

fisiocremTM
GC50
Run Festival

2023 EVENT GUIDE



AUSTRALIA'S
GOLDCOAST.



Australian
Championship
Event



WELCOME



Welcome to the 2023 fisiocrem GC50 Run Festival. Our team would like to officially welcome you to the event and thank you for choosing to run with us this year.


We are delighted that the 27th edition of the event will also play host to the AURA National 50km Championship for the second year running. We look forward to welcoming athletes from across the country and wish everyone the best of luck.

We would like to also take the opportunity to highlight some incredible participant milestones this year. Hall of Fame member Pete 'Macca' McKenzie will be looking to complete his 25th 'GC50' along with Caroline Brousseau who will be competing in her 10th 'GC50', as she attempts to become the second female inducted into the Hall of Fame.

Whether you are running 5km or 50km this year we encourage you to join us at the finish line to cheer along your fellow competitors.

Our team wishes you all the best of luck!

lets #RUNTHECOAST

A background image showing a wide, sandy beach meeting a calm, turquoise ocean under a clear blue sky. The image is partially obscured by a teal text box.

"This running festival has evolved from a local event to one that now attracts competitors from across Australia. There is nothing easy about a 50 kilometre race in the December sunshine.

Running is a huge recreational sport in our city with thousands out pounding the pavement every day. Good luck to the long course competitors and those choosing the shorter format races"



GOLD COAST MAYOR TOM TATE



Come and PLAY

The only destination where you can surf world-class waves, hike through ancient rainforest, sip cocktails by a luxurious pool, squeal on a rollercoaster, discover diverse wildlife and savour the finest of dining... all in the same day.

DestinationGoldCoast.com

 TALLEBUDGERA CREEK

#playgoldcoast

GOLDCOAST.

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VENUE ADDRESS

Queen Elizabeth Park, Opposite
60 Marine Parade, Coolangatta,
QLD 4225.



DINING OUT COOLANGATTA

We've compiled a list of some of our favourite restaurants and cafes in our 'Guide to Coolangatta'. To download your copy ahead of your visit simply click the button below or visit the Travel Page of our website.

VIEW

FOLLOW US

Be sure to follow our social media channels in the lead up to the event for the latest event info & updates.



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to keep
you moving.***

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muscular aches & pains.**



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**CONTAINS MENTHOL & NATURALLY
DERIVED ACTIVE INGREDIENTS.**

Always read the label and follow the directions for use.



SCHEDULE

TIME	EVENT	LOCATION
------	-------	----------

SATURDAY 2 DECEMBER

06:30	Sunrise Yoga	Event Village
08:00	Run Resilience Efficiency Workshop	Event Village
12:00	Registration, Massage & Expo Opens	Event Village
12:00	Precinct Beer Garden Opens	Event Village
16:00	1.5km IMPI Kids Dash Race Start	Start Line
16:10	3km IMPI Kids Dash Race Start	Start Line
16:45	12km Race Start	Start Line
16:50	5km Race Start	Start Line
17:00	IMPI Kids Dash Presentations	Finish Line
18:00	12km & 5km Presentations	Finish Line
18:30	Registration & Expo Closes	Event Village
20:30	Bar & Venue Closes	Event Village

SUNDAY 3 DECEMBER

04:15	Venue Opens	Event Village
05:00 - 05:05	50km Race Start	Start Line
05:30 - 05:35	25km Race Start	Start Line
06:30	Expo Opens	Event Village
07:00	fisiocrem Massage Opens	Event Village
10:00	Precinct Beer Garden Opens	Finish Line
10:30	Day 2 Presentations	Event Village
13:00	Bar & Venue Closes	Event Village

PRE-EVENT INFO

RACE PACK COLLECTION

If you haven't had your race pack posted to you then you are required to attend pre-event registration to collect your race pack.

Bibs must be collected on Saturday 2 December from the Registration Marquee in Queen Elizabeth Park (12:00pm - 6:30pm) - there will be no collection of race bibs on Sunday.

If you have had your race pack posted you are not required to attend race pack collection.

All participants will be emailed an electronic e-ticket during event week. Please have this ready to show volunteers when you arrive at registration.



CHANGING DISTANCE

You can change your distance by emailing info@goldcoast50.com before Thursday 30 November at 5.00pm. Changes after this date will need to be made at the registration marquee on Saturday 2 December. Changes are subject to availability and not guaranteed.

LOST BIBS

Replacement race bibs are available at registration for a fee of \$10 on Saturday 2 December.

PLEASE NOTE

If you have had your race pack posted and wish to change distance, you'll be required to exchange your old bib for a new one - so please bring it with you.

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 e-ticket of the bibs they wish to collect.

PARKING

There are various options that provide easy walking access to Queen Elizabeth Park, Coolangatta. Please be courteous to local residents and do not park obstructing any driveways or property access.

CHALK AND LANHAM STREET CAR PARK

Parking here is free for 3 hours and the venue is a short 400m walk from this car park. This car park is accessed from Chalk Street. Parking restrictions here are from 9am – 5pm, therefore providing parking until 12:00pm on Sunday.

THE STRAND

The Strand Shopping Centre on Marine Parade provides secure undercover parking. Parking is free on weekends for the first two hours.

MARINE PARADE

Marine Parade provides lots of free street parking options from Queen Elizabeth Park, south towards Greenmount. Parking here is free with no time restrictions on Sunday (in places) and provides 3 hours of free parking on Saturday.

GRIFFITH STREET

Griffith Street provides 1 hour of free parking on both Saturday and Sunday and is located approximately 300m from the venue, one block back from the beach. Grafton Street parking restrictions are in place from 9am - 5pm.

KIRRA BEACH

Just around the headland – a 550m walk to the venue. There are a number of free public parking locations.





Epic cushioning. Effortless ride.

The new Cloudeclipse

START LINE

LOCATION

The start line for all events is located on the pathway adjacent to Queen Elizabeth Park. This can be viewed on the venue map below.

There will be a quick and final briefing approximately 10 minutes prior to each event start throughout the weekend.

TIP:

If you are planning on pushing for a PB or a quick time (or even podium), we recommend making your way to the front of your start group to ensure you start in the first group.

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

START LINE PROCESSES

Runners participating in the Sunday events are provided with a rolling start window. This is listed in the event schedule on page 5. This provides each set of these runners with a 5 minute window to begin your event. Your time will be taken from the moment you cross the start line mat (not gun time). Your place in the event will be reflective of your actual time - so don't worry about starting a little later than others if this happens.

Participants on Saturday (12km, 5km & IMPI Sportswear Kids Dash) will have managed wave starts at the time listed within the Event Schedule on Page 5.



**VIEW VENUE
MAP & START
LINE LOCATION
ONLINE**

RAY WHITE PACERS

RayWhite
TUGUN ELANORA

The fisiocrem GC50 Run Festival will have Ray White Pacers in the 50km, 25km and 12km distances. Thank you to the team at Ray White Tugun Elanora for sponsoring our pacers this year and thank you to Galeforce Run Squad for providing our pacers!

If you have a certain goal in mind for the event, our Ray White Pacers will help you get there, by pacing you through your distance at a consistent speed, just look out for their yellow shirts within the start line area prior to the race start.

50KM PACERS

TIME	PACE (PER KM)	TIME	PACE (PER KM)
3:30	4:12	5:30	6:36
4:00	4:48	6:00	7:12
4:30	5:24		
5:00	6:00		

25KM PACERS

TIME	PACE (PER KM)	TIME	PACE (PER KM)
1:45	4:12	2:45	6:36
2:00	4:48	3:00	7:12
2:15	5:24		
2:30	6:00		

12KM PACERS

TIME	PACE (PER KM)	TIME	PACE (PER KM)
0:48	4:00	1:12	6:00
0:54	4:30	1:18	6:30
1:00	5:00	1:24	7:00
1:06	5:30		



galeforce
RUNNING SQUAD



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QUALITY SUNNIES THAT WON'T BREAK THE BANK

**NO SLIP.
NO SLIDE.
NO BOUNCE.**



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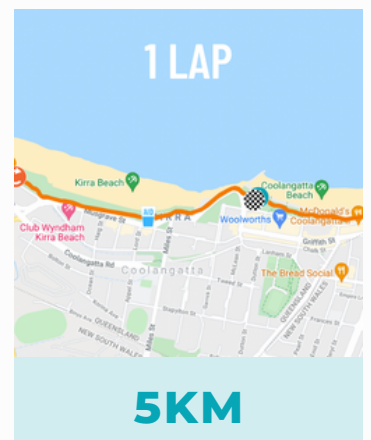
COURSE MAPS

COURSE OVERVIEW

All courses utilise the beautiful Oceanway Pathway, throughout the southern Gold Coast. The 50km course is officially certified and has been awarded the IAU Bronze Label. Runners will keep left, throughout the run course travelling north to your designated turnaround point. Upon returning back to the start line location, all runners will complete a southern out and back section towards Greenmount before entering the finish chute that hugs Queen Elizabeth Park.

WATCH THE VIDEO

You can watch a flyover video of the course by clicking the play button to the right, or alternatively view all course maps as Google Maps via the links below.



COURSE INFO

MARSHALS

Course marshals will be in position throughout the course to ensure you navigate the course correctly and are safe in the process. Course marshals will be wearing purple coloured 'fisiocrem Run Crew' t-shirts. Should you need medical assistance, please speak to the nearest marshal.



TURNAROUND LOCATIONS

- 50km participants will complete their northern turnaround within Pirate Park, Palm Beach as shown on course maps and video.
- 25km participants will complete their northern turnaround at Tugun SLSC.
- 12km participants will complete their northern turnaround 250m short of Tugun SLSC.
- 5km participants will complete their northern turn at North Kirra SLSC.

COURSE RULES:

- Please keep to the left at all times on the run course, overtake on the right
- Please be courteous to other runners and members of the public using the pathways
- Please stick to the pathways at all times and do not use the road
- 50km runners will pass 2 car park entry crossings, please obey normal road rules and follow the direction of the course marshals at the crossing points.

SUPPORT BIKES/OUTSIDE AID:

Support bikes are strictly not permitted in the event. Support bikes are classified as someone who rides alongside a runner, providing pacing assistance or coaching. Spectators can utilise bikes to visit different areas of the course, but we ask that where possible you utilise the adjacent road to ride (following road rules). It is a violation to assist a runner with aid (i.e. drinks or nutrition) outside of the designated aid station locations. Sector Leaders will be policing this throughout the course, with penalties such as time penalties and disqualification for anyone not adhering to this rule (penalties are at the Race Director's discretion).

COURSE INFO

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). In case of medical emergency, please contact 000.

EVENT WITHDRAWALS

Should you decide that you would like to withdraw from the run, if possible we ask that you inform marshals. They will gather the required information from you and will contact first aid if required. If possible, we recommend withdrawing at aid stations for safety and support.

SMS WITHDRAWAL

Should you withdraw without seeing a marshal, we ask that (if possible) you SMS your race number & name to the following number please:

0422 789 959

RETURN TRANSPORT

If at all possible we ask that you arrange your own transport back to the finish line (or home). If this isn't possible, our team will be there to assist. Please ask a marshal or aid station member to contact their sector leader, for vehicle assistance.





FIXX[®]
NUTRITION

OFFICIAL EVENT NUTRITION

ALL IN ONE - SPORTS DRINK
MADE IN BURLEIGH HEADS

**ELECTROLYTES
TO REPLENISH**

Sodium Na

Potassium K

Calcium Ca

Magnesium Mg



**CARBOHYDRATES
FOR ENERGY**

**50g
Carbohydrates**

**GUT
FRIENDLY**

**VEGAN
GLUTEN FREE**

**ALL
NATURAL**

AID STATIONS

LOCATIONS

Aid stations are located a maximum of 3km apart throughout the course. Specific locations of aid stations can be found by viewing the Google Map version of your specific course map on page 13.

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

PROVISIONS:

Aid stations will be equipped with the following:

- Water
- Fuel X Tropical
- CrampFix (Sunday Only)*
- Gel X Pro (Sunday Only)*

FUEL X:

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.

*Please note, the number of gels and shots on course is limited and we strongly recommend you carry your own supply. Visit the Fixx Nutrition expo booth at the event or shop online today at www.fixxnutrition.com to order your supply.

**FIXX**
NUTRITION**TAKE 15% OFF
STOREWIDE**

USE CODE:

GC15**SHOP NOW**

AID STATIONS

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.

PERSONAL SUPPLIES:

Please note that we do not offer a personal supplies solution at the event, however you are permitted to have a family member, or friend provide you with nutrition at designated aid station locations (only).

Please note that the handing over of any aid supplies outside of these locations could lead to a disqualification.

HYDRATION DEVICES:

We do encourage all participants to carry their own hydration device and nutrition where possible, ensuring you have access to this throughout your event.

Fixx Nutrition will be on hand at the event venue to assist you with any required supplies.



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NUTRITION

GEL X PRO

SMOOTH LIQUID TEXTURE
GUT FRIENDLY



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AUSTRALIA

**ALL NATURAL
PRESERVATIVE FREE**

KIDS DASH

SCHEDULE: SATURDAY 3 DECEMBER

15:50	Kids Dash Briefing	Start Line
16:00	1.5km Race Start	Start Line
16:10	3km Race Start	Start Line
17:00	Presentations	Finish Line



VIEW COURSE MAP

THE COURSE

Runners will complete a southern out and back on the Oceanway Pathway (to Greenmount), before entering Queen Elizabeth Park to the finish line.

Participants in the 1.5km event will complete 1 lap and 3km runners will complete 2.

Parents are welcome to accompany their child throughout the course.

IMPI

SPORTSWEAR

For the warrior within

SPORTSWEAR FOR

Active
Teens



FIND YOUR PERFECT FIT

Gorgeous bike shorts and colourful crops designed for active teens that won't move, stretch or fade when you run!

IMPI SPORTSWEAR KIDS DASH

Get the kids involved in the excitement of race day with the IMPI Kids Dash! Parents, family and friends are invited to cheer along our little stars and each participant will receive a medal for their efforts!



PROUD SPONSOR OF THE FISIOCREM GC50 RUN FESTIVAL

IMPI Sportswear is back as a proud sponsor of the fisiocrem GC50 Run Festival, ready to bring the excitement once more! Inspired by girls who love to run, every piece has been designed to bring out the warrior within. We want to encourage girls to be tough, determined, and hard-working, and to chase down their dreams, all within the bounds of good friendships developed

SPECTATORS

THE MORE THE MERRIER

We encourage you to invite your friends and family to cheer you along at the fisiocrem GC50 Run Festival. The finish line area will feature food trucks, live music, the Precinct Beer Garden, Expo and more to keep them entertained!

The fisiocrem GC50 Run Festival course provides numerous locations that provide easy parking and spectating opportunities. Please ensure that you do not obstruct runners and members of the public whilst spectating.

TRACKING & RESULTS

Please visit www.gc50runfestival.com.au to access the live tracker to track participants during their run.

Please note: Tracking and Live Results will be available on the website from Monday 27 November. This will enable you to track the progress of athletes during the event, check their predicted finish time and next split.



THE PLACE TO BEER...



PRECINCT

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FULL WORKING BREWERY ONSITE

**16 BREWS
ON TAP**

RESTAURANT W
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LARGE
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WE WELCOME YOU TO KICK OFF YOUR SHOES & MAKE YOURSELF AT HOME

FIND OUT WHATS ON

[HTTPS://WWW.PRECINCTBREWING.COM.AU/WHATS-ON](https://www.precinctbrewing.com.au/whats-on)



[precinctbrewing.com.au](https://www.precinctbrewing.com.au)   17 CHRISTINE AVE MIAMI

PRESENTATIONS

AWARDS

We will be awarding those that finish in the top 3 male and female across all events.

Official timing results will also provide a breakdown of all results by age-group and gender.

PRESENTATION TIMES - SATURDAY

17:00	IMPI Kids Dash Presentations	Finish Line
18:00	12km & 5km Presentations	Finish Line

PRESENTATION TIMES - SUNDAY

10:30	Day 2 Presentations	Finish Line
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2023 CLUB CHALLENGE

The Club Challenge is awarded for turnout and performance. The Club that wins the Club Challenge will be the club (or group) that accumulates the greatest number of points for the event. Points are awarded in the following way:

- by turnout, weighted at five points per runner, and
- by performance with points awarded for placings in each distance age group category, (10 for 1st, down to 1 for 10th in your age group). These points will apply over all races.

The Club Challenge winners will be announced via social media on Monday 4th December 2023.

EVENT PRECINCT

CLUB MARQUEES

If you have qualified for a club marquee through the Club Challenge incentive scheme - your marquee/s will be erected for you prior to arrival and will have a sign with your club/group name on it.

Club admins have been notified via email pre-event. Should you wish to bring along your own marquee, please contact us at info@goldcoast50.com.

LOCKERS

Lockers will be available to hire at the event, subject to a \$10 booking fee. Lockers can be purchased online via the [event store](#), or at the venue on event weekend.

FOOD & BEVERAGE

The finish line precinct will have a number of food trucks present on both Saturday & Sunday including; Coastal Coffee Van, Daisy Days Coffee, Kitchen on Fire Food Truck, Nice Pop & Roll Crepes & the Precinct Beer Garden.

EXPO

The event expo will feature many of our event partners and is located within Queen Elizabeth Park. The expo will be open from 12:00pm - 6:30pm on Saturday and Sunday from 6:30am - 1:00pm.

DINING OUT GUIDE:

We have compiled a list of some of our favourite local restaurants and cafes in our Guide to Coolangatta. Whether your looking for breakfast, lunch or dinner, Coolangatta and neighbouring Kirra have you covered with a vast array of restaurant choices .

VIEW GUIDE

**VIEW
PRECINCT MAP**

MASSAGE

COURTESY OF FISIOCREM

Our naming rights partner, fisiocrem will be on hand throughout the weekend providing pre and post run massages.

Massage is available during expo opening hours (12:00pm - 7:00pm Sat & 7:00am - 1:00pm Sun).

\$1 OFF YOUR COFFEE!

The legends at fisiocrem are also covering the first dollar of everyone's coffee purchased over the weekend from the two on-site coffee vendors! Thanks fisiocrem!



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.

Always read the label and follow the directions for use.

RUN RESILIENCE



Run Resilience are the Official Strength Training Partner of the fisiocrem GC50 Run Festival and Alissa and the team will be on-hand throughout the weekend with a range of offerings including the Efficiency Workshop taking place on Saturday from 8:00am - 12:00pm + a recovery garden where you'll be able to stretch and relax and enjoy an ice bath!

EFFICIENCY WORKSHOP SAT 8AM - 12PM

If you are looking to improve your longevity in running and improve how you use your body to run, then this workshop is for you. Taking place from 8:00am on Saturday 2 December, this includes:

- Running Analysis
- Runners Yoga
- Efficiency Session
- Running Report
- Strength Session
- Snacks & Giveaways
- Challenges + Runners E-Book

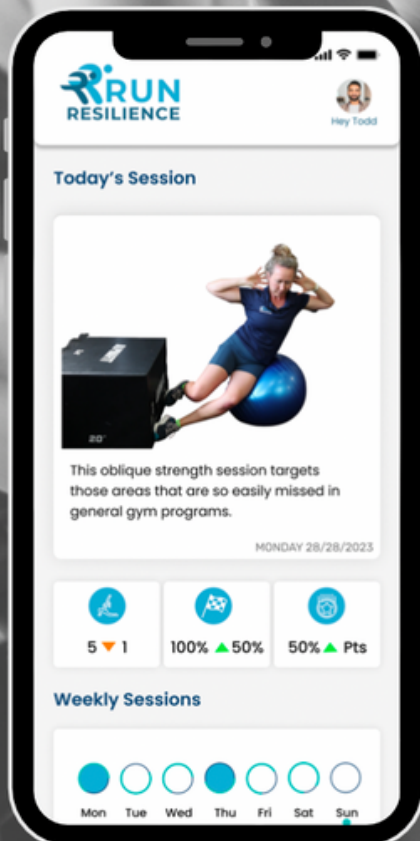
LEARN MORE



NEW PROGRAM, NEW LOOK, NEW OPTIONS

RUN

BETTER



www.runresilience.com



SUNRISE YOGA

STRETCH WITH US

fisiocrem Sunrise Yoga, delivered by Created Connections will take place at 6:30am on Saturday 2 December, from Queen Elizabeth Park, Coolangatta.

Along with participation in the 40-minute yoga class, fisiocrem are providing every participant with a complimentary fisiocrem goody pack which includes tote bag, 60g tube of fisiocrem, fisiocrem towel and bag of lollies.

Your \$10 booking donation will go directly to The Make Ways Foundation. Make Ways is a registered charity working to create health, education and employment pathways for vulnerable young people living in poverty.

**VIEW ALL YOGA
DETAILS HERE**



**BOOKING
ESSENTIAL**

BOOK HERE



Feel good at the fisiocrem GC50 Run Festival...

- Relax** at the Sunrise Yoga session
- Donate** your pre-loved sports gear
- Deposit** recyclable bottles & containers
- Choose** Make Ways as your fundraising charity



Make Ways
Foundation

Co-creating opportunities
in sport, education &
employment for young
people living in poverty.

PARTNERS & EXHIBITORS



VISIT

AUSTRALIA'S
GOLDCOAST.

VISIT



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For the warrior within

VISIT



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19 MAY 2024



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