



PRESENTED BY  
  
THE TRAIL CO

# PARTICIPANT INFORMATION GUIDE

SUNDAY 30TH APRIL 2023

18.2KM | 11.4KM | 5.1KM



VERSION 1

Updated 26/04/2023

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# YARRABILBA TRAIL FEST

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# WELCOME

Thank you for registering to participate in the Yarrabilba Trail Running Festival presented by The Trail Co. We're so excited to be bringing this event to you again for 2022!

We would like to acknowledge the Yugambah people as the traditional custodians of the land upon which this event takes 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 Yarrabilba Trail Festival 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*

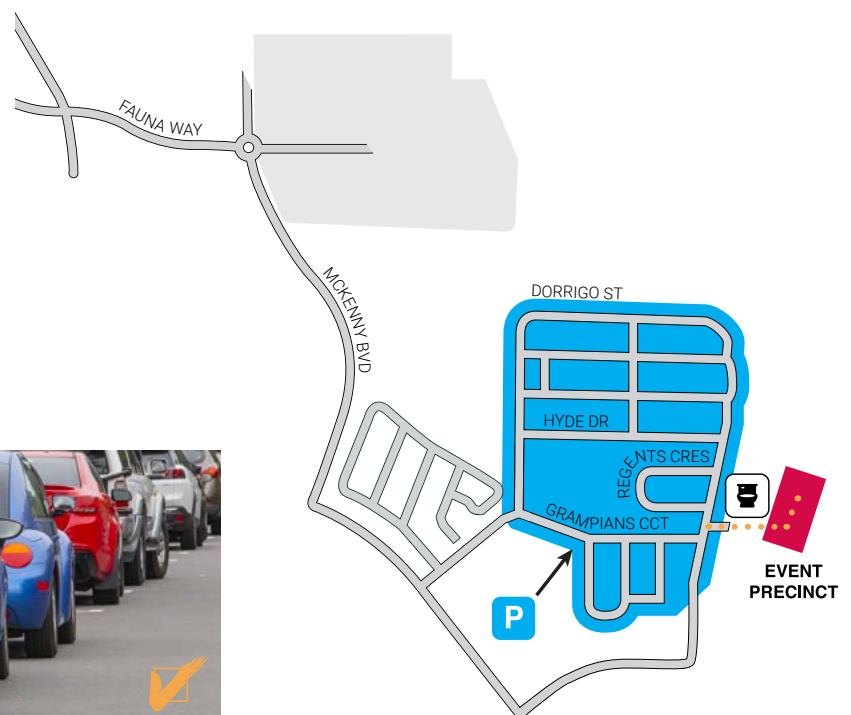


## EVENT LOCATION AND PARKING

Navigate to "Grampians Cct, Yarrabilba, QLD, 4207". Please note, Grampians Cct is a long road which is not fully completed and **GPS maps may be unreliable for built roads here.**

**Find legal street parking, do not park on vacant blocks under any circumstances. These already belong to future residents and are not public space.**

After parking, it is a short walk to the event precinct off Flinders Drive, between Regents Crescent and Grampians Circuit.



## 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:

This year, the event precinct is located in a newly developed area that may not be in every GPS mapping software. Please familiarise yourself with the directions on page 4 for parking and the walk to the event precinct.

- 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.

### MANDATORY REQUIREMENT:

**All participants must carry a bottle or hydration pack capable of holding a minimum of 500mL fluids for any distance. Event organisers reserve the right to prevent your participation if you do not meet this requirement.**

### YARRABILBA TRAIL

#### FESTIVAL IS CUP-FREE

There is **one on-course water station** for all event distances - however 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. Tailwind will also be available for runners at the completion of the events.



# EVENT DAY PROGRAM

Time	What	Location
6:00am	Bib collection	
6:15 – 7:00am sharp	On-the-day entries	
7:15am	Compulsory event briefing	Event Precinct (follow instructions on page 4)
7:30am	18.5km Course starts	
7:30am	11.6km Course starts	
7:30am	5.4km Course starts	

All participants from both events are encouraged to stay in the event precinct and cheer until all runners have crossed the line so please pack a picnic breakfast and rug.

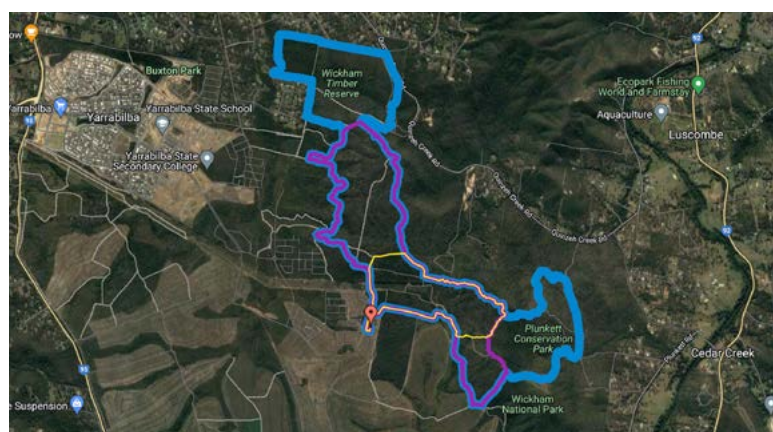
Presentations will commence once most runners have completed the event, where the event winners will receive a voucher and a prize to congratulate them. All participants are encouraged to stay in the event precinct ready for a random prize draw (after the winner's presentations) with goodies from our sponsors up for grabs. You must be present to win these prizes.

Minnie's Espresso will be selling coffee and fisiocrem will be offering free post-run massages too.

## COURSE MAPS AND PROFILES

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

- 5.1KM COURSE
- 11.4KM COURSE
- 18.2KM COURSE

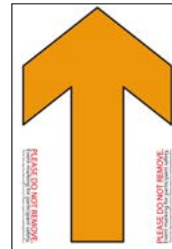


# COURSE MARKING

The Yarrabilba Trail Festival 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.
- Arrow colour differentiate between course routes – remember only to follow your colour.
- 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



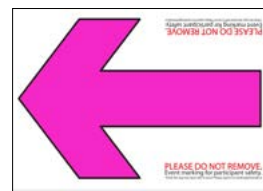
5.1km  
Course



11.4km  
Course



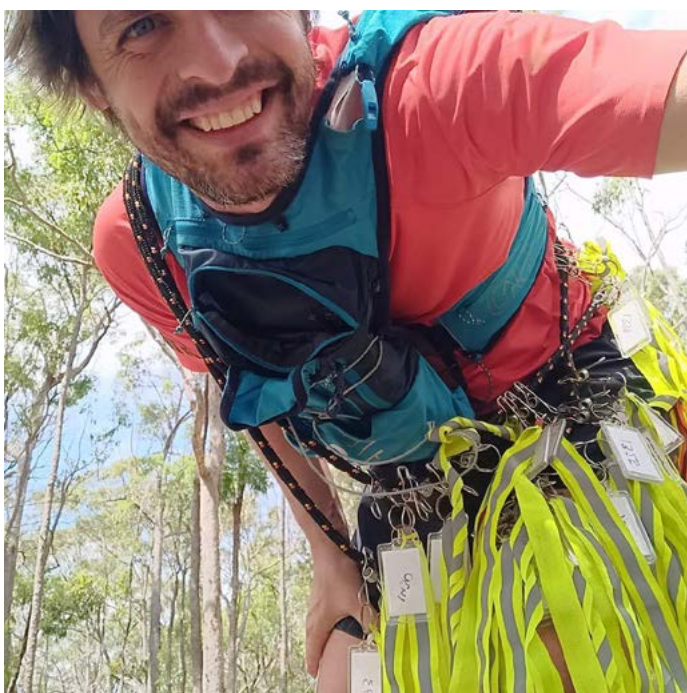
18.2km  
Course



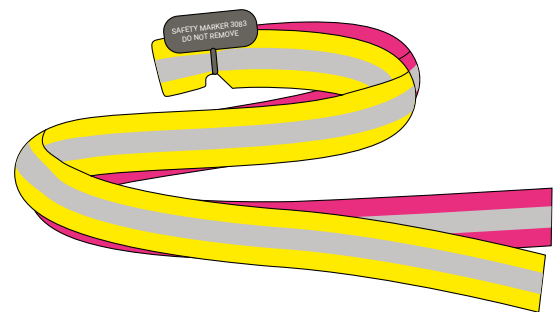
Follow direction



Do NOT Follow



## THE TRAIL CO. REUSABLE TRAIL MARKING



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

# RECOVER WITH **Ease**



**fisiocrem**<sup>™</sup>  
SOLUGEL  
**FREE RECOVERY  
MASSAGE!**

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



# PARTICIPANT EXPECTATIONS

**We expect that participants in the Yarrabilba Trail Festival 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 that will block you from hearing other trail users. 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 Yarrabilba Trail Festival events.



## BIBS & MERCHANDISE

Bibs will be available for collection at the event precinct from 6:00am – 7:00am.

Bibs must be worn on your front and be visible to get a time.

A range of trail running gear and merchandise will also be available to buy from [The Trail Co.](#) event pop-up shop on the day.



## TIMING & PHOTOS

The event will be timed and official results will be published at:  
[www.yarrabilbatrailfest.com.au/results](http://www.yarrabilbatrailfest.com.au/results)  
as soon as possible after the event.

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.

Make sure to hang around after you finish to help us cheer. We'll also have some great random prizes to give away during presentations.

For your post-race comfort, fisiocrem will be offering free massages to runners, and we've got Minnie's Espresso on hand for your coffee fix.

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.



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### STILL GOT QUESTIONS?

### CONTACT US!

If we haven't answered your pressing question in this guide, on our page [Key Info](#) or elsewhere on [our website](#), shoot us a [message here](#).

Please note: the last couple of days before the 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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