
Both short and long course participants must carry a bottle or hydration pack capable of holding a minimum of 500mL fluids. Event organisers reserve the right to prevent your participation if you do not meet this requirement.

ALL SEQ EVENTS ARE CUP-FREE

There are no on-course water stations at this event - runners are required to carry their own supplies.

There will be a water refill station available at the start/finish area for filling up your own bottles prior to the events. FIXX Nutrition will also be available for runners at the completion of the events.

*** Some events in the Series will be run on more challenging courses and in warmer weather, and these events will have different rules regarding carrying supplies. Please ensure you read this section in the Participant Information Guide carefully FOR EACH INDIVIDUAL EVENT ***



P 05



WAVE STARTS

Runners will be split into waves of between 30 and 40 people. In order to get the results right and keep track of who's not yet crossed the line, it's really important that you start in the wave you're assigned.

Runners will be advised of their starting wave on the day at on the day at bib collection.

EVENT DAY PROGRAM

Time	What	Location
5:20am — 6:10am	Bib collection	
6:20am	Compulsory event briefing	Event Precinct (map 📍)
6:30am	First Long Course wave starts*	

**Both the Long Course and Short Course events will be wave started, with runners leaving in waves at short intervals..*

All participants from both events are encouraged to stay in the event precinct and cheer until all runners have crossed the line.

Presentations will commence once most runners have completed the event, where the event winners will receive a medal to congratulate them. All participants are encouraged to stay in the event precinct ready for a random prize draw (after the winner's presentations) with lots of goodies from our sponsors up for grabs. You must be present to win these prizes.

There will be a mobile coffee van at the start/finish area for those needed a pre- or post-run caffeine hit. Shailer Park Scouts will be cooking a sausage after the event, so bring some cash, grab a sausage and hang out at the finish line.

COURSE MAPS AND PROFILES

Course maps for each run can be viewed from the event website at the links below.

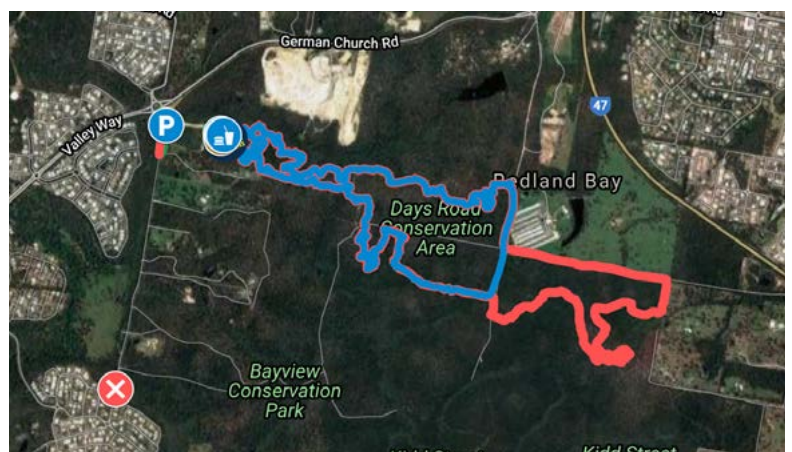
RD4: EVENT PAGE



RD4: LONG COURSE



RD4: SHORT COURSE





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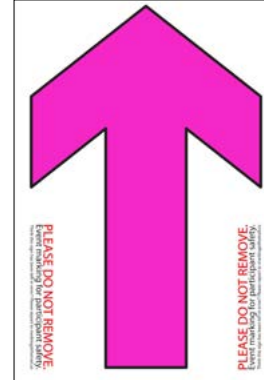


COURSE MARKING

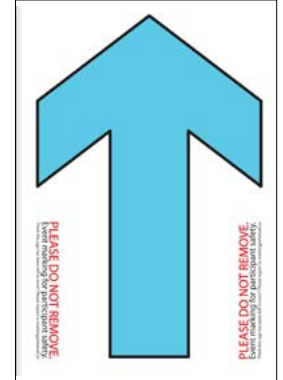
The South East Queensland Trail Running Series presented by The North Face will be quite different to a road running event in that you will be required to keep an eye out for course markings as follows:

- The course will be marked with yellow and pink reflective tape, pegged to trees and bushes.
- Arrows and crosses will complement the flagging tape at junctions. Arrows will match the sponsors colours on your bib to help differentiate between Long and Short course routes.
- Track markings on sections where there are no route options or intersections may be spread out and irregular.
- Unless otherwise marked or directed, participants should follow the most major track at all intersections. If there is no marking at a minor track junction then continue along the major track.
- Runners should keep to the left-most-side of all trails. The etiquette is the same as that when driving on the road.

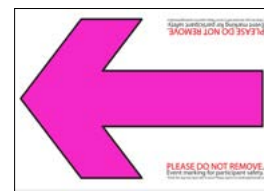
COMMON DIRECTION SIGNS



**Straight
(Long Course)**



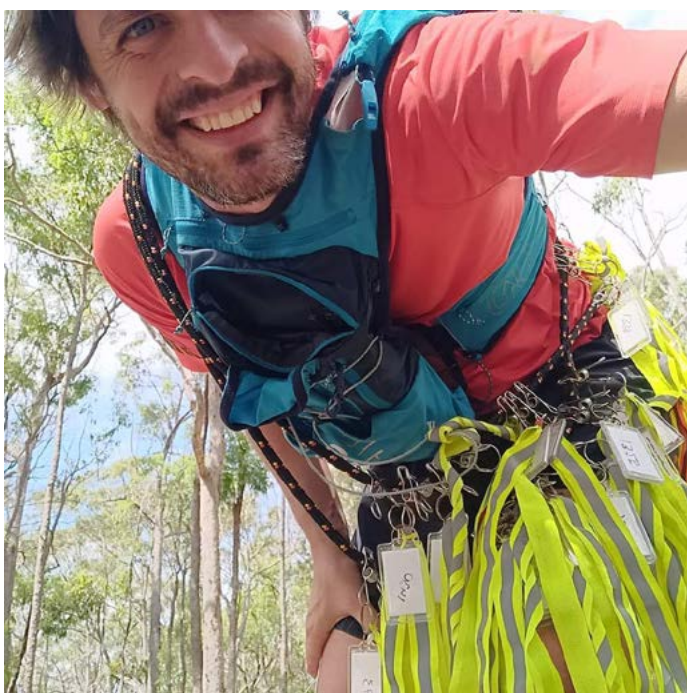
**Straight
(Short Course)**



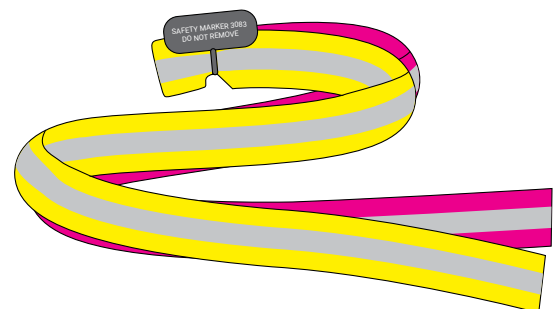
Left



Do NOT Follow



THE TRAIL CO. REUSABLE TRAIL MARKING



All flagging is reflective YELLOW + PINK webbing



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CHARITY BBQ

Shailer Park Scouts are lined up to host the BBQ at Bayview, please make sure to bring some cash and a big appetite to make money for a good cause!

If you'd like to host the charity BBQ at any of our other events, that would be great! Shoot us a message via the contact form on our website to let us know.



HOST CHARITY BBQ

PARTICIPANT EXPECTATIONS

We expect that participants in the South East Queensland Trail Running Series presented by The Trail Co. will be mindful of the fact that we are guests of the land area on which the events are run, and we particularly note the following:

- Participants found littering or vandalising any section of the course will be disqualified from the event.
- Participants are to remain on the marked course at all times. Do not trespass on neighbouring properties or bushland.
- Participants and spectators must drive to and from the event safely and be considerate of where they park. Do not park or drive on private premises.
- Please be considerate of residents in surrounding areas and keep noise at a minimum when arriving at and leaving the event.
- Do not wear headphones during the event. With hundreds of runners converging on the trail network, we need you to be able to hear each other, instructions from marshals and vehicles, bikes or members of the public.
- All tracks remain open to the public so please be considerate of all other park users that you encounter.
- Dogs are not permitted to run in any of the SEQ Trail Series events.



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OR ONLINE AT WWW.THETRAIL.CO
WITH CODE **SEQSTRUN**

*TERMS AT: WWW.THETRAIL.CO/SEQTRSDEAL



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BIBS & MERCHANDISE

Event day and series bibs will be available for collection at the event precinct from 5:20am – 6:10am.

Bibs must be worn on your front and be visible to get a time.

Season 11 singlets which have been pre-ordered for 'Event Pickup' can be collected from The Trail Co. tent.



DON'T FORGET YOUR PERSONALISED BIB!

In an effort to reduce our environmental impact, we try to re-use as many bibs as possible. If you are a Series Runner and have a personalised bib, please keep it safe and bring it back to each event you attend.

RETURN YOUR SINGLE EVENT BIB

If your bib is not personalised, you can return it to race HQ after the event so that we can re-use it. You will need to collect a new one at each event you attend.

We'll save well over 3000 bibs from landfill this way!

SEQ RUNNERS
**SAVE
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AT THE TRAIL CO.

TIMING & PHOTOS

The event will be timed and official results will be published at www.seqtrailrunningseries.com.au as soon as possible on the Sunday afternoon.

Photos from the event will also be made available and links will be on the results page of the website, and via your personal race result, when they are ready for viewing and purchase.





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EVENT PRECINCT

Toilets and refreshments will be available in the event precinct. Participants are encouraged to use these toilets before the event, as there will be **no toilets on the course**. Please leave plenty of time for this.

Minnie's Espresso will be serving up coffee and cold soft drinks before and after the race and you'll be able to do some Christmas shopping at The Trail Co. tent. Shailer Park Scouts will be running a charity BBQ, and our recovery partner, *Fisiocrem*, will once again be offering free post-run massages under the purple tent!

All participants and spectators are encouraged to pull up a seat, warm up your voices and cheer loudly until every runner has made it home across the line.

The start/finish area is suitable to bring the family along and make the most of your Sunday morning.



STILL GOT QUESTIONS? CONTACT US!

If we haven't answered your pressing question in this guide in our [FAQs](#) or elsewhere on [our website](#), shoot us a [message here](#).

Please note: the last couple of days before each event are very busy with course marking and other preparations and we may not be able to reply to you before Sunday. Rest assured, most important answers can be found in this guide or [online](#).



RECOVER WITH **Ease**



fisiocrem[™]
**FREE RECOVERY
MASSAGE!**

The fisiocrem marquee is a great place to head after your race to get a free postrace fisiocrem recovery massage. P 12