

# EVENT GUDE







# WELCOME



We are beyond excited to welcome you to the first ever GC SUNS Twilight Run, presented by New Balance on Saturday 4 February!

The event will not only provide a unique running experience set in the Gold Coast's most iconic sporting precinct & stadium - but also provide an opportunity to run alongside some of the current SUNS stars in the Hivita 10km, TFH 5km & Kool Beanz SUNS 2.5km Kids Dash events. Standby for the player lineup announcements during event week!

Outside of the running we have an array of entertainment in-store for you within the SUNS Run Event Village - including live music, sponsor activations, yoga activations, food trucks and a beer garden!

Within this event guide you'll find all the information you need for event day. We look forward to seeing you on Saturday 4 Feb at Metricon Stadium!

# CONTACT US

Should you require any additional information that you can't find within this document, drop us a message at info@gcsunsrun.com.

# REGISTER

Online registrations will be available until 3:00pm on Saturday 4 February via www.gcsunsrun.com.



Best of luck!

# SCHEDULE



TIME	EVENT	LOCATION
SATURDAY 4 FEBRUARY		
13:00	Race Pack Collection Opens	Gate 1
15:00	Event Village Opens	Event Village
15:00	Stadium Yoga Session 1	Stadium Oval
15:00	Fisiocrem Free Massage Opens	Event Village
16:35	Kids Dash Warm Up with Sunny Ray	Triple M Stage
16:45	Live Music Commences	Triple M Stage
16:45	Race Pack Collection Closes	Gate 1
16:45	Kool Beanz 2.5km Kids Dash Start	Start Line
17:00	TFH 5km Start	Start Line
17:30	Hivita Wellness 10km Start	Start Line
18:30	Podium Presentations	Triple M Stage
19:30	Course Cut Off	On Course
19:30	Stadium Yoga Session 2	Stadium Oval
20:30	Live Music Concludes	Triple M Stage
21:00	Venue Closes	Start Line



# RECOVER WITH Ease



# **fisiocrem** FREE RECOVERY MASSAGE!

The fisiocrem marquee is a great place to head after your race to get a free postrace fisiocrem recovery massage.

# RACE PACKS



# RACE BIB COLLECTION

If you haven't had your race bib posted to you, you'll be required to collect your bib from registration between 1:00pm - 4:45pm.

Registration is located within the Gate 1 Ticket Office.

# CHANGING DISTANCE

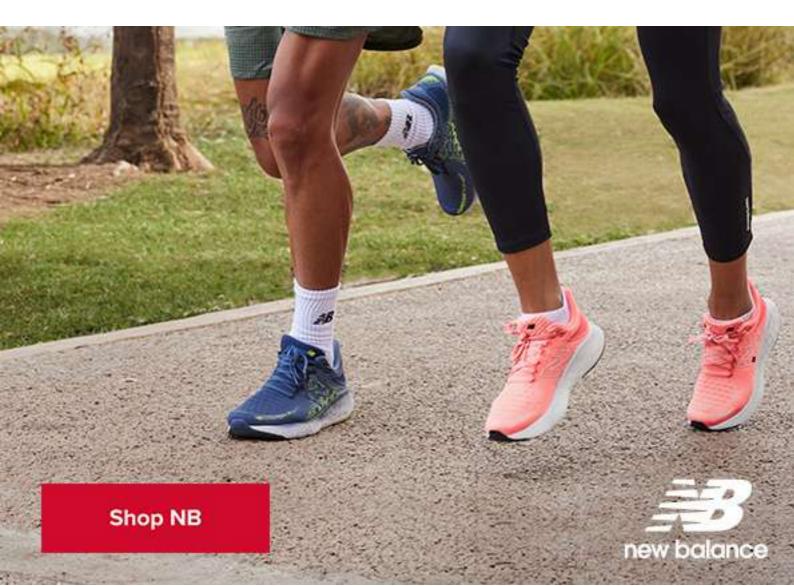
You can change your distance by emailing info@gcsunsrun.com before Friday 1 Feb at 5.00pm. Changes after this date will need to be made at registration on Saturday 4 Feb.

# **CAP COLLECTION**

Participants in the 10km and 5km events will receive a complimentary SUNS Run cap with their entry. This will be provided to you after crossing the SUNS Run finish line along with your medal.

### **COLLECTION FOR OTHERS**

Friends or family members can collect bibs on behalf of other people - they are required to show a copy of the confirmation email or eticket of the bibs they wish to collect.



# TRAVEL



# PARKING

Parking is available in the Blue Car Park on event day only. The Blue Car Park is located across the road from Metricon Stadium, accessible via Alabaster Drive. After parking your vehicle cross Nerang-Broadbeach Road using the pedestrian crossing and enter Metricon Stadium via Gate 1.

Please note there is strictly no parking available within the Gold Coast Sports Precinct or Metricon Stadium.

# **START/FINISH LOCATION**

The start line and finish line is based in the Event Village located in the Fifth Quarter Bar area. Entry to the venue is via Gate 1.

Address: Metricon Stadium, Nerang Broadbeach Rd, Carrara QLD 4211

# PARKING MAP OVERLEAF

### **PUBLIC DROP OFF**

For attendees being dropped off and collected at the event, a public drop off and pick up area is located within the Blue Car Park, again accessible via Alabasta Drive. This area will be available for use both before and after the event.

Please note: Drop off is not permitted within Metricon Stadium/Gold Coast Sports Precinct.





# COURSE INFO



# ROUTE

Course maps for all events can be found on the following two pages of the Event Guide.

# TOILETS

Toilets are located within the event village at the start line and finish line.

# WAVE STARTS

Kids Dash participants will be released together as one wave (mass start).

5km & 10km participants will be released in groups of 3-400 to reduce congestion throughout the course. This will be managed by event staff on the day.

### START LINE TIP

If you are planning on pushing for a PB or a quick time, we recommend making your way to the front of your start group.

We also ask any walkers in the event to start at the back of the group for your start.

### FIRST AID

There will be first aid positioned at the finish line of the event, along with roving crews out on the course should you require assistance. If you require assistance please speak with the nearest course marshal (every major junction).



# DRINK STATIONS



### DRINK STATIONS

Drink stations will be located every 2.5km (locations shown on course map) and provide participants with water and Fuel X Electrolyte drink.

Kids Dash participants can access their drink station at the 1.2km point on the course.

### CONTACTLESS

Aid stations will be self serve throughout the run course. Tables will be set up and clearly marked and communicated (via aid station volunteers) as to what each table offers. Please help yourself to the cups of drink provided and place waste in the bins provided.

# FUEL X ELECTROLYTE:

Fixx Fuel X endurance fuel is an All-In-One sports drink with vital electrolytes to replenish and carbohydrates to help boost energy. It is quickly absorbed with minimal effect on the digestive system and made with all natural ingredients. Gluten free & vegan friendly.

You can taste the Fuel X Tropical Flavoured drink from the Fixx Nutrition activation within the Event Village before you run.

# FINISH LINE RECOVERY SPACE

After crossing the finish line participants will enter the Fixx Nutrition Recovery Zone offering bottled water, Fuel X and CLIF Bars.





# **OFFICIAL GC50 NUTRITION**

# ALL IN ONE - SPORTS DRINK MADE IN BURLEIGH HEADS

FIXX





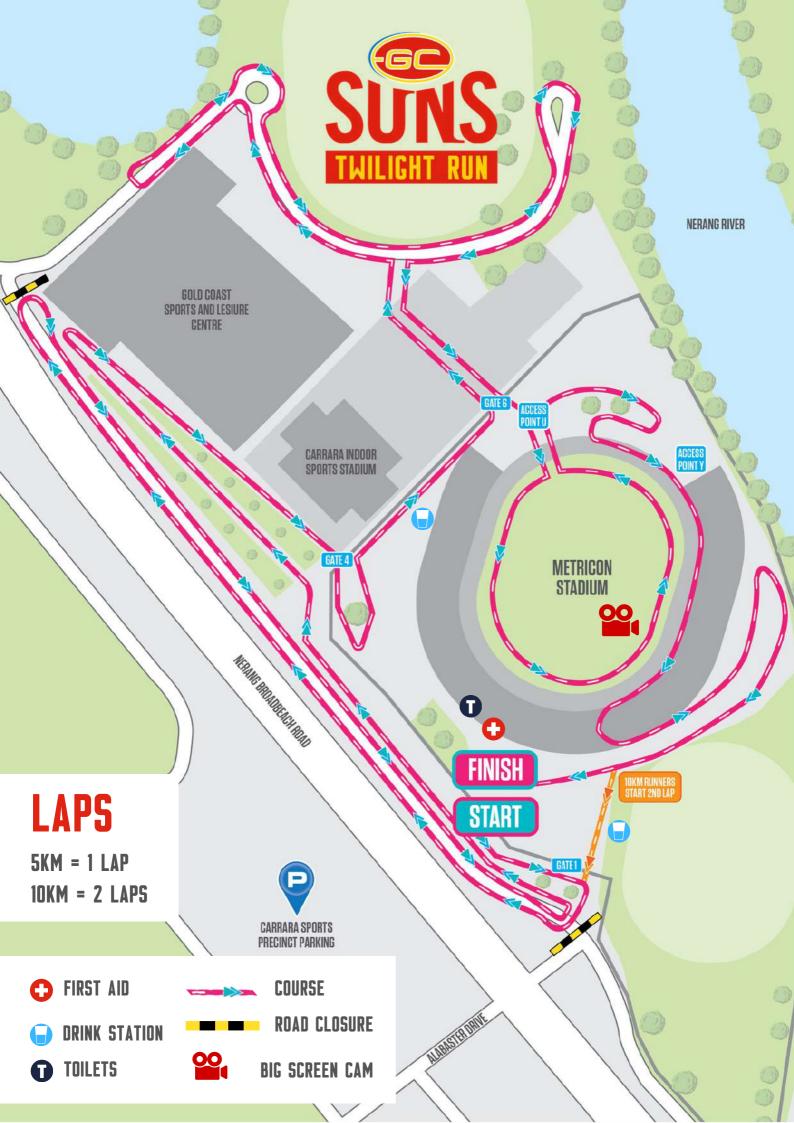
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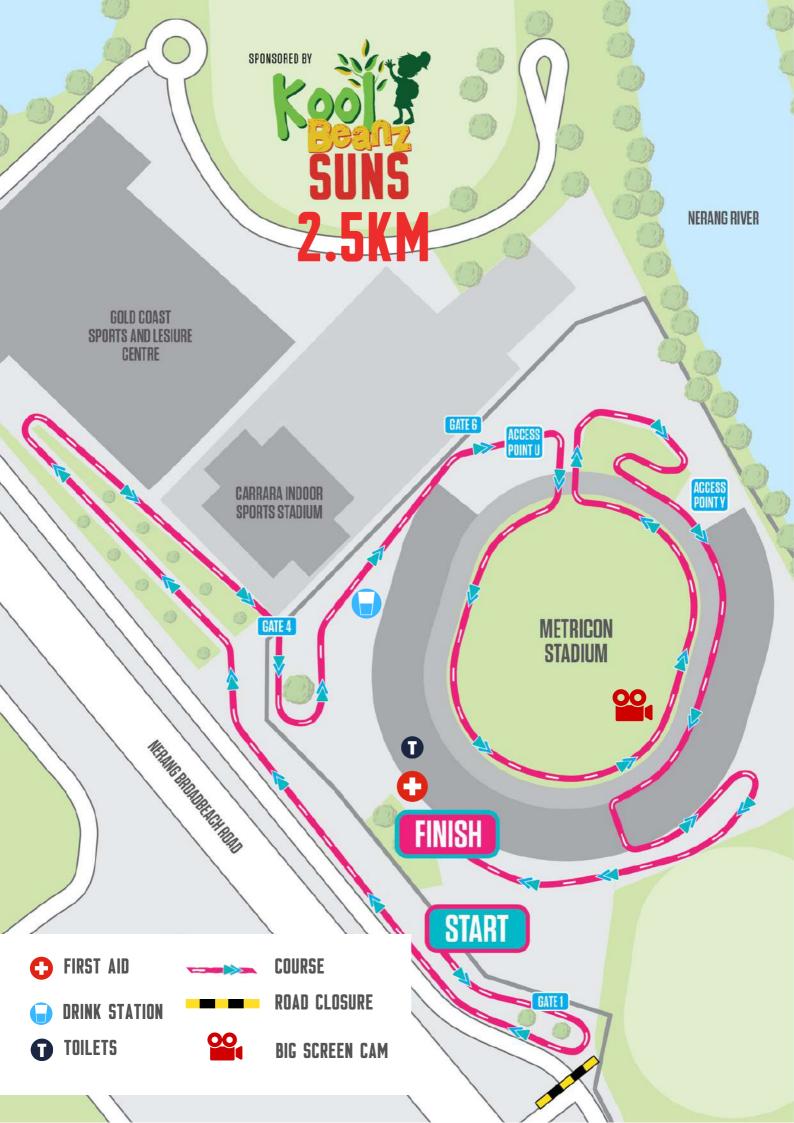


50g Carbohydrates

> NO GELS Required!

NO GUT Distress





# KOOL BEANZ SUNS 2.5KM



# THE COURSE

The Kool Beanz SUNS 2.5km Kids Dash course stays within the stadium precinct, ensuring our little stars are never too far from the start & finish area.

### PARENTS & GUARDIANS

Parents and Guardians are welcome to accompany their children throughout the 2.5km course.

Should you wish to accompany your child on course, the parent/guardian is not required to register.

# SPECTATING ON THE OVAL

The spectator viewing area within Metricon Stadium stands provides a great vantage point to cheer participants - you'll also be able to see them up on the stadium big screen from this location.

# **PRESENTATIONS & CERTIFICATES**

The top 3 boys and girls will be awarded trophies in the post race presentations. Certificates with age group results are also available to download post-race from the event website.





# **BIG SCREEN & PHOTOGRAPHY**



### LOCATION

This is your time to shine on the Metricon Stadium oval. Participants in all distances can look forward to seeing themselves on the Metricon Stadium BIG screen!

Look out for the camera man and have your smiles at the ready as you pass through on your lap of the Metricon Stadium Oval.

The specific location for the camera man can be viewed on the course maps on the previous pages.

### **OFFICIAL PHOTOS - FINISHERPIX**

Official Event Photographer, FinisherPix are located throughout the course capturing our race day memories!

You can take advantage of discounted digital photo packages by pre-purchasing during the registration process.

Photos will be available online within 48 hours of the event for you to view and purchase.





# DON'T GET 🐖

RELAX WITH PEACE OF MIND KNOWING TFH PORTABLE SURVEILLANCE CAMERAS HAVE YOU COVERED!





TFH are proud partners of SUNS



# EVENT VILLAGE

The Event Village is the hub for all activity throughout SUNS Run. You can view a copy of the Event Village Map below to familiarise yourself ahead of arrival below.

Here you'll find food trucks, beer garden, sponsor activations, kids activities and watch your loved ones start and finish the run!

### **BAG DROP**

There will be a free bag drop facility located in the upper concourse area. Your race bib includes a tear off strip to attach to your items, should you wish to use the bag drop service during the event.





# **SPECTATORS**



# THE MORE THE MERRIER

We encourage you to invite your friends and family to cheer you along at SUNS Run. Spectators are invited to enjoy the Event Village and cheer you on from the start line, finish line and watch you as you from the stands as you complete your lap around the Metricon Stadium oval.

Dedicated spectator seating areas are available within the stadium, conveniently positioned next to the Event Village. You can view the location of this on the Event Village Map on the previous page.



# PRESENTATIONS



### AWARDS

We will be awarding those that finish in the top 3 male and female events (including Kool Beanz SUNS 2.5km). Podium finishers can look forward to trophies and a range of sponsor goodies.

Individual results will be instantly available to view via the event website or by scanning the QR code located on your race bib. Here you'll be able to see age-group / gender results and download your personalised SUNS Run finisher certificate.

### PRESENTATIONS WILL TAKE PLACE At 6:30PM - From the triple m Sound stage!

# AFL CLUB CHALLENGE

Winners of the AFL Club Challenge will be announced via social media on Wednesday 1st February. Best of luck to all clubs!

# **Stressed?** Try HIVITA, Hi On Life!





Available Australia wide at





Always read the label and follow the directions for use.

# STADIUM YOGA



# YOGA - ON THE STADIUM OVAL

We invite you to join us for Stadium Yoga, delivered by Alicia Ryan of HappyFit Yoga. Stadium Yoga welcomes runners, walkers, friends and family to enjoy a truly unique yoga class on the SUNS oval at Metricon Stadium.

### SUPPORTING RIZEUP

Your \$5 yoga booking fee will go directly to supporting the important work of our charity partner, RizeUp Australia.

RizeUp Australia is a Queensland-founded organisation that works in partnership with domestic violence agencies to enhance the service options they provide.



### FISIOCREM GOODY PACK

Participants will also receive a complimentary fisiocrem goody pack which includes 60g tube of fisiocrem, fisiocrem towel, lollies, fisiocrem re-usable shopping bag and a bottle of water.

### SESSION TIMES & LENGTH

3:00pm & 7:30pm.

Each yoga class will run for approximately 45 minutes. Sessions cater for participants of all abilities! Booking is however essential via the link below.

# **BOOK HERE**



# FISIOCREM MASSAGE



### **BECAUSE HURTING SUCKS**

Our Recovery Partner, fisiocrem will be on hand throughout the event providing complimentary pre and post run massages.

Massage is available during Event Village opening hours (3:00pm - 8:30pm).

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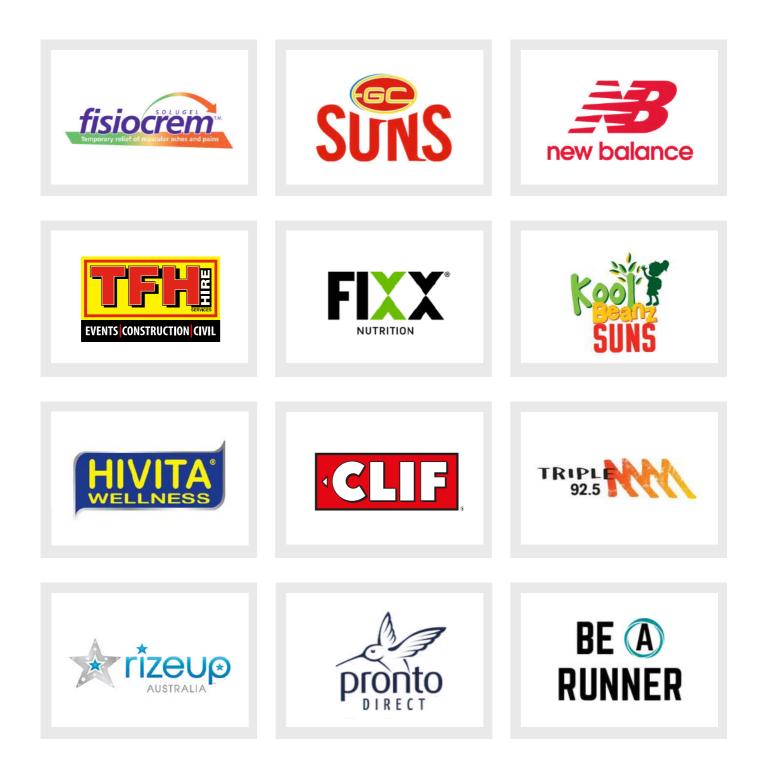
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**WORAT REFE** 

www.flyintojuly.org

# **PARTNERS & SUPPORTERS**





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