



Mackay Mountain Marathon

Athlete Information Guide

30th + 31st July 2022



Event Schedule:



Start	Finish	Thursday 28th July
1pm	5pm	Collection of run bibs, rider plates, shirts and jerseys @ Corry Cycles, Corner Milton and Gordon Streets, Mackay

Start	Finish	Friday 29th July
9am	5pm	Collection of run bibs, rider plates, shirts and jerseys @ Corry Cycles, Corner Milton and Gordon Streets, Mackay

Start	Finish	Saturday 30th July
1pm		Volunteer Briefing @ The Hub, North Street
1pm	5pm	Camping Ground opens @ the cricket oval
1pm	5pm	Ride/Run pack collection @ The Hub, beside the oval
1:45pm	2pm	15km Run Briefing @ the Chalet (Compulsory for all 15km runners)
2pm		15km Trail Run begins @ the Chalet
2:10pm	2:15pm	5km Run/Walk Briefing @ the Chalet
2.15pm		5km Run/Walk begins @ the Chalet
3.45pm		Presentations for 15km Trail Run.
4.30pm	5.30pm	Kids Mountain Bike Activities @ the cricket oval
6pm	8pm	Dinner available @ the Chalet (Payment when ordering your choice off the menu)



 On The Run



Start	Finish	Sunday 31st July
4.45am		Briefing for 55km Trail Run @ North Street & Goodes Lookout Road
5am		Start 55km Trail Run @ North Street & Goodes Lookout Road
5.30am		Breakfast served @ the Chalet (Payment when ordering @ \$18 per person)
6.45am		Volunteer briefing @ The Hub, North Street
7.15am	7.30am	Collection of run bibs, rider plates, shirts and jerseys @ The Hub, North Street. FOR OUT OF TOWN ENTRANTS ONLY
7.45am		Briefing for all MTB riders (55km, 38km and 15km) @ North Street & Goodes Lookout Road
8am		Start 55km MTB @ North Street & Goodes Lookout Road
8.05am		Start 38km MTB @ North Street & Goodes Lookout Road
8.10am		Start 15km MTB @ North Street & Goodes Lookout Road
8.15am		Briefing for 28km Trail Run @ North Street & Goodes Lookout Road
8.30am		Start 28km Trail Run @ North Street & Goodes Lookout Road
12pm	Approx.	Presentations @ the Chalet





General Information:

- **WHERE DO WE FINISH** - All riders and runners will finish at the Eungella Chalet, where all riders and runners are required to cross under the finish arch.
- **ROAD RULES** - All riders and runners must always abide by the road rules. Some roads are open to traffic and all care is to be taken when riding/running on all tracks and roads.
- **LEAVE ONLY TYRE TRACKS AND SHOE PRINTS** - Littering will not be tolerated under any circumstances.
- **EYE WEAR** - It is recommended that riders wear eye protection while on the walking tracks due to the presence of sharp vines etc. (LAST 8KM OF THE TRACK)
- **HELP YOUR MATES!** - If a rider/runner is injured, ensure they are stable, and send someone ahead to advise the next volunteer. Ensure someone stays with the injured rider/runner until help arrives.
- **PASSING** - Riders walking their bikes must give way to riders on their bikes. Riders wanting to overtake are to call out "PASSING LEFT" or "PASSING RIGHT" to the rider/runner in front. The rider/runner in front must then hold their line until it is safe to pull to the side enough to let the rider behind pass safely. ON WALKING TRACK SECTION RIDER'S MAY ONLY PASS ON THE RIGHT, THE SLOWER RIDER/RUNNER MUST MOVE LEFT. In all situations, please respect your fellow rider/runner. Communication is the key.
- **THE COURSE** - The course will be marked by arrows, signage and fluoro marking tape. Riders/runners to stay on the course.
- **TIMING** - All distances will be timed. This feature is also used to ensure all riders/runners have returned safely. Please ensure your number plate is attached to the front of your bike (riders) or on your shirt (runners) in an upright position.
- **RESULTS** - Results will be made available at the Eungella Chalet by 3pm. They will then be available via the website/Facebook after the event.



Safety:

- Rider's bikes must be in good mechanical order. Bicycles will be inspected prior to the event start and all bikes deemed unfit will not be allowed to take part in the event. It is the responsibility of the rider to ensure their bicycle is in good working order.
- All riders must always carry eye protection with them while participating in the Mackay Mountain Marathon.
- All riders and runners must wear closed in shoes.
- All riders must always wear a helmet while participating in the Mackay Mountain Marathon.
- Due to the risks involved, children under 5 are not permitted to take part in the 5km run/walk in any way.
- The tracks are NOT pram friendly. Prams and strollers are not permitted on the course.

Safety checklist for ALL Riders

- My bike has BAR PLUGS
- My bike is in SOUND MECHANICAL CONDITION
- My BRAKES are working well
- I have WATER BOTTLES & HOLDERS
- I have FOOD & NUTRITION (recommended for 38km & 55km)
- I have SPARES – Tubes, etc.
- I have EYE PROTECTION (recommended)





Hints and extra information:

RUNNERS 28KM & 55KM

We estimate that this run will take you about 50% longer than a similar distance run on the road.

It is recommended that you carry some water and your favourite nutrition on the course. There will be aid stations approximately every 8-10km with water and some supplies.

Headwear – consider a cap, visor, or buff for sun protection.

Sunscreen – Slip Slop Slap – be sun safe at all times.

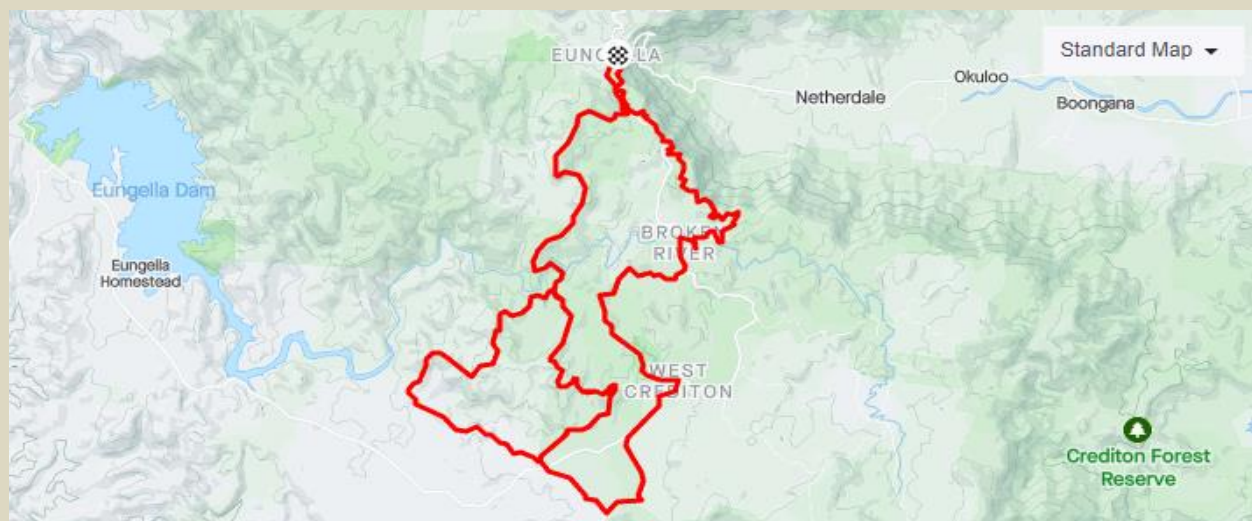
Personal First Aid Kit – you may want to consider carrying a small first aid kit.

55KM Runners can leave a **“Personal Bag”** at the start/finish line on Sunday morning which will be taken to the aid station at the Crediton Hall (38km mark).

MOUNTAIN BIKE RIDERS

55km Marathon Course – cyclists will have a **“Bottle Drop”** which will be available at approximately the 15km and 30km locations.

A bottle drop box will be at the start/finish line on Sunday morning and will be taken away to location at 7.30am sharp. (Label your bottles for quick identification).



55km Strava Route

<https://www.strava.com/routes/2986631642685823508>



38km Strava Route

<https://www.strava.com/routes/2986633625079366516>

The attached maps are as a **guide only**. Course signage is to be adhered to, and course modifications may have been made.

15km MTB Route

All riders will leave the start line and head long North Street, onto Eungella Dam Road and follow the bitumen down to the Broken River visitor area intersection. Here they will turn left just after crossing the bridge, ride through the picnic area, onto the walking tracks and return to the finish line at the Chalet.

****All mountain bike events will have volunteers on the course. Some volunteers will have water, lollies etc. available for those in need. However, make sure you have your own water as well and any nutrition you need.**

****All Riders should carry spares/tools (spare tube the correct size for your bike) and make sure your helmet is adjusted to fit securely. Also consider including eye protection, sunscreen, suitable clothing, gloves, and a small first aid kit.**



The Venue:

HOW TO GET THERE

The drive to Eungella takes just over 90 minutes from Mackay. Please allow yourself extra time, as there can be hold ups on the range due to slow vehicles - we'd hate you to miss the start of your event!

The usual approach to Eungella from Mackay is along the scenic Pioneer Valley following Mackay-Eungella Road.

When travelling south from Proserpine, it is not essential to go all the way to Mackay. It is possible to leave the Bruce Highway to meet the Mackay-Eungella Road at Marian, Mirani, or Gargett townships.

When travelling from Sarina however, it is quicker and easier to go through Mackay. If driving the Peak Downs Highway, it is best to cut across from Eton to Marian.

PARKING

Please do not park in the Eungella Chalet carpark, or in the Event area behind the cricket oval.

Please consider the needs of other people who may be using these areas and leave driveways clear.

CAMPING

Camping on the Cricket Oval opens Saturday 1pm.

Vehicle access is permitted for setup and pack down. Vehicles are not permitted to remain on the oval. In wet weather, no vehicles are to be driven on any turfed areas.



PRESENTATIONS

Celebrate and relax after your event at the Eungella Chalet and enjoy some well-deserved food and drink, while presentations and prizes are awarded throughout the afternoon.

