



EVENT BOOKLET

Sunday 21st July 2019

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| Date | Sunday 21 July 2019 |
| Event Organiser | Whitsunday Running Club Inc |
| Race schedule | 06:00 – ANQ Airlie Beach Marathon (ages 18 plus) 06:30 – Cruise Whitsundays Half Marathon & Relay (ages 16 plus) 07:00 – 10km Fun Run (ages 15 plus) 09:00 – 5km Fun Run & Corporate Team Challenge (ages 12 plus) 10:00 – Whitsunday Times 2km Junior Dash & Primary School Challenge (6-12) 10:30 – 1km Kids Run/Walk (under 6 years) 11:00 – Presentations (also as each race results are completed) 12:00 – END of all races |
| Event contact | Tim McQuoid-Mason – Event Manager 0438 460 050 info@runairlie.com.au |
| Race precinct | Airlie Beach foreshore at the Saturday markets venue. |

Weekend Schedule

Friday 19 July

21:00 - Online registrations close

Saturday 20 July

14:00-18:00 – Race kit collection and last minute manual registrations at Race Precinct.

Sunday 21 July

05:45 – Briefing – ANQ Airlie Beach Marathon

06:00 – START – ANQ Airlie Beach Marathon (ages 18 plus)

06:15 – Briefing – Cruise Whitsundays Half Marathon & Relay

06:30 – START - Cruise Whitsundays Half Marathon & Relay (ages 16 plus)

06:45 – Briefing – 10km Fun Run

07:00 – START - 10km Fun Run (ages 15 plus)

08:45 – Briefing – 5km Fun Run & Corporate Team Challenge

09:00 – START - 5km Fun Run & Corporate Team Challenge (ages 12 plus)

09:45 – Briefing – Whitsunday Times 2km Junior Dash & Primary School Challenge (6-12)

10:00 – START - Whitsunday Times 2km Junior Dash & Primary School Challenge (6-12)

10:15 – Briefing - 1km Kids Run/Walk (under 6)

10:30 – START – 1km Kids Run/Walk (under 6)

11:00 – Presentations for 1 and 2km. Other presentations will take place as each race's results are known.

12:00 – END of all races

ANQ Airlie Beach Marathon (ages 18 plus)

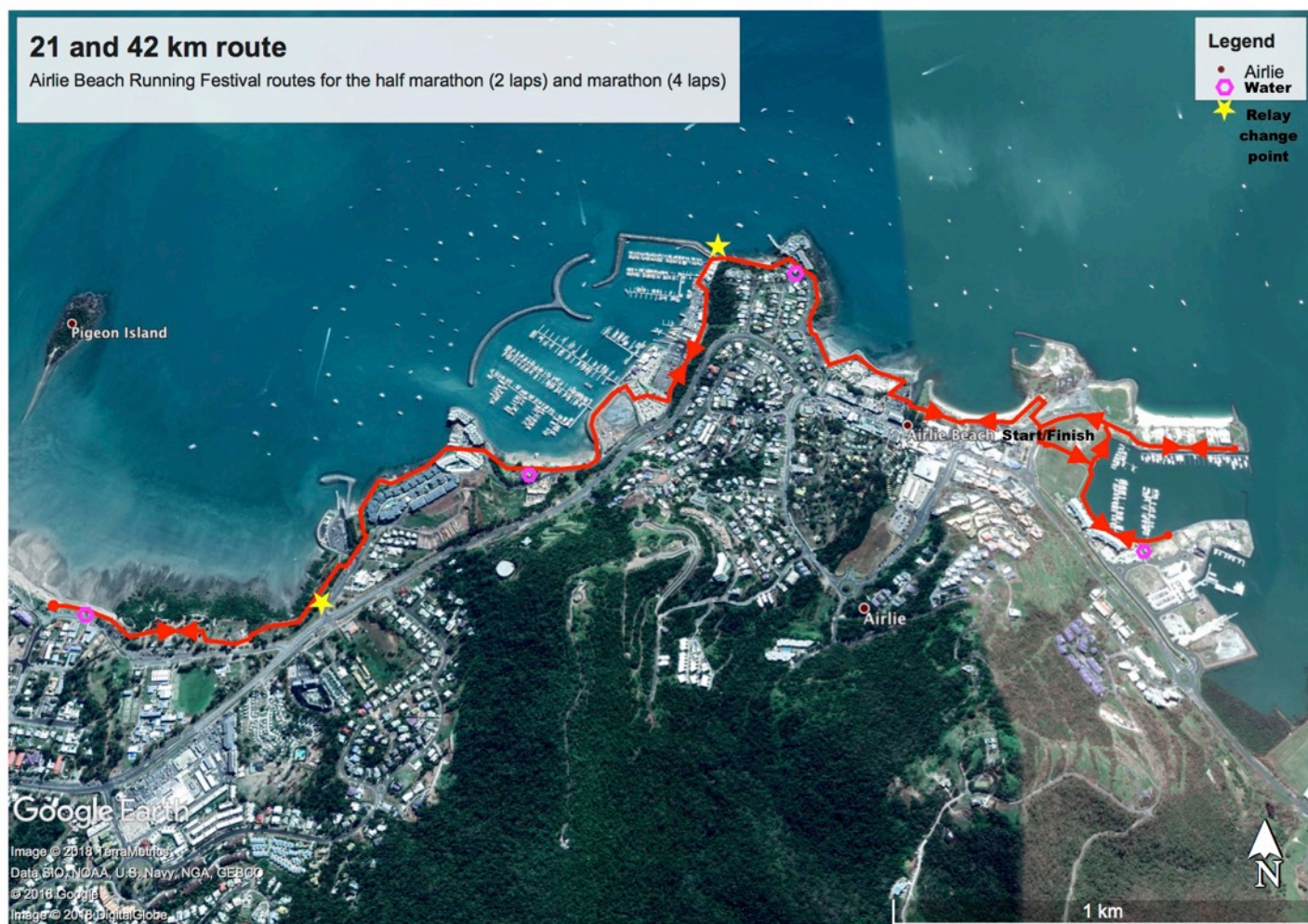
Distance – 42.2km | Briefing time – 5:45am | Start time – 6:00am | Cut off time – 12:00 noon



Note: This is the 2018 course. It will change once the foreshore works are completed, so check back in April.

Cruise Whitsundays Half Marathon & Relay (ages 16 plus)

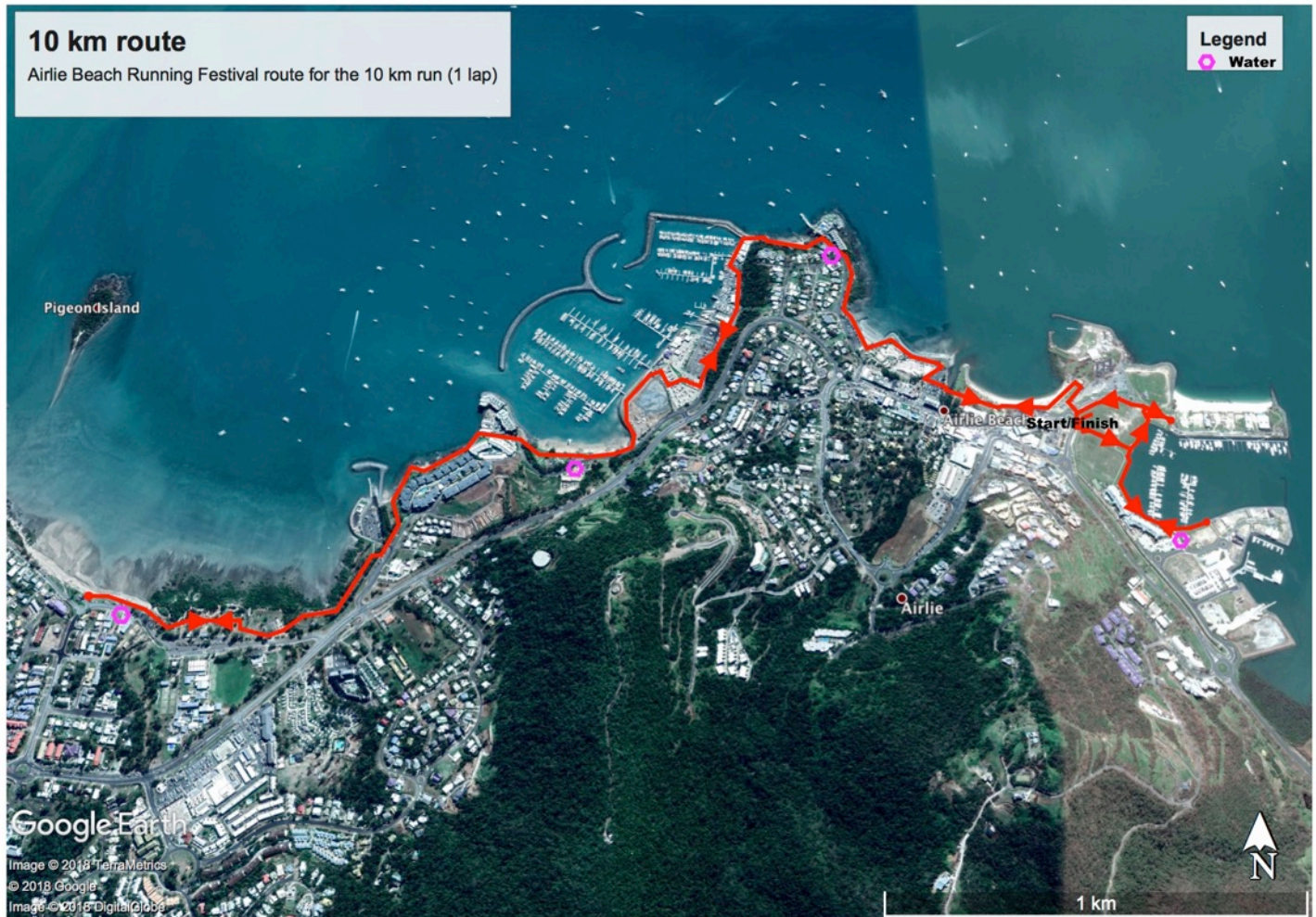
Distance – 21.1km | Briefing time – 6:15am | Start time – 6:30am | Cut off time – 12:00 noon



Note: This is the 2018 course. It will change once the foreshore works are completed, so check back in April.

10km Fun Run (ages 15 plus)

Distance – 10km | Briefing time – 6:45am | Start time – 7:00am | Cut off time – 12:00 noon



Note: This is the 2018 course. It will change once the foreshore works are completed, so check back in April.

5km Fun Run & Corporate Team Challenge (ages 12 plus)

Distance – 5km | Briefing time – 8:45am | Start time – 9:00am | Cut off time – 12:00 noon



Note: This is the 2018 course. It will change once the foreshore works are completed, so check back in April.

Whitsunday Times 2km Junior Dash & Primary School Challenge (ages 6-12)

Distance – 2km | Briefing time – 09:45am | Start time – 10:00am | Cut off time – 10:30am



Note: This is the 2018 course. It will change once the foreshore works are completed, so check back in April.

1km Kids Run/Walk (aged under 6)

Distance – 1km | Briefing time – 10:15am | Start time – 10:30am | Cut off time – 11:00am



Note: This is the 2018 course. It will change once the foreshore works are completed, so check back in April.

Safety Message to All Participants

- Unless otherwise instructed, keep left at all times, except in the Port of Airlie Marina where you should keep to the right. Obey the instructions of traffic controllers, Queensland Police and volunteer traffic marshalls.
- We strongly discourage the use of ipods and other music devices.
- On the start line, please self seed yourself according to the pace you are planning to run. If you are walking please start at the rear of the field.
- Roller blading, skating, cycling, rope skipping, Nordic poles and animals of any kind are not permitted.
- Prams are only permitted in the 1 and 2km events.
- Parents/guardians may accompany children and push prams in The Whitsunday Times 2km Junior Dash and Primary School Challenge and in the 1km Kids Run/Walk.
- The course is over shared pathways and boardwalks so be aware of the general public.
- The route is over a number of different surfaces. Mainly concrete footpaths and timber boardwalks. There is a small section of bitumen along The Beacons and one or two short crossings over grass. Its not a trail run but be mindful of the different surfaces.
- The section along The Beacons is a shared roadway so there will be an occasional vehicle.
- The footpath through the market area is a little uneven in places, but again its not like a trail run.
- There is one controlled road crossing at the roundabout on Coconut Grove.
- Slip, slop, slap. Wear a hat and sunnies and put on sunscreen.
- If raining take extra care on the timber walkways as they do get slippery.
- Toilets are located at the start, The Boathouse, markets, lagoon, Shingley Beach and Cannonvale Beach

Drink Stations

Our four drink stations will be offering water and a limited supply of staminade:

1. Port of Airlie Marina
2. Coral Sea Resort
3. Shingley Beach
4. On Coral Esplanade, opposite Fat Frog Beach Café.
5. Marathon and Half Marathon competitors may drop off before the run any specialised drinks at the drink stations as long as they are appropriately labelled for their own use.
6. There will be a table near the start line where the marathon runners can leave a bag of emergency supplies if they wish.

Results and Timing

We will be using the Multisport Australia timing system and results will be posted live so you can access them through www.runairlie.com.au on the Results page.



Race Number Collection

Collections will be at the race precinct on Coconut Grove. Here you will collect your race number, safety pins if you need and souvenir singlet.

Race number collection will be Saturday from 2pm until 6pm.

Late Entries

Online entries close at 9pm on Friday 19 July 2019.

Late entries will be available on Saturday 20 th at the race precinct between 2.00pm and 6.00pm. There will be no entries on the day of the event.

Photos

Keep an eye out for our official photographers on the course.

Toilets

Toilets will be available at the following locations;

- At the start
- Airlie Beach Esplanade – near the start/finish
- Airlie Beach Lagoon – This is the largest facility near the race precinct so we recommend you go here pre-race
- Shingley Beach
- Near Cannonvale State School
- Cannonvale Beach.

Volunteers

We will have approximately 40 volunteers involved in this year's event. You'll see them on the start or finish lines, drink stations, street corners and at race number collection.

Without them we would be in strife, so please be kind and appreciative towards them.

Finish line

The finish line is the same for all events and will be an area of great atmosphere and excitement during the day.

Race day checklist

- ✓ Plan your travel to the race precinct
- ✓ Familiarise yourself with your event start times and arrange to arrive at least 45 minutes before start time
- ✓ Have a light breakfast
- ✓ Attach your race number with safety pins to the front of your top early (do not tamper with the timing chip)
- ✓ Don't try anything new on race day – food, clothing or exercises
- ✓ Be sure to self seed yourself to your appropriate running/walking pace on the start line
- ✓ Go to the toilet early so you don't miss the start
- ✓ Have a plan to meet your friends/family after the event
- ✓ Remember that at some stage the event is going to hurt, but think back to all the hard training you've done
- ✓ Enjoy yourself!