



THE GREAT BARRIER REEF MARATHON FESTIVAL PORT DOUGLAS

RACE INFORMATION KIT

Welcome to the first ever Great Barrier Reef Marathon Festival. We are very excited to have you onboard. We ask that all participants read the following information. There will be additional information being sent via email and also updated on our website. This includes extra information specific to Ultra Marathon runners.

If in the meantime you have any further enquiries or requests please email them through to info@pdem.com.au.

Running singlet & race number pick up

You are more than just a number to us but in order to identify you we ask that all Great Barrier Reef Marathon participants pick up their race numbers from one of the following locations. Your singlet (if applicable) will also be available for collection at these times.

Date	Time	Location	What do I need?
Wednesday 9 th Nov 2011	4pm till 7pm	Cairns Cnr Upward St & Esplanade (just north of Muddy's Playground)	Please bring printed order and/or photo ID
Friday 11 th Nov 2011	9am till 6pm	Port Douglas Port Douglas Esplanade	Please bring printed order and/or photo ID
Saturday 12 th Nov 2011	4.30am	Ultra Runners Only JCU Car park, start of ultra marathon.	Please bring printed order and/or photo ID

Can't make it to a session?

Collect for a friend

We are ok with you picking up a race number and singlet for a friend but ask that you please bring along an email from the participant with their confirmation order attached.

Race day collection

If you cannot make the above registration sessions, singlets and race numbers can be made available on 12 November 2011 from 5.30am at Port Douglas Esplanade or from 4.30am at JCU carpark in Smithfield. Please make sure you're there early! We don't want you to be stressed before the big race.



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How do I make it to these sessions?

Getting around Cairns

If you are staying in Cairns or the Northern Beaches and need transport to either the singlet and race number session in Cairns please click on the link below to locate your bus route and timetable.

http://www.sunbus.com.au/sit_timetable_cairns.htm

For more information about your Sunbus connection guide please click on the link below.

http://www.sunbus.com.au/documents/TAG054A_Cairns_newtorkguideW4_000.pdf

Getting around Port Douglas

Should you be staying in Port Douglas, Sun Palm operates a local shuttle bus service between the Marina Mirage and the Rainforest Habitat with scheduled stops at all major resorts including the Sheraton Mirage, Rendezvous Reef Resort, Radisson Treetops Resort and the Sea Temple Resort & Spa and all golf courses. This service runs every half hour from 0700hrs to midnight every day.

To Port Douglas from Cairns

If you are traveling from Cairns Airport or City please click on the below link to view the Sun Palm bus timetable.

http://www.sunpalmtransport.com/Cairns_Port_Douglas_Transport_Schedule.htm

Pre-paid Transfer Services

If you have paid for your transfers and booked your accommodation online through the Great Barrier Reef Marathon website the following applies to you.

Airport return and Functions

Sun Palm will be operating all airport transfers and your request has been confirmed. On arrival please look out for your Sun Palm bus driver at the baggage claim area at Cairns Airport, where your name will be displayed.

On departure from Port Douglas please be waiting at the front of your resort. You will be contacted at a later date regarding the exact time of pick up.

For transfers to the after party function you will be picked up outside your hotel. You will be contacted at a later date regarding the exact time of your pick up.



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Return Airport only

As mentioned above, Sun Palm will be operating all airport transfers. We have sent your request through to Sun Palm. On arrival please look out for your Sun Palm bus driver at the baggage claim area at Cairns Airport, where your name will be displayed.

On departure from Port Douglas please be waiting at the front of your resort. You will be contacted at a later date regarding the exact time of your pick up.

Hotel transfers

If you booked your accommodation online through the Great Barrier Reef Marathon website with one of our accommodation partners (Sheraton, Ramada/Mecure Treetops, Rydges & Rendezvous) you will receive a complementary bus service to the starting line.

Please see pick up times below:

Event	Ramada/Mecure	Rendezvous	Rydges	Sheraton
Ultra Marathon	*Please see ultra information below			
Half Marathon & 10km	5.30am	5.35am	5.40am	5.45am
5km	7.00am	7.05am	7.10am	7.15am

*Please be waiting at the reception area for pick up 10 min before and after the times specified above.

Ultra Marathon Transfer Service

As mentioned on the website, all Ultra Marathon participants that are staying in Port Douglas will be provided a transfer service the start line at JCU Smithfield.

There will also be a bus available from the finish line back to JCU carpark returning competitors to Cairns.

Please email info@pdem.com.au to confirm if you require this service and your address (if applicable) during your stay.



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Race Day - arrival times, start times and where to go

If you are making your own way to the starting line please ensure that you make it to the race for the arrival times below.

Times	Ultra Marathon	Half Marathon	GBR 10km	Fundy 5000
Arrival	04.30	06.00	06.10	07.30
Briefing	05.00	06.15	06.15	08.15
Start	05.15	06.30	06.45	08.30
Cut Off	14.15 at 57km	10.30	08.30	10.00
Location	JCU Car park	Four Mile Beach Esplanade	Four Mile Beach Esplanade	Four Mile Beach Esplanade

Race Day Registrations

Registrations for the Ultra, Half and 10km events will close on Monday 7th November.

We will be accepting registrations for the Fundy 5000 (5km) event on the day however please ensure you register before 7am.

What to bring on race day?

We encourage all participants to bring the following items with them on race day.

- **Race numbers** – please ensure this is attached to the front of your clothing
- **Water** – Although water will be provided we strongly encourage you to bring your personal water device to hydrate during your race. Extra water is mandatory for ultra runners.

Maps and course conditions

Maps are available on the Great Barrier Reef Marathon website via map my run.

Please read the course information and take note that some of these courses also take in trails, sections of beach, a causeway and other varying terrain.

Ultra Marathon

<http://www.greatbarrierreefmarathon.com.au/Ultra-Marathon.65.0.html>



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Half Marathon

<http://www.greatbarrierreefmarathon.com.au/Half-Marathon.64.0.html>

GBR 10 km

<http://www.greatbarrierreefmarathon.com.au/10-km.63.0.html>

Fundy 5000 (5km)

<http://www.greatbarrierreefmarathon.com.au/Fundy-5000.62.0.html>

A complete map, including drink stations and marshaled intersections will be sent via email and be made available on the website before the event.

This also includes sectioned course maps for the Ultra Marathon including drop off bag areas, food and Endura stations.

Competitors list

A competitors list will be made available after Monday 7th November after registrations close for the Ultra, Half Marathon and 10km events.

No competitors list will be published for the Fundy 5000 (5km) event.

General Rules

- Attend the race briefings and follow the instructions provided.
- Follow all the information provided by the course marshals.
- If another competitor is in trouble, please stop and help them.
- Stick to the course. If you think you have gone the wrong way, go back.
- There will be a number of road closures during this event. Please obey all road rules and give way to vehicles, horses and cassowaries!
- Remember the drivers/riders may not be aware that a foot race is taking place.
- Please do not litter. Except for the two checkpoints, drink stations are unmanned. Put your rubbish in the bins provided.
- No dogs allowed anywhere along the course.
- No iPods allowed.



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Competitor conduct

We ask that you treat members of the public including other road users, marshals and competitors with respect. Any use of profanity or aggression towards others will result in immediate disqualification from the event. Any competitor caught littering will be immediately disqualified and removed off the course.

Course structure

It is important to note that parts of this course are a trail run. Please refer to the course map under each race event.

Timing

Race times will be recorded manually at the race finish and will be published on the website after the event.

Withdrawal from the race

A runner who retires from the race should inform any passing competitors to alert the checkpoint marshal, go to the finish or nearest checkpoint for assistance. Pulling competitors off the race will be at the discretion of the race officials.

Medical advice

If you are feeling unwell on race day, regardless if you have a medical condition or not we advise you that you don't race. We want all competitors to practice safety first and have an enjoyable experience.

If you have any known medical condition (such as diabetes, asthma, allergy to penicillin) and you have not reported it during your registration process please email this through to info@pdem.com.au. This information will be provided to the St John first aid crew who will be positioned throughout the course. For further precaution you should also carry your medical details, Medicare number and emergency contact details on you.

Race officials reserve the right to pull competitors out of the event. Their decision is non-negotiable.



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Marshals on the Course

Our volunteers are members of the public. They have no authority to stop cars or motorbikes. They will help with drink stops, be available to inform the general public about the race and do administrative jobs.

At the finish

When you cross the finish line your time will be read out by a volunteer and your time will be recorded. If you finished in the top three you will be notified and given instruction on the presentation times and what you will need to do. If you withdrew from the event, make sure you report back to the registration table to let them know you are a DNF.

Marathon photos

Individual participant photos will be available from Great Barrier Reef Marathon's official photographer, Marathon Photos.com. More information will be available on race day.

Baggage

All Ultra Marathon runners baggage will be collected at the start of the race and transferred to the baggage area at the finish line.

All other participants will be able to leave baggage at the baggage area at race start on Port Douglas Esplanade.

We will make great efforts to ensure that your baggage is secure however we ask that you don't leave valuables in your bag as baggage is left at the risk of participants.

Recovery Area

The following items will be available at the finish line at Port Douglas Esplanade in the recovery area. Please note these items are free to charge to event participants only.

- Beverages including water and Endura
- Food including fruit, icy poles and lollies
- St Johns Ambulance service facilities



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- Toilets are located at the Port Douglas Surf Lifesaving Club and a public toilet block is also located next door to the Surf Lifesaving Club.
- Massage facilities will be available both pre and post the race on the Port Douglas Esplanade. Massages cost will be \$15 for 10min.
- Baggage storage will also be available on the day. Please see further information below.

Other Race Day Facilities

- Breakfast will be available from the Port Douglas Surf Lifesaving Club, Beaches Café and High Tide Café.
- Registration tent will be open from 5.30am on race day for any Fundy 5000 registrations and any singlet and race number collections that could not be made earlier.

Accommodation

If you have booked your accommodation online through the Great Barrier Reef Marathon website your booking has now been confirmed.

For more information about your specific hotel please visit the hotel websites below.

Sheraton Mirage

<http://www.starwoodhotels.com/sheraton/property/overview/index.html?propertyID=370>

Ramada Resort

<http://www.portdouglastreetopsresortspa.com.au/>

Rendezvous Reef Resort

<http://www.rendezvoushotels.com/default.asp?action=article&ID=21662>

Rydges Sabaya Resort

<http://www.rendezvoushotels.com/default.asp?action=article&ID=21662>



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Tours

If you have registered your interest in a tour while in Port Douglas we encourage you to visit the Tourism Port Douglas website to make a booking directly. If you would like further advice on any of these tours feel free to call us on (07) 4099 4540.

<http://www.tourismportdouglas.com.au/tours-activities.1771.0.html>

Moneghetti After Party

Celebrate your performance and party in style at the Moneghetti After Party Function taking place from 6pm till late on the 12 November 2011. Your official invitation is attached. Tickets can be purchased online before Wednesday 9 November 2011. Once your payment has been received your name will then be added to the guest list for entry to the event.

2012 Solar Eclipse Marathon Entry

Don't forget we are all getting ready to run in the BIG ONE – the 2012 Total Solar Eclipse Adventure Marathon. There are only 100 spots available for FNQ running club members.