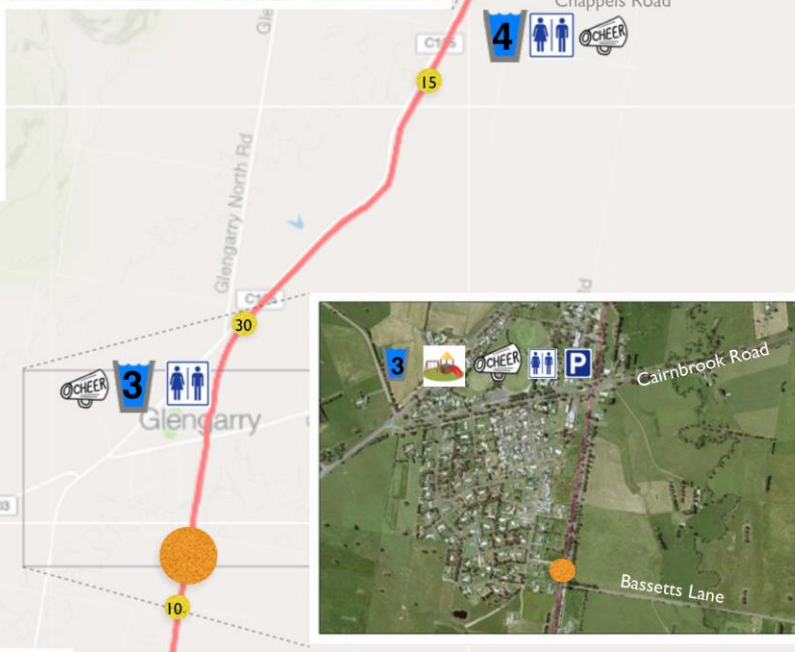
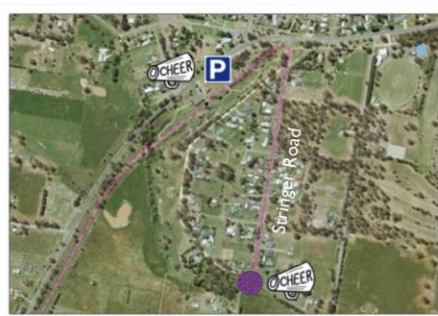
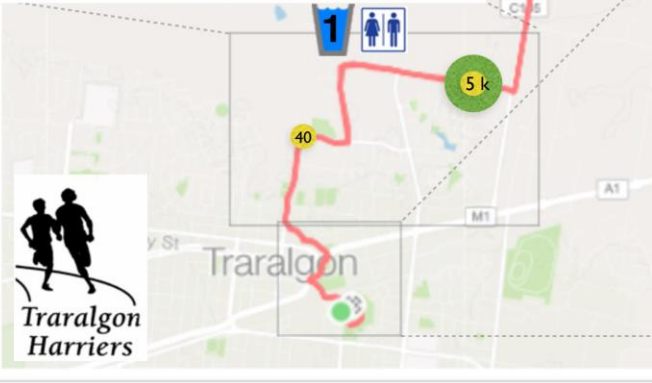




- Aid Station
- Spectator Area
- Toilets
- Playground
- 5k Marker's
- 10 K Turn Around
- Half Marathon Turn Around
- Marathon Turn Around

- Aid Station 1 - Cnr Greenfield Drive and Marshals Rd
- Aid Station 2 - Burnets Road
- Aid Station 3 - Main Rd Glengarry
- Aid Station 4 - Chappels Road
- Aid Station 5 - Guyatts Road

All Aid Stations will be available both out and back.



Description of the course and facilities at the Traralgon Running Festival

The start and finish location is at the Traralgon Recreation Reserve which incorporates parking, toilets, change rooms and spectator access. The half and full marathon course takes in the packed gravel surface of the Gippsland Plains Rail Trail, which means runners are on the road for only a short period and provides runners with some wonderful rural scenery along the way.

All three events are an out and back format. All runners will head around the south east side of the oval before heading out of the Recreation reserve on to Howitt Street, where they turn left and run a short distance, then turn right under the rail overpass and up a short rise along the Whittakers Road footpath.

The course turns right at the Princes Highway and another right along the footpath in an easterly direction towards the rotunda in the middle of Victory Park. It turns left at the rotunda and winding through Victory Park in a northerly direction and under the Princes Highway Bridge (**Runners are asked to be cautious for the very short section under this bridge because there is a sharp drop and the area is narrow**). The course continues to follow the path along the creek before turning right along the Franklin Street Bridge where runners take to the right side of the road at the Davidson Street roundabout.

The course continues along Franklin Street, then left at Greenfield Drive, right at Marshals Road for about 1km before heading up a small hill where runners from the two longer events will cross the Traralgon-Glengarry Road and join the Gippsland Plains Rail Trail, turning left towards Glengarry.

The GOLD1242 10km event midpoint is located along Marshals Road where participants will turn for the run home. This course is a very flat one with some lovely scenery through Victory Park and along Traralgon Creek.

The half and full marathon travel along the Gippsland Plains Rail Trail where you will enjoy crossing over the plains of the Latrobe River before the half marathon runners turn around on the rail trail 100m past Bassetts Lane see diagram below (turn around will be located 100m passed Panoramic Outdoor Living and Bassetts Lane).

The full marathon will continue heading towards Glengarry along the rail trail. Coming into Glengarry you will veer to the left towards the public toilets, where the aid station is located and along a short gravel road before rejoining the rail trail in front of the old railway station. There is heaps of parking near the course and a play ground for the kids, a great place for spectators.

Heading towards Toongabbie you will cross over Eaglehawk Creek and continue through some wonderful farming country before arriving at Toongabbie. Just prior to the Traralgon-Maffra rd runners will turn right leaving the Rail Trail for a short period and onto Stringers Road. Continuing along Stringers road towards Traralgon you will come to a junction with Henderson's Road where the turnaround point will be clearly marked at the traffic island and runners retrace their steps towards home, see diagram below.

Toilet location on the course

There are roadside tent portable toilets located around the course near every drink station with a public toilet facility available at Aid Station 3 in Glengarry. Look out for the toilet signs. The drink stations are approx every 4kms. The toilets are shown on the course map.

There are also plenty of male and female toilets at the Traralgon Recreation Reserve in the clubrooms, change rooms and 2 outside toilet blocks.

Showers will also be available in the football clubrooms change rooms after your run.

Drink Stations

5 Drink Stations are located along the course at approximately every 4kms as shown on the course map. Cups of water and Gatorade will be provided. There is no Coke provided on course so runners will need to provide their own if they want it.

All drink stations will be accessible on both the out and back legs of the run.

Marathon or Half Marathon runners are able to provide their own drinks, gels etc at the stations provided they are clearly marked with your race number/name. There will be a marked basket for each drink station located near the baggage drop prior to the race. Runners will need to make sure their drinks are in the baskets prior to 7:30am to make sure they don't miss out.

Early starters can drop your drink aids off the night before when picking up your bibs or Sunday morning before 7:00am in the baskets provided or carry them with you.

Spectator watch points

The best place to view and get involved in the atmosphere at the event is at the start/finish area. Spectators can cheer the runner's home from seating in the Tony Lane grandstand and the members area which caters for a large number of people. We will have an MC and music on site provided by GOLD1242. We will also have refreshments available throughout the day.

Due to the fact that the roads are not closed for this event and some of the roads have narrow shoulders we ask that spectators avoid following the runners around the course. Spectators blocking roads could lead to the removal of our traffic management permit and put future events in jeopardy. Please ask your family and friends to be mindful of this during the event.

There are some great viewing areas along the paths through Victory Park and behind the ASIC building. Once runners join the rail trail you will be able to cheer them on at various points where the trail crosses the road. Of particular note will be the Burnett's Road crossing, which provides plenty of parking and space to support all the runners.

Another excellent spot is at Glengarry where spectators can cheer on the full marathon runners near the drink station which has plenty of parking, good shelter, BBQ's, toilets and even a playground.

Another great spot to see the full marathon runners is at the CFA station in Toongabbie, once again there is shelter available and plenty of nice space to watch the runners go past and take photos. From this point the runners will continue towards the turn-around where they will run back past the station (approx 2kms out and back).

What food and refreshments are available post event?

It is a long tradition at this event to provide free food for the runners afterwards. There will be fresh fruit, homemade soup, sandwiches and cakes available for the runners. There will also be canteen food available for the spectators to purchase. The Traralgon Football Netball Club will be providing coffee and will open their bar at 12:00 noon on Sunday.

Half Marathon Turnaround Point



Marathon Turnaround Point



Traralgon Recreation Reserve Start/Finish area

