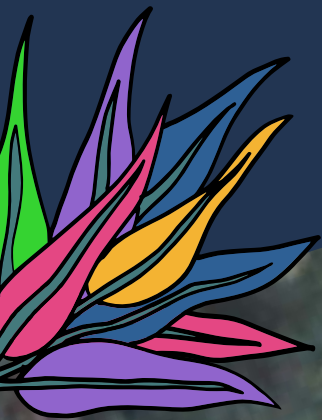


# SEQ<sup>TRAIL</sup> SERIES

RUNNER'S GUIDE  
SEASON 11, ROUND 5  
@ BUNYAVILLE  
SUNDAY 25TH FEB 2024



VERSION 1

Updated 27/02/2024





SEASON 11, RD 5  
BUNYAVILLE

Presented by



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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*



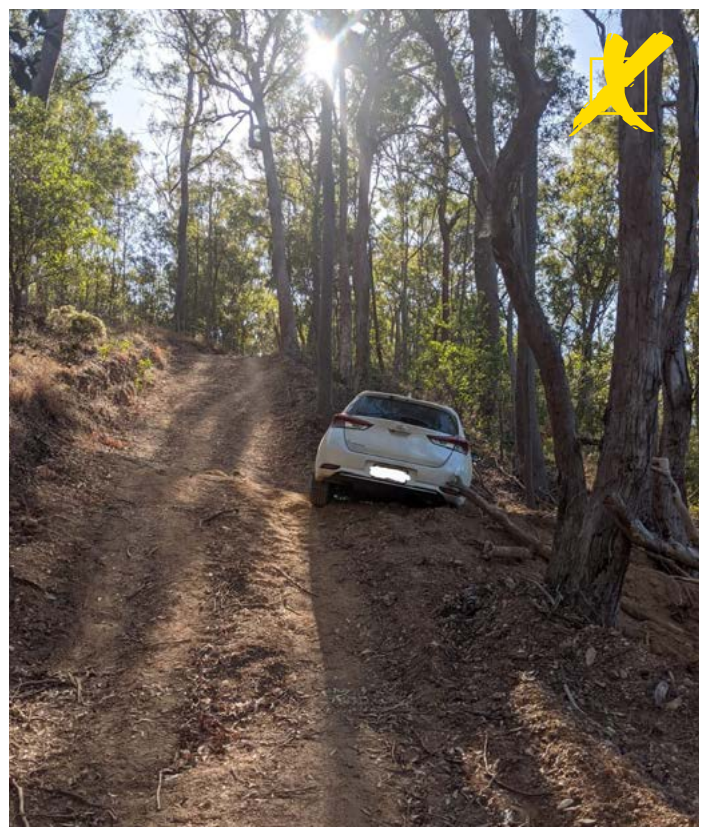
## EVENT LOCATION AND PARKING

The event will be staged out of [James Drysdale Reserve](#) (accessed from Pine Hill Drive, off Jinker Track).

**All participant parking is to be within the James Drysdale Reserve precinct as marked in the above linked map.**

The baseball car park (marked with red P's in the above link) is NOT to be used. We would like to be welcomed back, so please click on the link and check where you can and can't park.

To minimise disruptions and traffic volumes on the day, please carpool to the event site wherever possible to do so. It's good for the environment, saves parking space and is fun! If you don't know anyone heading there, our [Facebook group](#) is a good place to find a carpool buddy and possibly a new running friend in the process.





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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 Bunyaville event includes several road crossings. There will be marshals in place at these locations so please listen to any instructions that they may give you however it is still your responsibility to cross safely. **Runners must give way to cars at these crossings in all circumstances.**
- The event will involve wave starts. Please be patient if you catch up to the wave in front and please look for a safe place to step aside if a runner is trying to pass you. We're all just out to have fun so let's play nice.
- There will be First Aid located in the event precinct if you feel unwell or sustain an injury at any time.
- 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 rescue efforts would be greatly hindered if you were to become lost or ill while alone in the bush.



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 is an on-course water station at SEQ Bunyaville however **there are no cups so you'll need to refill your mandatory bottle or reservoir.**

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 \*\*\*







## 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 registration.

## EVENT DAY PROGRAM

Time	What	Location
5:20am — 6:10am	On the day entries	
5:20am — 6:10am	Bib collection	
6:20am	Compulsory event briefing	Event Precinct ( <a href="#">map</a> <a href="#">🔗</a> )
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 1 minute 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 top 3 males and top 3 females 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 for those needing a pre- or post-run caffeine hit. The Mountain Goats will be hosting a sausage sizzle to raise funds for White Cloud so bring some cash to support them.

## COURSE MAPS AND PROFILES

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

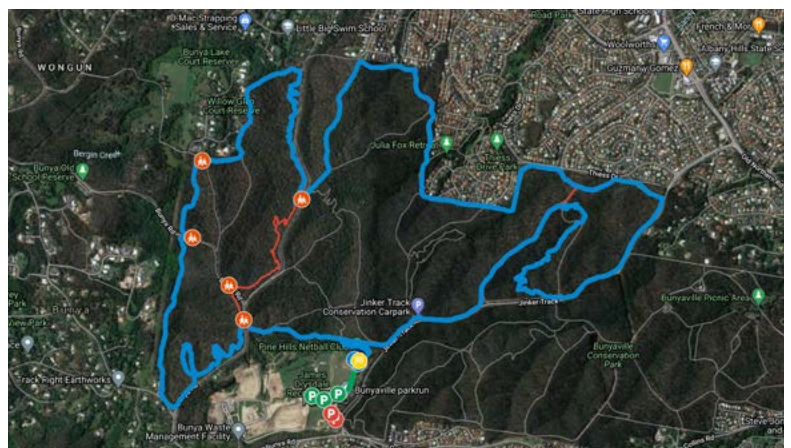
**RD5: EVENT PAGE**



**RD5: LONG COURSE**



**RD5: SHORT COURSE**





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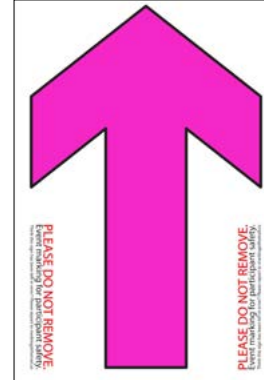


## COURSE MARKING

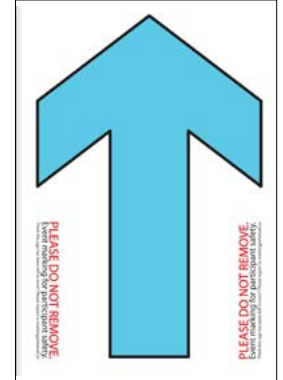
The South East Queensland Trail Running Series presented by The North Face will be quite different to a road running event in that you will be required to keep an eye out for course markings as follows:

- 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.

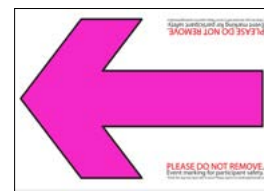
## COMMON DIRECTION SIGNS



**Straight  
(Long Course)**



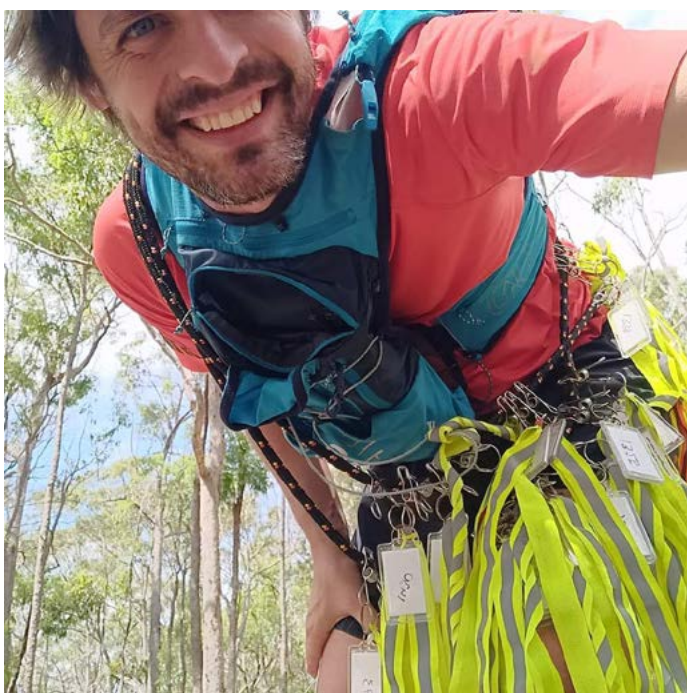
**Straight  
(Short Course)**



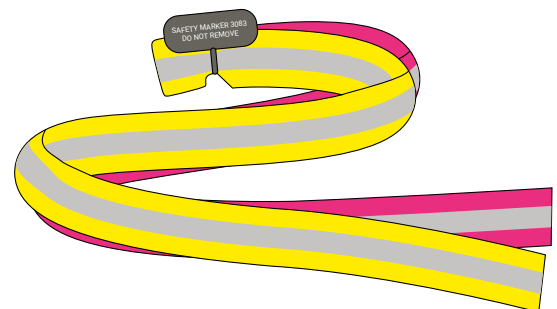
**Left**



**Do NOT Follow**



## THE TRAIL CO. REUSABLE TRAIL MARKING



All flagging is reflective YELLOW + PINK webbing





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## 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.

## CHARITY BBQ

After your run, The Mountain Goats will be firing up the BBQ to be raise money for White Cloud Foundation.

Please make sure to bring some cash and enjoy a sausage and hang around and help us cheer in fellow runners!

**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**







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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!



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## 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.

Make sure to hang around after you finish to help us cheer. Minnie's Espresso will be serving up coffee, and you can browse the goodies at The Trail Co. tent. Plus, we'll have some more great random prizes to give away during presentations.

Please let us know if you are interested in hosting the Charity BBQ by sending us a [message here](#).

And of course, 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](#).





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