

Coastrek Pocket Guide

— BRISBANE —

EVENT BIB

All team member bibs will be posted to the Team Captain approx. 1 week before Event Day. Ensure postal address is up to date at least 6 weeks prior to Event Day.

FOR SAFETY REASONS, YOU MUST WEAR THE BIB NUMBER ALLOCATED TO YOU ON THE OUTSIDE OF YOUR CLOTHING.



GETTING THERE

- ✓ **Take the shuttle bus** – park your car in Noosa and take the shuttle bus to the start line (see FAQs on website for suggested parking locations).
- ✓ **Get dropped off** – those not using the shuttle bus can be dropped off at the start line.

Note: There is no parking at the start lines.

SHUTTLE BUS 30km & 60km

Meet at Noosa Heads bus station on Noosa Parade. Bus departure times are strict. Wear your bib for easy wave time ID.

60km Event: (to Currimundi Beach) – departs 75 min before your wave time.

30km Event: (to Mudjimba SLSC) – departs 60 min before your wave time.

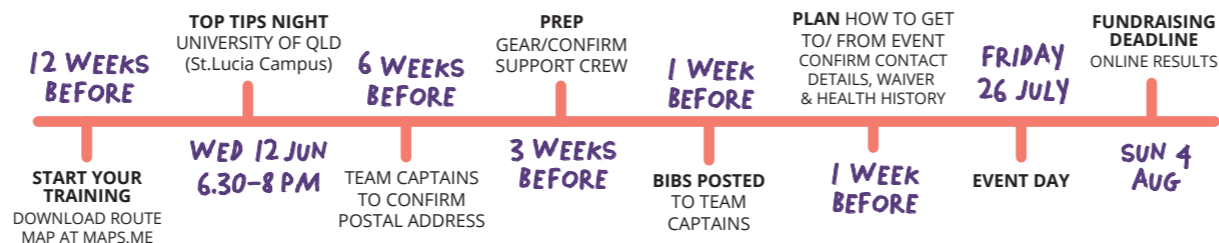
← SMALL BAG (shopper size) →



BAG DROP

One small bag (shopper size) per team only. Label with name, phone, bib number. No valuables – bag will be unattended. Collect from finish line.

YOUR TIMELINE



60KM START

WATSON ST
CURRIMUNDI BEACH
6:15am



LA Balsa PARK LUV Stop

15km

OPEN: 7.45am – 10.45am



MARKERS

Follow the **pink reflective route markers** and the **orange arrows** to keep on track. Don't rely on these entirely in case they are removed by passers-by. Use your **MAPS.ME** app as a guide when unsure.

You can do it!
Keep going.

30KM START

MUDJIMBA ESPLANADE
MUDJIMBA SLSC
9:30am-10am

MUDJIMBA LUV Stop

32km

OPEN: 9.15am – 3.45pm



Halfway there. Keep going.

COMPULSORY GEAR

HIGH VIS VEST

All trekkers must wear a high vis vest with reflective strips, as it's a requirement for your safety



WATER

Min 2L carrying capacity (bladder in backpack recommended) and separate bottle for electrolyte. This is a CUP-FREE EVENT

FIRST AID KIT

Blister pads, band-aids, sunscreen, tape, heavy weight compression bandage in case of snakes.

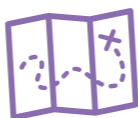


SPACE BLANKET

1 x per team

TORCH

Head torch or torch (plus spare batteries)



MAP

At least one team member to download the **MAPS.ME** app and the Coastrek route. Instructions: www.coastrek.com.au/brisbane

RECOMMENDED GEAR

Day pack (35 – 45L, 6-8kg) – ankle gaiters, electrolytes, toilet paper, hiking poles with rubber ends and food (don't try anything new on event day).

You can see the finish line.



TIMING SYSTEM

This **TANGERINE BOX** and **icon** indicates where your bib will scan including the start line, finish line and designated checkpoints along the way.



GOLDEN RULES

Each team pledges to raise **\$2000** or more for The Fred Hollows Foundation

No participant substitution allowed during event

Please take all rubbish with you and find a bin along the way

Be considerate and kind to neighbours and other walkers

Fast teams self-seed – place yourself at the front of the pack

Give way to faster teams and other walkers

Stay together as a team and cross timing strips together

Be patient at checkpoints, there may be short queues

If using trekking poles, they must have rubber tips

PEREGIAN BEACH LUV Stop

48km/16km

OPEN: 10.45am – 8.30pm



NOOSA WOODS FINISH LINE

OPEN: 12.00pm – SAT 12.30am



TEAM CHANGES

Team captains can replace team members online up until 7 days prior to event day. For any changes/ withdrawals after this date, you must print the team changes form and bring to the team changes desk at your start line.

INJURY & EMERGENCY INFO

Follow emergency procedures on the back of the bib.

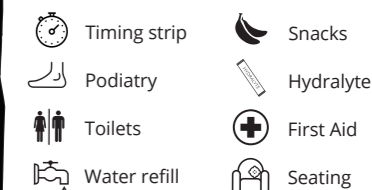
First Aid is available along the route, but always call 000 for life-threatening issues.

Use 'Emergency Plus' App to provide your location coordinates.

EVENT DAY WITHDRAWALS

Must text the name(s), bib number(s) and team name to Coastrek HQ 0411 344 138.

FACILITIES



Podiatry/Massage/Physio services

– As these are volunteers, they are only available at limited stops and for limited periods during the event.

FINISH VILLAGE

Team must cross the finish line timing strip **TOGETHER** (unless someone has officially withdrawn). Food stalls available. Family and friends are more than welcome to cheer you across the finish line.

It will be BUSY! Limited parking available in Noosa Woods.

Map image available here: www.coastrek.com.au/brisbane

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THANKS TO OUR SUPPORTERS

