



# Run Army



SUNDAY 24 APRIL 2022

RACE GUIDE



PROUDLY SUPPORTED BY



Queensland  
Government

# CONTENTS

<b>WHAT IS RUN ARMY</b>	<b><u>PAGE 3</u></b>
<b>WELCOME TO RUN ARMY</b>	<b><u>PAGE 4</u></b>
<b>MESSAGE FROM THE PREMIER OF QUEENSLAND</b>	<b><u>PAGE 5</u></b>
<b>CHARITY PARTNER - LEGACY BRISBANE</b>	<b><u>PAGE 7</u></b>
<b>WHAT YOU NEED TO KNOW BEFORE THE RACE</b>	<b><u>PAGE 8</u></b>
<b>RACE VILLAGE</b>	<b><u>PAGE 9</u></b>
<b>RACE DAY - WHAT YOU NEED TO KNOW</b>	<b><u>PAGE 13</u></b>
<b>CHANGED TRAFFIC CONDITIONS</b>	<b><u>PAGE 19</u></b>
<b>ON COURSE INFO</b>	<b><u>PAGE 21</u></b>
<b>EXHIBITS AND THINGS TO DO ON COURSE</b>	<b><u>PAGE 22</u></b>
<b>AFTER THE RACE</b>	<b><u>PAGE 23</u></b>
<b>EVENT PARTNERS</b>	<b><u>PAGE 25</u></b>
<b>COVID SAFE EVENT</b>	<b><u>PAGE 26</u></b>

# WHAT IS RUN ARMY **Run Army**

**Run Army** is an Australian Army initiative to promote running, health and wellbeing to its members. An important element of Run Army is an 8-week health and running program, called Running Change, which builds resilience and community amongst participants, and culminates in the Run Army 10km run.

Physical training has always been a fundamental part of Army life, but the Running Change Program goes further, incorporating mentoring, sports psychology, physiotherapy and nutrition. The program is voluntary and is designed to support soldiers struggling with weight, physical or mental health challenges.

The Australian Army has deep ties with the Brisbane community, and Run Army is a chance to strengthen those bonds over the Anzac Day weekend.





Chief of Army Lieutenant  
General Rick Burr, AO, DSC, MVO



Regimental Sergeant Major –  
Army Warrant Officer Grant  
McFarlane, AM



Run Army Patron Rob de  
Castella AO, MBE

This is only the second year of the Run Army event, and by now you probably know this is no ordinary fun run. Held on the weekend before Anzac Day, Run Army allows you to follow in the footsteps of generations of diggers and push yourself mentally and physically through a fitness challenge.

A Howitzer Artillery Gun from the Royal Australian Artillery will reverberate throughout the Brisbane CBD to mark the start of this year's Run Army on Sunday 24 April, before thousands of Queenslanders take to the city streets and wind around the Brisbane River for the five or 10-kilometre challenge.

I hope you are feeling very proud of your amazing achievements, because every single step you take will help support the hundreds of veteran's families left behind.

This event also reminds us of the sacrifice given by previous generations of service personnel and the service to their families still given by Legacy in the community today.

I look forward to seeing you on the track, and at the completion of the race, please join current serving soldiers, veterans and their families at Race Village. The Army Band - Brisbane will be there to welcome you.

## Run Army President

Major General Jake Ellwood, DSC, AM, CSC



# MESSAGE FROM THE PREMIER OF QUEENSLAND



The Queensland Government is committed to the welfare of veterans and their families and supports them and the many ex-service organisations across the State.

We honour them for their contribution in all wars, conflicts, and peacekeeping operations.

This respect is shared by Queenslanders who are proud of the thousands of current and former Australian Defence Force personnel throughout the State.



The Anzac Day weekend is an ideal time for people across Queensland to demonstrate their support for the families of fallen and incapacitated veterans by participating in the Run Army.

The initiative promotes running and wellbeing to its members. It also encourages community participation for physical and mental health, and to show support for veterans and their families.

The wellbeing of veterans is a priority of the Queensland Government and at the 2020 State Election, we committed \$10 million over four years to continue supporting the veterans' community.

Under the new Queensland Remembers Grants Program, \$4 million has been committed to assist ex-service and other not-for-profit organisations to upgrade their buildings and facilities, to purchase equipment, to create or restore memorials and to deliver commemorative events.

This year, we are providing funding of more than \$1.6 million for the 2022 Anzac Day Trust Grants Program and the second round of the Anzac Day Trust COVID-19 Grants Program.

Our veterans deserve our support, and Queenslanders can show how much they care by signing up to join the Run Army.

**ANNASTACIA PALASZCZUK MP  
PREMIER OF QUEENSLAND  
MINISTER FOR THE OLYMPICS**

**THE QUEENSLAND GOVERNMENT HAS  
COMMITTED TO PROVIDE FREE TAFE  
AND APPRENTICESHIPS FOR UP  
TO 300 VETERANS TRANSITIONING  
TO CIVILIAN EMPLOYMENT.**

**The new Defence to Civilian Success training program, delivered in partnership with TAFE Queensland, includes support for transitioning Australian Defence Force members to have their Defence qualifications recognised in a civilian context, and a personalised training pathway to enhance employment opportunities.**



SCAN ME FOR  
VETERAN ELIGIBILITY.

THIS PROGRAM IS DELIVERED BY TAFE QUEENSLAND | RTO - 0275  
IN PARTNERSHIP WITH THE QUEENSLAND GOVERNMENT.

**ENQUIRE TODAY**

**1300 308 233**  
**tafeqld.edu.au/defence**

MAKE  
GREAT  
HAPPEN



**Queensland  
Government**



# OUR CHARITY PARTNER LEGACY BRISBANE

# Run Army

In 1923, Legacy made a promise to help families carry on with their lives after the loss or injury of a loved one in military service.

It was a simple promise that Legacy keeps today; providing the same stability, guidance and assistance that a partner would normally provide to his or her family.

Today, Legacy supports 43,000 partners and children of veterans who gave their lives or health serving our country and they remain ready to serve future generations of families.

Since the Legacy promise was first made to a dying mate in the trenches of WWI "To look after the missus and the kids,"



Legacy has supported Australian Defence Force Families in time of great need. Legacy continues to support families of Australian Defence Force men and women who have lost their lives in service, or have returned home with the physical and emotional scars of war.

**LEGACY HAS PARTNERED WITH THE AUSTRALIAN ARMY FOR RUN ARMY.**

**LEGACY AIMS TO RAISE OVER \$250,000 TO FUND PROGRAMS SUPPORTING WIDOWS, WIDOWERS, CHILDREN AND FAMILIES OF OUR FALLEN OR INJURED VETERANS.**

**ALL PROCEEDS OF THE EVENT GO TOWARDS FUNDING THE VITAL WORK OF LEGACY, THE PREFERRED AND TRUSTED CHARITY OF THE AUSTRALIAN DEFENCE FORCE.**



Proudly supported by our Run Army matched giving day partner

# WHAT YOU NEED TO KNOW BEFORE THE RACE



## Race Pack Collection

If you did not opt to have your race bib mailed to you, it must be collected from the Registration Desk at Race Village prior to race day.

## Where to collect your pack

Brisbane Riverstage, City Botanic Gardens

## When to collect your pack

- Saturday 23rd April, 9:00am-4:00pm
  - Bring your Registration Confirmation or photo ID
- Strictly no bib collections on race day.

## What is in your race pack

- *Run Army event tee shirt*

We encourage all Run Army participants to show your spirit and wear the Run Army tee shirt for your event. Whilst this is not compulsory, we hope you can join us all on race day.

*Note:* If you wish to swap your tee shirt size, you may do so on race day only after 8.30am, provided shirts have not been worn and are available. Strictly no changes at race pack collection before your event.

- *Run Army race bib number*

Your Run Army race bib number needs to be worn on your front at all times. Your race number also contains your official timing chip that will record your finish time for the event.

## Transfers

All transfers need to be completed before race day or during race pack collection on Saturday 23 April between 9:00am – 4:00pm.

Change of event: If you wish to change your distance you are participating, please ensure you have your photo ID available to verify your person.

Change of person: If you wish to transfer your entry to a new person, please ensure you have photo ID available to verify your person.

## Late Entries

You can register in person for Run Army on Saturday 23 April at Race Village. Head over to our late entry table at the registration kiosk. Payment will be taken by credit card only at the Legacy tent. Your tee shirt size may not be available. Please register online to ensure you receive the size shirt you are looking for.

Race Village Opens at **9:00am** and closes at **4:00pm**



Ever seen a M1A1 Abrams Main Battle Tank? How about a Boxer Combat Reconnaissance Vehicle? What about a Tiger Armed Reconnaissance Helicopter (ARH)? No... We didn't think so. Come down to Race Village and prepare to be amazed.



A range of Australian Army artillery and displays will be onsite including your chance to find out what it is really like to fly a helicopter in the Australian Army Flight Simulator Van. Several soldiers will be on hand to answer any questions you have about sniper rifles and other military equipment.

Whether you are picking up your race pack, watching a friend, running or walking at Run Army, we hope you take in all that our race village has to offer.

## RACE VILLAGE ACTIVITIES

### TEST YOUR SKILLS IN THE FLIGHT SIMULATOR

Experience cutting edge technology that is being used to ready soldiers for the worst possible situations in the air. Australian pilots hold highly specialised skills, which take time to develop and are strengthened by hours of experience; do you have what it takes to fly in a range of weather conditions, without leaving the ground?



### JUMP ON A TANK

Soldiers from Brisbane's own 2nd/14th Light Horse Regiment (QMI) will be on hand to show you through this 63 tonne Main Battle Tank. The tank is at the core of ADF's Combined Arms Fighting System. Because of their versatility, tanks can be used in a wide range of scenarios, environments and levels of conflict in the region.





# nova

# 106.9

turn up the *feel good*



## Ash, Luttsy & Susie O'Neill

6-9am weekdays



Nova 106.9



The Nova Player



[novafm.com.au](http://novafm.com.au)

**BSc** BODYSCIENCE

# LOW CARB MOUSSE

PROTEIN DESSERT



HASTA TESTED



HIGH PROTEIN



LOW CARB



CASEIN PROTEIN & MCT OIL



GLUTAMINE, L-LEUCINE & BCAA



Visit [bodyscience.com.au](http://bodyscience.com.au) and log on to get your Defence Force Service Discount.

## SEE THE AUSTRALIAN ARMY'S NEWEST BIT OF KIT

The 8x8 Boxer Combat Reconnaissance Vehicles have recently been introduced to the Australian Army as the newest Light Horse (Reconnaissance). Fitted with a 30mm automatic cannon turret system, this new armoured fighting vehicle is even more capable, protected, lethal and enabled than its predecessor, the ASLAV.



## FOOD AND COFFEE

Help support our vendors at Run Army Race Village. A range of delicious food and coffee will be available to purchase on race day. We have everything you could need, from Anzac biscuits and smoothies, through to bacon and egg rolls and cold brew coffee.

*Subscribed to the Courier Mail? Visit the Two 14 Coffee Company stall and get yourself a FREE coffee or Bacon and Egg Roll (limited quantity available – so get it whilst it lasts)*

## FREE YOGA

We're delighted to offer two FREE Yoga sessions, provided by Jess Jasch at J-Leigh. Yoga will take place on the afternoon of Saturday 23 April, from Race Village.

*Session 1: 11:30am*

*Session 2: 3:00pm*



Jess will be providing two 40 minute yoga sessions to help you limber up for race day. There is no need to register for these sessions. Simply bring along a towel, water bottle and join in with Jess as she takes you through the motions.

No prior yoga experience is necessary – all levels will be catered for. We welcome everyone to stretch with Jess!



# RACE VILLAGE

# Run Army



-  Check in
-  Medals
-  Medical
-  BSc Drink station
-  Toilets
-  Swiss 8 BBQ
-  M1A1 Abrams Main Battle Tank + CRV Boxer Combat Vehicle
-  Flight Simulator
-  Recovery Food
-  rebel Sport Mobility & Recovery Zone
-  NIOA NIOA VIP
-  TWO14 TWO14 Coffee & Bacon and Egg Rolls

# RACE DAY - WHAT YOU NEED TO KNOW



## KEY EVENT TIMES

Detail	Time	Location
Race Village Opens	6:00am	Brisbane Riverstage
Welcome to Country	7:05am	Alice Street, Brisbane City
ARH Flyover	7:20am	Brisbane City Sky
Starters Howitzer Artillery Gun Fire	7:30am	Alice Street, Brisbane City
START: 10km	7:30am	Alice Street, Brisbane City
First 10km finisher	8:00am	Brisbane Riverstage
Starters Howitzer Artillery Gun Fire	8:30am	Alice Street, Brisbane City
START: 5km	8:30am	Alice Street, Brisbane City
First 5km finisher	8:45am	Brisbane Riverstage
Presentations	9:30am	Brisbane Riverstage
Race Village Closes	11:00am	Brisbane Riverstage

## STARTING ZONES

Participants are encouraged to self-seed on the starting line. The fastest participants should be positioned towards the front of the start line. Top 3 male and females across the line are eligible for prizes. All age categories and participants outside of the top 3 male and female will be placed based on your chip time (ie: the time it takes you from the start line to the finish line to complete the event).





# RACE DAY - WHAT YOU NEED TO KNOW



## CORRECT EVENT

Ensure you start and finish the event you are registered for, failure to do so will result in your finish time not being recorded. Your event is clearly marked on the front of your race bib.

## BSC HYDRATION STATIONS

BSC Hydration Station	Location	Event
1	Corner Moray St & Bowen Tce	10km
2	Army water tanker located at Howard Smith Wharves	5km & 10km
3	Kangaroo Cliffs Park 4P	10km

Keep a lookout for our Army vehicles at water stations. See if you can snap a selfie and remember to #runarmyau and tag us @runarmyau.

## BAG STORAGE

A complimentary baggage drop off area will be located within the Run Army Race Village at the top of the Brisbane Riverstage. Baggage storage will open at 6:00am on Sunday 24th April.

Note: This is approximately a 500m walk to the start of events. Please ensure you allow enough time to reach the start of your event.

## WHAT TO DO WITH YOUR BAGGAGE:

1. Utilise your special tear off baggage tag located on your race number.
2. Attach this tag securely to your baggage with the number visible
3. Place your bag in the relevant bay based on the last digit of your race number



## PARKING

Plan ahead and park in one of the following easy to access locations for your Run Army experience.

# RACE DAY - WHAT YOU NEED TO KNOW

LOCATION	CAR SPACES	DISTANCE TO START	DISTANCE TO FINISH	COST
Parklands Southbank	800	1.9km	1.2km	\$2 - \$36
QUT under free-way or P Block	195	800m	100m	\$10
QUT undercover	200	800m	150m	\$10
Myer Centre 66 Elizabeth St	1450	650m	1.3km	\$5
Secure Parking, Wintergarden 190 Elizabeth St	585	600m	900m	\$5
Secure Parking, Queens Plaza	596	850m	1100m	\$5

Event participants and spectators can park at a variety of locations within short walking distance of the event start and finish line and close to a range of fantastic restaurants. Limited spaces available within each location Wintergarden, Charlotte Street, Mary Street. Visit [secureparking.com.au](http://secureparking.com.au) to book online.

## WHEN SHOULD YOU PLAN TO ARRIVE?

Please ensure you are aware of all road closures and changed traffic conditions in place for the event. We recommend you plan to arrive at least 1.5hrs before your race start time.

Join us for the excitement of the official Welcome to Country (7:05am) and Howitzer Cannon (7:30am) at the start line on Alice Street.



## START TIMES

- 10km - 7:30am
- 5km - 8:30am



# CANUNGRA COMBAT CHALLENGE

REGISTER YOUR  
TEAM OF 4!

7KM COURSE FOR  
A GOOD CAUSE

18TH JUNE 2022 

KOKODA BARRACKS 



LEGACY 

Start your day

*feeling  
good*



**SUNDAY 24<sup>th</sup> APRIL 2022**

**Run  
Army**



# **CHANGED TRAFFIC CONDITIONS**

The Australian Army is committed to improving the health and well-being of its personnel. As part of these endeavours, Army has instituted Run Army. This initiative aims to support current serving members who are recovering from injury, struggling physically or mentally, or are seeking assistance in enhancing their physical and mental resilience. It also seeks to promote physical and mental health and well-being across Army and the broader community.

Funds raised from Run Army will go toward Legacy, who have supported the families of deceased and injured veterans since 1923.

The event includes a 10km run and 5km run & walk and will start from Alice Street in Brisbane City and finish at Riverstage. In order to ensure the safety of all participants, comprehensive traffic management plans will be in place, from the earliest time of 4:30am to latest time of 11:00am, to manage road closures across the following suburbs: Brisbane City, New Farm, Kangaroo Point, and South Brisbane.

## **FOR BUSINESSES AND RESIDENTS**

Traffic conditions will be changed from 4:30am. The 10km race will commence at 7:30am and the 5km event will commence at 8:30am from Alice Street.

You can see course maps below and closure times for roads affected can be found overleaf. Traffic management infrastructure will be removed systematically as the last runners move through the course. Strict cut-off times will be enforced to ensure roads re-open as required by permit conditions. Specific closure and re-opening times will be advertised on signage on affected roads two weeks prior to the event, and details of this are found overleaf. More detailed course maps can be found at [runarmy.org.au](http://runarmy.org.au)

## **EMERGENCY VEHICLES**

Access for emergency vehicles will be maintained at all times by Police Officers, Traffic Controllers and Event Marshals.

## **PUBLIC TRANSPORT**

Some bus services may be affected along the course.  
Ferry services will remain unaffected.

## **TAXIS**

The Taxi Council has been advised of this event and potential impacts on their customers. Please allow for delays.

## **STREET PARKING**

Please do not park along the course as this will restrict both access from the area during the race times and will impact on emergency vehicles needing to use the lane space.

## **FOR CYCLISTS**

High volumes of runners and walkers will be using Shared Pathways including: New Farm River Walk, Story Bridge, Kangaroo Point Riverwalk, The Cliffs Boardwalk, Goodwill Bridge, City Botanic Gardens. Detailed course maps may be viewed on the Run Army website.

For any further comments or queries, please contact Atlas Events  
[event@runarmy.org.au](mailto:event@runarmy.org.au)

Thank you for your support of this event,  
**Atlas Events**

Scan here to view  
detailed maps and  
event information.



**SUNDAY 24<sup>th</sup> APRIL 2022**

# **CHANGED TRAFFIC CONDITIONS**

<b>ROAD</b>	<b>IMPACT</b>	<b>DESCRIPTION</b>	<b>START</b>	<b>FINISH</b>
Alice St	CLOSED	George St - Edward St	4:30am	11:00am
Albert St	CLOSED	Margaret St - Alice St	4:30am	11:00am
Margaret St	CLOSED	Albert St - Felix St	4:30am	11:00am
Edward St	CLOSED	Mary St - Alice St	4:30am	11:00am
Mary St	CLOSED	Felix St - Market St	4:30am	11:00am
Felix St	CLOSED	Mary St - Margaret St	4:30am	11:00am
Spencer Lane	CLOSED	Spencer Lane Closed	4:30am	11:00am
Market St	CLOSED	Charlotte St - Mary St	4:30am	11:00am
Eagle St	CLOSED	Market St - Wharf St	4:30am	11:00am
Eagle St	CLOSED/SHARED	Queen St - Creek St	4:30am	11:00am
Queen St	SHARED	Wharf St - Adelaide St	4:30am	11:00am
Macrossan St	CLOSED	Queen St - Adelaide St	4:30am	10:30am
Ivory Street Tunnel	CLOSED	Ann St - Bowen Tce	4:30am	10:30am
Ivory Street	CLOSED	Harrison Lane - Brunswick St	4:30am	10:30am
Boundary Street	CLOSED	Ivory St - New Farm Riverwalk	4:30am	10:30am
Bowen Terrace	CLOSED	Story Bridge - Balfour St	5:00am	9:30am
Moray Street	CLOSED	Bowen Tce - Merthyr Rd	5:00am	9:30am
Merthyr Road	CLOSED	Moray St - Brisbane Riverwalk	5:00am	9:30am
Main Street	CLOSED	Thornton St - Baildonn St	5:00am	10:30am
Bright St	CLOSED	Main St - Macdonald St	5:00am	10:30am
Lower River Tce	CLOSED	Kangaroo Pt Riverwalk - Christie St	5:00am	10:30am
Gardens Point Road	CLOSED	Laminton Dr - Botanic Gardens	4:30am	10:30am
<b>PATH</b>	<b>IMPACT</b>	<b>DESCRIPTION</b>	<b>START</b>	<b>FINISH</b>
New Farm River Walk	SHARED	Merthyr Rd - Boundary St	7:00am	9:30am
Story Bridge	SHARED	Ivory St - Scott St	7:00am	10:00am
Kangaroo Pt Riverwalk	SHARED	Bright St - Lower River Terrace	7:00am	10:30am
The Cliffs Boardwalk	SHARED	Goodwill Bridge - Lower River Tce	7:00am	10:30am
Goodwill Bridge	SHARED	Goodwill Bridge	7:00am	11:00am
City Botanic Gardens	SHARED	Bunya Walk	7:30am	11:00am

## **RUNNING WITH HEADPHONES**

Running with headphones is not recommended, however we do allow the use of these while participating. If you choose to wear headphones, please ensure the volume is at a reasonable level so that you are able to hear instruction from course officials. Please keep to the left when possible to allow for faster runners to pass easily. Failure to follow instruction on course will result in automatic disqualification.

## **RUNNING WITH A PRAM**

Yes, you may run with a pram. However, we ask if you can please start at the back of the race to ensure safety for your child as well as respect for other competitors.

## **TIMING**

Run Army uses electronic timing. Your personal race time (or net time) will be recorded as you cross the start line and will end when you cross the finish line. Ensure you start and finish the event you are registered for, failure to do so will result in your finish time not being recorded.

## **GUN TIME/NET TIME**

Overall placegetters are awarded on position across the finish line. Your official time for age category placings is calculated using your own personal chip time. Failure to start in the event you have registered for may result in disqualification.

## **KILOMETRE MARKINGS**

Every 1km for 5km and 2.5km for the 10km

## **ON COURSE NUTRITION**

The on-course nutrition will be provided by BSC. BSC's Myocytin sports drink will be provided on course as well as water at each of the water stations.

## **CASANOVA'S ON COURSE**

Nova's 106.9's Casanova Cheer Squad will help you get across the finish line, soldier! Look for Nova's overly excited experiential team who are on course encouraging everyone to give it their all. More regiment mascot than drill sergeant, they'll be handing out water, and motivating participants with clever chants and inspirational signage.

## **MEDICAL AID**

The team from 1300-Medics will be on course and at the finish line to help with any medical assistance you may need. If you are on course and require medical attention, please reach out to one of our volunteers on course to get in contact with the medical team.

If urgent medical attention is required, please call: 0421 003 720

# EXHIBITS AND THINGS TO DO ON COURSE

**Run**  
**Army**

## WAVE TO A HELICOPTER PILOT

A Tiger Armed Reconnaissance Helicopter (ARH) will be joining the runners on course for the start of the 10km and will hover over the track of both the 5km and 10km courses. The ARH is one of the most advanced helicopters in the world today. The pilot of this attack helicopter will be waving to runners along the course, and demonstrating the fast and agile capability.



## YOUR WATER STATION SUPPORT

The heavily relied upon Bushmaster, will be relied upon again to rehydrate you. Along the course, you will see a Protected Mobility Vehicle at Smith's Street Wharves. Serving in East Timor, Afghanistan and Iraq, this four wheel drive armoured vehicles has been most recently deployed throughout Australia in support of natural disasters and security response tasks.



## CHECK OUT THE ARTILLERY

With a lineage since 1914, 1st Regiment, Royal Australian Artillery will be on course with two of their M777A2 lightweight towed howitzers. Don't let the name fool you, these are anything but light at 4100kg! It won't be firing on Sunday, but the M777 can provide direct support to combat troops through offensive and defensive fires with conventional and precision-guided projectiles. It can also employ illuminating and smoke projectiles.



## FINISH CHUTE

Once you have completed your event, keep moving through the finish chute to the recovery area. You do not need to hand back your race number.

## FINISHER MEDALS

You will receive your official Run Army 2022 finisher medal at the completion of your event. After you exit the recovery area you will pass tables for you to take a finisher medal if you would like to.

**Remember to snap a selfie with your finisher medal**

## REBEL RECOVERY ZONE

A hard effort needs hard recovery. Visit the crew from Rebel and ask how you can recover from your efforts on the race course. Rebel will have a range of recovery items to help you roll out those tired muscles.

## COMPLIMENTARY FOOD AND HYDRATION

Fresh fruit, water bottles and hydration drink will be available to help you rehydrate after your effort at Run Army.

## PRESENTATIONS

Overall winners presentations will commence at approximately 9:30am.

## BSC HYDRATION

Body Science will be fuelling your run with Body Science BCAAs and Myocytin Creatine, available at BSc hydration stations throughout the course.

While in the race village also be sure to visit the Body Science sampling tent to treat your tastebuds to a sample of the new Low Carb Mousse Protein Dessert. HASTA tested. High Protein. Quick, easy & delicious.

Explore the full Body Science range at [bodyscience.com.au](http://bodyscience.com.au) and log in to get your Defence Force discount

## FOOD AT RACE VILLAGE

**GFOats:** Support veterans and purchase some yummy Anzac biscuits

**2/14 Coffee:** Get your coffee fix and buy yourself a BBQ Bacon and Egg Roll

**Australian Warfighters Coffee:** Cold brew coffee that will be sure to be a hit

**Chill Juice Bar:** Refresh yourself with a smoothie from Chill Juice Bar

**Swiss8:** Grab yourself a BBQ breaky after your event

Proceeds from food purchases at these businesses will be donated to Legacy Brisbane.

## SPECIAL THANKS TO:

Defence Health: Complimentary bottles of water

## Lance Corporal Stjepan (Rick) Milosevic Memorial Trophy

Kelly Walton, supported by the Commanding Officer of 2/14 Light Horse Regiment (QMI) will be presenting the memorial trophy to our overall female champion.

## Lance Corporal Jared MacKinney Memorial Trophy

Beckie MacKinney-Clohesy, supported by the Commanding Officer of the 6th Battalion, The Royal Australian Regiment will be presenting the memorial trophy to our overall male champion.

## RESULTS

Race results will be available on the Run Army and on the official Facebook page after the event Results can also be viewed by scanning the QR code on the back of your bib or visiting the [link here](#).

## AFTER RACE DAY

Event photos: Your Run Army experience will be captured by the professionals at Marathon-Photos. Make sure you wave to the camera men on course and get ready to have your smile captured as you traverse the streets of Brisbane City. Official photographs will be available for purchase following the event via the results page by searching for your name

## PERSONAL RACE CERTIFICATE

Download your digital finisher certificate to commemorate your achievement. Your personal results certificate is available via the results page and is available immediately upon crossing the finish line.

## SUPPORT LEGACY

There is still time to fundraise and donate. Share your fundraising page or make a personal donation and you will be helping the families of fallen and injured veterans.



# EVENT PARTNERS



RUN ARMY WOULD LIKE TO THANK OUR SUPPORTERS



# Army



# Queensland Government

Please follow COVID safe practices when attending the Run Army event. We are monitoring the situation and government guidelines and will provide updates as required. We appreciate your cooperation.

<https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/current-status/public-health-directions/restrictions-impacted-areas>

- **STAY HOME IF YOU ARE UNWELL**

<http://conditions.health.qld.gov.au/HealthCondition/condition/14/217/838/novel-coronavirus>

- **MAINTAIN SOCIAL DISTANCING**

<https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/protect-yourself-others/coronavirus-prevention>

- **WASH YOUR HANDS REGULARLY**

<https://www.qld.gov.au/health/conditions/all/prevention/hand-hygiene>

If you become unwell during the event, locate event staff or first aid staff.