



Runners' Guide

Everything you need to know
to get over the finish line



Provisional Edition

Updated 12/03/25

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.

Race Directors' Welcome

Welcome to Year 7 of The Guzzler!

We're thrilled to have nearly 2000 runners ready to conquer Brisbane's stunning and challenging trails this July. And this year, we're hosting our largest group of 100km runners ever! The course is in fantastic shape and ready to push you to your limits.

If you've joined us before, there are a couple of small changes to look out for on course. Make sure to have a good read of where 100km crew can now support you and take note of the extra access to you McAfees Drop Bag (CP 2 and CP 5). Please note, due to space limitations, you will use ONE drop bag with items for both Checkpoint 2 and Checkpoint 5.

After a successful test last year, we've implemented the extra water point at the turn off from South Boundary Rd back into Brisbane Forest Park. See the Checkpoint Tables in this guide or on our website for more details. This will also double as the Checkpoint for the 21km course on Sunday morning.

This year's 21km start line has moved slightly to accommodate a bigger field, but is still at Enoggera Reservoir and marshals will be on hand when you hop off the bus to point you in the right direction. There is still to be no parking in The Gap for this event, but you can have friends drop you off.

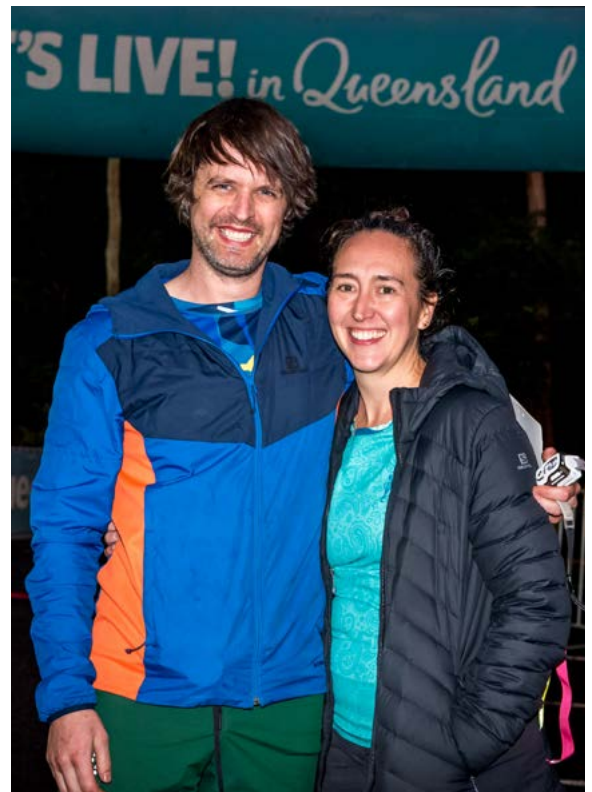
For all our supporters and cheer squads, the event precinct is the place to be. Join us during peak times to enjoy Felons Brewery Co, delicious coffee and food vendors, and an expo featuring our amazing sponsors. Plus, you'll get to cheer on the incredible finishers and soak in the electric atmosphere.

It's the perfect spot to relax, celebrate, and make every finisher feel like a superstar. If you or someone you know would like to get involved in a different way, we're still looking for volunteers to fill some crucial roles across the weekend – your help would be greatly appreciated. [Check out all the details.](#)

As we gear up for the event, things are getting busy at HQ with finalizing suppliers, organizing volunteers, setting up, and marking the course. If you have any questions, please refer to this guide or the FAQs on our website first. If you still need help, feel free to reach out to us, but please understand that we'll prioritize questions not already answered in this guide.

Above all, take care of yourselves, each other, and the beautiful trails we call home. We can't wait to see you all at Mt Coot-tha very soon!

Laura and Tim



Minister's Welcome



Message from the Minister for Tourism and Sport, The Hon. Michael Healy MP

It is my pleasure to welcome you to the The Guzzler Ultra which highlights the personality and uniqueness of Brisbane.

The Guzzler Ultra is supported by the Queensland Government through Round 26 of Tourism and Events Queensland's Queensland Destination Events Program, which strives to highlight the vital link between the wonderful events we host in our great state and the diverse destinations in which they take place.

Events such as The Guzzler Ultra foster community pride, impart local culture with all who visit and make meaningful contributions to the local economy.

Beyond The Guzzler Ultra, there is so much to see, do and experience in Brisbane. I encourage all visitors from far and wide to soak in all the delights of Brisbane and make the most of all the experiences unique to this special part of Queensland.

Congratulations to the organisers plus all those involved in working tirelessly to stage such a great event and for being part of the Queensland Destination Events Program.



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IMPORTANT DATES

OK, they're probably Not as important as your anniversary, or a kid's birthday **but** if you want to race, you need to remember these...



29th June
Confirm Bib Details



6th July
Compulsory Briefing ([watch here](#) 📺)



Midnight 11th July
Entries & Transfers Close



Until 13th July
Optional Gear Check
Mandatory Gear **must** be carried for the entire event



11th – 18th July
Bib Collection (no collection on race day)

EVENT DATES



Saturday 19th July
50km & 100km Event Start



Sunday 20th July
21km & 10km Event Start
Prizes & Presentations



LINKED CONTENT



Seen this [🔗](#) symbol in the Guide?
Click it to be taken to an external link.

Schedule

Pre-event

DATE	EVENT	LOCATION
By 29th June	CONFIRM BIB DETAILS Check your bib name, emergency contact and medical summary are correct before we print them on your bib.	Your registration account at https://eventplus.net/tgu24
6th July	COMPULSORY COMPETITOR BRIEFING This document must be read by all participants prior to bib collection.	You're here! Read this document and watch this briefing www.theguzzlerultra.com.au/directors-race-briefing
Midnight 11th July	ENTRIES & TRANSFERS CLOSE This is your last chance to snag a spot on the start line!	The Guzzler website www.theguzzlerultra.com.au
12th – 19th July	BIB COLLECTION* Bibs must be collected before race day. There will be no race-day bib collection available.	The Trail Co. 70-72 Macgregor Tce Bardon, Qld 4065
Until 13th July	OPTIONAL PRE-RACE GEAR CHECKS Mandatory gear MUST be carried at all times and you will be subject to a random check on course.	The Trail Co. 70-72 Macgregor Tce Bardon, Qld 4065

*If you would like your bib sent out to you, please [purchase bib shipping here](#) before 29th June.

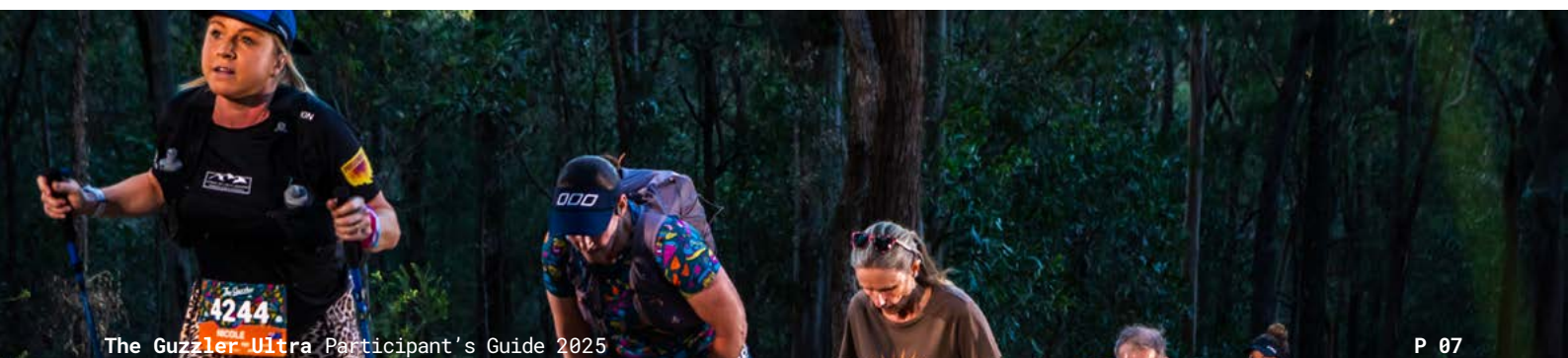




Schedule

Race Weekend

TIME	EVENT	LOCATION	
SATURDAY 19TH JULY			
4:30am	Parking Opens	Freers Farm Paddock, Mt. Coot-tha	map
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	map
7:00am	50km Race Start		
From 11:00am	50km Race Finish (expected)		
From 7:00pm	100km Race Finish (expected)		
7:00pm	50km Race Cut-off		
SUNDAY 20TH 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		
10:00am	Presentations	Event Precinct: Sir Samuel Griffith Drive	map
10:30am	100km, 21km & 10km Race Cut-off		



Pre-race

BIB COLLECTION

Bibs must be collected prior to race day.
There will be no on-the-day bib collection available.

Bibs can be collected from The Trail Co., Bardon between 12th – 19th July. If you've not yet collected your event shirt, you can do so at this time too.

The Trail Co.
 70-72 Macgregor Tce
 Bardon, Qld 4065

[Find us here](#)

In order to collect your bib, you must:

- Have fully read and understood this document
- Complete [this form](#)
- Present ID such as a driver's license or passport.

If a friend will be collecting your bib on your behalf, please follow the instructions [here](#)

LAST MINUTE TRANSFERS

Race Entries will remain open until midnight on 11th July 2024, unless sold out prior. This is also the last date that you will be able to transfer your ticket to another person. After this date, if you don't have a place booked on the start line, you'll have to settle for the sidelines this year and join us next time!

For more information follow the links below.

[Buy A Ticket](#)

[Transfer Your Entry](#)

Race Weekend: 19-20 July 2025

BIB SHIPPING

If you have paid for bib shipping, your bib will be posted out to you. Please check the address you used is still correct.

If you would like your bib sent out to you, please

[purchase bib shipping here](#)



IMPORTANT

As soon as you get your bib, turn it over and check that your personal and medical information is accurate. **If you entered after bibs were printed or any details are missing or incorrect**, ensure you neatly update this in pen. In the event that you are incapacitated, this info will speed up and improve everyone's ability to help you.



EMERGENCY / INCIDENT OR DANGER

For medical assistance call 0423 596 002
 For other assistance call race directors on 0492 954 403

If no phone reception, ask fellow runner to proceed along the course to inform a marshal or find reception. Stay calm and make use of your mandatory gear.

PLEASE COMPLETE YOUR EMERGENCY INFORMATION PRIOR TO EVENT START

EMERGENCY CONTACT NAME: _____
 EMERGENCY CONTACT PHONE: _____
 MEDICAL CONDITIONS: _____
 CURRENT MEDICATIONS: _____
 ADDITIONAL MEDICAL: _____

RACE NUMBER MUST BE VISIBLE ON FRONT OF RUNNER AT ALL TIMES

THE TRAIL CO.
 — TRAIL SERVICE SPECIALISTS —

Timing devices: do not remove or bend as you will not get a time

Pre-race

In case you were wondering...

Mandatory

adjective /'mandə(ə)ri /
required by law or mandate; compulsory.

MANDATORY GEAR

While we hope you have nothing but fun on The Guzzler course, sometimes things go wrong. Aside from ensuring a fair race, mandatory gear is required for your safety. While it may be a nice day, temperatures in the D'Aguilar National Park can drop drastically during the night, and parts of the course are very remote so help may be slow to arrive if needed. Even if you don't plan to be out there in the dark, ultra-marathons don't always go to plan!

Please note, this is only the gear you MUST carry.

For your comfort, please consider the weather conditions on race day and carry whatever other gear you feel you need to keep you comfortable and happy through the event.



IMPORTANT



Mandatory Gear doesn't need to be signed off however it **MUST** be carried by every competitor for the duration of the race.

There will be at least one random gear check of every runner on race day. If you are unsure your gear complies, the team at The Trail Co. are happy to take a look and give you advice.

100km Detailed Gear List 

50km Detailed Gear List 

21km Detailed Gear List 

10km Detailed Gear List 

Buy Mandatory Gear 



Pre-race

QUICK MANDATORY GEAR CHECK-LIST

Please visit the "Mandatory Gear" section of each race's page on our website for a full explanation of each requirement.

	THE GUZZLER 100KM RUNNERS	THE GLASS HALF FULL 50KM RUNNERS	THE BIG SIPPER 21KM RUNNERS	THE DRY RUN 10KM RUNNERS
Capacity To Carry 2 Litres Of Water	✓	✓		
Capacity To Carry 500ml Of Water			✓	✓
Race Bib	✓	✓	✓	✓
Mobile Phone	✓	✓	✓	
Waterproof Bags	✓	✓		
Hi-Vis Vest	✓			
Headlight	✓	✓		
Backup Light	✓			
Compression Bandage	✓	✓	✓	
Emergency Whistle	✓	✓		
Emergency Blanket	✓	✓		
Course Map	✓	✓		
Thermal Top	✓	✓		
Waterproof Jacket	✓	Recommended		
Spare Food Portion	✓	✓		
Soft Cup	Highly recommended (our aid stations are cup-less)	Highly recommended (our aid stations are cup-less)	Highly recommended (our aid stations are cup-less)	
Sunscreen	Recommended	Recommended	Recommended	Recommended
Cap / Sun Safe Hat	Recommended	Recommended	Recommended	Recommended
Waterproof Pants	*			
Fleece	*			

*If heavy rain is predicted or temperatures are expected to reach less than 5 degrees overnight, runners will need to carry these extra items. We will inform you the afternoon before Event day, via email, if these become a mandatory item.



SHOP WITH THE TRAIL RUNNING SPECIALISTS

GUZZLER
RUNNERS
**SAVE
10% OFF***
RRP
WITH CODE
10TGU25

At The Trail Co., we're all about dirt and vert, offering everything you need to enjoy the trails in comfort and style.

Buy the brands you trust for the trails you love.



Brisbane north: 78 MacGregor Terrace, Bardon QLD 4065
Brisbane south: Shop 14, 655 Toohey Rd, Salisbury QLD 4107

www.thetrail.co

Pre-race

100km Runners: GPS Tracker Collection

100km runners must collect their allocated GPS tracker from the race precinct prior to starting the race and must return it after they have finished, before going home. **Please note that runners or their crew MUST return the tracker to the race precinct before 10:30am Sunday, even if the runner withdraws from the event.**

Drop Bags

100km runners may use **THREE Drop Bags on course:**
at Checkpoint 2/5, 3 and 4.

100km CP2 and CP5, are both at McAfees Lookout, so all provisions will **need to be in the one drop bag**. You can divide them into two smaller bags inside this for your own ease if you'd like.

All runners will be able to leave a Drop Bag for collection at the finish line.

To reduce the load on our amazing volunteers, if 100km runners will have crew at any of these locations or at the finish line, please don't use the Drop Bag service at those the points.

Drop Bags must be **soft, sealable and clearly marked with the checkpoint location, your name and race bib number**. Solid boxes, open shopping bags, excessively large or heavy bags will not be transported to Checkpoints. You can find a guide to choosing the correct bag and how to label it on the next page.

Drop Bags can contain spare clothes, race fuel, extra equipment, batteries or even back up shoes. **Please note that you MUST carry your mandatory gear at all times and cannot leave any of it in your drop bags**, unless you have a duplicate item in your pack.

Drop Bags may be exposed to the elements, knocked around or lost. Volunteers and organisers will do their best to take care of your possessions but can't take responsibility for the bag or its contents. Anything placed in a Drop Bag is done so at your own risk.

Drop it Off

Checkpoint Drop Bags must be left in the designated areas in the Start Precinct **no later than 6am on Race Day**. These areas will be clearly marked on the way into the event precinct.

MUST CARRY



While 100km runners are welcome to use drop bags where indicated, **you MUST carry all mandatory gear at ALL times throughout the event.**

Do not leave mandatory gear in your drop bags to pick up later.



Collection after race

Bags will be brought back to the start precinct after the closure and pack down of each checkpoint. They will be available for collection from the Finish Precinct as soon as possible after this time. It is the responsibility of every runner to collect their own drop bags after the race. Any bags, and their items, left after 11:30am on Sunday will be considered abandoned and the contents may be donated or thrown away.

Please see the section for **Spectators & Crew on page 25** or *The Armchair Guide* if you will be crewed on Event Day.

Drop bag like a pro

✓ Sweet!



⊗ Don't be *that* Person



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 that you and your 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 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.

See **Spectators and Crew on page 28** or *The Armchair Guide* for details about parking out on-course.

The Guzzler start and finish line are both located on Mt Coot-tha, except the 21km start 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



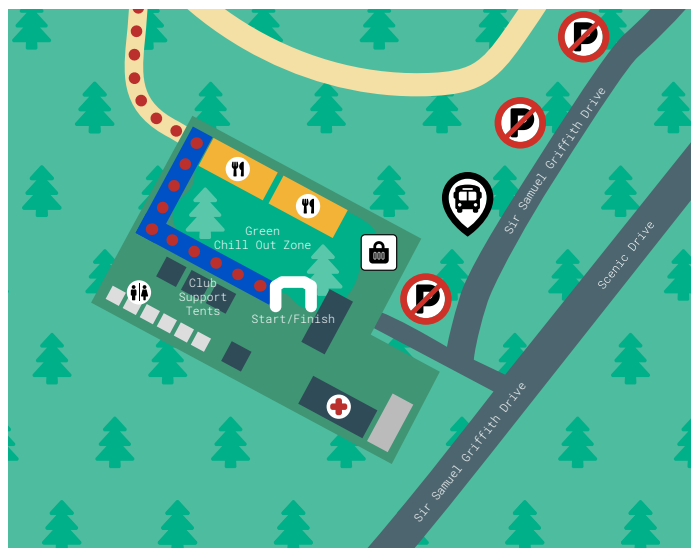
Event Bus Stop



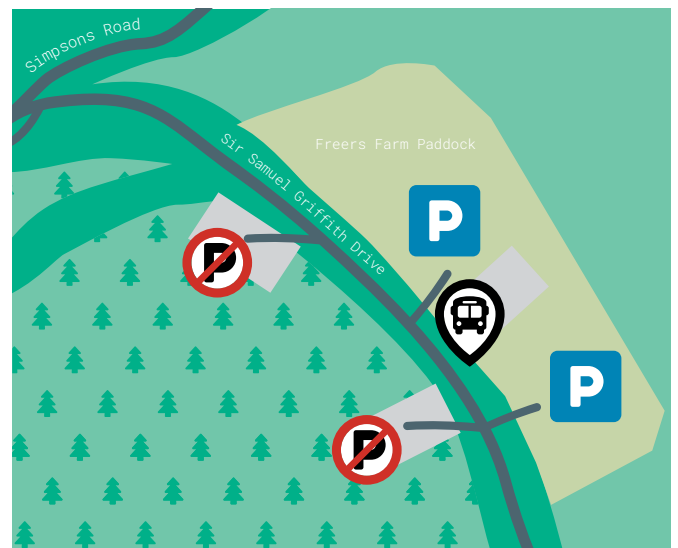
No Parking
(Do not use public parking)

• • • Guzzler Course

Event Precinct



Event Day Parking



Event Day

Finish Line

We'll have tents, music, food, water waiting for you as you cross the finish line. And with any luck, a whole heap of highly energetic supporters to bring you home strong!

Food, drinks and coffee will be available for purchase during peak periods and we'll have refreshments available for runners as they cross the line.

Hot noodles, tea and coffee will be available for runners finishing after dark.

Spectators may bring chairs or rugs to settle in and cheer.

Club tents are very welcome as well, with prior authorisation. Please get in contact with us as early as possible to co-ordinate tent drop off times and find out more.



Event Day

START GROUPS

100km & 50km Start

- The 100km race will start at 6:30am
- The 50km race will start at 7:00am

There will be a short, final briefing approximately 15 minutes before each event start.

50km runners will have a maximum of 12hrs to complete the course and 100km runners will have a maximum of 28hrs. You may be instructed to leave the course at road junctions or other accessible points if it becomes apparent you won't be able to make any of the course cut-offs. If it won't jeopardise anyone's safety or require volunteers to stay longer, you might be able to finish outside of these times but won't receive an official time.

The Big Sipper, 21km Start

21km runners will be transported to the start line via allocated buses. Buses will collect runners from in front of parking at Freers Farms from about 5:15am to 5:40am at the latest.

You may be dropped at the 21km start line by a friend, taxi or other method but **runners are not permitted to park and leave any cars in this area** as it will negatively impact other park users. Please don't consider yourself the 'one exception' as we'd really like to be welcomed back again next year.

All runners will have a maximum of 4hrs to complete the course. You may be asked to leave the course if you reach a road crossing after this time. If you're already on Mt Coot-tha, you'll be able to finish running but won't get a finishers medal.



The Dry Run, 10km Start

The 10km race will start at 7am Sunday

There will be a short, final briefing at approximately 6.45am.

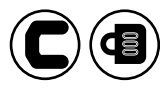
10km runners will have 3.5hrs to complete the course.



Event Precinct



LEGEND



Exact layout
subject to
change

Event Day

Course Information

The Guzzler courses run across Turrbal land which is currently managed by a combination of Brisbane City Council, Seqwater and QPWS as well as small pockets of private land. The utmost respect must be shown to members of the public, landholders and the land itself at all times by carrying all rubbish with you, sticking to marked trails and adhering to all the rules and code of conduct you agreed to upon entering.

You do not have right of way over other trail users or the right to leave anything but footsteps and good vibes. We are very grateful to be allowed to run in these beautiful places and appreciate your help in ensuring we're invited back again for years to come.

Course Maps

We don't have printed maps as few runners know how to use them. Maps.me will allow you to see your exact location as you move, meaning you can locate yourself faster and make your way back to the track should you leave it.

It will also allow you to text us a link which we can open in our own Maps.Me to see your exact location. We may ask you to do this if you require assistance while on course.

Find your event maps at the following links:

The Guzzler 100km



[Download 100km .kml](#)

The Glass Half Full 50km



[Download 50km .kml](#)

The Big Sipper 21km



[Download 21km .kml](#)

The Dry Run 10km



[Download 10km .kml](#)

MANDATORY COURSE MAPS



All runners must download Maps.Me and have their relevant course map preloaded and open on your mobile device.

Maps.Me allows you to view your current location in relation to the course, even if no mobile reception is available.

Importing a Route

Maps.me is an app available on smart phones with GPS capabilities. The app allows you to see your location and heading in real time. A high level guide to install and load a map is as follows

1. [Download](#) and Install *Maps.Me*
2. Opt to save and use "Brisbane" maps.
3. Navigate to [Course Details](#) > {Your Race} > Maps & GPS
4. Select the .kml file for the distance you are running
5. After download select the file and "open in *Maps.me*"

The details of how this will work for your phone may vary. Please check with the app provider for device specific information as we can't provide this.

Note: There may be slight variations of course route in and around checkpoints. Course signage will be clear, please follow this.

Share your location

With Maps.me, you can simply share your location with us if you need to be rescued. Please practice how to do this prior to event day as Event Directors or 4WD medics may ask you to do this if you call us for help.

- Long press on the blue arrow that shows your location on the map,
- Select the "share" option at the bottom right of the screen,
- Choose to send your location in a text to the emergency number on the back of your bib.

Event Day

Marking

All courses will be marked with a combination of **flagging tape and directional signage**.

- At intersections, The Guzzler will point you in the right direction and there will be two strips of flagging tape in quick succession after this.
- An X will be displayed on many incorrect routes however there may be smaller tracks, or spaces that could be mistaken for tracks, which are not marked with an 'X' so **keep a keen eye out for flagging tape at all times**.
- **The 50 and 100km courses will be marked with red arrows.**
- **The 21km Course will be marked with blue arrows.**
- **The 10km Course will be marked with orange arrows.**

Flagging tape will be placed at least every 500m (normally more) so if you don't see any for 1km, stop and consider whether you may have taken a wrong turn. Stop and check your progress using Maps.me, and retrace your steps if necessary.

If you think you're lost, stop and check Maps.me or call the number on the back of your race bib.

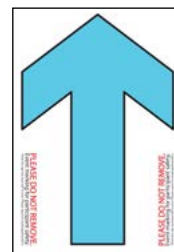
Each of the last 5 kilometres will be marked with distance remaining so that you can begin to get excited!

PLEASE NOTE: While we don't expect anyone to tamper with our course marking, it's been known to happen so if you feel something is amiss please use the combination of flagging tape, signage and Maps.me, to help keep you on track.

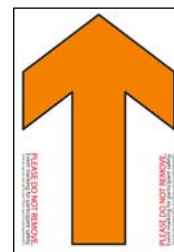
Common Direction Signs



Straight
(50 and 100km)



Straight
(21km)



Straight
(10km)

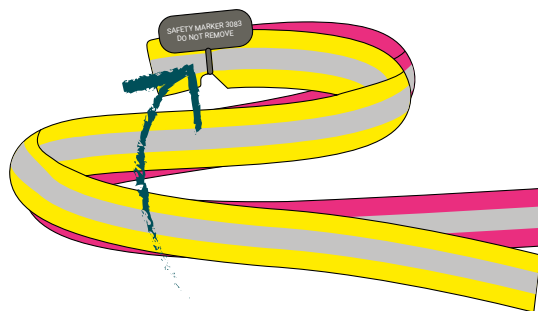


Left



Do NOT Follow

The Trail Co. Reusable Trail Marking



All flagging is reflective YELLOW + PINK webbing

DO NOT FOLLOW PINK TAPE



Our flagging tape is made of reusable reflective pink & yellow webbing. It's highly visible and unique to the area. **DO NOT FOLLOW DISPOSABLE PINK SURVEY TAPE** as this has been used extensively in the area and will **NOT** have been placed by us.

If you get in trouble out on course and need to give race HQ a call, we'll ask you to share your location with us using Maps.me, allowing us to see exactly where you are.



FIXX
NUTRITION

MADE IN AUSTRALIA

**ALL IN ONE - SPORTS DRINK
ELECTROLYTES & ENERGY**

**ELECTROLYTES
TO REPLENISH**

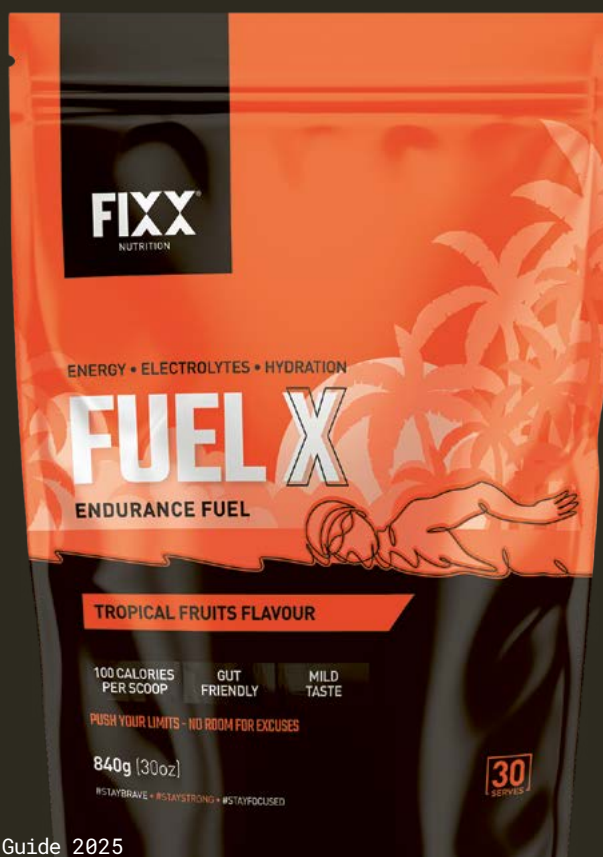
Sodium Na

Potassium K

Calcium Ca

Magnesium Mg

The Guzzler Ultra Participant's Guide 2025



**CARBOHYDRATES
FOR ENERGY**

**2 SCOOPS
= 2 GELS!**

**50g
Carbohydrates**

**NO GELS
Required!**

**NO GUT
Distress 20**

Event Day

NUTRITION AND FACILITIES

All Checkpoints will have food, water, bin and toilet. We may need to make small changes to the food on offer but the tables below will give you an idea of what to expect.

For the 100km runners:

Light Line Rd Bush camp will have a toilet, water and some hot drinks and food after dark. They'll hopefully have a fire going too, pending the fire danger rating at the time.

CHECKPOINT PROTOCOL



**Sanitise hands
on entry**



**Touch as little
as possible**



**Maintain
distance from
others**

100km Checkpoints

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	3:30pm	FIXX Nutrition, fruit, chips, lollies, Coke, bakery goods	✓	Not Permitted
	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		Not Permitted
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		
	Finish		10:30am	FIXX Nutrition, fruit, chips, lollies, Coke, pastries, hot noodles, tea/coffee	✓	Crew & Spectators

*Food at Checkpoints is provided for event runners only. Crew should bring their own provisions for their day.

[^]100km support crew with a Crew Pass can access McAfees Lookout **via the provided mini-bus only** from The Gap Park n' Ride. See "Supporting your runner" on page 25 for more details.

Event Day

50km Checkpoints

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, Clif Bar		Not Permitted
3	Gold Creek Reservoir	32km	3:30pm	FIXX Nutrition, fruit, chips, lollies, Coke, bakery goods		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	Fruit, chips, lollies, Coke, bakery goods.	✓	Crew & Spectators

21km Checkpoints

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	Fruit, chips, lollies, Coke, bakery goods.	✓	Crew & Spectators

*Food at Checkpoints is provided for event runners only, not spectators. All checkpoints (CP) will have water, toilets and bins available.



Event Day

Withdrawals and Disqualifications

Any runner who withdraws for any reason, must complete a Withdrawal Form either at a checkpoint or by returning to the Finish Precinct. Failure to do so may result in a search being launched to locate you. Runners will be billed for the costs incurred by any unnecessary emergency actions taken as a result of failing to officially check out before leaving the course.

You may be instructed to withdraw by a volunteer or medic due to concerns over your health and safety, a missed course cut off or a breach of any rules, including missing or inadequate mandatory gear. Volunteers and staff must be treated with respect even if you disagree with their decisions. Everyone would ultimately love to see you successfully cross the finish line and all rules are only in place for the safety and enjoyment of all runners, volunteers and support services.

MEDICAL EMERGENCY



In the event of any life-threatening medical emergency, please call the number on the back of your bib. Our dispatcher will co-ordinate with emergency services where required.

If you call 000 by instinct, this is fine. They'll be aware of our event and contact us.

First Aid and Emergency: General Course Safety

Parts of the course are quite remote and, in some cases, phone reception is limited. **It is essential that you go into this event with the understanding that you are doing something risky and that you apply common sense and care in all of your decisions.**

If you are unwell, injured or uncertain of your ability to continue, please take time to consider your next actions. Everyone would much rather you withdraw today and come back fighting fit to try again next year. If anything does happen while out on course, bear in mind that help may take a while to reach you so you may want to make use of some or all of your mandatory gear. If it is safe for you to proceed to the next checkpoint please do this. Until explicitly instructed to do so, it is essential that **DO NOT LEAVE THE MARKED COURSE.**

There are only two road crossings on the way out and two on the way back. While they are relatively quiet roads and you will cross them directly, they are open to traffic and runners do not have right of way. Marshals will be on hand to help you keep an eye out for traffic, especially as you tire, but it is ultimately up to each individual to check that the road is clear before crossing.



Event Day

Medical Support

If you feel ill or are unsure you'll be okay to run the next section, please tell a volunteer or medic. You'll give yourself the best chance of completing the course if you take a moment to get checked out and regroup, rather than pushing on before you're ready. We really do want to see you finish, so we'll do our best to get you back out and running on course if it's safe to do so.

Trained medics from HEST Paramedical will be on hand at each Checkpoint and at Lightline Bush camp. Roving vehicles will also be able to provide medical assistance on course if needed.

If you need to call for medical help for yourself or another runner, the phone number will be printed on the back of all bibs. This will go directly to a Senior Paramedic who will dispatch drivers to you and liaise with Queensland Ambulance Service if necessary.

We'll ask you to share your location using Map.me so we can retrieve you quickly. Please stay on course. If you venture off, it will make it very difficult to find you.

Caring for each other

The best safety net while out on course will be your fellow runners. If you're the first person to come across a runner in distress, please stop to help them.

- If they can continue safely, stay with them until you reach the next marshal.
- If they can't continue, stay with them and call the emergency assistance number on the back of your bib.
- If there is no mobile reception where you are, wait for the runner behind you and then send them on to the next marshal or a point where reception is available. Please don't leave ill or injured runners alone.

We know none of you will need convincing anyway but rest assured that any time taken to help another runner can be deducted from your final time.

Mandatory Gear

The gear you are required to carry may come in very useful if you or another runner is injured or becomes ill. While it is not likely you will meet one on event day, with hundreds of other runners sharing the trails, in the event of a snake bite, knowing how to use your compression bandage is essential. [This video](#) may be useful if you have not done first aid training.

If you or another runner is cooling down while waiting for help or is going into shock, put on all dry clothing and wrap the emergency blanket tightly around your body. If laying down, ensure it is between you and the ground.



It can happen to the best of us...

Sweepers

Sweepers will be coming through behind the last runner in all events so that nobody will be 'last' on course. It is essential that you do not deviate from the marked course.



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.
- 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 27.
- Stay clear of the tents, tables and resources at the checkpoints at all times.
- Ensure you are fully aware of where you can drive and park on course. Refer to checkpoint information on page 21 on page 22, or *The Armchair Guide*.



HAVING FUN?



Show us how you are going. Tag us on Facebook or Instagram to share your pics

@theguzzlerultra
#theguzzlerultra

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 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!



Spectators and crew

PARKING ON COURSE

See **Event Day Parking on page 14** for information about parking near the start and finish lines. Out on course, it is equally important to minimise our impact on the public so please adhere to the following.

- 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 only

Due to limited space, only 100km crew are permitted at Checkpoint 2 and must display their "Crew pass", which can be collected at bib collection prior to the event or with the runner's GPS tracker at the event precinct.

No 50km or general spectators are permitted to drive to and park at this point.

Checkpoint 3: Gold Creek Reservoir

Spectators and Crew are not permitted at Checkpoint 3.

Checkpoint 4: Lake Manchester (100km only)

Crew and spectators will be allowed to visit Checkpoint 4. 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 5pm 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.

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.

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 on event weekend:

LIVE: Runner Tracking



You'll also be able to follow live leader board for the **Hell Hole Hustle**



Post-event

Results and Pics

You'll be able to see results via our live tracking. Full results and podiums will be uploaded during the week following the event here

Results



Professional event photography will be available to purchase shortly after the event.

Please note, due to the large physical area our runners cover and the lengthy cut off times, it may not be possible for the photographer to capture every runner in every location they visit but they'll do their best to provide some great images for you all to choose from!

Information about purchasing your photos will be available here:

Event Photos



Finishers Prizes

To celebrate your achievement, finishers will be awarded a commemorative medal. This is optional and you may choose not to take one if that's not your thing.

Finishers bottles and cups are also available for purchase from The Trail Co. tent at the finish line.

Prizes and Presentations

Our presentations will be held from 10am on Sunday 20th July, in our Finish Precinct. Whether you've stuck it out with us all night, or you pop back to cheer, we'd love to see you all there!

Prizes that will be presented on Sunday are as follows:

- First place male and female in the 100km event will each receive a cheque for \$1000.
- First place male and female in the 50km event will each receive a cheque for \$500
- Fastest Male and Female through the *Hell Hole Hustle* will each win a voucher to use at The Trail Co.

Additional Prizes

We'll also have some random prizes to dish out on the day, thanks to our sponsors. All runners will be eligible but you have to be there to win.

Lost property

We will aim to bring lost property back to the Finish precinct and leave it with the drop bags that are available for collection. Any lost property that is unclaimed by 11:30am on Sunday, may be discarded or donated.



Important Info

Sustainability and Responsibility

We are committed to minimising our impact on the environment and appreciate your assistance with this.

Some of our key environmental initiatives are:

- Reusable flagging tape and signage: all of our course markings will be removed and reused.
- Cup free checkpoints: please pack a [reusable cup](#) or similar item if you would like Coke, tea or coffee at the checkpoints.
- Sweeping: our sweepers will be asked to collect any rubbish they see out on course and we will do a secondary sweep after the event to make sure all flagging and any rubbish, whether from our event or the general public, is removed.

You can help us to protect our beautiful trails by:

- Carrying all of your rubbish with you to dispose of thoughtfully at the next checkpoint. Littering will not be tolerated and may result in penalties.
- Sticking to marked, official paths only.
- Staying clear of any wildlife you come across. Take photos and enjoy the encounter though!

We look forward to continuing to improve in this area for years to come and welcome your suggestions.

Please re-read and familiarise yourself with our [Code Of Conduct](#)

Rules

All runners and supporters are expected to uphold our event rules or face penalties or disqualification. Ensure you re-read and familiarise yourself with them before event day.

Rules can be found [online here](#)



Volunteers

It's not exaggerating to say our event would be impossible without the assistance of our incredible volunteers. Along with many individuals, the following clubs and groups will be taking care of you out there on race day.

If anyone you know would like to help, we'd love to have them along!

[Become a volunteer](#)





PRESENTED BY



EVENT PARTNERS



Good Luck!

Have fun out there.

