

2021 EVENT GUIDE



wildearth
RESOLUTION

Run



EMERALD LAKES
GOLF · DINING · LEISURE





RACE DAY SCHEDULE

3.00pm	Race Pack Collection opens (check times for your event)
4.00pm	fisiocrem Community Carnival commences - Jumping Castles, Giant Games, Gecko Sports Spectacular, Tattoo Tent & Sparky Do Dah activities
4.00pm	fisiocrem FREE Massages commence (continue until 7pm)
4.15pm	Dr Drew Junior Dash 1km commences
4.30pm	Dr Drew Junior Dash 500m commences
5.00pm	Run The World 12k commences
5.05pm	Run Resilience Pram Push commences
5.15pm	fisiocrem 8k commences
5.30pm	Lissome 4k Run/Walk commences
5.30pm	Event food offering commences
6.00pm	Live Music commences
7.00pm	Live music pauses, fisiocrem Massages & Jumping Castles cease
7.00pm	Presentation & Dreamworld Lucky Draws
7.30pm	fisiocrem Fireworks
7.35pm	Gecko Sports Neon Games commence, live music resumes
8.30pm	Food offerings & Gecko Sports Neon Games close
8.45pm	Live music ceases, background music & bar continue!



*Times may vary slightly as required



wildearth
LIVE | LIFE | ADVENTURE



RACE BIB COLLECTION

PRE-EVENT OPTIONS

Take the stress out of race day and collect your bib beforehand!

Come prepared with your E-TICKET open on your phone or printed out!

SESSION 1 - WILD EARTH - 25 Central Drive, Burleigh

Wednesday December 29th 9.00am - 11.00am

Take advantage of your discount code 'RESRUN' whilst there!



SESSION 2 - EMERALD LAKES GOLF CLUB

Thursday December 30th 6.30am - 9.30am

Just pick up your bib or enjoy a FREE yoga class between 7.00-7.45am as well!

SESSION 3 - WILD EARTH - 25 Central Drive, Burleigh

Thursday December 30th 3.15pm - 5.15pm

SESSION 4 - EMERALD LAKES GOLF CLUB

Friday December 31st 7.30am - 9.30am

Skip the queues this afternoon with a quick collection on race morning!



RACE DAY

Pick-up times (and pre-event options) have been staggered for CovidSafe purposes. Please assist by taking advantage of the various options and adhering to scheduled times.

- Juniors 3.00-4.00pm
- 12km & Pram Push 3.30-4.45pm
- 8.5km 3.45-5.00pm
- 4km 4.00-5.15pm

Late entries (subject to availability) remain open **online** until racing commences.

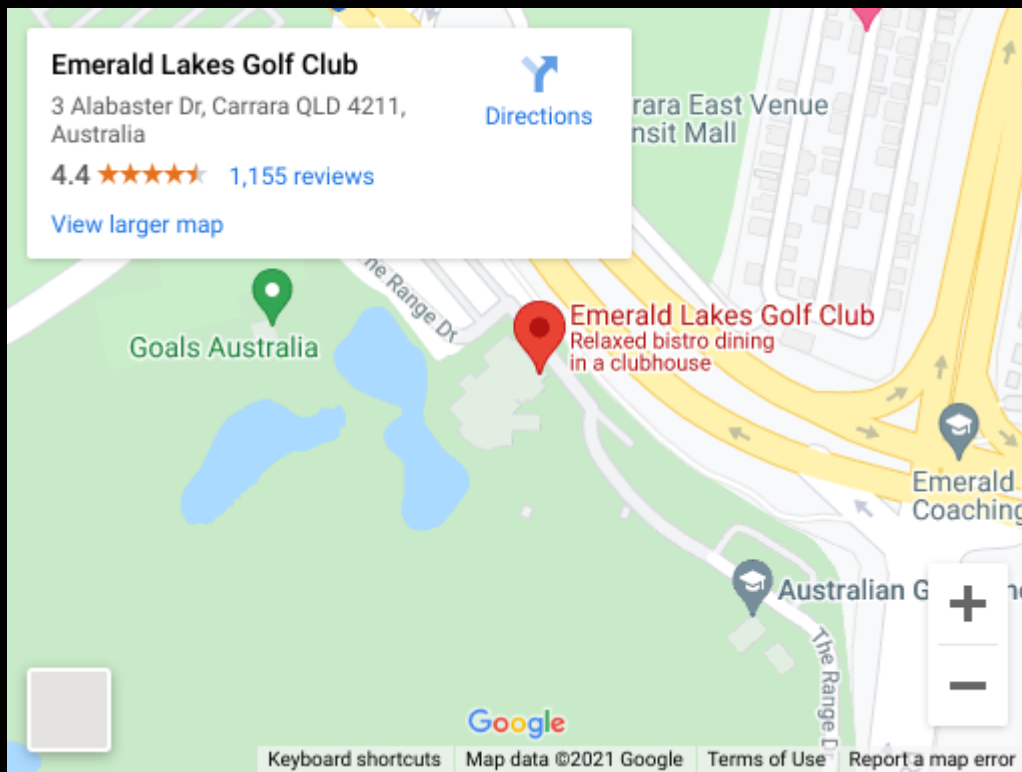
LOCATION

EMERALD LAKES GOLF CLUB – RACE PRECINCT IS ON THE GOLF DRIVING RANGE
CORNER OF ALABASTER DRIVE & NERANG-BROADBEACH ROAD, CARRARA

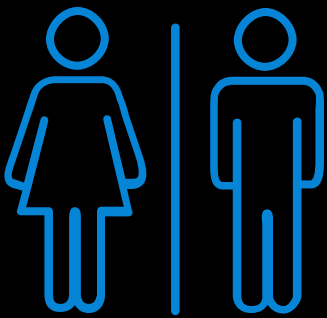
PARKING

EVENT PARKING IS LOCATED OFF ALABASTER DRIVE IN THE 'BLUE' CAR PARK. PARKING WILL BE MANAGED BY THE ASHMORE ROTARY CLUB AND REQUIRES A GOLD COIN DONATION – ALL PROCEEDS GO TO SUPPORT LOCAL CHARITIES.

AFTER PARKING; PLEASE PROCEED TO THE INTERSECTION AND UTILISE THE TRAFFIC LIGHTS TO MAKE YOUR WAY SAFELY ACROSS THE ROAD TO THE CLUB. ON SITE PARKING IS FOR CLUB MEMBERS AND RESTAURANT PATRONS ONLY.



TOILETS



PLEASE USE THE PORTABLE TOILETS & HAND WASHING BAY LOCATED IMMEDIATELY BEHIND THE RACE PRECINCT (NEXT TO THE MINI GOLF).

PLEASE UTILISE HAND SANITISER STATIONS PROVIDED THROUGHOUT THE RACE PRECINCT FREQUENTLY DURING THE EVENING.

NOTE: THERE ARE NO TOILETS ON THE COURSE ITSELF

Stay tuned for news on all our fun events!



COURSE MAP & DESCRIPTION



* Course subject to change if conditions require.

JUNIOR RACES - The junior dash is sponsored by **Dr Drew Moffrey** and entails 500m loop run predominantly on grass with a little footpath before the finish. 1km runners will do two loops. Flat and fast and great for spectators too. Parents are permitted to run with the younger juniors, but are requested to please start at the back of the pack. There will be marshals and signs to follow.

OPENING LOOP - this will be the first section for the longer races and the entire **Lissome Physio 4km** race. Run between the small fluoro orange flags and red markers, follow the signs and chalk arrows on the concrete sections. This section of the course will include long sections of grass, the cart path and footpath. 4km competitors turn right at the end of the loop and finish through the arch, 8.5km & 12km competitors continue

EMERALD LAKES SECTION - the **fisiocrem 8.5km** and **Run The World 12km** runners will continue along the narrow path (single file here please) and then be guided into the underpass to allow you to cross underneath Birmingham Road, continuing straight on this year, crossing Lakeside Drive (road closure in place) and following the footpath by the lake. 8.5km and Pram Push participants will make a U-turn just past the residential village, 12km runners will continue along the path, running up a slight incline and sweeping right around to the path that continues parallel to Nielsen's Road.

Just past the aid station, you will be directed right and across a creek (via a bridge) for a short grass section before re-joining the path. You will run a further 800m before making your U-turn. Follow the same route home. At all times; runners should stick to the left of the path.

Run Resilience Pram Push (4.5km) - The Pram Push shall use the same start line as other races, but shall head north (opposite to other events) first, before making a RIGHT HAND turn at the end of the chute and following the course proper to the turnaround just over 2km away.

THE FINISH - it's glory time. Utilising the underpass, you will be directed across the road and back onto the path at Emerald Lakes Golf Club. Runners will turn off the path (marshal and signage in place) at the Coaching Centre and run approximately 50m before making a left hand turn and run down the finish chute. Smile for the camera; the team from **FINISHER PIX** are on hand and your photos are **FREE** for all competitors thanks to **Run Resilience**. They will also be out on course so smile the whole way!

AID STATIONS

THERE WILL BE WATER AT AID STATIONS ON THE COURSE,
APPROXIMATELY EVERY 2-3KM & IN THE RACE PRECINCT

FIXX FUEL X WILL BE AVAILABLE AT AID STATION 2 - THE BOAT RAMP
ON THE EMERLAD LAKES SECTION & AGAIN IN THE RACE PRECINCT



WHITE CUPS = WATER

BLACK CUPS = FIXX FUEL X



IF YOU FEEL LIKE YOU NEED MORE SUPPORT, PLEASE FEEL FREE TO
USE YOUR OWN HYDRATION PACK OR HAND HELD BOTTLES.

EVENT CUT OFFS

Whilst the event has no OFFICIAL cut-off times; we ask that participants make themselves aware of the
schedule of events and diminishing daylight; select an event distance that sees you back prior to 7pm.

This is for your own safety and that of our volunteers out on course.



Minimum ages (at the time of the event):

12k – minimum age is 10 years

8.5k – minimum age is 8 years

4k – minimum age is 6 years

1k Junior Dash – minimum age is 4 years

500m Junior Dash – minimum age is 2 years



COVID CARE



The event and venue are governed by the standing health guidelines as stipulated by the Qld Government.

We ask that all attendees check in upon arrival, maintain social distancing where possible, utilise the hand
sanitiser stations and DO NOT ATTEND if unwell or showing symptoms.

Thank you for working with us.

RACE INCLUSIONS & MERCHANDISE

EVERY registered participant who runs, walks or pushes the pram; will receive a finishers medal, their 2021 race gift (medal hanger),



Artist impression only.

electronic timing complete with e-certificate (download at home) and

FREE PHOTOS via  **FinisherPix** courtesy of

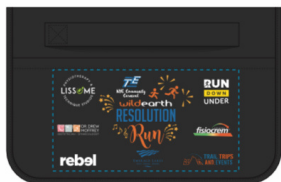


and one (1) FREE drink; light options (water, juice popper or soft drink - visit the Run Central tent next to the bar) or a Mountain Goat beer or Robert Oatley wine!

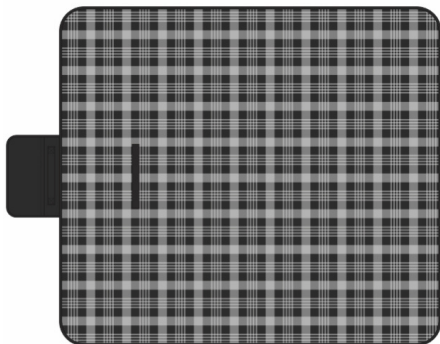


ITEMS FOR SALE

Merchandise is available for purchase online via the registration portal or on the evening (limited stock). Shirts for \$20, towels or blankets \$10 each



FLAP CLOSURE (shown up)





Proudly supported by

Cr Bob La Castra
Division 8



CITY OF
GOLD COAST

COMMUNITY CARNIVAL

FUN FOR THE KIDS - 4.00-7.00PM



Inflatable Fun

Sparky Do Dah activities

Gecko Sports Hub & Giant Games

Temporary Tattoos



FOOD TRUCKS & BAR - FROM 5.30PM

Offerings include:

*** Woodfire Pizza * Fish Hub * Kebabs & Felfel * This Little Piggie**

& for dessert: OMG Decadent Donuts – Gold Coast and Mr Moo Berry Ice Cream Truck

LIVE MUSIC WITH 'AUDREY & JAKE' - 6.00-7.00PM

7.10PM WILD EARTH RESOLUTION RUN PRESENTATIONS



7.30PM FISIOCREM FAMILY FIREWORKS

7.35PM GECKO SPORTS NEON GAMES COMMENCE



7.35-8.30PM - LIVE MUSIC WITH 'AUDREY & JAKE'

8.30PM - BACKGROUND MUSIC AND BAR CONTINUE ON DEMAND!



PLEASE NOTE: There is no movie this year due to the availability of the Disney movies immediately across the road. Please support this event over the summer!

Our jumping castle supplier will be on site with two supervisors to ensure compliance and safety measures are adhered to, as well as monitoring the conditions throughout the operating period.



RACE DAY MASSAGE

fisiocrem will be providing FREE post-race massages!

Simply check-in at the fisiocrem massage tent and await your turn!

fisiocrem MASSAGE OPERATING HOURS:
4.00pm - 7:00pm



FREE MASSAGE

Assists with post exercise recovery.

Available at your local pharmacy, Coles, Woolworths and Chemist Warehouse.

SHOP NOW

Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional.

RESULTS & PRESENTATIONS

Results will be available here online and are live with thanks to SES.



Visit the results link on our website or SIMPLY SCAN THE QR CODE on the back of your race bib!



We will have some great prizes for our overall placegetters thanks to Wild Earth and our event partners; plus DREAMWORLD annual passes and fisiocrem prize packs in our lucky draw!



VIRTUAL RUN OPTIONS

RUN 4 BLUE VIRTUAL RUN

Can't be with us in person on New Year's Eve?! You can still take part in the 'Run 4 Blue' Virtual Run! Participants still get a medal and race gift, are sent a link to access a virtual run bib (should you want to look the part; simply print it off and wear it), can record their results on our virtual leaderboard and support a great cause; Run 4 Blue is a police charity set up to support Police Legacy and was established by local runner Tammy Watson!



You choose the time and the place,
you choose your distance and pace,
Register and still be part of the fun
Simply share a record of your run
A medal and gift will find their way
Into your post box not far away!



TRAIL TRIPS
AND EVENTS



VIRTUAL RUNS

A few of our fantastic volunteers are taking part this way so they can help you on the day and we have a big contingent of runners participating with 'On the Run Mackay'!



Our second virtual experience is with our 12km event partner - Run The World.

Join in and you'll become part of a fantastic community of runners, each making their way virtually around the countries of the world with each and every run (or walk) completed. Every year you get a medal that recognises your achievement and a shirt or singlet to show your true colours! Start your journey TODAY!

FREE PHYSIO ASSESSMENT

LISSOME
PHYSIOTHERAPY AND
TECHNIQUE STUDIOS

myhealthteam

Lissome Physiotherapy are changing their name over to myhealthteam in 2022 and you can make some changes too!

Book in for a FREE 15min assessment and let the team uncover the root cause of those aches and help unlock a healthier and happier, niggle free you!

Click [here to book a time for your FREE](#) race day assessment!

THANK YOU VOLUNTEERS

A huge thanks to all our individuals helping deliver a fun night for all, with a special mention to the assistance coming from Run Central and Main Beach parkrun!

Thank you also to our two local community groups; the Rotary Club of Ashmore and Worongary State School P&C who will be assisting with aid stations, marshalling and welcoming you to our event car parking!



To show our appreciation, we ask that ALL event parking occur at the 'BLUE' carpark off Alabaster Drive and that you make a gold coin donation - the money raised will assist the Rotary club in their charitable duties in our community and the P&C provide some wonderful new resources for their students!

Run Resilience is a dedicated running strength program starting from the foundations and building into a more targeted and specific program for runners! Join the community for access to a wealth of knowledge, interactive sessions and tailored run strength.



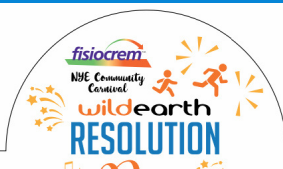
Come and relax with Alissa in the post race recovery zone and find out more about how Run Resilience can work for you or [click here](#) for details!



Thank you to Drew for his ongoing support of our Junior Dash.

We have a number of junior runners who Drew assisted at their arrival into this world and we hope that there are many more!

Please support all our event partners where you can!



TRAIL TRIPS AND EVENTS

RACE schedule



MARCH IN THE RAW



3K, 15K, 25K
 SUNDAY MARCH 13, 2022
 WWW.INTHERAWTRAILRUN.COM.AU
 NUMINBAH VALLEY, GOLD COAST
 ENTRIES OPEN DECEMBER 11, 2021



FLIRT WITH DIRT ROUND 1

1.6K, 3K, 6K, 9K
 SUNDAY AFTERNOON.
 MARCH 27, 2022
 WWW.FLIRTWITHDIRT.COM.AU
 MUDGEERABA, GOLD COAST
 ENTRIES OPEN JANUARY 15, 2022



MAY

FLIRT WITH DIRT DUATHLON

JUNIOR, ENTCER & SPRINT DISTANCES
 SATURDAY AFTERNOON.
 MAY 7, 2022
 WWW.FLIRTWITHDIRT.COM.AU
 COOMBABAH, GOLD COAST
 ENTRIES OPEN JANUARY 15, 2022



FLIRT WITH DIRT ROUND 2

2K, 4K, 7.5K, 15K
 SUNDAY AFTERNOON.
 MAY 8, 2022
 WWW.FLIRTWITHDIRT.COM.AU
 COOMBABAH, GOLD COAST
 ENTRIES OPEN JANUARY 15, 2022



2022

GREAT RACES. AMAZING PLACES.
 WWW.TRAILTRIPS.COM.AU

JUNE

FLIRT WITH DIRT ROUND 3

2K, 3.5K, 6K, 11K
 SUNDAY AFTERNOON.
 JUNE 26, 2022
 WWW.FLIRTWITHDIRT.COM.AU
 TALLEBUDGERABA, GOLD COAST
 ENTRIES OPEN JANUARY 15, 2022



OCTOBER HALLOWEEN HUSTLE

2K, 5K OR 11K
 SATURDAY EVENING
 OCTOBER 29
 4:00PM ONWARDS
 WWW.HALLOWEENHUSTLE.COM.AU
 NERANG VELODROME
 ENTRIES OPEN MAY 27, 2022



DECEMBER

NYE RESOLUTION RUN & FISIOCREM COMMUNITY CARNIVAL

500M, 1K, 4K, 8.5K, 12K + PRAM PUSH
 SATURDAY EVENING DECEMBER 31ST
 WWW.NYERESOLUTIONRUN.COM.AU
 EMERALD LAKES GOLF CLUB, ALABASTER DRIVE, CARRARA
 ENTRIES OPEN OCTOBER 30, 2022

TRAIL TRIPS & EVENTS: GREAT RACES. AMAZING PLACES.

AUGUST BORDER BOLT RUN FEST

6K, 13K, 21K, 30K (TBC)
 SUNDAY AUGUST 7, 2022
 WWW.BORDERBOLTRUNFEST.COM.AU
 CURRUMBIN, GOLD COAST
 ENTRIES OPEN APRIL 11, 2022
 EVENT DETAILS & WEBSITE COMING SOON



THE CUT

MINIMUM 9K, MAXIMUM 50K...
 SATURDAY OCTOBER 29TH
 9:00-5:30 PM... OR AS LONG AS YOU SURVIVE... 'THE CUT'
 WWW.THECUTULTRA.COM.AU
 HOPE STREET, NERANG VELODROME
 ENTRIES OPEN MAY 27, 2022



SEPTEMBER COASTAL HIGH

28K, 50K
 SATURDAY SEPTEMBER 3, 2022
 WWW.COASTALHIGH.COM.AU
 GOLD COAST HINTERLAND
 ENTRIES OPEN FEBRUARY 26, 2022



AS THE WORLD OF TRAVEL RETURNS,

CHECK OUT WHERE



TRAIL TRIPS CAN TAKE YOU!



WWW.TRAILTRIPS.COM.AU