



Gold Run 2018

Participant Guide



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1.0

Your Gold Run 2018 Guide

1. Your Gold Run 2018 Guide

1.1 Your Gold Run 2018 Participant Guide

You will soon be part of history as a participant in Gold Run 2018! It's the first time an event of this kind has been staged at a Commonwealth Games.

You will 'chase the dream' for 5km on a section of the official GC2018 Marathon course at the same time your Marathon heroes go for gold!

6,600 participants will take part in Gold Run 2018 on Sunday 15 April and you will be one of them!

But before taking part in this great event, there are some important things to remember.

Please take the time to read the information in this Participant Guide to ensure you have the best possible Gold Run 2018 experience.

1.2 Important Information

Gold Run 2018

Check in Centre Opening Hours:

- + Wednesday 11 April:
2:00pm - 8:00pm
- + Thursday 12 April:
2:00pm - 8:00pm

Gold Run 2018 Check in Centre:

177 Burleigh Connection Rd,
Burleigh Waters QLD 4220

Race Date:

Sunday 15 April

Event Location:

Southport Broadwater Parklands
(Marathon Venue)

What you must bring on race day to get into the venue:

- + Race number
- + Gold Run 2018 participant t-shirt
- + GC2018 Marathon Venue wristband (only if secured at time of registration)

1. Your Gold Run 2018 Guide

Race Day Schedule:

Event	Race Start	Expected First Finisher
T54 Men's and Women's Wheelchair Marathon	6:10am	7:35am
Women's Marathon	7:20am	9:45am
Men's Marathon	8:15am	10:25am
Gold Run 2018 5km Racing Wheelchairs	8:39am	8:49am
Gold Run 2018 5km Runners	8:40am	8:54am <i>Cut off time - 9:40am</i>

Helpful Links:

- + [Venue Terms and Conditions](#)
- + [Event Terms and Conditions](#)
- + [FAQs for Gold Run 2018](#)
- + [Tickets for GC2018](#)
- + [Official Shop for GC2018](#)



2.0

Pre-Race Information

2. Pre-Race Information

2.1 Race Pack Collection

Before participating in Gold Run 2018, you must receive your race pack via registered post or collect your race pack from the Check in Centre.

POST:

If you selected to have your race pack posted to you, you should receive it via registered post by Thursday 29 March.

If you do not receive it by then, please contact our team at goldrun@gc2018.com or 1300 201 800 (Mon-Fri 9:00am-5:00pm AEST).

CHECK IN CENTRE:

177 Burleigh Connection Rd, Burleigh Waters QLD 4220. [Click here](#) for a map of its location.

The Check in Centre will be located within the GC2018 Uniform and Accreditation Centre.

The Check in Centre will be open during the following times:

- + Wednesday 11 April:
2:00pm - 8:00pm
- + Thursday 12 April:
2:00pm - 8:00pm

How to get to the Check in Centre:

Car parking will be available. However, we strongly recommend carpooling with family and friends or allocating someone to collect multiple race packs to save time on the roads during the Games period.

Alternatively, public buses 753, 754, 756 and 757 service Stockland Shopping Centre, which is a short walk from the Check in Centre. Visit the [TransLink](#) website for information on travel routes, timetables and tickets.

Active travel is always encouraged and bike parking is available.

2. Pre-Race Information

2.2 What to bring to the Check in Centre

You will need to provide photo identification when collecting your race pack as well as your entry confirmation certificate (either electronic or printed).

If you are having someone collect your race pack on your behalf, you will be required to provide a letter or email authorising them to collect it along with a copy of your confirmation email or entry confirmation certificate.

2.3 What you will get in your race pack

Your Gold Run 2018 race pack will include:

+ RACE NUMBER:

Make sure you do not misplace this or swap with another participant as this will be your identification and entry pass into the venue on race morning. You must wear it on the front of your participant t-shirt when entering the venue and while running. You will also be supplied

with safety pins to affix your race number onto your Gold Run 2018 participant t-shirt.

+ PARTICIPANT T-SHIRT:

This must be worn when entering the venue and while running. You will also be required to wear your Gold Run 2018 participant t-shirt and race number in order to access free public transport on the South East Queensland TransLink public transport network (excludes Airtrain) on the day of the event.

+ GC2018 MARATHON VENUE WRISTBAND:

(only for people who secured one during the registration process). This must be applied tightly around your wrist before entering the venue on race morning. This wristband will provide exclusive access to the GC2018 Marathon Start/Finish viewing area. Please note, if you are a Gold Run 2018 participant and not wearing a wristband, you will not be permitted access to the GC2018 Marathon Start/Finish viewing area.

2. Pre-Race Information

2.4 Participant Checklist

To ensure you have a great experience, please bring the following on race day:

- + Race number **Must Have**
- + Gold Run 2018 participant t-shirt **Must Have**
- + GC2018 Marathon Venue wristband (only if secured during registration) **Must Have**
- + Sunscreen (you may not bring more than 250ml into the venue)
- + Hat/visor
- + Running shoes
- + Phone
- + Drink bottle (you may bring an empty transparent drink bottle that can be filled in the venue or a sealed bottle of water up to 350ml)
- + Water will also be provided to Gold Run 2018 participants.

2.5 Race Numbers

It is compulsory to wear your race number to enter the venue through the Pedestrian Screening Area and during the race.

- + Your race number will also indicate your Start Zone for your race.
- + You must wear your race number in order to be classified as a starter and finisher. There are no replacement race numbers or participant t-shirts if you forget to bring them on race day.

Remember: No race number and participant t-shirt = No race



2. Pre-Race Information

2.6 Instructions

1. Make sure your race number is clearly visible on the front of your Gold Run 2018 participant t-shirt. It must not be covered when you are walking through the Pedestrian Screening Area or in the venue.
2. Any medical conditions that may affect you during the event should be clearly detailed on the reverse of your race number along with emergency contact details.
3. Your race number needs to be pinned in all four corners. Do not fold, bend or wrinkle it.
4. There is a tear-off tag at the bottom of your race number that you can attach to a bag with your belongings to leave at the Bag Drop tent.

Please note: Your race number does not need to be returned after the race. It's your piece of GC2018 memorabilia!

2.7 Venue location

The venue for the start and finish of the GC2018 Marathon and Gold Run 2018 is the Southport Broadwater Parklands.

As the event is held within a GC2018 competition precinct, you will need to enter the venue via the Pedestrian Security Area located at the Southport Broadwater Parklands Main Event Lawn.

Remember: You will need to wear both your exclusive Gold Run 2018 participant t-shirt and race number to access the venue.





Southport Broadwater Parklands

Marathon and Gold Run 2018

Legend

- Venue Perimeter
- Light Rail Line
- Recommended Signed Walking Route (Entry - 10 mins walking time)
- Recommended Signed Walking Route (Exit - 10 mins walking time)
- Marathon Route
- Gold Run 2018 Route
- ▼ Gold Run 2018 Start/Finish
- ↑ Venue Entry
- ↓ Venue Exit
- Gold Run 2018
- Field Of Play
- Local Bus Stop
- Gold Run Shuttle Bus Stop
- Taxi Stand
- Passenger Pick Up
- Light Rail Station
- Information
- Accessible Welcome Point
- Bike Parking

! Walking, cycling or public transport is your best option to get you to and from the venue. There are road restrictions in place and no parking around the venue.

Size: A4
Map Number: GOLDOC197.1
Date: 02/02/2018

2. Pre-Race Information

2.8 How to get there

GC2018 is the largest sporting event Australia has seen this decade, so please make sure you allow plenty of time for travel, queuing at transport hubs and security checks.

There are many travel options to and from Southport Broadwater Parklands. Free public transport* will be available to those who are participating in Gold Run 2018. Use the **GC2018 Journey Planner** to get started and remember to plan your journey early.



GET ACTIVE

If you're only travelling a short distance, walking or cycling will be a convenient way to get to the venue. Bike parking is available near Southport Broadwater Parklands.



RIDE THE G:LINK

Walk, catch a bus or take a train to the G:link light rail, then get off at Southport Station. It's a short walk from there to the venue.



TAKE THE BUS

The Gold Run 2018 Shuttle Bus will take you to the venue from Parkwood or Helensvale stations. Bus routes 704, 713 and 719 will run frequently during the Games and can take you close to the venue. Route GC2018 will also take you close to the venue.



PARK 'N' RIDE

Gold Run 2018 entrants can book a space at Parkwood Park 'n' Ride. From here, you can take a Games Shuttle close to the venue. Spaces are limited and you must **book a spot.**



CATCH THE TRAIN

Catch the train to Helensvale Station. From there, you can take a Games Shuttle close to the venue.



ACCESSIBLE TRANSPORT

Accessible shuttle options will be available and Park 'n' Ride spaces can be booked via the **GC2018 Journey Planner.**

2. Pre-Race Information

If you require accessible transport options, please contact the Gold Run 2018 team for further information

Email: goldrun@gc2018.com

Phone: 1300 201 800

(Mon-Fri 9am-5pm AEST).

2.9 Free transport*

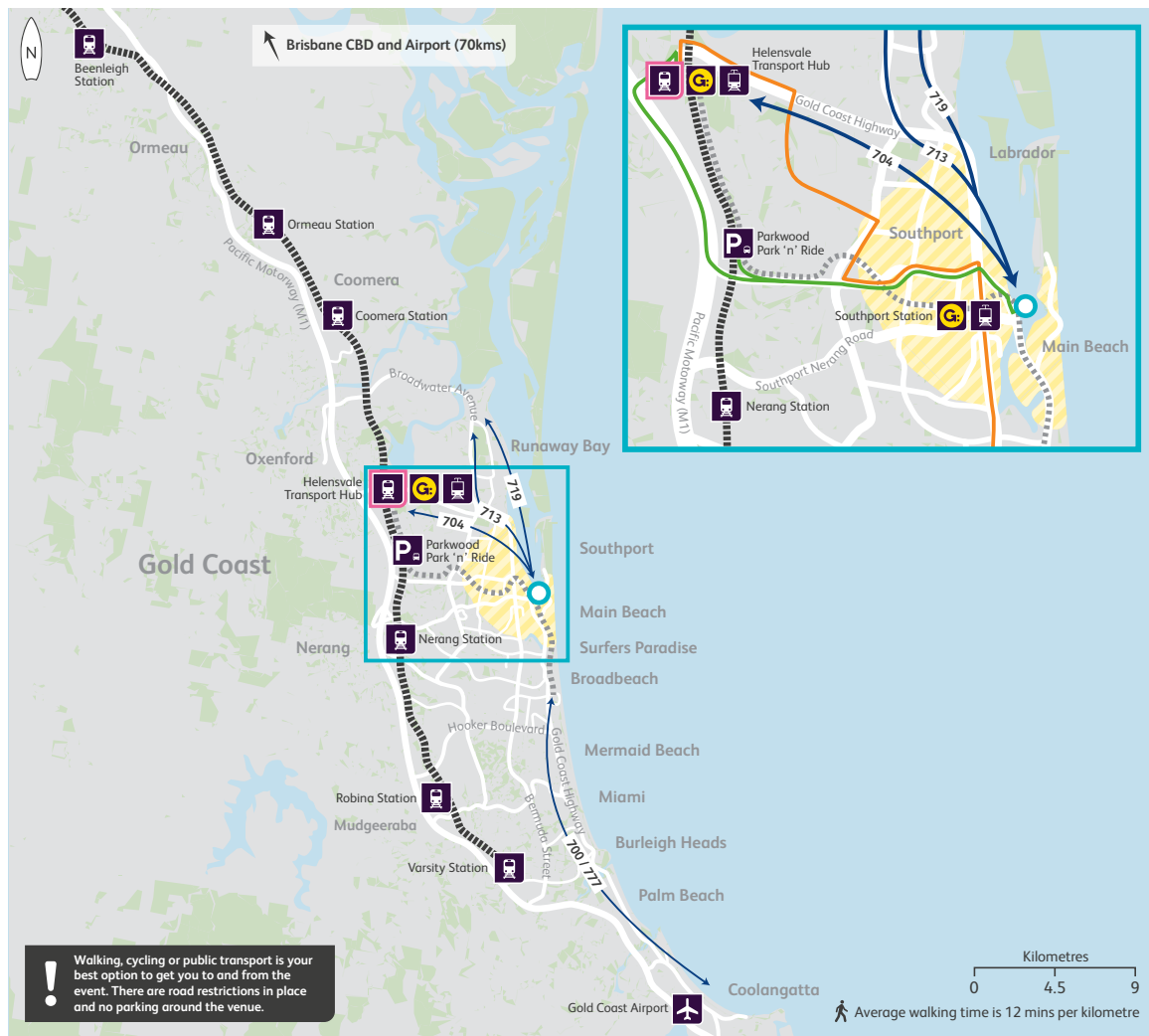
Free transport will be available for Gold Run 2018 participants travelling to and from Southport Broadwater Parklands on the South East Queensland TransLink public transport network on the day of the event. Present your exclusive Gold Run 2018 participant t-shirt and race number upon boarding. If Gold Run 2018 participants are travelling

with a companion, free travel will be provided for the companion as well. Free travel will terminate at 3:00am on the day after the event and is not available on the Airtrain service.

Gold Run 2018 Shuttle Buses will run from 4:00am until 11:30am, while access to G:link and other South East Queensland Translink public transport networks will be available all day. The G:link will follow the same route back to Parkwood and Helensvale stations.

**A Marathon Venue wristband will not entitle the bearer to free public transport.*





Getting to and from Gold Run 2018

Legend

- Gold Run 2018
- Games Shuttles
- Route GC2018
- Local Bus Routes
- Train Line
- Light Rail Line
- 45 Minute Walking Zone
- Train Station
- Preferred Train Station For Event Access
- Light Rail Station
- Park 'n' Ride - Bus
- Airport

Plan your specific journey
by visiting
gc2018.com/transport

3.0

Race Day Information

3. Race Day Information

3.1 Race Day Schedule

Event	Race Start	Expected First Finisher
T54 Men's and Women's Wheelchair Marathon	6:10am	7:35am
Women's Marathon	7:20am	9:45am
Men's Marathon	8:15am	10:25am
Gold Run 2018 5km Racing Wheelchairs	8:39am	8:49am
Gold Run 2018 5km Runners	8:40am	8:54am <i>Cut off time - 9:40am</i>

Gates to the Southport Broadwater Parklands (Marathon Venue) will open at 4:40am.

It will be open for people with a Marathon Venue wristband to access the Marathon Start/Finish viewing area and Gold Run 2018 participants wearing their race number and participant t-shirt to access the Gold Run 2018 Marshalling and Recovery Area.

3.1.1 What time should I arrive at the venue

It is recommended you arrive at the Southport Broadwater Parklands at least 90 minutes before Gold Run 2018 starts (please aim to arrive between **5:40am - 7:00am** at the latest).



















3.2 Start and Finish Area

Please see the following map.

Southport Broadwater Parklands

Marathon and Gold Run 2018

Legend

-  Venue Entry
-  Recommended Signed Walking Route (Entry - 10 mins walking time)
-  Venue Perimeter
-  Gold Run 2018
-  Marathon
-  Field Of Play
-  Gold Run 2018 Start/Finish
-  Marathon Route
-  Gold Run 2018 Route
-  ATM
-  Bag Drop
-  Food & Drink
-  Information
-  Official Shop
-  Water Refill Point
-  Toilets
-  First Aid
-  Recovery Area

Size: A4
Map Number: GOLD0C197.2
Date: 02/02/2018



3. Race Day Information

3.3 How to get to the Start Line

As the event is held within a GC2018 competition precinct, you must enter the venue through the Pedestrian Screening Area at the Southport Broadwater Parklands Main Event Lawn and then walk approximately 1km north along the signed walking route to the Gold Run 2018 Marshalling and Recovery Area. **Please refer to the map on page 13.**

This is where you will assemble according to your nominated Start Zone. From here, you will be ushered to the start line for your once-in-a-

lifetime opportunity to race on the GC2018 Marathon course!

Please Note: If you are not at the start line when the gun is fired, you will not be allowed to start.

3.4 Information Booths

There will be two Information Booths available for any enquiries. One will be located near the Pedestrian Security Area entrance and another will be located in the Gold Run 2018 Marshalling and Recovery Area.

Toilets will be at the northern end of the Gold Run 2018 Marshalling and Recovery Area.



3. Race Day Information

3.5 Bag Drop

For security purposes, we recommend that you do not bring a bag into the venue if you don't need to. This will help you progress through the Pedestrian Screening Area faster.

If you do bring a bag, it must be soft-sided and less than 64 litres capacity (40cm x 40cm x 40cm).

The following bags will be prohibited in the venue:

- + Hard-sided bags of any size
- + Soft-sided bags in excess of 64 litres capacity (40cm x 40cm x 40cm)

If you do bring a bag that meets the requirements, you will be able to store it at the Bag Drop tent located within the Gold Run 2018 Marshalling and Recovery Area from 4:40am to 12:10pm on Sunday 15 April.

Belongings should be placed in your bag with the tear-off tag from your race number attached, so your bag can be easily identified.

GC2018 volunteers will take the utmost care to secure the tents however valuables should not be left in bags. Belongings must be collected before 12:10pm on race day or they will be treated as lost property. GC2018 will not be responsible for theft or loss of property.

Please view the [Venue Terms and Conditions](#) for all items not allowed in GC2018 competition venues.



3. Race Day Information

3.6 Course Cut Off Time

Gold Run 2018 has an official cut-off time which participants must complete their race within. This cut off time is enforced as the event is run in conjunction with the GC2018 Marathon races and must not impede on them.

It remains the participant's responsibility to ensure that they finish with a gun time within the official cut-off time. Official cut-off times, start line allowances and selected locations for enforcement are detailed below.

Course officials will provide encouragement and help you stay in front of the cut off time. They may also issue warnings on-course and have the authority to remove participants from the race at any of the cut-off locations when a participant is behind the cut off time and their safety or event progress is compromised.

3.6.1 Start Time:

+ **Gold Run 2018
Racing Wheelchairs:**
8:39am

+ **Gold Run 2018 Runners:**
8:40am

Please Note: Participants in day wheelchairs will start at the back of Zone E.

3.6.2 Official Cut-Off Time:

60 minutes (from when the 8:40am starting gun is fired). However, this cut-off time may be reduced if operationally required on the day as all Gold Run 2018 participants must be clear of the field of play within the venue before the lead female GC2018 marathon runners finish.

3. Race Day Information

3.6.3 Cut-off location:

Time checks will be undertaken at any or all of the 2km, 3km and 4km points along the Gold Run 2018 course.

The final cut-off enforcement point will be on the Gold Coast Highway immediately prior to the point where participants would re-enter the venue and enter the Gold Run 2018 finish chute.

Any participants who do not finish by the cut-off time will not be allowed to enter the Gold Run 2018 finish chute and will be redirected through to the Recovery Area via an alternate pathway.

3.6.4 Pace:

As it will take several minutes for all 6,600 participants to cross the start line, you should be confident of completing the 5km distance in 50 minutes or better in order to meet the cut-off time.

This means that participants must be able to maintain a 10 minute per kilometre pace or faster.

This is your time to shine at GC2018, so make sure you are training to ensure you are able to complete the run in the allocated time!



3. Race Day Information

3.7 Start Line Procedure

The Gold Run 2018 starts and finishes at the GC2018 Marathon start line. Participants are advised to assemble in the Gold Run 2018 Marshalling Area.

The start zones within this marshalling area will then open a minimum of 20 minutes before the race. Racing wheelchair participants will be escorted from the Wheelchair Marshalling Area to the start line to line up in front of the runners and will start one (1) minute before the runners.

There are five start zones for runners. The start zone you have been allocated is indicated by a letter A, B, C, D or E on your race number. This is based on your predicted finish time submitted with your race entry.

These start zones will be signposted accordingly:

+ Racing Wheelchair Participants

- + A Sub 20:00 mins
- + B 20:01 - 25:00 mins
- + C 25:01 - 30:00 mins
- + D 30:01 - 40:00 mins
- + E 40:01 - 60:00 mins

+ Day Wheelchair Participants (start at the back of Zone E)

Please Note: All times are based on gun time. The cut-off time is 60 minutes.

Once participants have entered into their start zones they will be ushered forward to the start line behind the racing wheelchair participants.

Once the starting gun is fired please move forward in an orderly fashion and we encourage everyone to start running once they cross the start line so the start line can be cleared as soon as possible (as it needs to be ready for the finishers arriving back!).

3. Race Day Information

3.8 Wheelchair Start Line Procedure

Participants who will be completing the course in a wheelchair (racing or day) will need to marshal in the dedicated Wheelchair Marshalling Area. From here, athletes will be ushered to the start line. Those in racing wheelchairs will be taken to the front of the start line and those in day chairs will join the rear of start zone E once the starting gun has been fired. This is for the safety of all participants.

Racing wheelchair participants must enter the venue through the Pedestrian Screening Area in day

chairs and can change into their race chairs in the Gold Run 2018 Wheelchair Marshalling Area. This area has a tent to store day chairs and other belongings as well as two accessible toilets. Wheelchair athletes may be accompanied by a companion through the Pedestrian Security Area and into the Gold Run 2018 Wheelchair Marshalling Area.

Please ensure you have notified the Gold Run 2018 team if you will need a companion to complete the course or for assistance into the venue

Please contact the team:
Email: goldrun@gc2018.com
Phone: 1300 201 800
(Mon-Fri 9am-5pm AEST).



3. Race Day Information

3.9 Finish Line

The Gold Run 2018 Finish Line is the same as the Start Line. There will be a steady stream of finishers coming across the finish line, so we ask you to keep moving into the Recovery Area upon finishing to ensure all participants get to enjoy their finish.

3.10 Recovery and Medical

For medical attention on course, please report to the water station (at approximately 3km), a race marshal or an identified medical official (they will be wearing green vests).

After crossing the Finish Line, you will be ushered into the Recovery Area where there will be fruit and water to help you recover post-race, as well as first aid.

You will also be rewarded for your efforts with your Gold Run 2018 finisher's medal – a wonderful keepsake from this once-in-a-lifetime Commonwealth Games experience!



3. Race Day Information



PRESENTING
PARTNER
MARATHON

3.11 Marathon Start/ Finish Viewing Area

If you were able to secure a Marathon Venue wristband, you will be able to enter this area from 90 minutes before the first race start (the T54 Wheelchair Marathon is scheduled to start at 6:10am).

You will need to have your wristband secured tightly on your wrist prior to entering the venue. Seating and standing will be available on a first-in, first-served basis.

We encourage all Gold Run 2018 participants who have secured a wristband to come in early to enjoy the full GC2018 Marathon experience. However please ensure you listen to the announcements to know when you must move into in the start zones in the Gold Run 2018 Marshalling Area so you do not miss your race start.

Once you have completed the race, you will be able to re-enter the Marathon Start/Finish viewing area

by showing your Marathon Venue wristband. It is imperative that you tighten your wristband around your wrist so you do not lose it on the run.

No wristband = no access into the Marathon Start/Finish viewing area

Gold Run 2018 participants who do not have a marathon venue wristband can exit the venue after their race to line the streets and cheers the GC2018 marathon runners home or kick back in the Gold Run 2018 Recovery Area and follow the action on the big screen.

3.12 Food and Drink

There will be a variety of food and drink options available in the Gold Run 2018 Marshalling and Recovery Area as well as picnic tables and chairs to relax after your race. However please note, that not all food vendors will accept credit card and there will be no ATMs in the Gold Run 2018 Marshalling and Recovery Area.

3.13 Course

Please see the following map.



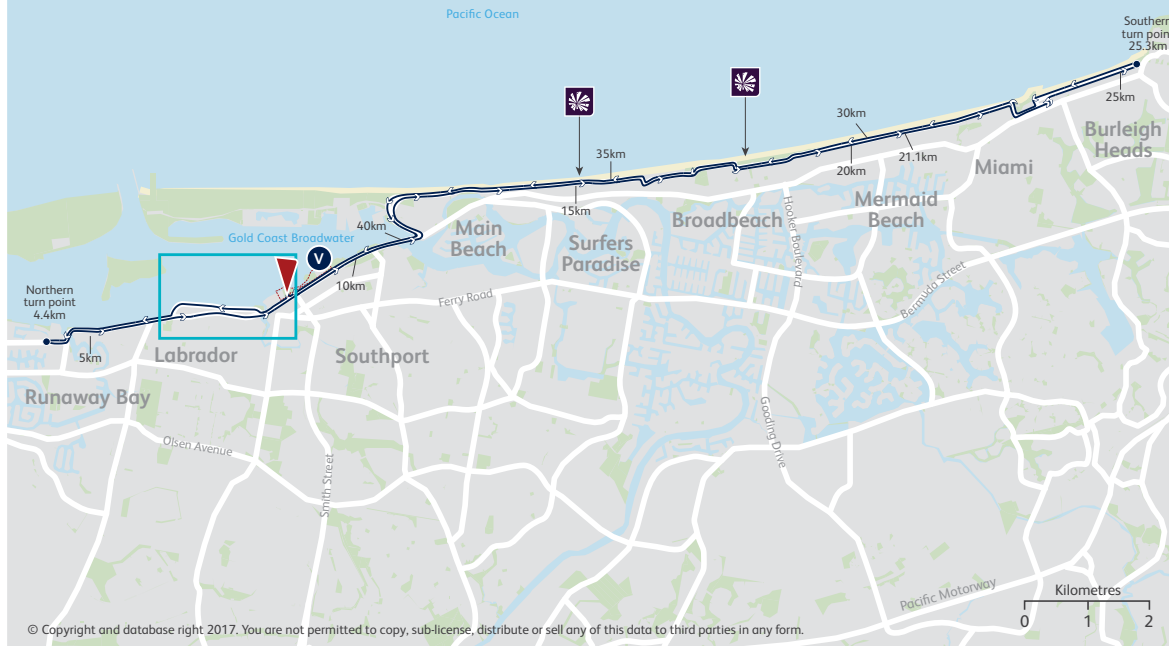
Southport Broadwater Parklands

Marathon and Gold Run 2018

Legend

- Race route
- Turn point
- Start/finish
- Marathon venue
- Festival 2018

Gold Run 2018 Course Route



3. Race Day Information

3.14 Water Station

There will be one water station located on course at approximately 3km.

3.15 Race Etiquette

In the interest of providing a safe and enjoyable event experience for everyone, you should be mindful of race etiquette, including to:

- + Always follow the directions of race officials and emergency service personnel.
- + Position yourself at the start line according to the Start Zone you nominated when completing your race entry and which is printed on the front of your race number. If you wish to run with friends or family and they are in a different Start Zone, you may start in a slower zone than that printed on your race number (for example, someone with a B Zone label may start in B, C, D or E but not in A).
- + Participants who are walking in the event must start from the rear of

the field (Start Zone E). However, please remember that there are strict cut-off times associated with this event. **Refer to the Course Cut-Off Time section** for more information.

- + Any participants who are completing the course in a day wheelchair must start from the rear of the field (back of Start Zone E) for the safety of all participants. Please remember that there are strict cut off times associated with this event. **Refer to the Course Cut-Off Time section** for more information.
- + Do not stop or change directions suddenly.
- + Keep to the left of the course to allow people to pass on the right.
- + Although music devices and phones will be allowed on course, we suggest that you do not have head phones in to ensure you can hear all course and safety announcements that will be made during the event.

3. Race Day Information

3.16 Participant Safety

- + No prams, pets or any other mode of wheeled transport (other than racing wheelchairs or day wheelchairs) are permitted. This is for the safety of all participants.
- + Racing wheelchair competitors are welcome to compete in the racing wheelchair event (which will start one minute prior to the runners). For safety reasons, participants who are completing the event in their day chairs must start at the back of the field. Hand-cranked cycles are not permitted in the event.

3.17 Viewing Areas

If your family or friends were able to secure a Marathon Venue wristband for the Marathon Start/Finish viewing area, they will be able to watch your start and finish along with the starts and finishes for the GC2018 Marathon races. Please note, the wristband does not provide access into the Gold Run 2018 Marshalling and Recovery Area, as this is for participants only.

For those family and friends who unfortunately missed out on a Marathon Venue wristband, there are plenty of opportunities to watch the action along the course. We encourage all Gold Run 2018 participants to take advantage of being in the heart of the action and stay within the Gold Run 2018 area to view the starts and finishes of the Marathon races on the big screen or to line the streets to cheer home the GC2018 Marathoners.

3.18 Contact Us

Email: goldrun@gc2018.com

Phone: 1300 201 800 (Mon-Fri 9:00am-5:00pm AEST)

Website: www.gc2018.com/goldrun

GC2018 SPONSOR FAMILY TOGETHER WE WILL SHARE THE DREAM



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Gold Coast
2018

XXI Commonwealth Games

