

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 director's 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](#)



SHARE THE FUN!



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

@theguzzlerultra
#theguzzlerultra

SCHEDULES

RACE WEEKEND

TIME	EVENT	LOCATION	
SATURDAY 18 JULY			
4:30am	Parking Opens	Freers Farm Paddock, Mt. Coot-tha	map ↗
4:30am – 6:00am	100km GPS Tracker collection		
6:00am	Welcome To Country		
	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	map ↗
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 19 JULY			
5:15am – 5:40am	21km Buses Depart	Freers Farm Paddock, Mt. Coot-tha	map ↗
6:30am	21km Race Start	Enoggera Reservoir (via bus)	map ↗
7:00am	10km Race Start		
7:45am	10km & 21km Race Leaders (expected)		
10:00am	Presentations	Event Precinct: Sir Samuel Griffith Drive	map ↗
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
	Start					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		100km crew with Crew Pass by Bus Only[^]
3	Gold Creek Reservoir	32km	Saturday 3:00pm	FIXX Nutrition, fruit, chips, lollies, Coke, pastries		Not Permitted
	Leland's Corner	42km		Water only		
4	Lake Manchester	57km	Saturday 9:00pm	FIXX Nutrition, fruit, chips, lollies, Coke, pastries, hot noodles, tea/coffee		Crew & Spectators
	Lightline Rd Bush Camp	70km	Sunday 12:00am	Water, some hot drinks and food after dark		Not Permitted
5	McAfees Lookout	84km	Sunday 5:30am	FIXX Nutrition, fruit, chips, lollies, Coke, pastries, hot noodles, tea/coffee		100km crew with Crew Pass by Bus Only[^]
	South Boundary Rd	95km		Water only		
4	Gap Creek Rd crossing	98km		Water tap only		
	Finish		Sunday 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
	Start					Crew & Spectators
	Gap Creek Rd crossing	6km		Water tap only		
1	Walkabout Creek	18km	NA	Fruit, chips, lollies, Coke		Spectators Only
2	McAfees Lookout	24km	NA	FIXX Nutrition, fruit, chips, lollies, Coke		Not Permitted
3	Gold Creek Reservoir	32km	3:00pm	FIXX Nutrition, fruit, chips, lollies, Coke, pastries		Not Permitted
	Gold Creek Reservoir exit	37km				Not Permitted
	South Boundary Rd	42km		Water only		Not Permitted
	Gap Creek Rd crossing	46km		Water tap only		
	Finish		7:00pm	FIXX Nutrition, fruit, chips, lollies, Coke, pastries		Crew & Spectators

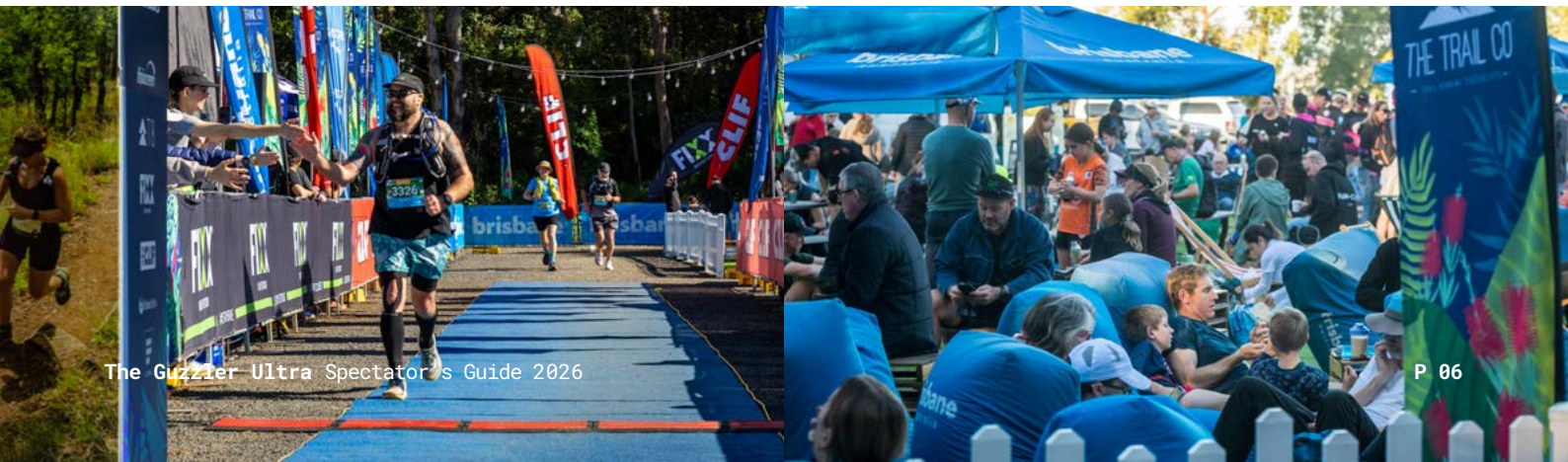
21KM CHECKPOINTS

[21km interactive map](#)

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

	The Guzzler 100KM SUPPORT CREWS	The Glass Half Full 50KM SPECTATORS
100km interactive map		
50km interactive map		
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 AND ACCESS ON COURSE

Out on the course, it is vital that we minimise our impact on the public and protect our future event permits. Please follow all road rules, drive responsibly, keep noise to a minimum, and adhere strictly to the location rules below.

(For start and finish line parking, please See **Event Day Parking on page 09.**)

Checkpoints 2 & 5: McAfees Lookout (100km Crew Only)

There is **absolutely no private vehicle access** to McAfees Lookout during the day, and no access for 50km crews or spectators at any time. The dedicated event minibus is the only way to access the checkpoint.

Park & Board: Leave your vehicle at The Gap Park & Ride car park (note: this is not the bus station). Show your official Crew Pass to the driver to board.

Crew Pass: This card will be supplied at bib collection or when your runner collects their GPS tracker.

Bus Timetable (Saturday): Buses run approximately 3 return trips per hour during these windows:

- **Morning (CP2):** 8:00 am – 1:00 pm
- **Afternoon/Night (CP5):** 3:30 pm – 12:00 am

Late Night & Exception Driving Rules (CP5 Only):

Lead Runners (Before 3:30 pm): If you are crewing a lead runner expected before the afternoon bus service begins (typically the first 2 or 3 runners), you may drive and park.

After Midnight Only: If your runner passes through after midnight, you may drive to the area. Do not attempt to drive or park at the lookout or along Mt Nebo Rd before midnight, as this endangers our future permits.

Parking Hazards: There is zero parking in the McAfees Lookout car park itself due to checkpoint setup and runner safety. Mt Nebo Road is tight, windy, and hazardous; you must park only where your vehicle can pull completely off the road.

Checkpoint 3: Gold Creek Reservoir (Runners only)

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

Checkpoint 4: Lake Manchester (100km only)

Access: Crew and spectators are permitted to drive to Checkpoint 4.

Location: Search for "Lake Manchester Car park", 667 Lake Manchester Rd, Lake Manchester QLD 4306.

TRACKING YOUR RUNNER

Supporters near and far can follow their runner's journey with live tracking available for all events



100km Runners: Will carry active GPS trackers.

50km Runners: Will cross 7 timing points across the course (including the start and finish lines).

Track your runner here on event weekend:

LIVE: RUNNER TRACKING 



EVENT PRECINCT



LEGEND



Start / finish arch



Drop bag drop-off



Toilets



Event Parking



No Parking
(Do not use public parking)



Guzzler Course

Exact layout
subject to
change

SPECTATORS AND CREW

CREWING RESTRICTIONS

100km Entrants: Crews are permitted **only** at Checkpoints 2, 4, and 5. Outside assistance is strictly prohibited anywhere else on the course.

All Other Distances: Crewing is **not permitted** at any checkpoint or location along the course.

Pacers: Strictly prohibited across all distances. Runners must not be accompanied on the trail by anyone who is not an officially entered participant in that specific distance.

WHAT COUNTS AS OUTSIDE ASSISTANCE?

Outside assistance includes receiving food, water, gear, massages, or non-emergency aid from anyone other than event staff.

Safety First: Participant safety is always the priority. If a runner is unwell or injured, please provide any necessary medical aid or supplies immediately. Please note that accepting emergency assistance outside designated zones may result in disqualification.

SPECTATING

Spectators are welcome to cheer and encourage runners anywhere on the course that is safe and open to the public, provided no outside assistance is given.

However, due to strict car park capacity constraints, spectating is **not permitted** at the following locations:

- **Checkpoint 2 & 5** (McAfees Lookout)
- **Checkpoint 3** (Gold Creek)

Please remain mindful of the general public at all times and keep the support limited to huge injections of enthusiasm.

FINISH PRECINCT

When you are not out on the course supporting your runners, come along to the finish precinct and settle in to cheer all the Guzzlers home!

Estimated Arrival: We expect the fastest 50km runners to start coming in from around 11:00 am.

Food & Drink: Available for purchase from approximately midday on Saturday.

Atmosphere: Enjoy our 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

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



ENJOY!

Have fun out there.

