

*Sunday 2 June 2024*

# *Traralgon Marathon*

*& Running Festival*

*Australia's Longest  
Running Marathon*

*De Grandis Winery  
Traralgon East*



## **2024 TRARALGON MARATHON & RUNNING FESTIVAL ATHLETE INFORMATION GUIDE**

The Traralgon Harriers Committee, Members and The Marathon Race Committee would like to acknowledge the ongoing support of the following businesses;



THINKING PEOPLE



## Welcome Message

Welcome to the **2024 Traralgon Marathon and Running Festival**, and to the spectacular **Latrobe City** area, an outstanding event destination and a favourite of the regional racing calendar.

We thank our event sponsors Latrobe City Council, WIN TV, Aussie Broadband, GOLD 1242, Athlete's Foot Traralgon & DeGrandi's Winery for their continued support of this great event that allows us to return to this spectacular location again this year.

I would also like to acknowledge the Gunni Kurnai people, the traditional owners of the land in which we host the event, and pay our respects to Elders past, present and emerging.

The **57<sup>th</sup> Traralgon Marathon and Running Festival** offers a great opportunity for those Athletes looking to complete their first marathon, half marathon or 10 km event. The event also offers a flat fast out and back course for those looking to smash a personal best time.

The 42.2 km WIN TV Marathon Course will begin at the De Grandi's Winery and follows an out and back course on the picturesque Gippsland Plains Rail Trail.

The 21.1 km Aussie Broadband Half Marathon course is also an out and back course.

And our third event on the day is the 10 km Gold 1242 course is also a fast out and back.

Please note that you will need to collect your race bib and timing chip either on Saturday 1 June or Sunday 2 June prior to starting.

Working closely with the Latrobe City Council we hope to ensure the entire region is kept in pristine condition post event. We ask all Athletes to assist us on this journey and ensure that you are discarding of rubbish in the appropriate manner and using the discard areas out on course at the Aid Stations.

We wish all participants the best of luck and hope that you enjoy your time in Latrobe City area.

We look forward to seeing you all cross the iconic Finish Line.



Phill Mayer: President of the Traralgon Harriers Athletics Club

Desley Gray: 2024 Traralgon Marathon Race Director

## Race Rules

### On Course

#### Section 1.0 General

(a) Athletes may run, walk, or crawl.

(b) It is the sole responsibility of each Athlete to know and follow the prescribed running course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course (e.g., if the Athlete runs in the wrong direction or runs more than necessary, time will not be subtracted from the Athlete's final race time);

(d) Running with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra always during the run segment of the race

#### Section 1.02 Legal Equipment

(a) Headsets or headphones are allowed during the run segment of the race.

(b) Running with Pets (Dogs) isn't permitted during the event without approval from the Race Director

Obey the direction of Race Officials and Volunteers. Entrants ignoring marshals at road crossings may be disqualified.

Be courteous to all you encounter on the course. This includes staff, volunteers, traffic controllers and other users of the trail. Entrants must help fellow runners in distress.

Trail/Road Marking: Pink arrows and additional signage will be present at key intersections.

### Finish Line

#### Section 2.0 Finish Line Conduct

Friends, family members, and/or other spectators are permitted to cross the finish line and enter the finish chute with participating Athletes. (Please note: do not obstruct other athletes or place any athlete or volunteer at risk). Athletes who choose not to respect the foregoing finish line policy will be disqualified.



## Event Schedule

Saturday 1 June 2024

Time	What	Where
2.00 – 4.00 pm	Bib Collection	Kay Street Gardens Traralgon Stockland Plaza end near the Cenotaph

Sunday 2 June 2024

Time	What	Where
6.00 am	Event HQ Opens	De Grandi's Winery 140 Burnetts Road Traralgon East
7.00 am	Early Marathon Start For runners expected to take longer than 6 hours. <i>(Please not there will be no drinks available at the first aid station)</i>	
7.00 am	Bib Collection Athletes will also be able to drop off any special need's items. Please have each item clearly marked with your name	On the front deck of Race HQ at De Grandi's Winery
7.35 am	Marathon briefing	The function room at De Grandi's Winery
8.00 am	Marathon Start	
8.35 am	Half Marathon briefing	The function room at De Grandi's Winery
9.00 am	Half Marathon Start	
9.35 am	10km Run briefing	The function room at De Grandi's Winery
10.00 am	10 km Run Start	
10.30 am	First Runners Expected Home	
1.30 pm	Presentations for all events in the function area De Grandi's Winery	The function room at De Grandi's Winery



## Athlete Equipment Check List

### Pre-Event

- Book/confirm accommodation (if applicable).
- Ensure event registration is confirmed (check for confirmation email).
- Familiarise yourself with Event Schedule (know all check- in/drop off times).
- Pre-book massage.
- Pack photo ID in your luggage.
- Familiarise yourself with the course - it is your responsibility to know this on race day.

### Pre-Race Saturday 1 June 2024

- Familiarise yourself with the event venue and key areas

(Check-In, start, finish line, presentations, lunch).

- Familiarise yourself with any road closures.
- Check-In and collect race kit.
- Pack items for race day.

### Race Day Sunday 2 June 2024

- Ensure you have all items for your race including, shoes, timing chip & something warm to wear after the event.
- Drop off street gear bag (if relevant).
- Start the race - be at the start line at least 10 minutes prior.
- Finish the race.
- Collect your medal.
- Recover.
- Collect your items – street gear bag, bike pump, bike.

### Post Race

- Attend Traralgon Marathon Lunch and Presentation in the function room of De Grandi's Winery.
- Warm up with a HOT coffee from the coffee van which will be onsite all day.
- Upload your #medalmonday #finishlineselfie #traralgonmmarathon photo on your social media.

# The Athlete's Foot

## Race Kit

### RACE KIT COLOURS

Win TV 42.2 km Marathon Race Number/Bib colour is **BLUE**

Aussie Broadband 21.1 km Half Marathon Race Number/Bib colour is **GREEN**

Gold 1242 10.0 km Run Race Number/Bib colour is **RED**

### RACE BIB / NUMBER

To be worn on the front of each athlete attached with via race belt (supplied by Athlete) or safety pins (available at Event Information).

Do not fold or alter race bib number.

### STREET GEAR BAG

Place items required for post-race (collected in the recovery area).

These can be dropped off on race morning.

Athletes are to supply their own bag.

### **Transfers – From one event to another event**

Please contact Race Director Desley Grey on to discuss.



Pre-Race Information

Race HQ Map



# THE 57TH TRARALGON MARATHON AND RUNNING FESTIVAL



## RACE HQ AND PARKING MAP



## Aid Stations

Aid Station	Location	Distance Form Race HQ	What
1	After Black Tank Road		Water / Electrolytes
2	After the Glengarry Township at Chapel Road		Water / Electrolytes Special Needs Station #1
3	Toongabbie		Water / Electrolytes Special Needs Station #2
4	Finish Line		Water / Electrolytes
5	Function Area		Lunch Pack Coffee Van Full-Service Bar

\*Please see course maps for locations

## Race Day Information

### Cut off times.

The Traralgon Marathon is also known as the “friendly marathon” there are NO CUT OFF times.

However, if you expect to take longer than 6 hours for the full marathon please consider the early starters group.

### Early Marathon Starter

For Runners expected to take longer than 6 hours to complete the marathon there is a very friendly early starters group at 7.00 am.

PLEASE NOTE: There will be no aid stations open until 8.30 am.

### Contingence Plan

If/when the contingency plan needs to be implemented you will be notified by the Race Director. This will be communicated by the email, the Traralgon Harriers Facebook Page and Instagram.

### Race Day Awards

Presentations for placegetters will be at 1:30 pm in the function room. There is medals for age categories for first positions, and overall 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> male and female including monetary value vouchers.

All participants will receive a finishers medal as they cross the line.

### Nutrition

It advised to carry nutrition (fruit/muesli bars/gels etc) to get you through your event based on your own requirements. Aid stations will have water and some lollies.

Participants may consider having a hydration device to carry water with you on course.

### Photos

A photographer will be on course throughout the morning, taking photos that will later be made available via Traralgon Harriers social media channels. We encourage runners to take some of their own snaps as you make your way through the course.

## Results

Will be available for the 2024 Traralgon Marathon Festival on 05/06/2024 via [my.race|result](https://my.race|result.com)  
([raceresult.com](https://my.race|result.com))



## Race Day Services

### Race Day Parking

Parking in and around Race HQ will be at the direction of Parking Officials.

Please listen to their directions.

If you are planning on leaving prior to 1.00 pm please consider parking on the Burnets Road to avoid disrupting runners trying to finish.

### Medical

A first aid provider will be engaged to provide first aid for all athletes.

First aid will be positioned in a variety of locations. The exact positions of first aid offices can change. If you need assistance while on course, please seek assistance from either a Course Marshall or Ais Station Staff. Marshalls and Aid Stations can be viewed on the course maps.

PLEASE NOTE: Athletes are responsible for any costs incurred because of a medical incident.

This includes, but is not limited to, ambulance transfers, hospital stays and/or specialist treatment.

It is therefore strongly advised that all athletes hold adequate personal insurance.

Australian residents are recommended to hold valid private health insurance (inclusive of ambulance cover) whilst international athletes are strongly advised to have adequate travel or personal insurance that will provide coverage for participation in a Traralgon Marathon and Running Festival event.

Athletes are responsible for understanding the terms and conditions of insurances held.

### SAG Wagon

SAG wagon The SAG Wagon will collect athletes who are unable to complete the event or are unable to finish within the course cut-off time. Collected athletes will be transported back to the event venue. Should you require a SAG Wagon at any time, please seek assistance from either a Course Marshall or Ais Station Staff.

Please Note: delays in SAG Wagon transport are expected. To assist with a prompt response, please do not move from your reported location once a SAG Wagon has been requested as this could affect their ability to locate and transport you.

## Toilets on Course

Runners will pass several public toilets.

1. There are four public toilets located in Glengarry, after crossing Cairnbrook Road.
2. There are Public Toilets in Toongabbie. Located at the Toongabbie General Store.

## Withdrawing from a Race

If you need to withdraw from any race after you have collected your bib or once the race has started it is your responsibility to report this to a Race Official who will be located at the Race HQ at De Grandi's Winery.



### Some tips from our club sponsor Momentum Physio & Rehab Group

**CAUSES OF HAMSTRING STRAINS**

Hamstring strains occur when the muscles at the back of the thigh become overstretched or torn. This can happen due to sudden movements or excessive force being placed on the muscle.

Common causes of hamstring strains include:

- Inadequate warm-up
- Muscle imbalances
- Overuse
- Fatigue

Although less common, sometimes the pain at the back of the thigh is related to referred pain from your lower back.



**THERE ARE A FEW REASONS WHY SOMEONE KEEPS STRAINING THEIR CALF...**

- Not enough strength
- Not enough time between bouts of exercise
- Not enough spring in your calf – to be able to reduce our risk of calf injuries, we need to be able to use it quickly, as that's what we do when we run/play sports
- Running technique – you might be running on your toes
- You may be over training





# 2024 the 57th WIN TV TRARALGON MARATHON



**42.2 KM MARATHON COURSE MAP**



# THE AUSSIE BROADBAND HALF MARATHON



21.1 KM HALF MARATHON COURSE MAP



# The GOLD 1242 10 KM RUN





**GOLD 1242**



## 10 KM COURSE MAP

## Event Sponsors

	<p><b>Latrobe City Council</b> 141 Commercial Road Morwell 1300 367 700</p>
	<p><b>WIN TV</b> 5176 2200 <b>WIN NEWS Gippsland</b> 5173 7870</p>
	<p><b>Aussie Broadband</b> 1300 880 905 5165 0000</p>
	<p><b>GOLD1242</b> 11 Coonoc Road Traralgon 5173 1000</p>
	<p><b>DeGrandi's Winery</b> 140 Burnets Road Traralgon 5174 6623</p>
	<p><b>The Athletes Foot</b> 49 Franklin Street Traralgon 5174 0933</p>
	<p><b>Anytime Fitness</b> 183-185 Franklin Street Traralgon 5174 6669</p>
	<p><b>Dfp Recruitment Gippsland</b> 45 Grey Street Traralgon 5176 3140</p>
	<p><b>First National Real Estate Traralgon</b> 19 Church Street Traralgon 5176 0096</p>
	<p><b>Surface Co</b> 305 Princes Highway Traralgon 9039 5020</p>
	<p><b>Virtue Homes Gippsland</b> 41-45 Standing Drive Traralgon 5176 5997</p>

	<p><b>Gippsland Osteopathy &amp; Sports Medicine Centre</b> Traralgon &amp; Heyfield 5176 6703</p>
	<p><b>McMillans</b> Level 3, 28-30 Kay Street Traralgon 5174 6699</p>
	<p><b>Valley Trophy Centre</b> 157 Princes Dr, Morwell VIC 3840 0418 545 679</p>
	<p><b>Momentum Physio &amp; Hehab Group</b> 62 Seymour St, Traralgon VIC 3844 (03) 4148 8900</p>





**The Traralgon Harriers Members and Committee**

**All hope you all enjoyed the**

**2024 Traralgon Marathon**  
**& Running Festival**

**We look forward to seeing you return in 2025.**

