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Welcome from
The Minister for Tourism Industry Development

Message from the Minister for Tourism Industry Development
The Hon Kate Jones MP

Welcome to the Sunshine Coast for the TreX Cross Triathlon Series Championships 2018 and Sunshine Coast MultiSport Festival weekend.

The Sunshine Coast MultiSport Festival is an off-road adventure for the entire family with cross triathlon, aquaBike, duathlon, trail running, mountain biking and more.

Participants will compete against the backdrop of the beautiful Sunshine Coast hinterland along rainforest trails and bushland.

Events play an important role in attracting tourists, fostering community pride and creating jobs for the local community.

The Palaszczuk Government is proud to support this event through Tourism and Events Queensland’s Destination Events Program.

I congratulate the event organisers, volunteers and all those involved in ensuring the Sunshine Coast MultiSport Festival is a success and I encourage all visitors to explore the beautiful Sunshine Coast region.

The Hon Kate Jones MP
Minister for Tourism Industry Development

2018 Sunshine Coast Trail Run Festival - Athletes Guide
Welcome from
Team In2Adventure

On behalf of team In2Adventure we would like to send out the biggest welcome to athletes, friends and families attending the TreX Australian Series Championships & Sunshine Coast MultiSport Festival.

We are so excited to host such a huge weekend of off road sport and welcome athletes from across Australia and across the globe to Queensland’s spectacular Sunshine Coast and we look forward to hopefully helping you to take away some amazing memories and experiences of your time in Queensland that will stay with you for a lifetime.

Ten years ago we discovered this amazing sport of cross triathlon and started with a dream to develop the sport within Australia. After our first small event with about fifty athletes, the series and numbers continued to develop and grow.

Five years ago we had a dream that we would love to invite the world to this spectacular land downunder and in 2016 that dream came true and we welcomed athletes from 28 countries across the world to the 2016 ITU Cross Triathlon World Championships to enjoy the sport that we love so passionately.

2018 sees the continuation of that dream and we are so very proud to have the privilege to host this weekend of events and it is a true privilege to welcome each and every one of you to our very special In2Adventure Family.

We wish you all every success and no matter what your dreams or goals at this event we encourage you to aim high, strive with all your heart, but most of all have the most wonderful time doing it. Now let’s get this party started!

Best Wishes
Robyn & Simon & the In2Adventure Team
INTRODUCTION

The purpose of this athlete’s guide is to ensure that all athletes, team managers and coaches are well informed about all aspects of the Sunshine Coast MultiSport Festival. In2Adventure has made every effort to ensure that the information contained within this guide is correct and up to date at the time of publishing, however any late changes will be published on the event web page and via social media.

- Visit Sunshine Coast Trail Run Festival Website

QUEENSLAND’S SUNSHINE COAST

WELCOME TO QUEENSLAND’S NATURALLY REFRESHING SUNSHINE COAST!

Beaches, hiking, surfing, fresh local food and world-class events; from relaxation to adventure, Queensland’s naturally refreshing Sunshine Coast has it all! With its sunshine, endless coastline, lush rainforests and easy smiles, it’s a place where you will feel like a local from the moment you arrive.

The Sunshine Coast is rich in diversity, and that is what makes it so special. Enviably positioned, the region is tucked between Brisbane and Fraser Island – a stunning haven abounding in wonders of nature, beachside culture, fresh local food, bucket list experiences and world-class events just waiting to be explored. From the majestic Glass House Mountains to Noosa and the coloured sands of Rainbow Beach, the region includes over 100 kilometres of pristine sandy beaches, surrounded by the quiet beauty of coastal and hinterland villages.

Feel like a local from the moment you arrive, welcomed by sun-kissed surfers to bohemian artists, with no shortage of friendly people offering easy smiles. With an average of 300 days of sunshine per year, it’s no surprise they’re happy! Come to life on the Sunshine Coast and make your story a reality.

- Download the Official Visitors Guide
- Visitsunshinecoast.com
WEATHER

The Sunshine Coast could well have one of the most ideal climates in the world. With an average of 7 hours of sunshine a day, the Sunshine Coast really does live up to its name. During the autumn months from March to May the temperatures range from 13 - 26 degrees and are offset by cool sea breezes.

ABORIGINAL HERITAGE

The event organisers would like to respectfully acknowledge the Kabi Kabi First Nation People, the Traditional Owners of the land/s on which this event is taking place and Elders both past and present.

We also recognise those whose ongoing efforts to protect and promote Aboriginal and Torres Strait Islander cultures that will leave a lasting legacy for future Elders and leaders.

THANK YOU

Queensland’s naturally refreshing Sunshine Coast region is home to some of the most spectacular adventure destinations in south east Queensland. In2adventure would like to thank and acknowledge the support of Tourism Qld and the Sunshine Coast Council for supporting the hosting of the Sunshine Coast MultiSport Festival.

NPWS & SEQWATER

Ferny Forest and Ewen Maddock Dam represent one of the most beautiful and scenic areas on the Sunshine Coast. In2adventure would like to thank and acknowledge the support of National Parks Qld and SEQ Water in allowing us to continue to enjoy this spectacular area.

Find out more about NPWS & SEQ Water on the links below.

- National Parks & Wildlife Service Qld
- seqwater
# TIMETABLE

## SATURDAY AM | TREX XTRI

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:45am</td>
<td>Registration 1 Open</td>
<td>Race HQ</td>
</tr>
<tr>
<td>5:45am</td>
<td>Transition Open</td>
<td>Transition</td>
</tr>
<tr>
<td>6:15am</td>
<td>Late Online Entries Closed</td>
<td>Race HQ</td>
</tr>
<tr>
<td>6:30am</td>
<td>Registration 1 Closed</td>
<td>Race HQ</td>
</tr>
<tr>
<td>6:35am</td>
<td>Transition Closed</td>
<td>Transition</td>
</tr>
<tr>
<td>6:35am</td>
<td>Course Brief <em>Compulsory for all competitors</em></td>
<td>Race HQ</td>
</tr>
<tr>
<td>7:00am</td>
<td><strong>START</strong></td>
<td>Junior/Teaser XTri</td>
</tr>
<tr>
<td>7:30am</td>
<td><strong>START</strong></td>
<td>Standard Distance XTri</td>
</tr>
<tr>
<td>7:35am</td>
<td><strong>START</strong></td>
<td>Standard Distance AquaBike</td>
</tr>
<tr>
<td>7:45am</td>
<td><strong>START</strong></td>
<td>Standard Distance Duathlon</td>
</tr>
<tr>
<td>9:00am</td>
<td><strong>START</strong></td>
<td>Sprint XTri</td>
</tr>
<tr>
<td>9:05am</td>
<td><strong>START</strong></td>
<td>Sprint AquaBike</td>
</tr>
<tr>
<td>9:15am</td>
<td><strong>START</strong></td>
<td>Sprint Duathlon</td>
</tr>
<tr>
<td>10:00am</td>
<td>Registration 2 Open</td>
<td>Dirt Kids XTri</td>
</tr>
<tr>
<td>10:45am*</td>
<td>Transition Open for Bike Collection</td>
<td>Transition</td>
</tr>
<tr>
<td>11:00am</td>
<td>Registration 2 Closed</td>
<td>Dirt Kids XTri</td>
</tr>
<tr>
<td>11:30am*</td>
<td><strong>START</strong></td>
<td>Dirt Kids Triathlon</td>
</tr>
<tr>
<td>*<em>Midday</em></td>
<td>PRESENTATIONS</td>
<td>Open &amp; Age Group PRESENTATIONS</td>
</tr>
<tr>
<td></td>
<td>PRESENTATIONS</td>
<td>Series Championship</td>
</tr>
</tbody>
</table>

*Estimated Time Only | Please listen for announcements at Race HQ*
### SATURDAY PM | SUNSHINE COAST TRAIL RUN FESTIVAL

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td>1:00pm</td>
<td>Registration 1 Open</td>
<td>Half Marathon</td>
</tr>
<tr>
<td>1:15pm</td>
<td>Late Online Entries Closed</td>
<td>Half Marathon</td>
</tr>
<tr>
<td>1:30pm</td>
<td>Registration 1 Closed</td>
<td>Half Marathon</td>
</tr>
<tr>
<td>1:35pm</td>
<td>Course Brief</td>
<td>Half Marathon</td>
</tr>
<tr>
<td></td>
<td><em>Compulsory for all half marathon competitors</em></td>
<td></td>
</tr>
<tr>
<td><strong>1:45pm</strong></td>
<td><strong>START</strong></td>
<td>Half Marathon</td>
</tr>
<tr>
<td>2:00pm</td>
<td>Registration 2 Open</td>
<td>10k &amp; 5k</td>
</tr>
<tr>
<td>2:30pm</td>
<td>Late Online Entries Closed</td>
<td>10k &amp; 5k</td>
</tr>
<tr>
<td></td>
<td>Registration 2 Closed</td>
<td>10k</td>
</tr>
<tr>
<td>2:35pm</td>
<td>Course Brief</td>
<td>10k</td>
</tr>
<tr>
<td></td>
<td><em>Compulsory for all 10k competitors</em></td>
<td></td>
</tr>
<tr>
<td><strong>2:45pm</strong></td>
<td><strong>START</strong></td>
<td>10k</td>
</tr>
<tr>
<td>3:15pm</td>
<td>Registration 3 Closed</td>
<td>5k</td>
</tr>
<tr>
<td>3:20pm</td>
<td>Course Brief</td>
<td>5k</td>
</tr>
<tr>
<td></td>
<td><em>Compulsory for all 5k competitors</em></td>
<td></td>
</tr>
<tr>
<td><strong>3:30pm</strong></td>
<td><strong>START</strong></td>
<td>5k</td>
</tr>
<tr>
<td><strong>4:45pm</strong></td>
<td><strong>START</strong></td>
<td>Free Kids Mud Rats Run</td>
</tr>
<tr>
<td><strong>5:00pm</strong></td>
<td><strong>PRESENTATIONS</strong></td>
<td>Half Marathon, 10k, 5k</td>
</tr>
<tr>
<td>5:30pm</td>
<td>Event Close</td>
<td>Venue</td>
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*Estimated Time Only | Please listen for announcements at Race HQ*
# SUNDAY AM | SUNSHINE COAST XC MTB FESTIVAL

<table>
<thead>
<tr>
<th>TIME</th>
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</thead>
<tbody>
<tr>
<td>7:15am</td>
<td>Registration 1 Open</td>
<td>50k &amp; 20k</td>
</tr>
<tr>
<td>7:45am</td>
<td>Late Online Entries Closed</td>
<td>50k</td>
</tr>
<tr>
<td>8:10am</td>
<td>Registration 1 Closed</td>
<td>50k</td>
</tr>
<tr>
<td>8:15am</td>
<td>50k Course Brief <em>Compulsory for all 50k competitors</em></td>
<td>Race HQ</td>
</tr>
<tr>
<td>8:30am</td>
<td><strong>START</strong></td>
<td>50k XC MTB</td>
</tr>
<tr>
<td>9:15am</td>
<td>Late Online Entries Closed</td>
<td>20k</td>
</tr>
<tr>
<td>9:45am</td>
<td>Registration 2 Closed</td>
<td>20k</td>
</tr>
<tr>
<td>9:45am</td>
<td>20k Course Brief <em>Compulsory for all 20k competitors</em></td>
<td>Race HQ</td>
</tr>
<tr>
<td>10:00am</td>
<td><strong>START</strong></td>
<td>20k XC MTB</td>
</tr>
<tr>
<td>*12:15pm</td>
<td><strong>START</strong></td>
<td>FREE Kids Mud Rats Bike</td>
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<tr>
<td>*12:30pm</td>
<td><strong>PRESENTATIONS</strong></td>
<td>50k &amp; 20k XC MTB</td>
</tr>
<tr>
<td></td>
<td><strong>PRESENTATIONS</strong></td>
<td>Dirt Master Titles</td>
</tr>
<tr>
<td>1:30pm</td>
<td>Event Close</td>
<td></td>
</tr>
</tbody>
</table>

*Estimated Time Only | Please listen for announcements at Race HQ*
VENUE INFORMATION

VENUE

The Sunshine Coast Multisport Festival is based at beautiful Ewen Maddock Dam at the old Ewen Maddock Dam Camp site.

VENUE ADDRESS

Ewen Maddock Dam
Steve Irwin Way
Landsborough, Qld, 4550

- View location on Google Maps

Important Note | The Camp is permanently closed to the public and there is no access to the venue outside of event times.

DRIVING

Ewen Maddock Dam is located approximately 1hr 15mins drive from Brisbane CBD.

- Directions from Brisbane
- Directions from Sunshine Coast
PARKING

Parking on site at the venue is limited and can include a walk up to 400m to Race HQ. We encourage all participants to car pool wherever possible to keep the number of vehicles to a minimum.

There are two traffic management areas which will be in operation during events. Please follow marshal directions when entering or exiting the venue.
DRINKING WATER

Due to the closure of the camp there is NO DRINKING WATER ON SITE.

Water will be brought to the site for aid stations, however all athletes are requested to bring their own drinking water for before, during and after the events.

We thank you in advance for your assistance.

VENUE CATERING

FRESH WOODFIRED PIZZAS COOKED IN OVENS ON SITE!

Stay well fuelled throughout the event with a gourmet range of woodfired pizzas from Alfresco Woodfire.

John and the team will be on site serving a full menu PLUS Brekkie pizza of Tomato and herb base, Spinach, Ham, Mushroom, Egg, Tomato and Cheese (or mix and match to your choice).

And the team will also have a full selection of vegetarian, vegan and dairy free options as well as gluten free bases.

COFFEE

Tarryn from Jungle Bean Coffee will be there keeping us fired up with Australia’s best coffee, hot drinks and frappes!

NO PETS

At In2Adventure we love our fur kids, however, due to regulations from SEQ Water, pets are not permitted in any area on the event site.

If a pet is brought onto the site you will be asked to remove them immediately, so to avoid that please leave your pets at home where they are safe.
NO SMOKING AREA

Due to fire safety the entire venue is a ‘No Smoking Zone’. Smoking is not permitted anywhere on the venue or on the course.

RESPECT THE ENVIRONMENT

At all times athletes and entourage must respect the natural environment and native wildlife. Part of the course is in a National Park Area which is governed by strong environmental laws. Athletes either must carry their rubbish (gel wrappers, bottles etc) or drop them in the designated litter zones only.

This is an important aspect of the event and any violation of this rule will result in disqualification.

NATIVE WILDLIFE

Australia is home to a number of poisonous reptiles and insects that may be encountered on the course during the event and in training. In most situations when left alone they pose little harm however be aware you are entering into their habitat.
COMPETITION INFORMATION

COMPETITION RULES

A good and fair race always includes a few rules and to ensure you can enjoy your race it’s a good idea to have a read of the race rules BEFORE the start of the event. These rules will be enforced by the Race Director and ignorance isn’t an excuse that can be accepted.

- View Competition Rules

COURSE PRACTICE

The majority of the trail run course in Ferny Forest is open to the public so can accessed at most times. Best access is from the SEQ Water Car Park on Steve Irwin Way just out front of the camp gates.

The old camp site is private property, managed by SEQ Water. The dam and ALL CAMPSITE AREAS are fully closed to the public at all times. Entering these areas outside of event times is trespassing and offenders will be prosecuted accordingly, so please save your full run familiarisation for race morning.

ATHLETE REGISTRATION

It is compulsory for all competitors to register in person at the designated times at Race HQ prior to the start of each event.

Please refer to the Event Timetable for registration times.

KIT CHECK

A kit check will take place at the time of registration. All athletes must show the following items at check in.

HALF MARATHON & 11K

- Hydration pack or water container with the capacity to carry at least 1 litre of water
- Mobile Phone
LATE ONLINE ENTRIES

Providing the event is not full, late online entries will be accepted until half an hour before the close of registration. Please refer to full details on the website.

- **Late Online Entry Information**

RACE NUMBERS & TIMING CHIPS

Race Numbers and Timing Chips **MUST NOT be defaced, cut or altered in any way.** Penalties will apply where an alteration occurs.

COMPULSORY ATHLETE BRIEFING

At In2adventure we value the safety of our athletes and aim to ensure they enjoy the very best experience at our events. For this reason, **it is compulsory for all athletes to attend their designated briefing at the assigned times** at Race HQ.

Please ensure that your warm up is completed before the briefing. The Race Director reserves the right to refuse entry to the start to any competitor that does not attend the briefing, as it includes important safety and course information that is essential for athletes to enjoy a safe and fair race. The briefing also includes any last-minute changes to the course or event details. No compensation is applicable if a competitor is refused entry to the start for this reason.

Please refer to the **Event Timetable** for event briefing times

EQUIPMENT

DRINKING WATER

Due to the closure of the camp there is **NO DRINKING WATER ON SITE.** Water will be brought to the site for aid stations, however all athletes are requested to bring their own drinking water for before, during and after the events.

We thank you in advance for your assistance.

REQUIRED EQUIPMENT

For a full list of compulsory and recommended equipment please visit the website

- **View Trail Run Equipment Information**
COURSE

TRAIL RUN FESTIVAL COURSES

The Sunshine Coast Trail Run Festival is based in the Sunshine Coast’s rainforest hinterland in Ferny Forest on the banks of Ewen Maddock Dam. Three course distances are on offer including:

- Half Marathon | 1 x 10km lap + 1 x 11km lap
- 11k | 1 x 11km lap
- 5k | 1 x 5km lap

This spectacular and technically challenging trail run is one of the most picturesque of the series with the majority of the trail running twisting and turning on single track trails through picturesque ferned rainforest. It includes uneven rocky trails, a creek crossing, bridges, some pinchy climbs and fire roads. The course passes back through Race HQ at the end of lap 1 so there will be lots of cheers and encouragement as you push yourself onto the next lap and through to the finish line.

This is an OFF ROAD run so a shoe that provides grip, stability and quick drainage will be best for this course.

DIRT MASTER

Qld DIRT MASTER CHAMPIONSHIPS
2 Days | 3 Hardcore Events | 1 Ultimate Champion
Open to All Comers | No Qualification Necessary

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
<th>Date</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Qld DIRT Master Championships (16yrs &amp; over)</td>
<td>5km</td>
<td>SAT AM</td>
<td>Australian XTri Champs</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>SAT PM</td>
<td>Trail Run Festival</td>
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<tr>
<td></td>
<td></td>
<td>SUN AM</td>
<td>XC MTB Festival</td>
<td></td>
</tr>
<tr>
<td>Mini DIRT Master (14yrs &amp; over)</td>
<td>15km</td>
<td>SAT AM</td>
<td>Trek XTri Sprint</td>
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<tr>
<td></td>
<td></td>
<td>SAT PM</td>
<td>Trail Run Festival</td>
<td></td>
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<td></td>
<td></td>
<td>SUN AM</td>
<td>XC MTB Festival</td>
<td></td>
</tr>
<tr>
<td>Junior DIRT Dude (12-15yrs)</td>
<td>10km</td>
<td>SAT AM</td>
<td>Trek XTri Junior</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>SAT PM</td>
<td>Trail Run Festival</td>
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<tr>
<td></td>
<td></td>
<td>SUN AM</td>
<td>XC MTB Festival</td>
<td></td>
</tr>
</tbody>
</table>
Hydration Stations where runners can refill water bottles or packs from eskies will be located at:

- Half Marathon Trail Run | 5k | 10k | 15k | 20k | 21k
- 11k Trail Run | 5k | 10k | 11k
- 5k Trail Run | 4k | 5k
COURSE SIGNAGE

The course will be marked primarily with white A4 signs with red arrows indicating the route for the ‘Trail Run Festival’. At key junctions where courses take alternate routes, A3 signs will indicate the route for either the ‘Half’, ‘11k’ or ‘5k’.

IMPORTANT! It is important to note that there is signage marking the TreX Bike, Run and Junior Triathlon Course. Athletes follow the ‘Trail Run Festival’ and orange ‘Run’ signs at all times.

Course marshals will be located throughout the course; however, it is the competitor’s responsibility to know the course and take the correct route on the day. It is recommended that athletes download the Glympse App onto their phones prior to the event which can be used to assist in the unlikely event that you take an incorrect route.

SUNSHINE COAST TRAIL RUN SIGNAGE

TREX COURSE SIGNAGE
FINISH AREA

The finish is always a special place for our athletes, so make sure you make your finish photo one to remember and get ready to celebrate your achievements.

Our volunteers will be serving fruit and water and collecting timing chips in the finish area.

All our Half Marathon finishers will also be presented with a special commemorative finishers medallion at the finish line.

TIMING CHIP COLLECTION

All timing chips are to be returned to the volunteers in the athlete recovery area at the finish line. If a timing chip has been lost on the course during the event, please notify the timing personnel immediately after crossing the finish line.

FIRST AID

The first aid team will be on hand at the medical tent located at the finish.

MUD RATS ADVENTURE RUN & BIKE

The mud rats is a free, short, fun, non-competitive event for our Kids aged 5 to 9 years. If there are any Mud Rats under 5 (for run) or under 7 (for bike) who would like to take part they must be accompanied by an adult (over 18 years of age) around the course.

The course is a short fun circuit around HQ!

Although this is a free event, participants will be required to register and a Parental Consent Form must be completed on the day for all participants. Mud Rats can register at the Race HQ tent any time prior to the event.
SAFETY & MEDICAL

Your safety is a key consideration; however, Trail Running does involve risk.

FIRST AID

A dedicated First Aid tent will be located in a central area at Race HQ. Dedicated first aiders are also strategically positioned throughout the course.

SAFETY ON THE COURSE

On the course there are a number of things athletes can do to assist themselves and fellow competitors:

- Slow down in steep areas;
- If you’re not confident running it’s OK to walk. Please just remember to keep to the left so other runners can pass easily;
- Run on the left hand side of tracks;
- Compete within your limits; and
- Let common sense and courtesy prevail. We want to see you safe and sound at the end of the race.

3 SAFETY RULES

1. Stop and assist any competitor that is in need of emergency assistance.
2. Report any incident to the next available marshal or emergency radio point on the course.
3. Compete within your abilities.

Your Safety is Our Concern and Your Responsibility

EMERGENCY ASSEMBLY POINT

In the event of an emergency the emergency assembly point is located at the beach.
ATHLETE SERVICES

MERCHANDISE

Don’t miss out on our 2 day only Event Sale, with extra special offers for athletes attending the event. Be quick stock is very limited!

2018 Sunshine Coast MultiSport Festival Ts

EVENT SPECIAL $30

Supporters Bells $15

TreX Bike Jersey $80

TreX Skull Case $10

TreX Retro Jersey $60

Race Belts $10

TreX Visor $20

TreX Race Caps $20
MASSAGES

Get those muscles in shape with a 10 minute massage from Greenrooster massage! Nadine & Alyssa will be on hand throughout the Sunshine Coast MultiSport Weekend to keep us all ready for racing. Catch up with them at the Greenrooster tent at the event expo.

PHOTOS

One of our best loved In2Adventure volunteer photographers will be out on the course so make sure you keep that smile on your dial throughout the race!

Photos will be uploaded to the In2Adventure Facebook page a few days after the race and can be downloaded and shared free of charge.

VIDEOS

Our favourite video team from Curyo Media will be onsite at the Sunshine Coast MultiSport Festival to capture all the off road action. Basil and Dylan will be working hard on Saturday and Sunday night so keep an eye out for Day 1 Video Sunday Morning and Day 2 Video on Monday on social media and on In2Adventure TV.

PRESENTATIONS

Presentation Ceremonies will take place at the following times:

- Saturday *Midday | TreX & Series Championship Presentations
- Saturday *5:00pm | Sunshine Coast Trail Run Festival Presentations
- Sunday *12:30pm | Sunshine Coast XC MTB Festival Presentations
- Sunday *12:30pm | Dirt Master, Mini Dirt Master & Junior Dirt Dude

Please note this is an estimated time only. Presentations will begin when all, or the majority of athletes have finished the event so may be earlier or later than advertised. Please listen for announcements at Race HQ.

RESULTS

Follow live results on the website in2adventure.com.au – choose the ‘Results’ dropdown link.

Full results will also be published on the RESULTS page of the TreX Website.
TRAVEL INFORMATION

GETTING HERE

The Sunshine Coast is easy to access due to its local airport and proximity to Brisbane, Australia’s third largest city. For full information on travelling to the Sunshine Coast please visit the website.

- View Travel Information

ACCOMMODATION

Accommodation on the Sunshine Coast is renowned around the world for its superb quality, winning locations and incredible variety.

- Book accommodation at visitsunshinecoast.com

DINING

The Sunshine Coast is a foodie paradise, offering a range of world-class restaurants and cafés, as well as markets where you can chat to the producers behind the locally farmed, home grown, organic and unique produce.

- Find out more at visitsunshinecoast.com/foodtrails

SHOPS, PHARMACY & BANKING

With a variety of artisan and farmers markets, cutting-edge fashion boutiques and air-conditioned plaza shopping, the Sunshine Coast offers a bit of everything. Local markets offer one-of-a-kind trinkets, tasty food, handmade garments, original artworks, artisan furniture, home wares and jewellery.

The town of Landsborough is located 5.6km from the venue and provides a range of grocery stores and food outlets, a pharmacy, general shopping and banks.

- Find out more about Markets & Shopping
OTHER

VOLUNTEERS

A HUGE thank you to our True Bluey Volunteers and community groups who have come together to make this event possible we cannot thank you all enough and your efforts are greatly appreciated by athletes and the local organising committee.

BECOME A TRUE BLUEY VOLUNTEER

If you or any of your friends or family would like to be a part of the True Bluey Volunteer Crew you can find out more and register on line HERE.

FEEDBACK

In 2 Adventure events, have been developed in response feedback from our customers. We are keen to gather your feedback to ensure we deliver the type of events you want to be a part of. You will notice changes at this year’s event based on your feedback from previous years.

Please complete the online survey. We encourage all participants to take a few minutes to tell us your thoughts. And as an added bonus, each competitor who completes an online survey before the close of prize giving will receive an additional entry into the ‘Fun One’ prize draw!

- Go to Online Survey

ENVIRONMENTAL POLICY

In2Adventure (Allura Pty Ltd) is committed to maintaining a minimal impact policy that will protect the environment and enable us as individual members of the general public and members of the outdoor community to continue to enjoy the vast natural environment that is Australia’s backyard. Therefore we ask that competitors read and agree to abide by the Bush Code and Mountain Bike Code outlined on in the Policy Section of our website @ in2adventure.com.au and ensure that no rubbish, gel packets or wrappers are dropped on the course during the event.
TUNE IN LIVE

Keep up to date with everything that’s happening at the Sunshine Coast MultiSport Festival

- Follow us on Twitter: @In2Adventure
- Follow us on Facebook: @In2Adventure
- Join us on Instagram: @in_2_adventure
- Follow the video coverage on YouTube @In2Adventure
- Keep up to date on the web page trextriathlon.com.au
- Follow live results on the website in2adventure.com.au – choose the ‘Results’ dropdown link.

Event Hashtags: #SunshineCoastTrail #GetDirtyDownUnder

MOST IMPORTANTLY

The most important aspect of the event is the experience you take away. Where you cross the finish line is important, but equally important is the. So please, race hard, but also remember to relax and enjoy the event for what it is... a great opportunity to get into the outdoors with your mates and have an awesome time!

CONTACTS

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