

# SEQ<sup>TRAIL</sup> SERIES

## RUNNER'S GUIDE

SEASON 11, ROUND 1  
@ ENOGGERA RESERVOIR  
SUNDAY 8TH OCT 2023



**VERSION 1**

Updated 27/09/2023





SEASON 11, RD 1  
ENOGGERA RESERVOIR

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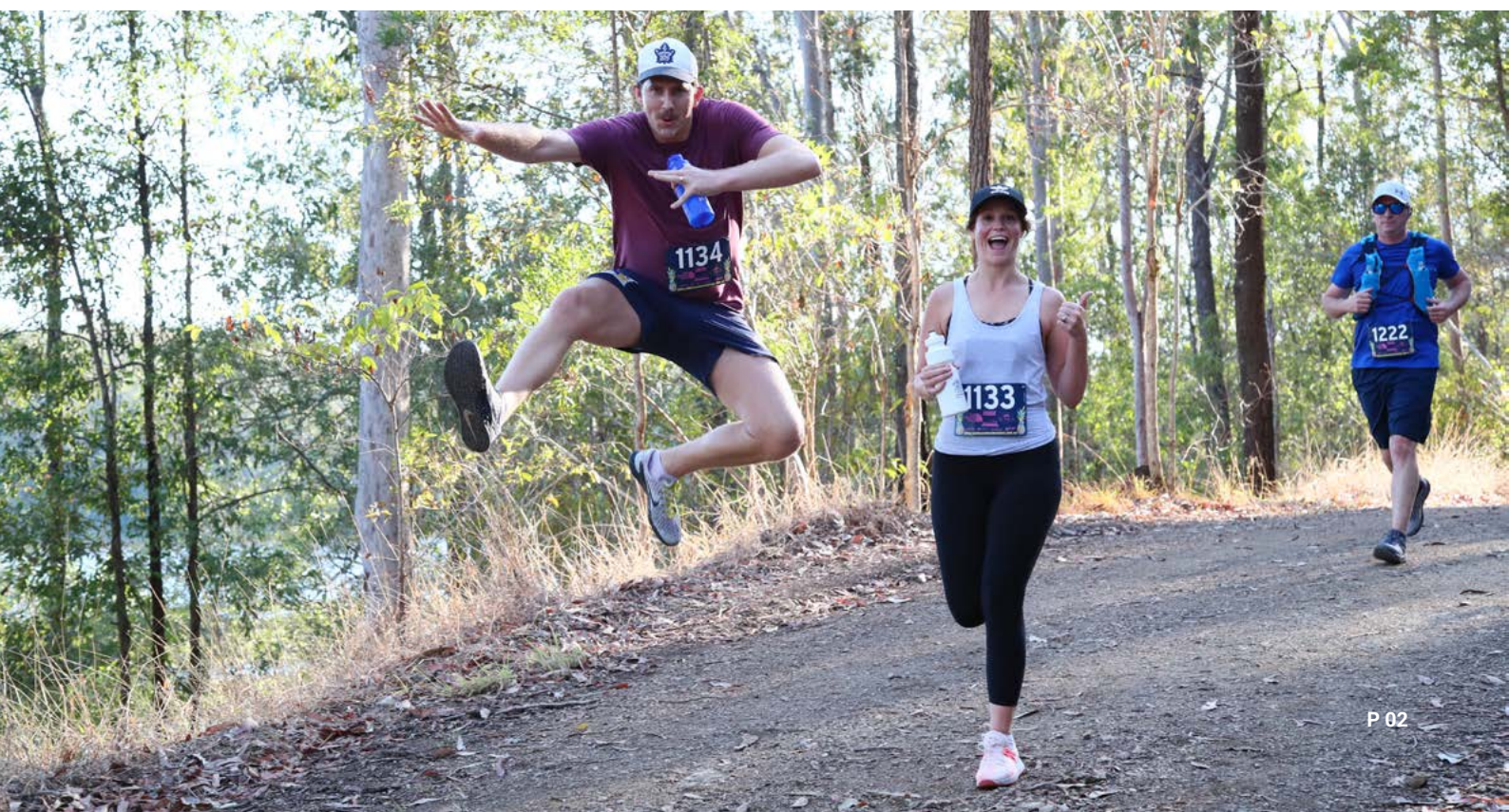
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## WELCOME

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*

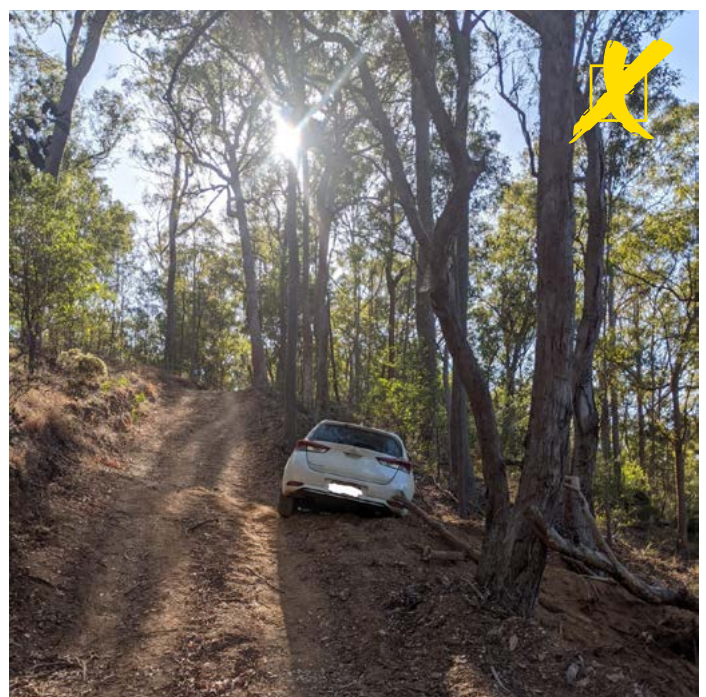


## EVENT LOCATION AND PARKING

This event will be staged at **Enoggera Reservoir**, accessed off Waterworks Road, The Gap. Parking will be in various locations, depending on availability when you arrive at the event:

1. Within the SEQ Water staging area until full; then
2. Within the adjacent Park-and-Ride facility on Waterworks Road; finally
3. **Legally parked** on any of the surrounding streets.

Marshals will be in place to direct you as to which of the above options apply to you when you arrive. Note that any cars parking on surrounding streets **must be legally and respectfully parked**. To minimise disruptions and traffic volumes on the day, please make every effort to carpool. If you don't have anyone to travel with yet, throw out the question in our [Discussion Group on Facebook](#) – you may even make some new running buddies.





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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:

### 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.**

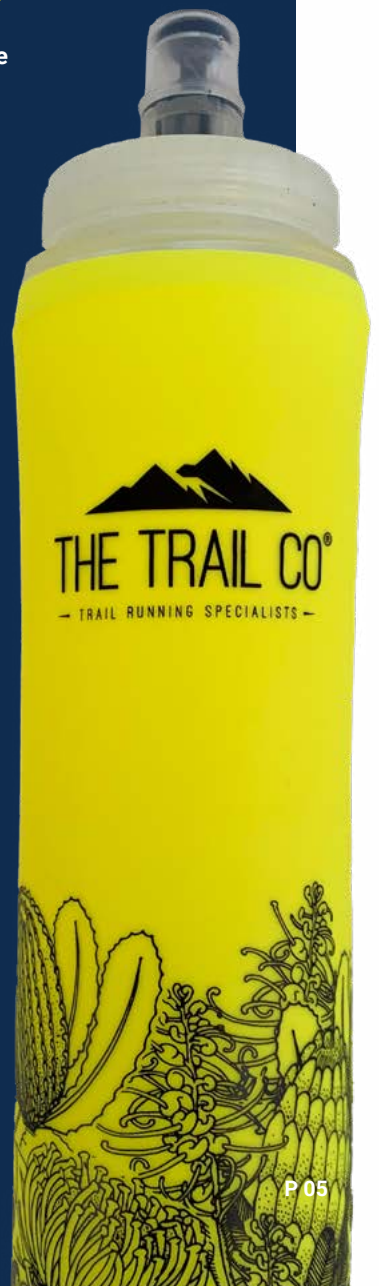
- All runners under 12 years of age must be directly supervised for the duration of the run – that is, a parent or guardian must run with the child for the entire distance, and they too must be entered in the same event.
- Long and short course events will start in separate waves. Please start in the wave in which you are directed to do so. Failure to meet this condition may see you disqualified from the 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.



### ALL SEQTRS EVENTS ARE CUP-FREE



There are **no on-course water stations** at this event



P 05





## EVENT DAY PROGRAM

Time	What	Location
5:20am — 6:10am	Bib collection	Event Precinct ( <a href="#">map</a> )
6:20am	Compulsory event briefing	
6:30am	Long Course event start	
Following shortly after long course start	Short Course event start	

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 also be a mobile coffee van and charity BBQ at the start/finish area for those needing a pre- or post-run caffeine hit or food - these will be cash only.

## COURSE MAPS AND PROFILES

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

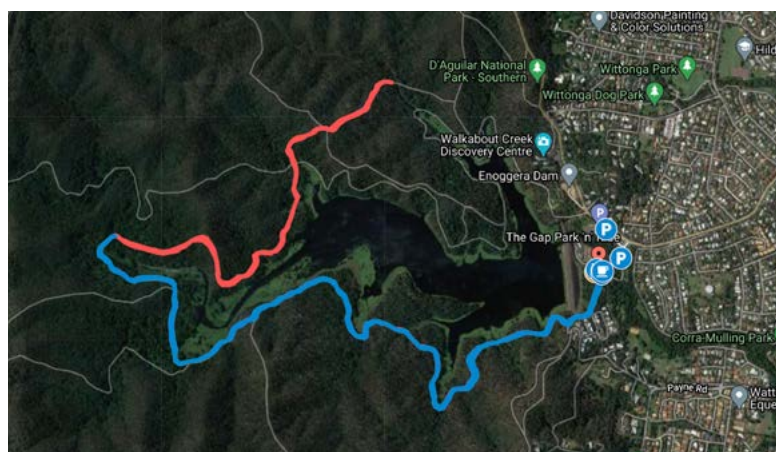
**RD1: EVENT PAGE**



**RD1: LONG COURSE**



**RD1: SHORT COURSE**



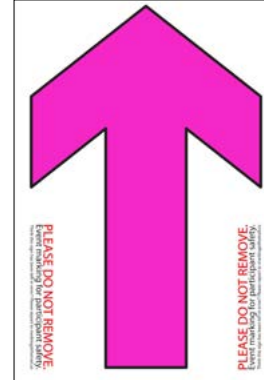


## COURSE MARKING

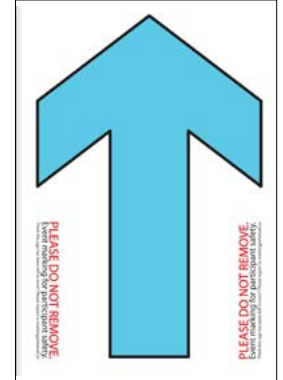
The South East Queensland Trail Running Series presented by The Trail Co. will be quite different to a road running event in that you will be required to keep an eye out for course markings as follows:

- 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.

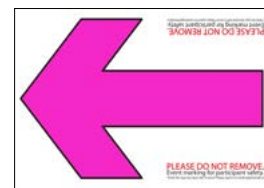
## COMMON DIRECTION SIGNS



**Straight  
(Long Course)**



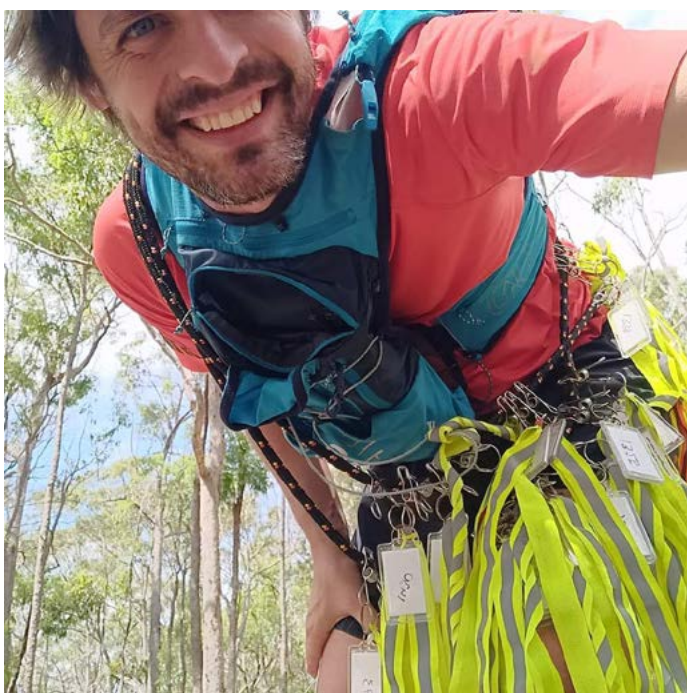
**Straight  
(Short Course)**



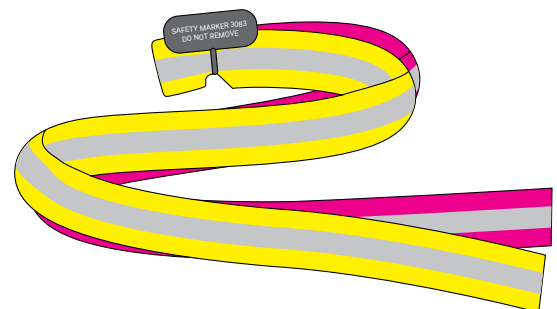
**Left**



**Do NOT Follow**



## THE TRAIL CO. REUSABLE TRAIL MARKING



All flagging is reflective YELLOW + PINK webbing





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## CHARITY BBQ

The BBQ at Round 1 will be hosted by the team from *The Trail Co. Trailiens* to raise funds for Emmanuel City Mission. Card payment is usually available but we suggest you bring cash as a backup –just in case.

**PLEASE BRING CASH,  
A BIG APPETITE AND YOUR  
STRETCHIEST WAISTBAND  
TO SUPPORT THESE GUYS!**



## 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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## 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.

Any event singlets that have been pre-ordered can be collected from **The Trail Co.** tent. Any extra available singlets will be available for purchase from there too.



### RE-USE YOUR BIB!

In an effort to reduce our environmental impact, many runners have been issued with a personalised bib. If you have one, 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!



## TIMING & PHOTOS

The event will be timed and official results will be published at [www.seqtrailrunningseries.com.au](http://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

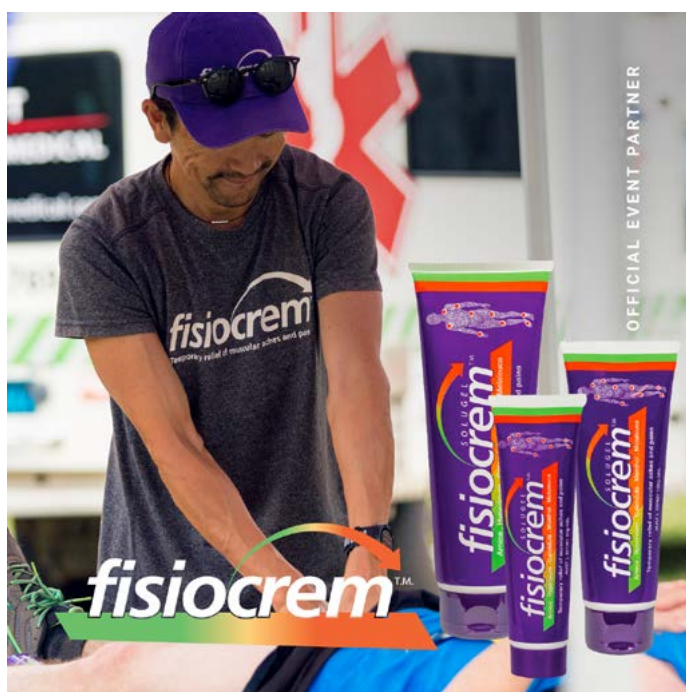
Toilets and refreshments will be available in the event precinct. Participants are encouraged to use these toilets before the event, as there will be **no toilets on the course**. Please leave plenty of time for this.

Note that there will be no left luggage facilities at the event precinct and you will need to make your own arrangements for storing bags and other items.

Minnie's Espresso will be on site serving up fresh coffee and the Trailiens will have a BBQ firing at the finish **BRING CASH AS A BACKUP PAYMENT**.

And of course, our recovery partner, *Fisiocrem*, will once again be offering free post-race massages thanks to the magic hands of their therapists. Don't miss that!

Plus, remember to hang around, not just to **cheer all the runners home REALLY loudly**, but to make sure you are in the running for our random prize draw.



## 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**



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



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