

SEQ TRAIL SERIES

RUNNER'S GUIDE

SEASON 11, ROUND 7
@ EWAN MADDOCK DAM
SUNDAY 3RD MAR 2024



1122

VERSION 1

Updated 28/02/2024



SEASON 11, RD 7
EWEN MADDOCK

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 |
| PARTICIPANT EXPECTATIONS | P 08 |
| BIBS & MERCHANDISE | P 09 |
| TIMING & PHOTOS | P 09 |
| EVENT PRECINCT | P 10 |
| STILL GOT QUESTIONS? CONTACT US! | P 10 |

PRESENTED BY



SUPPORTED BY



SEQ TRAIL SERIES **VIP OFFER**

SAVE 10% OFF* RRP

IN STORE AND ONLINE AT


THE TRAIL CO
— TRAIL RUNNING SPECIALISTS —



**RUN
TRAIN
RACE**


WWW.THETRAIL.CO

REDEEM IN STORE WITH YOUR RACE BIB
OR ONLINE AT WWW.THETRAIL.CO
WITH CODE **SEQSTRUN**

*TERMS AT: WWW.THETRAIL.CO/SEQTRSDEAL



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 10. 

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 **Maddock Park, on Ewen Maddock Dam**. Car-parking will be available at the locations marked on the [event map](#) only. Parking is limited so please make a concerted effort to carpool with fellow runners.

If parking along the public road, ensure you do so legally, safely and respectfully to the local residents.





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:

- 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 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 | |
| 6:20am | Compulsory event briefing | Event Precinct (map 📍) |
| 6:30am | Long Course starts | |
| 6:40am | Short Course starts | |

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 winners will receive a medal to congratulate them. This will be followed by a random prize draw with lots of goodies from our sponsors up for grabs. You must be present to win these prizes.

Minnie's Espresso will be serving coffee, fisiocrem will be offering free massages and The Trail Co. tent will be open for some cheeky shopping.

Silver Fox Initiative will be running the charity BBQ. Come and buy a sausage and hang out at the event precinct to cheer on your fellow runners and make of a morning of it with us.

COURSE MAPS AND PROFILES

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



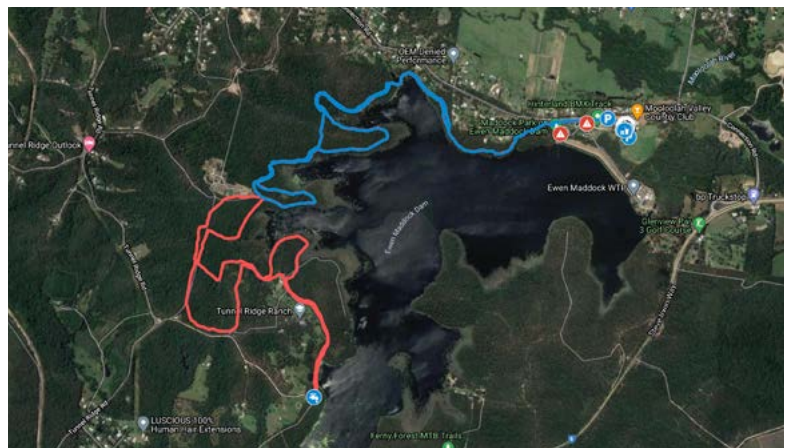
RD7: EVENT PAGE



RD7: LONG COURSE



RD7: SHORT COURSE



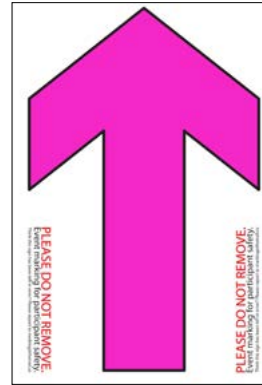


COURSE MARKING

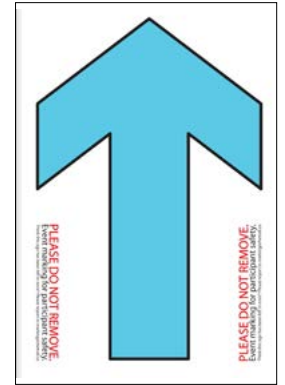
The South East Queensland Trail Running Series presented by The Trail Co. will be quite different to a road running event in that you will be required to keep an eye out for course markings as follows:

- 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.

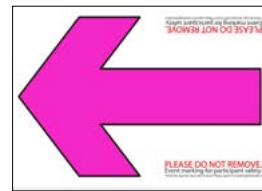
COMMON DIRECTION SIGNS



**Straight
(Long Course)**



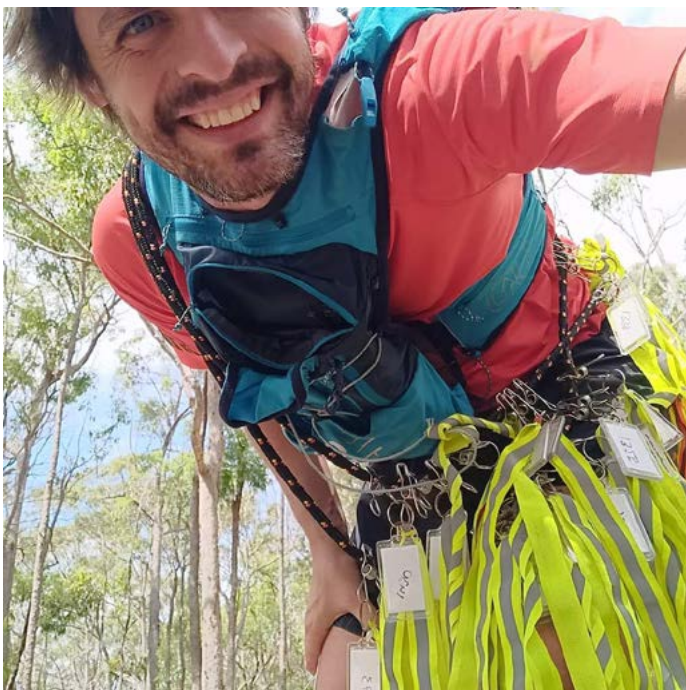
**Straight
(Short Course)**



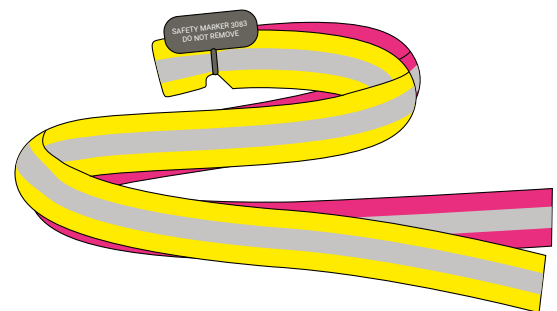
Left



Do NOT Follow



THE TRAIL CO. REUSABLE TRAIL MARKING



All flagging is reflective **YELLOW + PINK** webbing



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.

Silver Fox Initiative will be running the Charity BBQ at this event so bring a big appetite and hang out at the event precinct after your run to cheer on your fellow runners.





SEASON 11, RD 7
EWEN MADDOCK

Presented by



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.



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 10% OFF* RRP
WITH CODE SEQSTRUN
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.






SEASON 11, RD 7
EWEN MADDOCK

Presented by



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 coffee and Silver Fox Initiative will be running a charity BBQ. We'll also have some more great random prizes to give away during presentations. 

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.

Maddock Park is a lovely place to spend a few hours, with swimming in the dam also available, so 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](#).





runher

celebrating women in running

welcome to women's only racing

For seasoned runners and trail newcomers alike, discover a supportive environment to meet and race other women who love running.

4.4km / 10km / 21km

Sunday 12 May 2024

www.runher.com.au

THE TRAIL RUNNING SPECIALISTS

BARDON – TOOHEY FOREST – ONLINE

At The Trail Co., we're all about dirt and vert, offering everything you need to enjoy mother nature in comfort and style.

Buy the brands you trust for the trails you love.



70-72 MACGREGOR TERRACE, BARDON QLD 4065
SHOP 14 / 655 TOOHEY RD, SALISBURY QLD 4107

www.thetrail.co



The Guzzler

PRESENTED BY THE TRAIL CO



10km
21km
50km
100km

EXPERIENCE THE JOURNEY.
RACE AROUND BRISBANE'S
HISTORIC RESERVOIRS.



SATURDAY 20TH – 21ST JULY 2024

www.theguzzlerultra.com.au



QUALIFYING RACE