

# ARMCHAIR GUIDE

*Everything you need to know  
to cheer and crew*







WE WOULD LIKE TO BEGIN BY  
ACKNOWLEDGING AND PAYING  
RESPECT TO THE TURRBAL PEOPLE,  
THE TRADITIONAL CUSTODIANS OF  
THE LAND ACROSS WHICH WE'LL  
BE TRAVELLING.

WE ARE TRULY BLESSED TO BE  
ABLE TO EXPLORE THIS BEAUTIFUL  
COUNTRY AND WE HOPE YOU'LL  
ALL JOIN US IN RESPECTING,  
PROTECTING AND ADMIRING THE LAND  
AS WE PASS THROUGH THESE SPECIAL  
PLACES TOGETHER.



# SPECTATORS AND CREW

## Supporting your runner

We are so excited to hear that many of our runners will have friends and family out on course cheering and assisting. In order to keep the event fair and ensure we are allowed to continue for years to come, we do ask that, just like our runners, all our support crews and cheer squads adhere to the [race rules](#) and the [code of conduct](#). We take our responsibility to the environment, the general public and sporting fairness seriously so any supporter 'misbehaviour' may result in penalties or disqualification for your runner(s).

Some key points to note are outlined below but please pop along and read the rules and code of conduct carefully too as ignorance of them is not an excuse.

## General Points

- Leave your furry friends at home. Large parts of our course are in national parks or other land where dogs are not allowed.
- No smoking at checkpoints, for the comfort of all runners and volunteers.
- Aid stations are stocked to support runners and not spectators. Please bring your own food and drink.
- Leave no trace. Take all rubbish with you and ensure that you stick to official paths and respect the environment we are travelling through at all times.
- Supporters may only offer assistance in accordance with the crewing information on page 11.



## Tracking your runner

Supporters near and far will be able to follow their runners' journey with live tracking available for all events. Including the start and finish line, 100km runners will carry GPS trackers and 50km runners will cross 7 timing points..

Track your runner here:

**LIVE: TRACK YOUR RUNNER** [Link](#)



## SHARE THE FUN!



Show us how your runner is going. Tag us on Facebook or Instagram to share your pics:

@theguzzlerultra  
#theguzzlerultra

# SCHEDULE

## RACE WEEKEND






TIME	EVENT	LOCATION	
SATURDAY 19TH JULY			
4:30am	Parking Opens	Freers Farm Paddock, Mt. Coot-tha	<a href="#">map</a>
4:30am – 6:00am	100km GPS Tracker collection		
6:00am	100km Drop Bag drop-off closes		
6:15am	Pre-Race Briefing: 100km		
6:30am	100km Race Start		
6:45am	Pre-Race Briefing: 50km	Event Precinct: Sir Samuel Griffith Drive	<a href="#">map</a>
7:00am	50km Race Start		
From 11:00am	50km Race Leaders (expected)		
From 5:00pm	100km Race Leaders (expected)		
7:00pm	50km Race Cut-off		
SUNDAY 20TH JULY			
5:15am – 5:40am	21km Buses Depart	Freers Farm Paddock, Mt. Coot-tha	<a href="#">map</a>
6:30am	21km Race Start	Enoggera Reservoir (via bus)	<a href="#">map</a>
7:00am	10km Race Start		
7:45am	10km & 21km Race Leaders (expected)		
10:00am	Presentations	Event Precinct: Sir Samuel Griffith Drive	<a href="#">map</a>
10:30am	100km, 21km & 10km Race Cut-off		



# SPECTATOR LOCATIONS

## 100KM CHECKPOINTS

 100km interactive map 

CP	LOCATION	DISTANCE	CUT-OFF	RUNNER'S FOOD AVAILABLE*	100km DROP BAGS	CREW & SPECTATORS
	<b>Start</b>					Crew & Spectators
	Gap Creek Rd crossing	6km		Water only		
1	Walkabout Creek	18km	NA	Fruit, chips, lollies, Coke		Spectators Only
2	McAfees Lookout	24km	NA	FIXX Nutrition, fruit, chips, lollies, Coke, pastries		<b>100km crew with Crew Pass by Bus Only^</b>
3	Gold Creek Reservoir	32km	3:30pm	FIXX Nutrition, fruit, chips, lollies, Coke, bakery goods		<b>Not Permitted</b>
	Leland's Corner	42km		Water only		
4	Lake Manchester	57km	10:00pm	FIXX Nutrition, fruit, chips, lollies, Coke, bakery goods, hot noodles, tea/coffee		Crew & Spectators
	Lightline Rd Bush Camp	70km		Water, some hot drinks and food after dark		<b>Not Permitted</b>
5	McAfees Lookout	84km	5:30am	FIXX Nutrition, fruit, chips, lollies, Coke, pastries, hot noodles, tea/coffee		By Event Bus Only^
	South Boundary Rd	95km		Water only		
4	Gap Creek Rd crossing	98km		Water tap only		
	<b>Finish</b>		10:30am	FIXX Nutrition, fruit, chips, lollies, Coke, pastries, hot noodles, tea/coffee		Crew & Spectators

\*Food at Checkpoints is provided for event runners only. Supporters and crew should bring their own provisions for their day.

^Support crew for 100km runners can access McAfees Lookout via the provided mini-bus, which will do approximately three trips per hour from The Gap Park 'n' Ride car park (not the BCC bus stop).

 Gap Park 'n' Ride 





# SPECTATOR LOCATIONS

## 50KM CHECKPOINTS

[50km interactive map](#)

CP	LOCATION	DISTANCE	CUT-OFF	RUNNER'S FOOD AVAILABLE*	50km DROP BAGS	CREW & SPECTATORS
<b>Start</b>						Crew & Spectators
	Gap Creek Rd crossing	6km		Water tap only		
<b>1</b>	Walkabout Creek	18km	NA	Fruit, chips, lollies, Coke		Spectators Only
<b>2</b>	McAfees Lookout	24km	NA	FIXX Nutrition, fruit, chips, lollies, Coke, Clif Bar		<b>Not Permitted</b>
<b>3</b>	Gold Creek Reservoir	32km	3:30pm	FIXX Nutrition, fruit, chips, lollies, Coke, bakery goods		<b>Not Permitted</b>
	Gold Creek Reservoir exit	37km				<b>Not Permitted</b>
	South Boundary Rd	42km		Water only		<b>Not Permitted</b>
	Gap Creek Rd crossing	46km		Water tap only		
<b>Finish</b>			7:00pm	Fruit, chips, lollies, Coke, bakery goods.	✓	Crew & Spectators

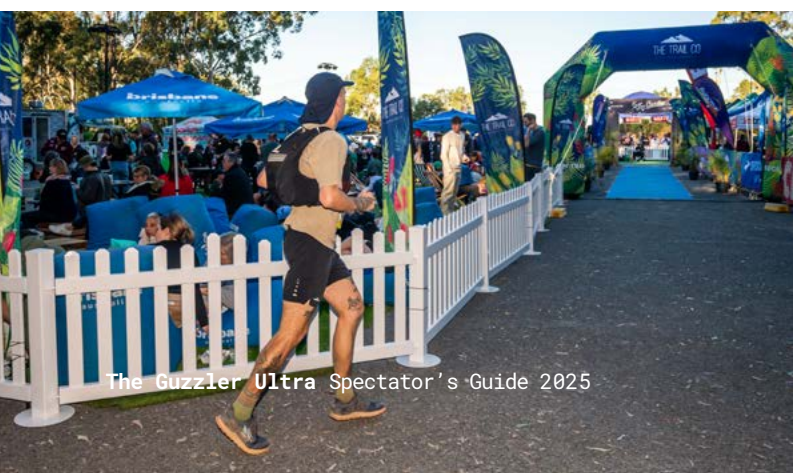
## 21KM CHECKPOINTS

[21km interactive map](#)

CP	LOCATION	DISTANCE	CUT-OFF	RUNNER'S FOOD AVAILABLE*	21km DROP BAGS	CREW & SPECTATORS
<b>Start</b>						<b>Not Permitted</b>
<b>1</b>	South Boundary Rd	12km	NA	FIXX Nutrition, water, fruit, chips, lollies.		Spectators Only
	Gap Creek Rd crossing	15km		Water tap only		
<b>Finish</b>			10:30am	Fruit, chips, lollies, Coke, bakery goods.	✓	Crew & Spectators

All checkpoints will have toilets and bins available.

\*Food at Checkpoints is provided for event runners only, not spectators.



# SPECTATORS AND CREW GEAR CHECK-LIST

Weather conditions are out of our control, and 100km runners can take anywhere from 11 hours to 28 hours to complete the course. We've made a few recommendations for gear that you might need to get the best out of your day.

<a href="#">100km interactive map</a> <a href="#">50km interactive map</a>	The Guzzler 100KM SUPPORT CREWS	The Glass Half Full 50KM SPECTATORS
Drinking Water	✓ <i>Event aid stations are for runners only</i>	✓ <i>Event aid stations are for runners only</i>
Food and Snacks	✓ <i>Event aid stations are for runners only</i>	✓ <i>Event aid stations are for runners only</i>
Mobile Phone	✓	✓
Backpack	✓	
Waterproof Bag	✓	✓
Hi-Vis Vest	✓	
Headlight	✓	
Course Map on your phone (links above)	✓	✓
Thermal Top	✓	
Waterproof Jacket	<i>Recommended</i>	<i>Recommended</i>
Camping Chair	<i>Recommended</i>	<i>Recommended</i>
Sunscreen	<i>Recommended</i>	<i>Recommended</i>
Cap / Sun Safe Hat	<i>Recommended</i>	<i>Recommended</i>
Warm Jacket	<i>Recommended</i>	
Warm hat	<i>Recommended</i>	
Waterproof Pants	*	
Fleece	*	
Umbrella	<i>Weather dependent</i>	<i>Weather dependent</i>
Motivational signs and cowbell	<i>Highly encouraged</i>	<i>Highly encouraged</i>
Basic First Aid kit (including snake bandage)	<i>recommended</i>	<i>recommended</i>

\*If heavy rain is predicted or temperatures are expected to reach less than 5 degrees overnight, we suggest that runners will need to carry these extra items. If you are out on course at the same time as your runner, you may need them too.

# EVENT DAY PARKING

Wherever possible, please carpool and take steps to reduce the number of cars associated with the event. There will be limited, restricted parking available at many points around the course so it is important all supporters read this full guide carefully.

## Start/Finish line parking

**Vehicles associated with the event (runners, spectators, volunteers etc) must absolutely not be parked in any public car parks or along the road without explicit instruction from a parking marshal.** We rely on the goodwill of the public and the council in order to run this event in such a popular place and would really love to be welcomed back again next year so please don't ignore this request.

Event day parking locations for the Start/Finish precinct is at Freers Farm paddock car park. Parking will be open from 4:30am on Saturday through until midday on Sunday. Any cars left in the paddock are done so at your own risk. Please follow the directions of parking marshals.

After parking, please use the provided bus service, which will operate on a loop between parking and the event precinct from 4:30am for the duration of the event.

## Finish Line

We'll have food and drink available for purchase during peak periods as well as music and shelter all weekend, so you can get comfortable as you cheer all the runners over the line.

## Start / Finish Parking



Event parking near the start and finish precinct will be available in the Freers Farm paddock.

Please set your GPS to:  
**103 Sir Samuel Griffith Drive**  
and follow the directions of parking marshals.



Start / finish arch



Drop bag drop-off



Toilets



Event Parking



Event Bus Stop



No Parking  
(Do not use public parking)

● ● ● Guzzler Course

## Event Precinct



## Event Day Parking





# EVENT DAY PARKING

## Parking on course

**It is vitally important that all spectators and crew follow the instructions below and only drive to and park at the locations we've outlined.**

Anyone who does the wrong thing is risking our permits for future years so please don't think that you're 'just one person/car'.

- Follow all road rules and parking regulations at all times.
- Consider local residents by driving responsibly, keeping noise to a minimum and following specific parking requests outlined below.

### Checkpoint 2: McAfees Lookout

100km Crew with a Crew Pass will be allowed to visit Checkpoint 2 by the use of a dedicated event bus only. Passes will be supplied at bib collection or when your runner collects their GPS tracker.

The buses will run between 8am and 12pm, making approx three round trips per hour between The Gap Park 'n Ride and McAfees Lookout so please leave plenty of time before your runner is due to arrive, in case you need to wait for the bus.

### Checkpoint 3: Gold Creek Reservoir (runners only)

**Absolutely no crew or spectators are permitted to drive to Gold Creek Reservoir. As this is a condition of our permit, crew and spectators who jeopardise this may see their runner(s) penalised.**

### Checkpoint 4: Lake Manchester (100km only)

Crew and spectators are encouraged to visit Checkpoint 4 and cheer for all the 100km runners. The location can be found by searching for "Lake Manchester Car park", 667 Lake Manchester Rd, Lake Manchester QLD 4306.

### Checkpoint 5: McAfees Lookout (100km only)

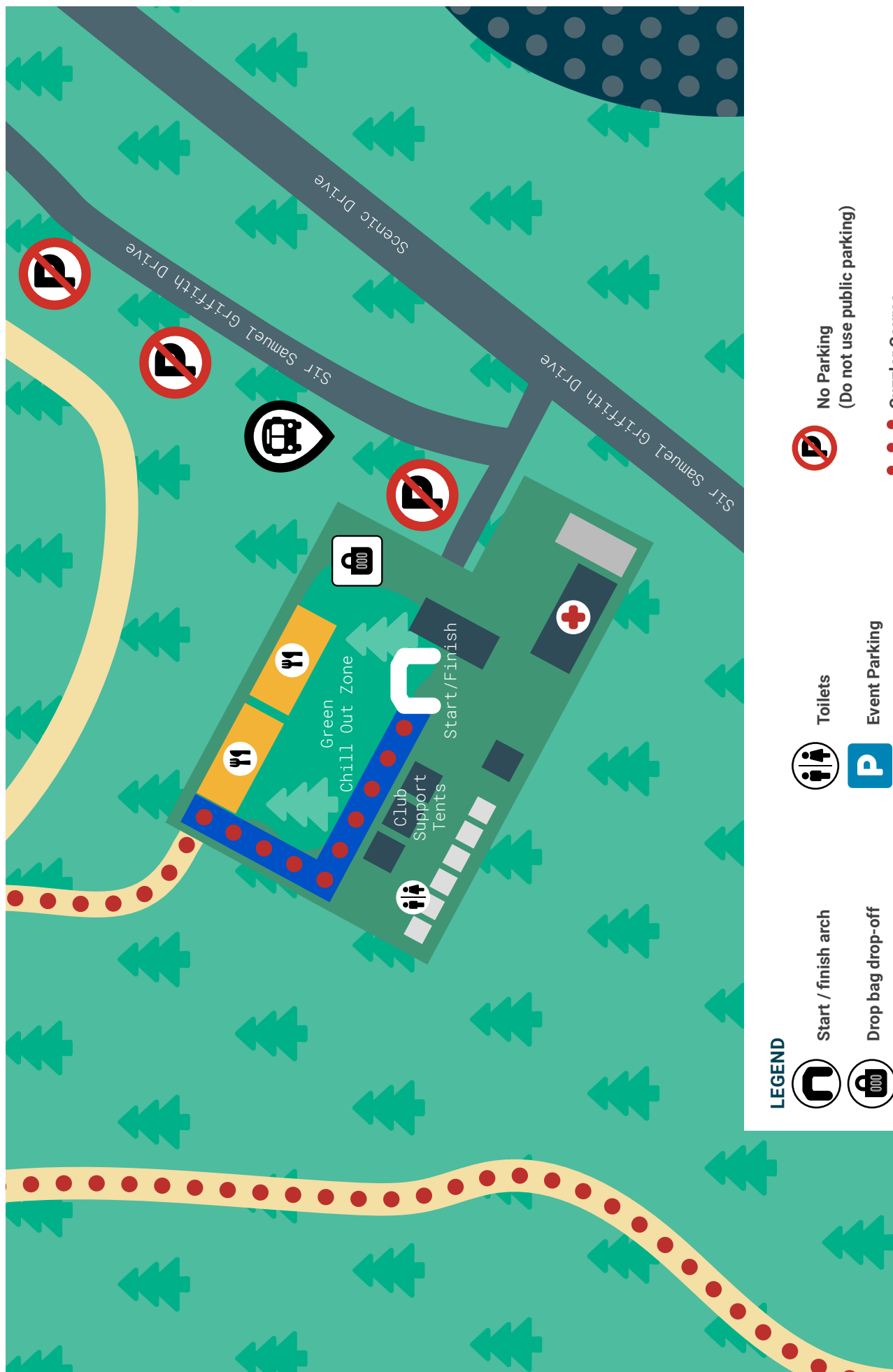
Crew and spectators will be allowed to visit Checkpoint 5 **by the use of a dedicated event bus only**. This bus will make approximately three round trips per hour between The Gap Park 'n Ride and McAfees Lookout, running continuously between 4pm and midnight. If your runner is passing through McAfees lookout after midnight, you may drive and park there however do not attempt to park at the lookout or along Mt Nebo Rd before this time as you will endanger our future event permits.

Similarly, if you are crewing a lead runner who will pass through before approx 4.15pm, you may drive and park there. This is typically only the first 2 or 3 runners in the event.







If making use of this free service, please leave plenty of time to reach the checkpoint before your runner, in case you need to wait some time for the bus.



# EVENT PRECINCT



## LEGEND

-  Start / finish arch
-  Drop bag drop-off
-  Toilets
-  Event Parking
-  No Parking  
(Do not use public parking)
-  Guzzler Course



# SPECTATORS AND CREW

## CREWING

In the interest of fairness, crews are only permitted to offer assistance to our 100km entrants at checkpoints 2, 4 and 5. **No outside assistance of any kind is allowed outside of these three checkpoints.** Runners in all other distances are not permitted crews at any checkpoints.

Assistance may include actions such as supplying food, water, gear, massages or first aid. Runner safety is, of course, the most important consideration so you should absolutely supply any and all of these things outside of checkpoints, if required to keep a runner healthy, but please understand this may result in disqualification. Pacers (runners who are not entered into the event that accompany you for more than a few metres), are not permitted.

Cheering and encouragement are permitted and warmly welcomed anywhere that is safe and open to the public, except for Checkpoint 2 at McAfees Lookout, and Checkpoint 3 at Gold Creek, due to the small size of those car parks.

**Please be mindful of the general public at all times.**

## SPECTATING

Spectators are welcome to cheer anywhere on course that is safe and open to the public, excluding Checkpoint 2 and 3, as long as you're not assisting runners in any other way than with huge injections of enthusiasm.

## FINISH PRECINCT

We expect the fastest 50km runners to start coming in from around 11:00am. When you're not out on course with your runners, come along to finish precinct, bring a chair and settle in to cheer all the Guzzlers home!

You'll be able to purchase food and drink from approximately midday on Saturday.

We'll also have a DJ and live entertainment in the form of sweaty runners achieving their goals!





# STUFF TO DO WHILE YOUR RUNNER IS RUNNING

Even the fastest runners in the 21km, 50km, and 100km events will be out on the trails for hours at a time, which gives you plenty of time to enjoy your day too.

[Find things to do at: visit.brisbane.qld.au](https://visit.brisbane.qld.au) 

We expect the winners to arrive at the finish line in the Event Precinct at around:

- 11am to 12pm Saturday for the 50km
- 5:00pm to 6:30pm Saturday for the 100km
- 7:45 to 8am Sunday for the 10km
- 8:00 to 8:30 Sunday for the 21km

## THINGS TO DO NEARBY



Walkabout Creek Discovery Centre



Brisbane Botanic Gardens



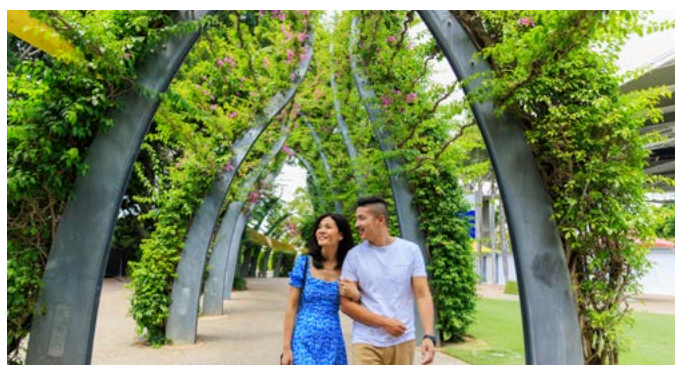
Mt Coot-tha trails and lookout



Sir Thomas Brisbane Planetarium



Visit Paddington



Southbank







**The Guzzler**  
PRESENTED BY THE TRAIL CO

**ENJOY!**

*Have fun out there.*