

SEQ TRAIL SERIES

RUNNER'S GUIDE

SEASON 11, ROUND 2

@ POMONA

SUNDAY 22ND OCT 2023



VERSION 1

Updated 18/10/2023



SEASON 11, RD 2
POMONA

Presented by



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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 will be staged out of the [Cooroy/Pomona Lions Club Hall](#) on Mountain Street, Pomona. You may park (legally) anywhere within the Pomona township, however we ask that you **DO NOT park on the main street near the shops** - please refer to the map link above for suggested parking locations.

Please make sure your car is **legally and respectfully parked**. To minimise disruptions to the local residents and reduce traffic, we request that participants carpool to the event site with other runners wherever possible. 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:

- The Pomona event is to be run mostly off-road, except for a road crossing and approximately 500m on gravel road. Please remain on the side of the road on which you are currently running unless directed to cross by an event marshal (ie. don't cross the road unless directed to do so).
- 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.
- There will be a single wave for each distance so please make an effort to arrange yourselves with those expecting to finish faster towards the front. If you hear another runner approaching from behind, especially on single track sections, step aside to allow them to pass as soon as it is safe to do so.
- 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:

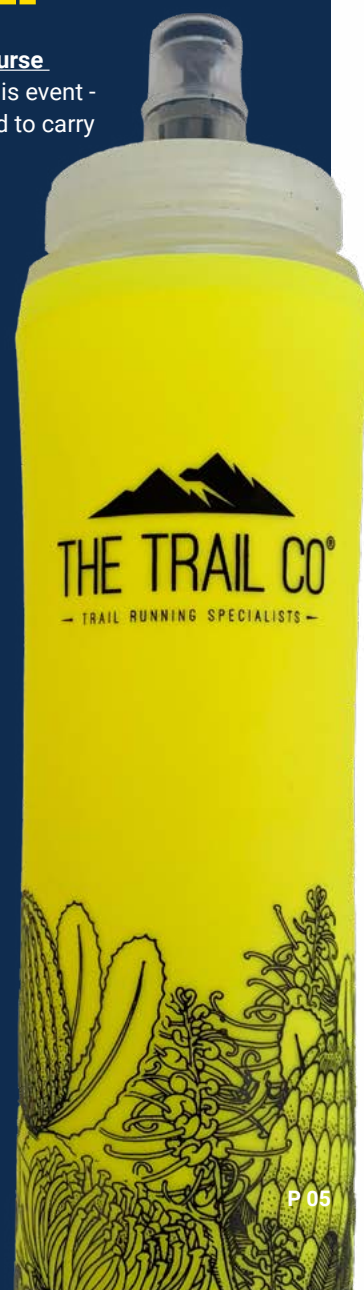
Both short and long course participants must carry a bottle or hydration pack capable of holding a minimum of 500mL fluids. Event organisers reserve the right to prevent your participation if you do not meet this requirement.

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 ***





EVENT DAY PROGRAM

Time	What	Location
5:20am — 6:10am	Bib collection	Event Precinct (map)
6:20am	Compulsory event briefing	
6:30am	Long Course event start	
6:45am	Short Course event start	

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 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 may be cash only.

COURSE MAPS AND PROFILES

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

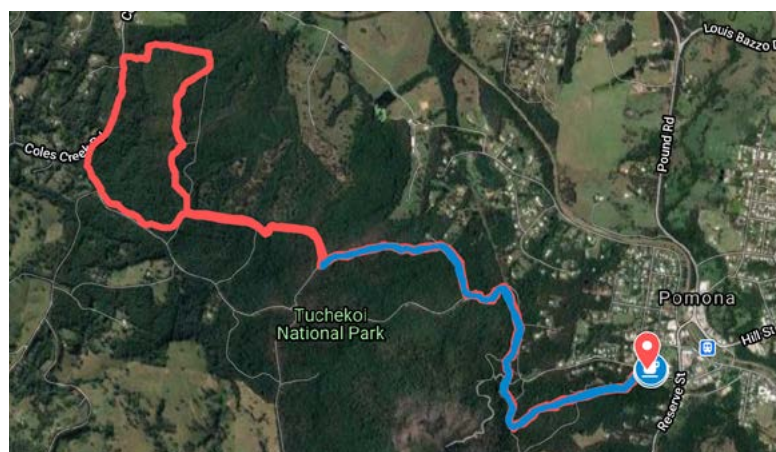
RD2: EVENT PAGE



RD2: LONG COURSE



RD2: SHORT COURSE





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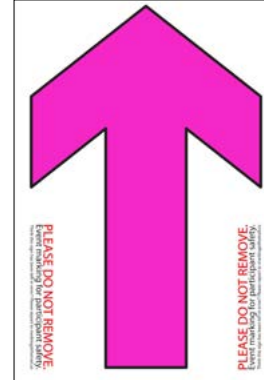


COURSE MARKING

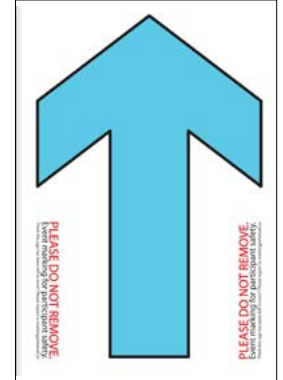
The South East Queensland Trail Running Series presented by The Trail Co. will be quite different to a road running event in that you will be required to keep an eye out for course markings as follows:

- 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.

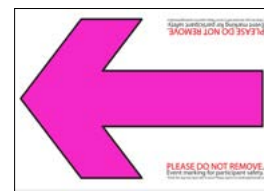
COMMON DIRECTION SIGNS



**Straight
(Long Course)**



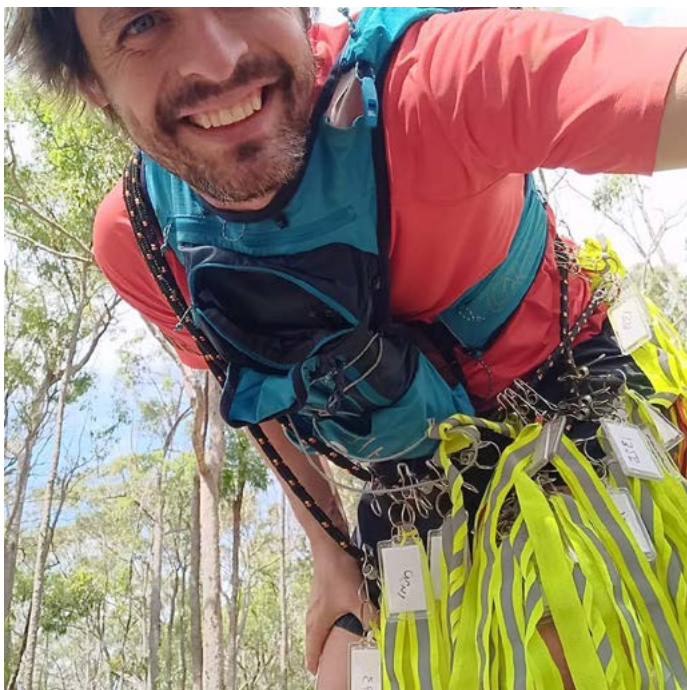
**Straight
(Short Course)**



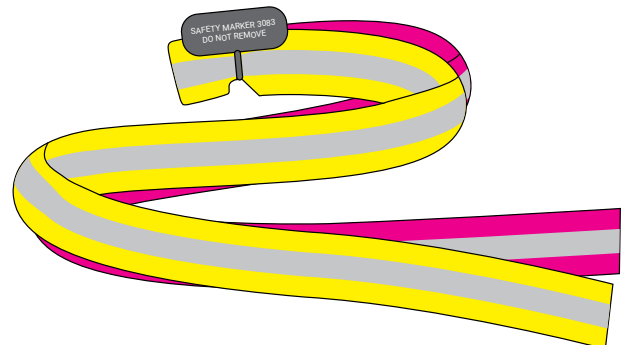
Left



Do NOT Follow



THE TRAIL CO. REUSABLE TRAIL MARKING



All flagging is reflective YELLOW + PINK webbing



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KEEPING THINGS QUIET

Our Start/Finish area at Pomona is very close to several houses. Out of respect to the local residents, please park legally and sensibly, keep your voices low while walking to the start precinct, and car pool to reduce the amount of traffic and parking congestion.

Our PA system will be a little quieter at this event too, particularly pre-race, so please make sure you've read this document closely as it contains most the info you should need.

CHARITY BBQ

The Cooroy/Pomona Lions Club will be firing up their BBQ once again this year to feed our hungry runners and spectators post-race.

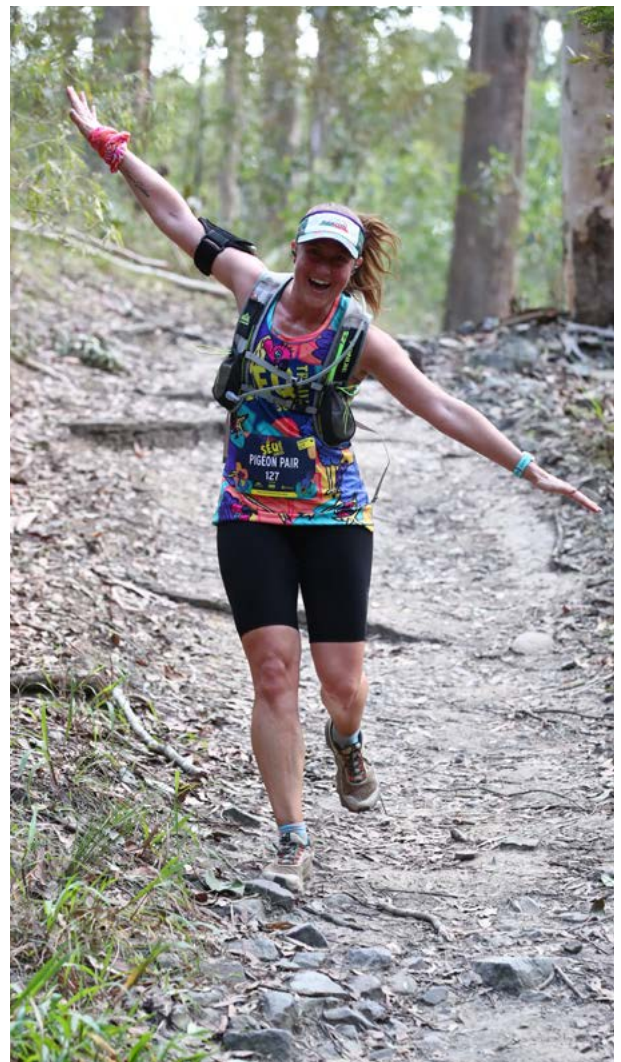
**PLEASE BRING SMALL
CHANGE, A BIG APPETITE
AND YOUR STRETCHIEST
WAISTBAND TO SUPPORT
THESE GUYS!**



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.

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

ORDER SINGLET



SEQ RUNNERS
**SAVE
10% OFF*
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WITH CODE SEQSTIRUN
AT THE TRAIL CO.

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!

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.

The Cooroy/Pomona Lions Club will be hosting a BBQ breakfast (cash only). Support them by buying a snag, then hang around and enjoy the morning with us! There will also be coffee.

And of course, our recovery partner, *Fisiocrem*, will once again be offering free post-race massages.

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. Pomona is a beautiful town and well worth a visit.



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

THE TRAIL RUNNING SPECIALISTS

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