



# 2020 VIRTUAL COMPETITOR GUIDE



**WELCOME TO  
THE FIRST 7  
SUNHINE COAST  
MARATHON  
VIRTUAL RUN  
FESTIVAL**



**RUN**

**VIRTUALLY**

**AS ONE**

MESSAGE FROM JASON  
CROWTHER, RACE DIRECTOR,  
ATLAS EVENTS

When we opened entries for the 7 Sunshine Coast Marathon Festival, 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 were forced to cancel this event, but are offering a Virtual Run Festival to bring our community together at this time.

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**

**THE HON KATE JONES MP**



Welcome to the 7 Sunshine Coast Marathon Virtual Run Festival.

The 7 Sunshine Coast 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.

COVID-19 is the biggest challenge we've ever had to face. But it's great to see the resilience and commitment of event organisers to ensure they can still bring the community together – ensuring that we continue to promote the Sunshine Coast to thousands of prospective visitors who are watching online.

Events are vital to the Palaszczuk Government's strategy to rebuild Queensland's economy and support local jobs long into the future.

We're proud to support this event through Tourism and Events Queensland.

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



**MESSAGE FROM MAYOR, MARK JAMIESON  
SUNSHINE COAST COUNCIL**



## MAYORAL MESSAGE

### 7 Sunshine Coast Marathon Virtual Run 2020

I'm delighted so many competitors have signed up for the 7 Sunshine Coast Marathon Virtual Run for 2020.

As one of Australia's leading destinations for events like the Marathon, we certainly miss seeing all the live action unfold along our beautiful coastline.

Safety is paramount at the moment, and we are excited that the Atlas Events team has been able to offer an alternative format to keep the event alive this year.

For those who had accommodation bookings and are still able to visit the Sunshine Coast, we hope you take the time to explore our region while you are here and sample some of the many diverse experiences we have to offer.

Wherever you are when you complete your run, we look forward to seeing your experience on social media via #sunnycoastmarathon

On behalf of the Sunshine Coast Council, I would like to wish the best of luck to all of the participants, and we look forward to seeing you back on the Sunshine Coast next year.



# PRE RACE DAY



Welcome to our Virtual Run Festival Competitor Guide. We're excited to have you join us over 15 and 16 August, and continuing to chase your 2020 goals, virtually!

What do you need to do before event weekend 15 & 16 August?

1. Sign up online, if you haven't already.
2. Check your email prior to race day and download and print off your virtual bib (optional!)
3. Plan your route
4. Follow the instructions to upload your run . If you're using the RunKeeper app, this needs to be set up before you run.

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

# VIRTUAL

## BIB

Check your email on Friday 14 August 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 #sunnycoastmara 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!

[Click here to view detailed instructions.](#)

Before you run, decide how you're going to upload your result. You have the choice of:

1. [Manual upload via the race website here](#) - this requires you to input your Confirmation number\* and surname & manually enter your race time. Photo evidence is optional.\*Confirmation number will be emailed with your virtual bib.
2. [Automatic upload via the RunKeeper app, either by using the app itself to record your run, or by syncing your GPS device to a RunKeeper account and uploading, using a link you will receive in your emails.](#)

Be sure to share your journey via #sunnycoastmara on social media. Watch the race unfold online. Thanks for taking part!

**ALL RUNS MUST BE UPLOADED BY MIDNIGHT SUNDAY 16 AUGUST TO QUALIFY.**

Below are the distances that need to be completed for your nominated

event/s. Virtual distances available in 2020

7 Sunshine Coast Virtual Marathon: 42.2km

Virtual Half Marathon: 21.1km

Virtual 10km Run: 10km

Virtual 5km: 5km

RMHCSEQ Virtual Mini Marathon 2km

# Discover the Sunshine Coast

 Sunshine Coast  
MARATHON  
*Virtual*  
RUN  
FESTIVAL

Find your travel inspiration at  
[visitsunshinecoast.com](https://visitsunshinecoast.com)

 **Sunshine Coast**  
Queensland Naturally refreshing

McCafé

We're coffee people

# OUR BEST COFFEE EVER

NEW SMOOTHER BLEND



Sunshine Coast  
MARATHON

Virtual  
RUN  
FESTIVAL

## 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 7 Sunshine Coast Marathon Festival before the COVID-19 impact, will I be automatically transferred to the virtual run?

A. No. This is a separate event requiring a separate sign up. If you were registered for the physical event, you will have either opted for a refund (minus \$10 admin fee) or transferred to 2021.

Q. Can I transfer to another distance?

A. Yes, please contact [info@atlasmultisports.com.au](mailto:info@atlasmultisports.com.au) prior to August 14 to transfer to another distance.

Q. I can't run on August 15 or 16. 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 15 and 16 August. However, we appreciate that with differing restrictions in place, this may not work for you. Just ensure you run and upload your result over race weekend, before midnight on Sunday 16 August

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 your combined time before midnight on Sunday 16 August. 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 manually upload your final time to the results page

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. How do I get my medal and any merchandise I've purchased?

A. These will be posted out after the event to the address you nominated at registration - please ensure this is correct.



Virtual  
RUN  
FESTIVAL



## FAQS

Q. Will you post my medal internationally?

A. Yes, we will. Your medal will be posted to the address you registered with, regardless of location. There is a \$10 international postage fee

Q. Is there additional merchandise available for purchase?

A. Yes, last orders are Sunday 2 August. This will be mailed along with your medal to your nominated address.

Q. Will I receive a bib?

A. You will be emailed a link to a virtual bib on Thursday evening prior to the event. 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



 Sunshine Coast  
MARATHON  
*Virtual*  
RUN  
FESTIVAL

[QUEENSLAND.COM/EVENTS](http://QUEENSLAND.COM/EVENTS)

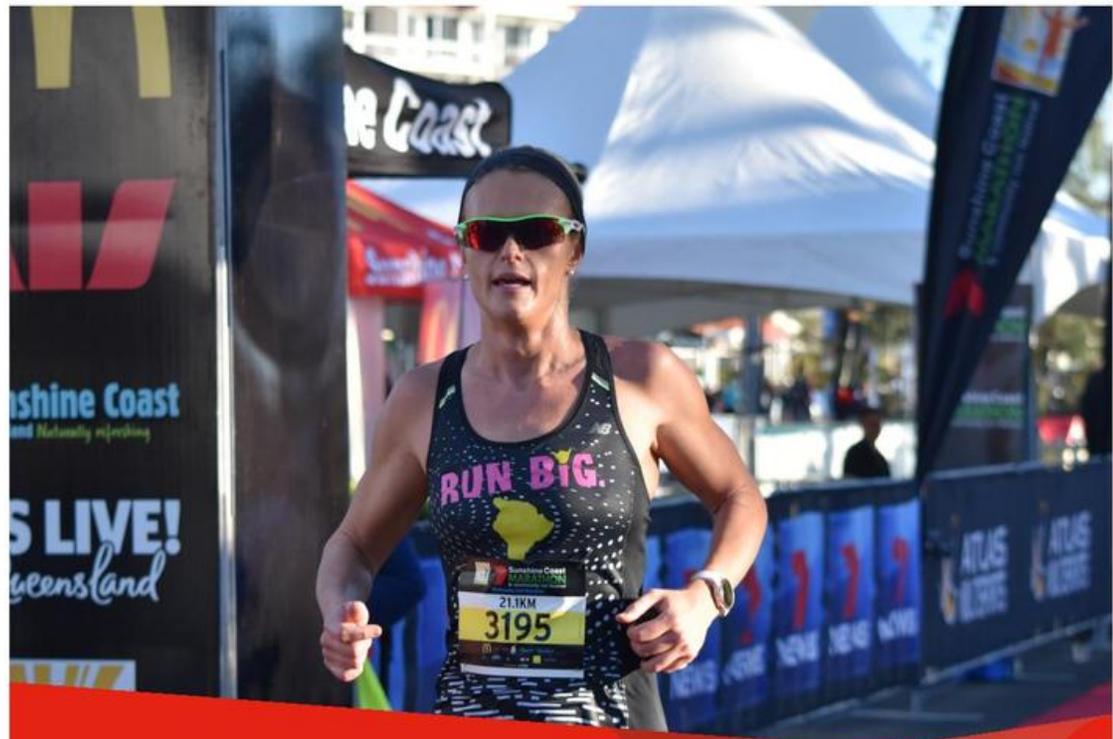
**IT'S LIVE!**  
*in Queensland*



**WE'LL BE FOLLOWING  
THE LIVE ACTION ON  
THE LEADERBOARDS  
ALL WEEKEND.  
UPLOAD BY MIDNIGHT  
SUNDAY 16 AUGUST**

**SHARE YOUR STORY  
WITH  
#SUNNYCOASTMARA**

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



# Helping you get over the finish line.

Whether you're striving for a personal best or just hoping to finish, we'll be (virtually) cheering you on.

 Sunshine Coast  
MARATHON  
*Virtual*  
RUN  
FESTIVAL



Explore the Sunshine Coast

 Sunshine Coast  
MARATHON  
*Virtual*  
RUN  
FESTIVAL

Find your travel inspiration at  
[visitsunshinecoast.com](https://visitsunshinecoast.com)

 **Sunshine Coast**  
Queensland Naturally refreshing

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



MAJOR BENEFICIARY



Ronald McDonald  
House Charities®  
South East QLD