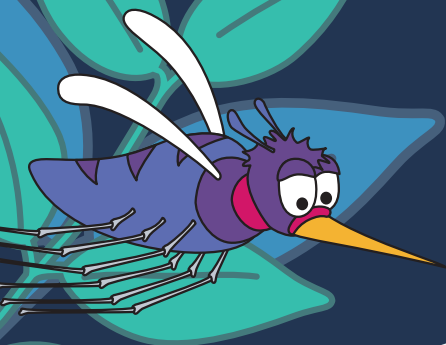


SEQ^{TRAIL} SERIES

RUNNER'S GUIDE
SEASON 12, ROUND 8
@ HIDDEN VALE
SUNDAY 6TH APRIL 2025



VERSION 1

Updated 02/04/2025



SEASON 12, RD 8
HIDDEN VALE

PRESENTED BY



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the trail co.
TRAIL RUNNING SPECIALISTS



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*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 12.

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 Hidden Vale Adventure Park (accessed from Grandchester Mount Mort Road).

All participant parking must be in the designated field adjacent to our start/finish line, not at Spicers Retreat.

While driving through, past the Spicers accommodation, please be quiet and respectful of the guests, who will still be asleep.

See the [location map](#) for more detail on where to drive and where to park.



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 Hidden Vale event is run entirely off road, mainly on Mountain Bike tracks with varied terrain. Trail shoes with better grip are recommended for this event.
- 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 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 starts	
6:35am	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.

Bring a chair or picnic blanket, as well as pop-up shade if you have it and make a morning of it with us! There will be coffee and live entertainment in the form of sweaty runners crossing the line all morning. The Homage Restaurant is also nearby on site, which will be open for Breakfast until 10am and Lunch from 12pm. And The Barn will be open from 11:30am.

Our Hidden Vale event presentations will be followed by the End of Season presentations and a random prize draw, including two full Series Entries for next Season!

COURSE MAPS AND PROFILES

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

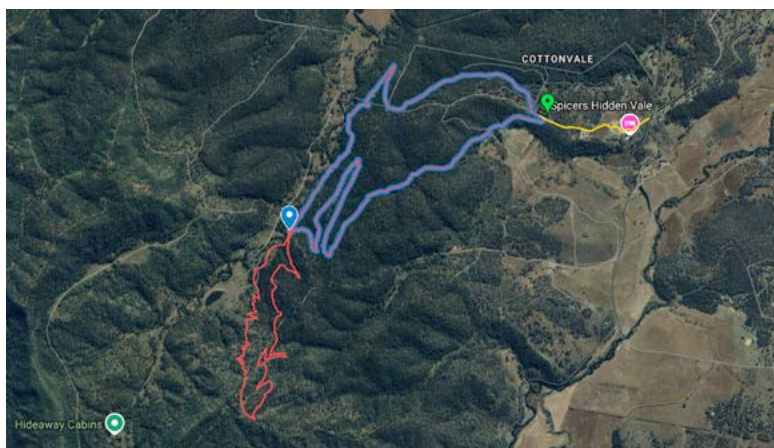
RD8: EVENT PAGE



RD8: LONG COURSE



RD8: SHORT COURSE

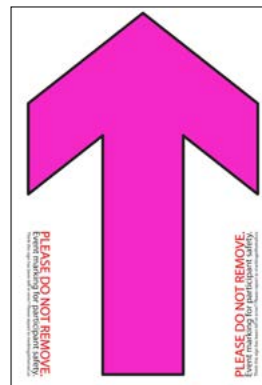


COURSE MARKING

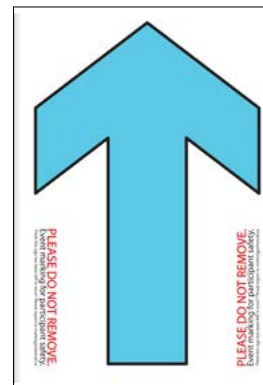
The South East Queensland Trail Running Series presented by The Trail Co. will be quite different to a road running event in that you will be required to keep an eye out for course markings as follows:

- 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.
- The Long Course will be marked with pink arrows, the Short Course with blue arrows and any shared sections will be marked with both pink and blue arrows.
- 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.

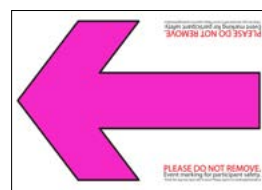
COMMON DIRECTION SIGNS



**Straight
(Long Course)**



**Straight
(Short Course)**



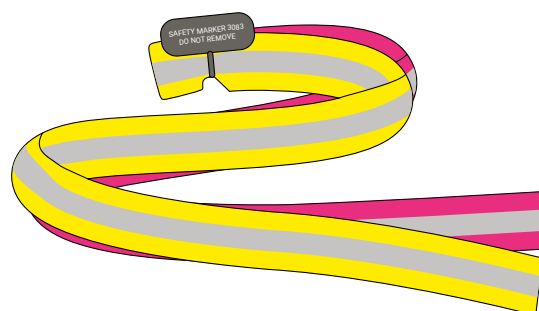
Left



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 in the hotel car park area.
- 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.

There is no event BBQ at Hidden Vale.



Minnie's Espresso will have snacks and coffee at the finish line and there are two restaurants on site, open for breakfast until 10am and lunch from 11:30am.



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, while stocks last.



DID YOU GET YOUR SINGLET?
NOW \$30

BUY SEQ SINGLET



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 were issued a personalised bib, please keep it safe and bring it back to every event you attend.

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.



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.

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. Minnie's Espresso will be brewing coffee to help keep us all lively!

So **Please stick around for the End of Season presentations** where we'll recognise Overall, Age and Club champs for Season 12.

We'll also have loads of random prizes and will be giving away two full Series Entries for Season 12! To be in the 'running' (see what we did there!) for the Series Entries, you'll need to have run 4 or more events this season and be present when we call your name.

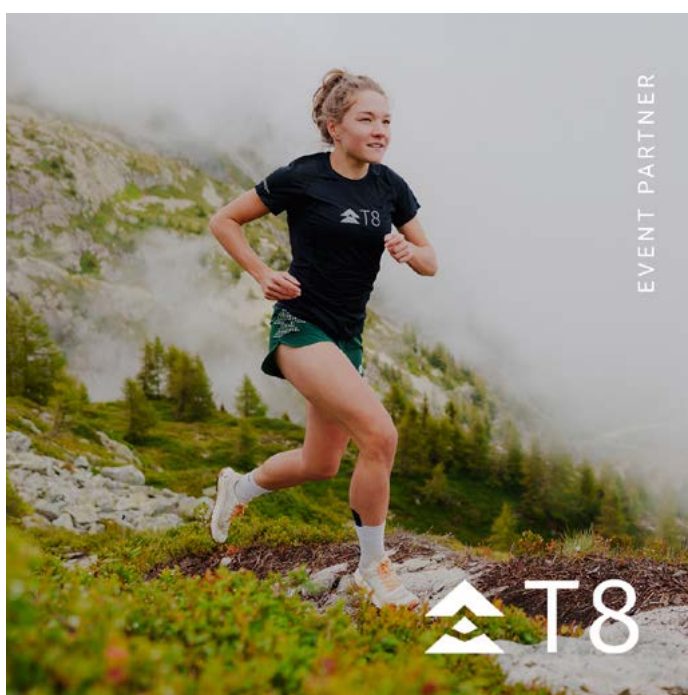


STILL GOT QUESTIONS?

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](#).



EVENT PARTNER

T8



10km
21km
50km
100km

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



SATURDAY 19TH – 20TH JULY 2025

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