



Virtual RUN FESTIVAL

2020 COMPETITOR GUIDE



**WELCOME TO
THE FIRST
MCDONALD'S
BRISBANE
MARATHON
VIRTUAL RUN
FESTIVAL**



RUN

VIRTUALLY

AS ONE

MESSAGE FROM JASON
CROWTHER, RACE DIRECTOR,
ATLAS EVENTS

When we opened entries for the McDonald's Brisbane Marathon Festival back in October 2019, it's safe to say, none of us could have prepared ourselves for the changing landscape we are living in today.

Due to the COVID-19 pandemic, we found ourselves thinking on our feet, and switched our physical event in 2020 to a Virtual Run Festival.

We are so grateful to all of our running community who have supported our decisions during these tough times, and we can't wait to see your results uploaded throughout race weekend. Stay safe and enjoy!



**MESSAGE FROM THE MINISTER FOR
STATE DEVELOPMENT, TOURISM AND
INNOVATION AND MINISTER FOR CROSS
RIVER RAIL
THE HON KATE JONES MP**



Welcome to the Brisbane Marathon Festival's Virtual Run Festival.

The Brisbane Marathon Festival is a much-loved community event, providing a terrific platform to showcase healthy lifestyles and the love of physical activity we share in our great state.

It is heartening to see the resilience and innovation of the event organisers to ensure they can still bring the community together for this virtual event, providing a boost to competitors, still showcasing Brisbane and ensuring public health remains the top priority.

The Queensland Government is proud to support this event through Tourism and Events Queensland.

Thank you to the event organisers for pivoting so quickly to ensure this event continued despite the challenges presented by COVID-19.

To all those participating in the event, best of luck and be sure to share your experience on social media to connect people around the world with the Queensland spirit.

The Hon Kate Jones MP
Minister for State Development, Tourism and Innovation and
Minister for Cross River Rail



PRE RACE DAY



Welcome to our Virtual Run Festival Competitor Guide. We're excited to have you join us over 6 and 7 June, and continuing to chase your 2020 goals, virtually!

What do you need to do before event weekend 6 and 7 June?

1. Sign up online, if you haven't already
www.brisbanemarathon.com.au
2. Check your email prior to race day and download and print off your virtual bib (optional!)
3. Plan your route and charge your GPS device (watch or phone with GPS app)

That's it. You're ready to race.

Explore BRISBANE

Get out and discover the best of Brisbane. Within 150km of your home, you can shop for boutique and artisan goods, experience delectable dining, browse through open-air markets, embark on an urban adventure, trek through World Heritage rainforests, climb mountaintops, seek out fresh produce and cellar door delights, explore our glorious islands or simply go on a road trip to discover what's around the next bend. Brisbane is yours to enjoy.



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VIRTUAL BIB

Check your email on Friday 5 June and download and print your Virtual Bib, ready to wear on race day. This is entirely optional, but a fun way to identify other people who are racing virtually with you! Share your pictures to social media and tag #brismara so we can run virtually alongside you!





HOW TO RECORD YOUR RESULT OVER RACE WEEKEND

Here's how to run, record and register your result over race weekend, and find yourself on our live leaderboards!

1. Using your GPS watch or GPS app on your phone e.g. Strava, run your registered distance
2. Upload your run to Strava, Garmin or any other online platform which shows a record of your completed distance and time
3. Copy the online link for your Strava, Garmin or other platform as 'evidence'.
4. [Visit our results page over event weekend](#) to record your finish time and verify your entry.
5. Search for and select your name/distance to submit.
6. Tap the 'Enter time' link to submit your personal time
7. Submit your finish time, and insert the link you copied as evidence to submit your result.
8. Download your finisher certificate
9. Watch the race unfold online. Thanks for taking part!

ALL RUNS MUST BE UPLOADED BY MIDNIGHT SUNDAY 7 JUNE TO QUALIFY.

Below are the distances that need to be completed for your nominated event/s. Virtual distances available in 2020

Brisbane Virtual Marathon: 42.2km

BHP Virtual Half Marathon: 21.1km

Mizuno Virtual 10km Run: 10km

McDonald's Virtual 5km: 5km

RMHCSEQ Virtual Mini Marathon 2km

OFFICIAL FINISHER GIFTS



42.2KM
Medal
Finisher Towel
Visor

21.1KM
Medal
Finisher Towel
Visor

10KM
Medal
Visor

5KM
Medal

2KM
Medal

You will receive these in the post! Make sure you take photos and tag #brismara so we can share your celebrations!



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Terms & Conditions: *Sale is in conjunction with the Virtual Brisbane Marathon and is only available at intraining from 1/5/20 – 8/6/20. Sale items include various Mizuno items from last season up to 50% off and various current season Mizuno shoes from 25% off. Not in conjunction with any other offer. Ends 8/6/20. Limited stock available.

FREQUENTLY ASKED QUESTIONS (FAQS)

Here are some FAQs which will help answer any questions you may have around the weekend.

Q. I already signed up for the McDonald's Brisbane Marathon Festival before the COVID-19 impact, will I be automatically transferred to the virtual run?

A. Yes. You don't need to take any further action to take part in the Virtual Run.

Q. Can I transfer to another distance?

A. Yes, please contact info@atlasmultisports.com.au prior to June 3 to transfer to another distance. If you wish to transfer up a distance, there will be a charge of the balance owed. There will be no other transfer fees.

Q. I can't run on June 6 or 7. Can I still take part in the virtual run?

A. Yes, ideally we would love you to run (virtually!) with the wider virtual community over the weekend of 6 and 7 June. However, we appreciate that with differing restrictions in place, this may not work for you. Just ensure you run and upload your result before midnight on Sunday 7 June.

Q. Is there a time limit/cut off for any distances?

A. The cut offs we ordinarily have in place are due to road re-opening requirements. There are no cut offs for the virtual run - take on the distance at your pace!



FAQS

Q. What if my Government guidelines restrict the time I'm allowed to exercise outside?

A. If this is the situation, you will be able to complete your run over multiple days. Just keep a record of each run and upload these before midnight on Sunday 7 June. We realise this may not be ideal, but we are keen to allow as much flexibility as possible for you in these unprecedented times.

Q. Can I run this anywhere?

A. Yes, this is a Bring Your Own Course run! Please ensure you're running within government guidelines; but the choice of course is yours.

Q. Can I run this on a treadmill?

A. Yes, absolutely. Simply complete the distance and take a photo of the treadmill screen to prove your run and time.

Q. I'm worried about social distancing and the virtual run. Is it safe?

A. We have devised this virtual run alternative due to the government restrictions on mass gatherings, and the need for social distancing at this time to prevent the spread of COVID-19 in our community and beyond. For this reason, we ask that you complete your virtual run alone, or within your local government guidelines.

That being said, the idea behind this is connecting our community, so while you may be running alone, please remember, you are running as part of our Brisbane community. You will feel this through community based initiatives such as a real time race feed; live updates across the weekend and live timing results. We will be actively using our social media networks to follow and share your runs – make sure you join in
Wherever you run, we ask that you please follow local Government guidelines at all times.

Q. Do I still get my medal and finisher gifts?

A. Yes, these are being posted out to you.





FAQS

Q. Will you post my medal and finisher gifts Internationally?

A. Yes, we will. Your medal and gifts will be posted to the address you registered with, regardless of location.

Q. What if I pre paid for merchandise, an iTab or bib postage?

A. If you have paid for any additional items and are completing the Virtual Run, these will be refunded to you. Please allow us time to do this. You will receive email confirmation when this has been actioned.

Q. Will I receive a bib?

A. You will be emailed a link to a virtual bib. It will look like our normal race bibs and you'll have the option to print this off and wear it!

Q. What happens over race weekend?
How do I upload my result?

A. Please refer to this guide for more information.

TAKING ON THE CHALLENGE TOGETHER



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**WE'LL BE FOLLOWING
THE LIVE ACTION ON
THE LEADERBOARDS
ALL WEEKEND.
UPLOAD BY MIDNIGHT
SUNDAY 7 JUNE**

**SHARE YOUR STORY
WITH #BRISMARA**

**WE'D LOVE TO SHARE
YOUR EXPERIENCE
AND YOUR VIRTUAL
FINISH LINE!**



THANKS TO OUR
SPONSORS WHO
HAVE
CONTINUED TO
SUPPORT US
DURING THESE
CHALLENGING
TIMES



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