



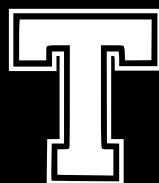
**Sunday 1 June
2025**

**Glengarry Football and
Netball Club
Cairnbrook Road
Glengarry**



INFORMATION GUIDE

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Traralgon Harriers Athletic Club and the Marathon Race Committee would like to thank the following businesses for making this year's event possible.

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Welcome

Welcome to the **58th Traralgon Marathon and Running Festival**, and to the spectacular **Latrobe City** area – an outstanding event destination and a favorite of the regional racing calendar.

We thank our event sponsors Latrobe City Council, WIN TV, Aussie Broadband, GOLD 1242 and Athlete's Foot Traralgon for their continued support. We also thank our event hosts, the Glengarry Football and Netball Club, which will be our new start and finish location for this year's event!

Traralgon Harriers Athletic Club acknowledges the Gunaikurnai people, the traditional owners of the land in which we host this event, and pay our respects to Elders past, present and emerging.

This year's event once again offers a great opportunity for athletes looking to complete their first marathon, half marathon, or 10km event. The event also offers a flat fast out and back course for those looking to smash a personal best time.

All three events – **the 42.2 km WIN TV Marathon, 21.1 km Aussie Broadband Half Marathon, and Gold 1242 Radio 10km** – follow an out-and-back course on the picturesque Gippsland Plains Rail Trail. The WIN TV Marathon is two loops of the same course run for the half marathon.

Please note that you will need to collect your race bib with timing chip either on Saturday 31 May or Sunday 1 June prior to starting. **Please see the Event Schedule on page 8 for pick-up locations and times.**

Working closely with Latrobe City Council we hope to ensure the entire region is kept in pristine condition post event. We ask all athletes to assist us and ensure you discard rubbish in the appropriate manner and use the discard areas on course at the Aid Stations.

We wish all participants the best of luck and hope you enjoy your time in the beautiful Latrobe City area. We look forward to seeing you all cross the finish line!



Phill Mayer
President
Traralgon Harriers
Athletic Club



Desley Gray
2025 Race Director
Traralgon Marathon and
Running Festival

Course Maps, Start and Finish Instructions

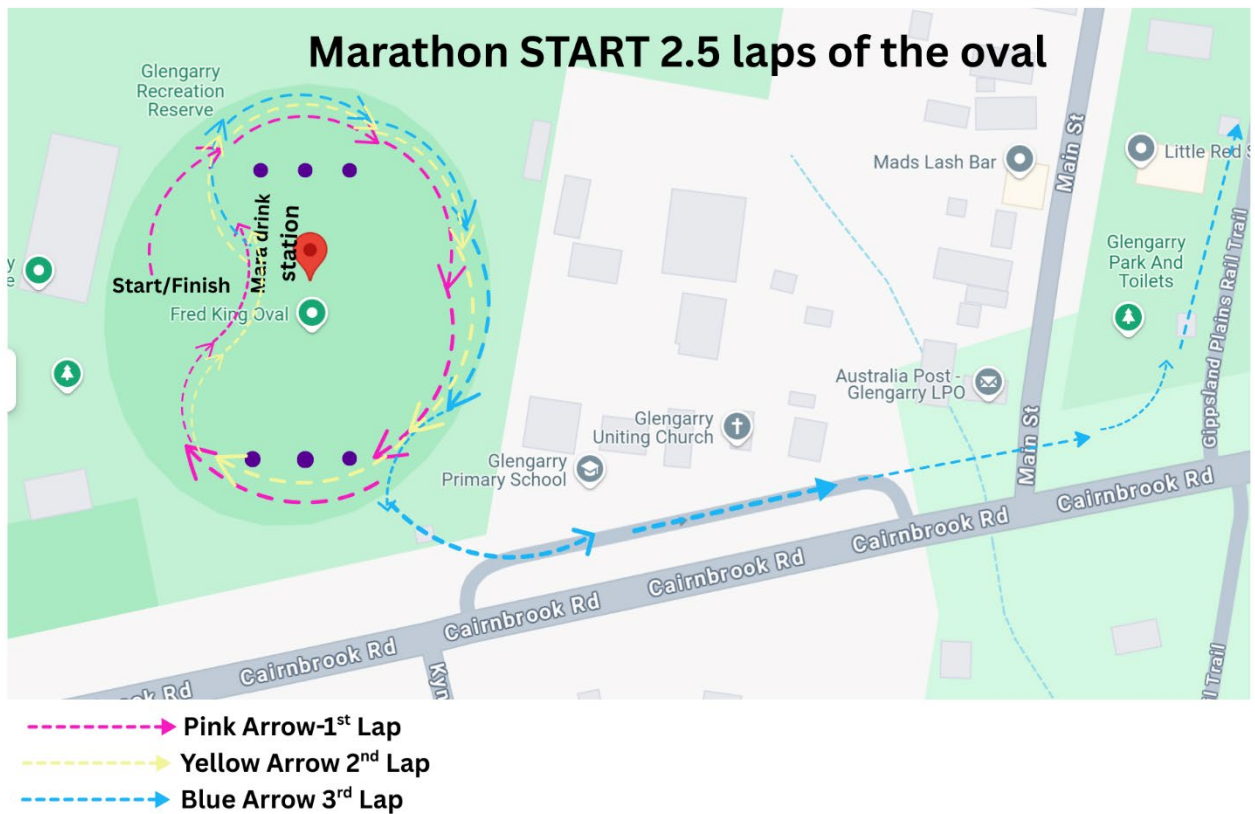
All three distances feature a memorable start and finish on the main oval of the Glengarry Football Netball Club.

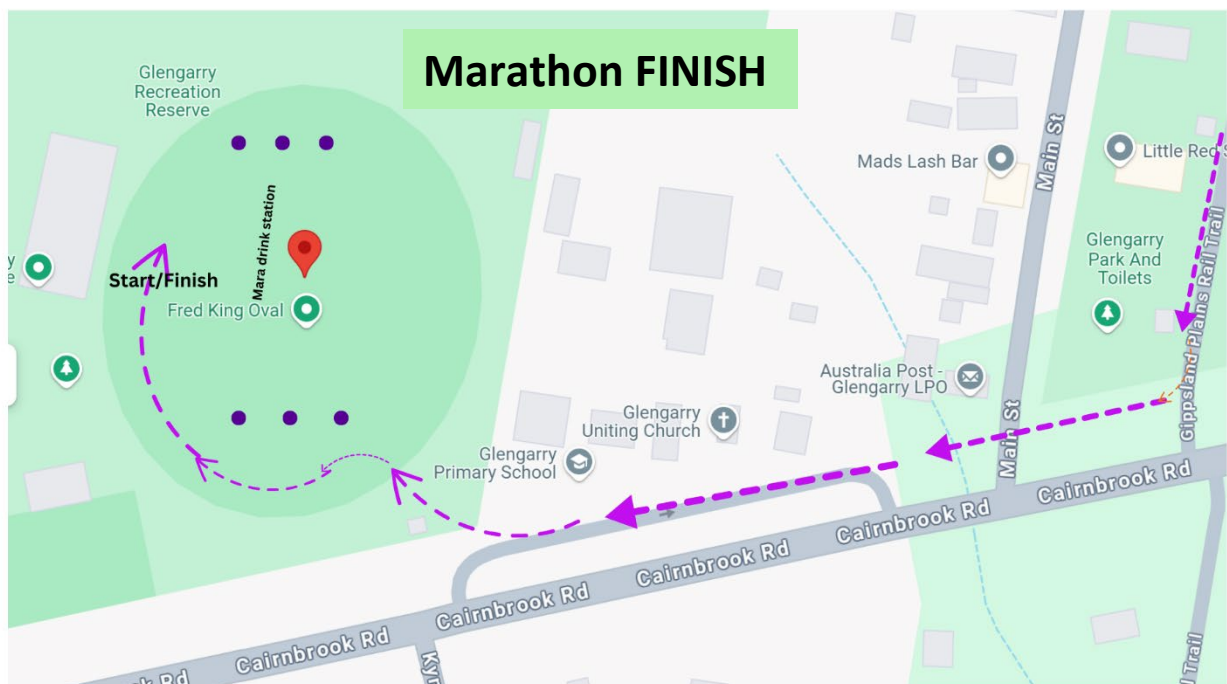
IMPORTANT NOTE: We strongly encourage all athletes to view the course information provided below and via the [Course Information website \(click here\)](#).

Course maps are available to view online, which include water station and toilet locations:

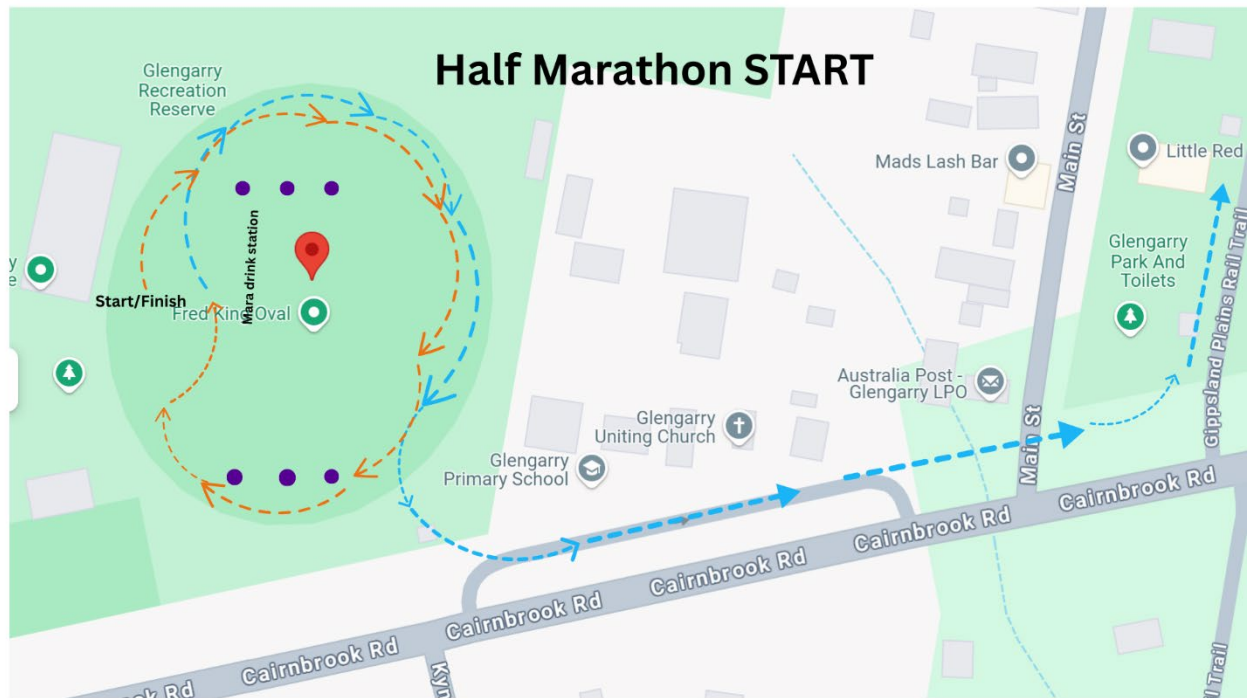
- [GOLD 1242 10km](#)
- [Aussie Broadband Half Marathon 21.1km](#)
- [WIN Network Traralgon Marathon 42.2km](#)

Start / Finish instructions (main oval)





Half Marathon & 10km



- Orange Arrow-1st Lap
- Blue Arrow-2nd Lap





Aid Stations

Aid Station	Location	What
1	Chappels Rd	Water / Electrolytes
2	End of Hower Street, Toongabbie	Water / Electrolytes Special Needs Station #2
3	Glengarry oval (for Marathon runners only)	Water / Electrolytes Special Needs Station #3
4	Finish Line	Water / Electrolytes
5	Function Area	Lunch-pasta and soup. Coffee Van

* [Please see course maps for locations](#)

Toilets on Course

Runners will pass several public toilets.

1. There are four public toilets located in Glengarry, on your left-hand side as you turn onto the Gippsland Plains Rail Trail, heading towards Toongabbie.
2. There are Public Toilets in Toongabbie. Located across the road, behind the Toongabbie General Store.
3. Portable toilets will be located at Water Station #2 at the end of Hower Street, Toongabbie.

Event Schedule

Saturday 31 May 2025

Time	What	Where
2.00 pm – 4.00 pm	Bib Collection	Kay Street Gardens Traralgon Traralgon Cenotaph War Memorial https://goo.gl/maps/P7Hhd4ei3RgodHfk6
6.00 pm – 8.30 pm	Guest Speaker and Pasta Night featuring inspiring stories from running legends Nikki Wynd, Kylie Mayne and Rick Patzold	Dal Mondo Restaurant & Function Centre, 7 Post Office Place, Traralgon If you haven't registered for the night, you can still sign up at: https://www.paypal.com/ncp/payment/CFG2SXYHW68UY

Sunday 1 June 2025

Time	What	Where
6.00 am	Event HQ Opens	Glengarry Football and Netball Club, Cairnbrook Road, Glengarry
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 Glengarry Football and Netball Club
7.25am	Official Pace Team Photo	In front of the Start/Finish Arch
7.35 am	Marathon briefing	Glengarry FNC
8.00 am	Marathon Start	
8.35 am	Half Marathon briefing	Glengarry FNC
9.00 am	Half Marathon Start	
9.35 am	10km Run briefing	Glengarry FNC Club Rooms
10.00 am	10 km Run Start	
10.30 am	First Runners Expected Home	
1.30 pm	Presentations for all events	Main Club Rooms, Glengarry FNC

Race Rules

On Course

Section 1.0 General

(a) Athletes may run or walk

(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

(e) The Gippsland Plains Rail Trail is not closed to other users/ members of the public during the event. Please be mindful of other runners, walkers and bike riders. Please keep to the **LEFT-HAND SIDE**, while on the rail trail at all times.

Section 1.02 Legal Equipment

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

(b) Running with pets (dogs) and prams is not permitted during the event

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

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 invited to cheer on runners at the event, however we ask that spectators stay **away from the finish shoot and off the oval**, to allow runners to finish and collect their medals, without obstructing participants. Ample spectator space is available outside the boundary railing and you will have a great view of runners as they pass the finish line.

Athlete Equipment Check List

Pre-Event

- ☐ Ensure event registration is confirmed (check for confirmation email)
- ☐ Familiarise yourself with the **Event Schedule on page 8** (know all check- in/drop off times)
- ☐ Familiarise yourself with the course - it is your responsibility to know this on race day

Pre-Race Saturday 31 May 2025

- ☐ 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 bib kit
- ☐ Pack items for race day

Race Day Sunday 1 June 2025

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

Post Race

- ☐ Attend Traralgon Marathon lunch and presentation at the Glengarry Football and Netball Club
- ☐ 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.

Race Kit

RACE BIB COLOURS

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

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

Gold 1242 10.0 km Race 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 must supply their own bag.

Pacers



AUSTRALIAN MARATHON PACE TEAM

Traralgon Marathon Pace Team:
3:00, 3:15, 3:30, 3:45, 4:00, 4:15, 4:30, 4:45, 5:00,
5:15, 5:30, 6:00-Course Sweeper.

Traralgon Half Marathon Pace Team:
1:30, 1:40, 1:50, 2:00, 2:10, 2:20, 2:30, 2:40, 2:50-
Course Sweeper.



Cut-off times

The Traralgon Marathon is also known as the “Friendly Marathon”. There are NO CUT OFF times, however we prefer you finish within 6 hours. An early start can be arranged with the Race Director.

If you expect to take longer than 6 hours for the full marathon, please consider the early starters group. The reason we have a 6-hour cut off is we love our volunteers and we want them back at the football ground by 1pm to enjoy lunch, along with all the runners and for them to be a part of the presentations, to say a big thank you to them all.

Early Marathon Starters

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 email, the Traralgon Harriers Facebook Page and Instagram.

Race Day Awards

Presentations for event winners will be at 1:30 pm in the function room. Medals will be provided to the winning (1st place) male and female athletes for each of the three race event distances.

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

Nutrition

It is 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

Photographers 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. **If you don't wish to be photographed while on course, please use a crossed arm ✖ gesture as you near the photographer.**

Results

Results and official times will be available post-event at <https://my.raceresult.com/313587> and via the Traralgon Harriers website.

Race Day Parking

Parking in and around Race HQ at Glengarry Football Netball Club 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 away from the main venue at Glengarry Football Netball Club. If parking outside the venue, ensure you're mindful of neighboring residents in town and don't obstruct driveways, paths, or park on private property.

Medical

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

First aid will be positioned at the Glengarry Hub-Glengarry Recreational Reserve. The exact positions of first aid offices can change. If you need assistance while on course, please seek assistance from either a Course Marshall, a Pacer, or an Aid Station Staff. 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

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, a Pacer, or Aid 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.

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 Glengarry Football Netball Club.



Some tips from our club sponsor Momentum Physio and 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



The Traralgon Harriers Athletic Club

hope you enjoy the

**58th Traralgon Marathon &
Running Festival 2025**

We look forward to seeing you return in 2026!

