



https://runawaynoosamarathon.com.au/ Ph: 1300 761 384

V1 uploaded 01 May 2023







CONTENTS PAGE



Section	Page
Race Director Message	4
Welcome Message	5
Event Schedule	6
Athlete Checklist	8
Venue Layout	9
Race Day Information	11-12
Bag Drop Race Bib Changes Massage Race Start Pacers Aid Stations Distance Markers Personal Drinks	
Course Information	14
Race Rules Health & Safety Timing Seeded Starts Cut Off Times	
Marathon	16
Half Marathon	17
10km	18
5km	19
Post Race Information	21-22
Bag Drop Collection Results Finisher Medal Collection Recovery Photography Lost & Found Property	

Section	Page
General Information	24
Drop Out Clerk Parking Shuttle Buses	
Presentations	25
Additional Information	27
Volunteers Runaway Series App Spectators Get Social	
Event Partners	28

GREAT WHITEHAVEN BEACH RUN, THE WHITSUNDAYS, 19 JUNE 2023

BE YOUR ABSOLUTE BEST

注意



Brisbane Brisbane Marathon Festival 3 - 4 June 2023



Mackay Mackay Marina Run 4 June 2023



Gold Coast Gold Coast Marathon 1-2 July 2023



Cairns 7 Cairns Marathon 15 - 16 July 2023



IT'S LIVE! in Queensland

RACE DIRECTOR MESSAGE



Hello and welcome to 2023 Runaway Noosa! After a successful return last year the team is super excited to see record numbers lining up on the start line this year across all distances from the newly added 5km to the full Marathon.

We have a number of Runaway Marathon Series MVP athletes joining us with high numbers ticking off the last race to receive their MVP medals after they cross the finish line, a special welcome to you all, especially our visitors from across the ditch in NZ!

Please ensure that you read this Runners Guide thoroughly and watch the Race Directors briefing which will be released prior to race week, remembering that the online version of the Runners Guide will contain all of the most up to date information as we lead into race day.

The multi-lap course at Runaway Noosa is a unique experience that is both a challenge but also an advantage - you are never too far from other runners and supporters to cheer you on!

For those that don't know, Runaway Noosa is held within a UNESCO Biosphere Reserve which is pretty special. We encourage you to take the time after you race to get out and about and explore all that the region has to offer, and please make sure any waste that you generate goes in the right bin.

A huge thanks to Tourism and Events Queensland, Noosa Council, Tourism Noosa and our event partners for their continued support. A big thanks also goes out to the Noosa community and volunteers who play a huge part in ensuring that this event is a great success.

You've put in the hard work, its now time go out there and leave it all on the course!

Enjoy these last few weeks as you finalise your race day preparations. The team and I cannot wait to welcome you all to Noosa and cheer you on as you cross that finish line!



Mel Kemp *Race Director*

WELCOME MESSAGE



Welcome to Runaway Noosa, a highlight on the It's Live in Queensland events calendar and a wonderful opportunity to showcase Sunshine Coast as a tourism destination.

The Noosa community is grateful to welcome visitors who fill their cafes and restaurants, stay in their accommodation, use local transport and explore our unique tourism experiences.

That's why we support events through Tourism and Events Queensland's Major Events Program because they bring a welcomed boost to the local community and supports local jobs.

Events like the Runway Noosa allows friends and family to reconnect and creates community pride. We hope you enjoy your stay and return again in the near future.

Be sure to immerse yourself in the local culture and get the opportunity to explore some of our world-class tourism experiences in this beautiful region.

Congratulations to the event organisers and volunteers — we wish you all the best for a successful event.

In the words of our traditional owners the Kabi Kabi people, 'Wunya Ngulum', welcome to Noosa.

As the destination partner, we are proud to be the home of the Runaway Noosa Marathon.

We know you will enjoy running the multi-lap course that travels through the very heart of Noosa and afterwards, swim in our beautiful ocean, explore our lush hinterland or take a stroll along the gorgeous Noosa River.

Good luck to all the participants over the event weekend and we hope you have a chance to immerse yourself in all that our beautiful Noosa region has to offer.

Race Safe!



The Hon. Stirling Hinchliffe MP, Minister for Tourism, Innovation and Sport and Minister Assisting the Premier on Olympics and Paralympics Sport and Engagement.



Susan Ewington
Acting CEO of Tourism Noosa

EVENT SCHEDULE



Event Schedule is up to date as at 18/5/2023 and is subject to change.

View the Event Schedule <u>online</u> and on the <u>Runaway Series App</u> for the most up to date Information.

FRIDAY 26 MAY 2023			
Time	Event	Venue	
2:00pm - 7:00pm	Runaway Noosa Check-In & Late Entries	Check-In Tent, Noosa Heads Lions Park	
2:00pm - 7:00pm	Information Open	Festival Village, Noosa Heads Lions Park	
2:00pm - 7:00pm	Merchandise & Expo Open	Festival Village, Noosa Heads Lions Park	
2:00pm - 7:00pm	Massage Open - Bookings required	Festival Village, Noosa Heads Lions Park	
SATURDAY 27 MAY 2023			
4:30am - 2:00pm	Free Shuttle Bus Service	From Cooyar Street, Noosa Junction to Noosa Heads Lions Park	
4:30am - 6:00am	Runaway Noosa Check-In & Late Entries - Marathon, Half Marathon	Check-In Tent, Noosa Heads Lions Park	
4:30am - 1:30pm	Information Open	Festival Village, Noosa Heads Lions Park	
5:00am - 1:30pm	Merchandise & Expo Open	Festival Village, Noosa Heads Lions Park	
5:00am – 1:30pm	Gear Bag Drop Off and Collection	Festival Village, Noosa Heads Lions Park	
6:15am	RUNAWAY Noosa Marathon RACE START	Noosa Parade, Noosa	
6:30am - 8:45am	Runaway Noosa Check-In & Late Entries - 10km	Check-In Tent, Noosa Heads Lions Park	
6:30am - 9:45am	Runaway Noosa Check-In & Late Entries - 5km	Check-In Tent, Noosa Heads Lions Park	
6:30am	RUNAWAY Noosa Half Marathon RACE START	Noosa Parade, Noosa	
7:00am - 1:30pm	Massage Open – Bookings NOT required	Festival Village, Noosa Heads Lions Park	
8:30am - 1:00pm	Festival Entertainment	Festival Village, Noosa Heads Lions Park	
8:30am	Runaway Noosa Top 3 Half Marathon Presentations	Festival Village, Noosa Heads Lions Park	
9:15am	RUNAWAY Noosa 10km RACE START	Laguna Park, Noosa Parade, Noosa Heads	
9:30am	Runaway Noosa Top 3 Marathon Presentations	Festival Village, Noosa Heads Lions Park	
10:15am	RUNAWAY Noosa 5km RACE START	Laguna Park, Noosa Parade, Noosa Heads	
10:30am	Runaway Noosa Age Group Presentations - Half Marathon	Festival Village, Noosa Heads Lions Park	
11:15am	Runaway Noosa Age Group Presentations - 10km	Festival Village, Noosa Heads Lions Park	
11:45am	Runaway Noosa Age Group Presentations - Marathon	Festival Village, Noosa Heads Lions Park	



ATHLETE CHECKLIST



PRE EVENT

- ☐ Read the Runners Guide.
- ☐ Familiarise yourself with the Event Schedule.
- ☐ Ensure event registration is confirmed (check for confirmation email).
- ☐ Log in to your MyEvents and select your preferred Check-In time. Please note pre-booking selection is essential.
- □ Lock in travel arrangements ensuring you arrive in time for Athlete Check-In.
- ☐ Check the Athlete list via the Runaway Marathon Series App and ensure your name and age group is correct. If it is incorrect, please email us at runawaynoosa@ironman.com
- ☐ Ensure you have Photo ID to bring to Check-In you cannot check-in without it.
- If you cannot attend Check-In, a friend can collect on your behalf, but they must have a copy of your confirmation email and photo ID.
- ☐ Confirm your Emergency Contact is current and available on race day (cannot be racing).
- ☐ Confirm your Medical/Health Insurance details are current.
- ☐ Check the forecast to ensure you bring relevant clothing and equipment (sunscreen).

ONCE I ARRIVE (PRE-RACE)

- ☐ Familiarise yourself with the venue and course.
- ☐ Familiarise yourself with the Changed Traffic Conditions.
- ☐ Check-In and collect race bib.
- ☐ Pack items for race day.

RACE DAY

- ☐ Bring a small bag to use for Bag drop on race day.
- Organise pins or a race belt to attach your Race Bib.

POST RACE

☐ If an award winner — attend Presentations at Festival Village, Noosa Heads Lions Park.

FESTIVAL VILLAGE



ATHLETE CHECK-IN

Please view the Event Schedule on page 6 for time and location.

All participants must pre-book their check-in time. To do this, please log in to your MyEvents and select your preferred Check-In time.

All bibs will need to be collected during Athlete Check-In opening hours.

Please note, no bibs will be posted out prior to the event.

What you will need to bring:

- Photo ID (drivers' licence or passport)
- QR Code

Who can collect?

If you are unable to attend, another person can Check-In on your behalf, providing they have a copy of your **confirmation email**.

Check-In is compulsory for all athletes.

VENUE MAP





Visit NOOSA

VISITNOOSA.COM.AU/EXPLORE-MORE

RACE DAY INFORMATION



BAG DROP

Saturday 27 May: 5:00am - 1:00pm

A Bag Drop service is available for Athletes at Lions Park on race day.

Athletes will need to bring their own **small** bag for any items they wish to have post-race. Please label your bag with the tag that is attached to your bib.

All bags must be collected by 1:00pm.

Any bags remaining after this time will be kept for 2 weeks and then donated to charity. Similarly, any gear left at the start line or any part of the course will be collected and donated to charity.

RACE BIB

Race bibs are to be worn on your front. Your timing chip is attached to your race bib. Be careful not to bend your bib prior to your race to avoid damaging your timing chip.

CHANGES

Any changes must be made prior to 19 May 2023 via email runawaynoosa@ironman.com or website. After this, changes should be made at the Check-In Help Desk.

MASSAGE

Pre and post-race massage therapy will be available on Friday and Saturday. View the Event Schedule (page 6) for times and location.

Cost: \$20 per 15 minutes.

No Bookings required.

RACE START

All distances will be Mass Starts, with your time beginning once you cross the timing mat. We ask that those who are walking to seed yourself at the back of the start group.

PACERS

In both the Marathon and Half Marathon, there will be experienced runners who will be Pacers.

Pacers will keep an even pace throughout the race, so you are able to keep pace and finish at your goal time. Our Pacers will be identified by a "Pacer" singlet and a coloured balloon with their respective pacing time.

Marathon Pace Times: 3hrs 0 mins, 3hrs 10 mins, 3hrs 20 mins, 3hrs 30 mins, 3hrs 40 mins, 3hrs 50mins, 4hrs 0 mins, 4hrs 10mins, 4hrs 20 mins, 4hrs 30mins.

Half Marathon Pace Times: 1hr 24mins, 1hr 30mins, 1hr 40mins, 1hr 50mins, 2hrs 0 mins, 2hrs 10 mins

*Whilst we try to fill all slots, a pacer slot may be vacant on race day due to unforeseen circumstances.

DISTANCE MARKERS

There will be kilometre markings every 2km for the Marathon, Half Marathon and 10km race.

RACE DAY INFORMATION



HYDRATION

Both water and <u>PURE Electrolyte</u> <u>Hydration</u> will be available at the aid stations on course in Lemon & Superfruit flavours.

PURE Electrolyte **Hydration** is electrolyte hydration drink. premium containing essential electrolytes Sodium, magnesium, Potassium and Calcium. It has a 5% carbohydrate content and is designed to help hydrate and fuel endurance, without being sickly sweet or causing stomach upsets. Trial a starter pack HERE.



FULL MARATHON PERSONAL DRINKS

Full Marathon Personal Drinks Station set up will be located just North of the Start line for <u>Full Marathon runners only.</u>

The bottles must be marked clearly with the runner's race number. Runners are encouraged to mark bottles with a ribbon or colour for easy identification.

Bottles must be handed in at the Station Prior to Race Start. No Drinks will be accepted after Race Start (6:15am). This will be the only personal drink station. The personal bottles will be set out in numerical order at the Personal Drinks Stations.

No glass, metal or unsealed bottles will be accepted.

AID STATIONS

Aid stations are located approximately every 2.5km throughout the course. Aid Stations will provide water, <u>PURE Electrolyte Hydration</u> Lemon or Superfruit electrolyte, toilet facilities and first aid.

Please refer to course maps for aid station locations

Nutrition Guide

Use our nutrition guide as a starting point and adjust to suit you! For further information visit puresportsnutrition.com













Official Electrolyte Partner

COURSE INFORMATION



RACE RULES

Due to health and safety, wheeled conveyances (including race wheelchairs, prams, scooters, bikes and skates) cannot be used for all events.

Accompanying animals are also not permitted on the course.

Athletes are discouraged to use headphones and personal music devices.

HEALTH & SAFETY

To ensure all athletes are safe and enjoy the event experience, please consider the following;

- Keep to the left of the course to allow runners to pass on the right.
- Be courteous to your fellow participants at all times.
- Obey instructions given from race officials, volunteers, Police and traffic management at all times.

TIMING

Overall distance placings will be based on the 1st, 2nd and 3rd Male and Female runner across the Finish Line.

Timing Results will be available online by age group category and will be based on the athlete's mat time. Timing mats will be located at all start lines and at the finish line. In addition to this, athletes will receive a split time at various points throughout the course.

SEEDED STARTS

Seeded start zones will be in place at the start line of each distance and will be clearly signed.

Athletes are asked to assemble in the appropriate zone – your zone start colour will be indicated on your race bib.

CUT OFF TIMES

Due to course management and road closure restrictions, there are cut off points at 31.6km and 36.9km for all athletes competing in the Marathon.

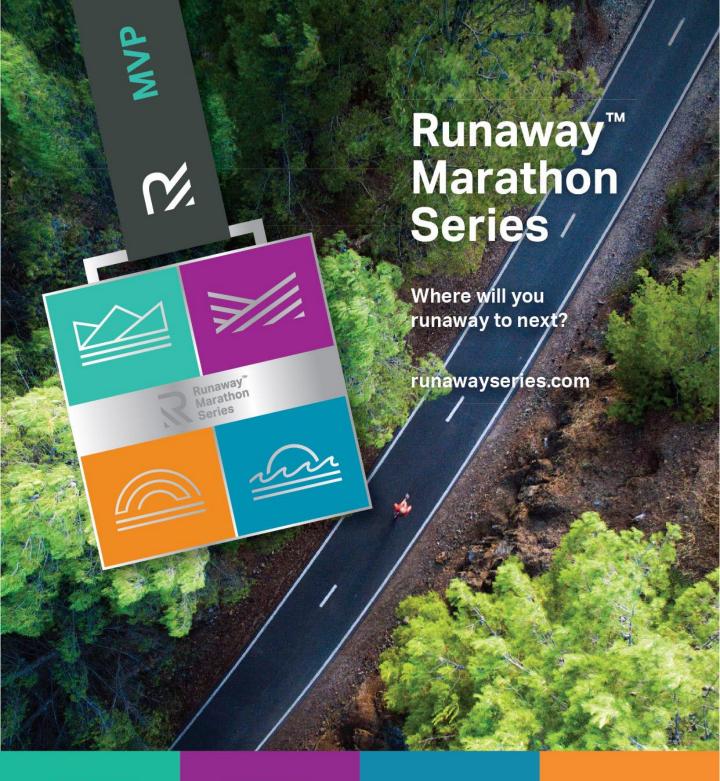
The Marathon distance has a 6-hour overall course cut off to allow for progressive road reopening.

Runners over the 6-hour course time will be able to complete their marathon on the footpath (8.32min/km or better pace required), the finish line will remain open until 1:00pm (6hrs 45mins – 9.36min/km or better pace required).

Runners that finish before 1:00pm will receive an official marathon result.

Athletes who fail to pass these checkpoints will be turned around early or moved onto the footpath. Please not that footpaths do not having timing mats.

Please view course cut-offs here.



New Zealand

Sotheby's



Runaway™ Queenstown Marathon New Zealand

Sotheby's



Runaway™ Hawke's Bay Marathon



Runaway™ Noosa Marathon





Runaway™ Sydney Half <u>Marathon</u>

MARATHON



COURSE

A flat, fast and friendly multi-lap course set in the heart of Noosa township, it's easy to find your happy running place right here. Enjoy running through the streets of Noosa across scenic bridges, past the canals, down to the riverbanks at Gympie Terrace and into Noosa Parade for the finish.

This is a unique 4 lap course, so your will have plenty of opportunity to watch you strut your stuff as you enjoy an awesome running atmosphere, with live music to keep you entertained on your run!



HALF MARATHON



COURSE

The perfect warm-up distance for an upcoming Marathon, this is a unique 2 lap course so your supporters will have plenty of opportunity to watch you strut your stuff as you enjoy an awesome running atmosphere, with live music to keep you entertained on your run!





COURSE

The 10km Course starts at Laguna Park on Noosa Parade, Noosa Heads. Participants will head down Noosa Parade, experiencing amazing views of Weyba Creek and the Noosa River, from here competitors will take a right hand turn on to Weyba Road and a left hand turn on to Gympie Terrace. Once on Gympie Terrace athletes will follow the edge of the River for about 1.5km before crossing the James Duke Bridge in to Noosaville, to then turn around at Hilton Terrace. From here runners will follow the same course back towards Noosa Heads reaching the eastern turn of the course, located in front of the Festival Village at the Noosa Lions Park. Runners will cover 1 lap of this course before entering the finish line stretch on Noosa Parade.





COURSE

A flat, fast and friendly course set in the heart of Noosa township, it's easy to find your happy running place right here. Get your family involved in a short and sharp 5km run. Enjoy running through the streets of Noosa across scenic bridges, past the canals, down to the riverbanks at Gympie Terrace and into Noosa Parade for the finish.

Your supporters will have plenty of opportunity to watch you strut your stuff as you enjoy an awesome running atmosphere, with live music to keep you entertained on your run!

Full road closures will be in place along the course to ensure an enjoyable running experience. It's a flat and fast circuit over an asphalt surface, with plenty of water and electrolyte stops along the route spaced approximately 2.5 kilometers apart.





VISITNOOSA.COM.AU/99-WAYS

POST-RACE INFORMATION



BAG DROP COLLECTION

You will need to have your Race Bib to verify the collection of your bag. All bags must be collected by 1pm and any remaining after this will be kept in the IRONMAN warehouse for 2 weeks awaiting collection, before being donated to charity.

RESULTS

Results can be viewed at the following locations:

- Runaway Marathon Series App
- Event website
- Finishers Certificate

No access to online services? Visit our Event Information who can assist.

FINISH LINE AREA

Friends and family, including children, are not permitted in the finish chute or finish area. We ask all athlete to respect the finish line area and ensure celebrations do not interfere with other athlete's finish line experience.

FINISHER MEDAL COLLECTION

Once you have crossed the finish line, please make your way through the chute to collect your medal from one of our volunteers who will present you with your Finisher Medal. Following this, please continue through to recovery where you can celebrate your race with your friends and family.

RECOVERY

Location: Lions Park, Noosa Heads.

Aid stations will provide water, electrolyte sports drink provided by <u>PURE Electrolyte Hydration</u>, toilet facilities and first aid. Medical services will also be available for athletes



PERSKINDOL will also be available to help ease those post run aches and pains with their active muscle and joint pain relief gels and spray. PERSKINDOL provide effective pain relief without the use of Chemical or Medical actives, which means it does not interfere with any medication and can be used as frequently as needed.



POST-RACE INFORMATION



PHOTOGRAPHS

Sportograf is proud to be the official athlete photo service for this event. They will provide you with their "Foto-Flat" which includes all your amazing personal pictures from several top locations around the course and the finish line, as well as the beautiful impression shots of the scenery and the race day in general.

Sign up for the email reminder for your race photos <u>HERE</u>.

Help them take the best photo of you:

- Please be sure to keep your bib number visible on the FRONT of your body during the run, to help us identify more photos of you!
- Notice our photo spots and smile for the camera –even if it hurts!
- Smile and celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement.

Stay up to date and FOLLOW Sportograf on Facebook and Instagram

LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to the Event Information. You can lodge your own lost items here:



Alternatively view the Event Schedule (page 6) for times and location.

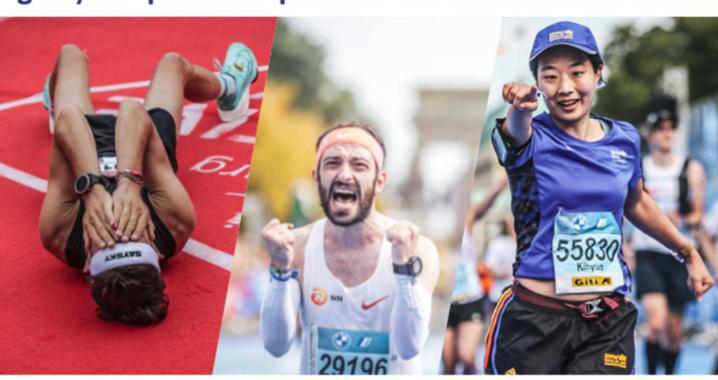
Please note: No responsibility or liability is taken by the Race Organisers for lost property.

All lost property will be held for 30 days post event. After this time all left over items will be donated to charity.

For any enquiries after the event please contact IRONMAN on 1300 761 384 or runawaynoosa@ironman.com



ALWAYS REMEMBER YOUR RACE get your personal pictures on SPORTOGRAF.COM





FOTOGRAF.COM
FLAT

GENERAL INFORMATION



DROP OUT CLERK

If you do not start the race or pull out during the race for any reason, please report this to the Drop Out Clerk at the Information Tent.

EVENT DAY TRAVEL

Shuttle Bus

Location: Noosa Junction Bus Stop (Platform C)

Saturday 4.30am -4pm

Sunday 4.30am - 2pm

Parking is available at Noosa Junction, where a continuous shuttle bus will transport athletes and support crew* between Noosa Junction and Lions Park, Noosa Heads.

As there is limited parking near the start line, we advise using the shuttle bus. When using the service, please obey all existing traffic and parking regulations.

*Athletes will have priority access to shuttle buses 4:30am – 6:15am.

Shuttle Bus

You could also take the ferry to race start! Noosa Ferry will be offering early morning express services departing Pelican Boat hire (Ferry Stop 3) in Noosaville direct to Hastings Street, Sofitel Jetty (Stop 7). Please book here.

CHANGE TRAFFIC CONDITIONS

Changed Traffic Conditions (CTC) will apply on Saturday 27 May 2023, with car park closures beginning Tuesday 23 May 2023.

Please familiarise yourself with any changes that may affect your travel arrangements.

Please view the CTC Flyer here.

EXPO & MERCHANDISE

Official Runaway Noosa merchandise will be available for purchase from the Merchandise Store. This is where athletes can purchase the infamous Name Tee.

Expo will showcase the latest innovative products suited for running & health focused lifestyles including brands such as PURE SPORTS NUTRITION, PERSKINDOL, ALLEZ SPORT, **FIXX** FOOTMOTION. NUTRITION. FLIPBELT. KNOCKAROUND, MAURTEN, **PILLAR** PERFORMANCE, RUNDERWEAR, SIXTY4 SPORTS BRAS, SKIRT SPORTS, THE ATHLETE'S FOOT & WYN REPUBLIC

PRESENTATIONS



PRESENTATIONS

All awards will be presented at Festival Village, Noosa Heads Lions Park. Please view the Event Schedule for Presentation times.

Each category from each distance will be awarded 1st- 3rd place medals.

If you are a place-getter in your category and are unable to stay and collect your award, you will need to contact the IRONMAN office within two weeks of the event to arrange collection of your medal. You will be able to collect your medal from the IRONMAN office or alternatively have your medal posted to you, at your expense.



— MORE THAN JUST MEDALS — YOUR SOURCE FOR AWARDS, APPAREL & PROMOTIONAL PRODUCTS



The Official Medal Supplier of IRONMAN and the Rock 'n' Roll Running Series



Support, technology, and services at every step of the way. From people who love the sport as much as you do.



ADDITIONAL INFORMATION



VOLUNTEERS

The 2023 Runaway Noosa requires the support of over 200 Volunteers in order to deliver the event.

Our team of Volunteers will contribute a combined total of around 2,200 hours to assist, support and motivate you from the start to the finish of your Runaway Noosa.

We encourage you to say THANK YOU to the Volunteers whenever possible! They love it when they are appreciated by our Athletes and without the Volunteers, we simply would not be able to run IRONMAN Group events.

RUNAWAY SERIES APP

The Runaway Series App is available for download on both Apple and Android. The app will contain everything you need to know as an athlete or spectator. Available for both iPhone and android, the app includes live athlete tracking, race leaderboard, race results, course maps and Event Schedule.

- Update it to get the latest race info.
- Track the athletes live throughout the course.
- Live leaderboard to keep you up front with who's in the lead. And you can filter by age group.
- It's super easy to find and create your own list of your fav athletes to follow.
- You can receive notifications when the athletes you're following cross key race points.
- Check out the final results post-race.
- Always know where you are and want to be with interactive maps.
- Event Info and clear Schedules ensure you know what's going on, where and when.

Get all the race info and updates in your pocket. Download the Mooloolaba Triathlon App now!

SPECTATORS

Runaway Noosa is a lap course, enabling supporters to see and support their friends and family participating all throughout their race.

Please view the **Spectator Map here**.

GET SOCIAL

We encourage athletes to see, like and share the excitement of Runaway Noosa through their social channels. Don't forget to tag us in your posts #RunawayNoosa





See you soon,

Runaway Noosa Team





EVENT PARTNERS

















