



TravellingFit
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EVENT GUIDE

Here is your Event Guide ! Please read this carefully to make the most of your day even if you have done Bay to Bay before. - note that start times have changed this year !!

IMPORTANT CHANGES FOR 2024

12 km race starts at 7:00 am

Half Marathon race starts at 8:10 am

Brisbane Water Drive between West Gosford and Woy Woy is closed from 6:50 to 8:00 am for the 12km race – plan how to get to Half Marathon start !! (see later)

RACE NUMBERS

If you entered before 28 May, and chose Race Number Postage, then your race number will arrive soon.

If you entered after 28 May you will need to collect your race number from Registration – see details later in the guide.

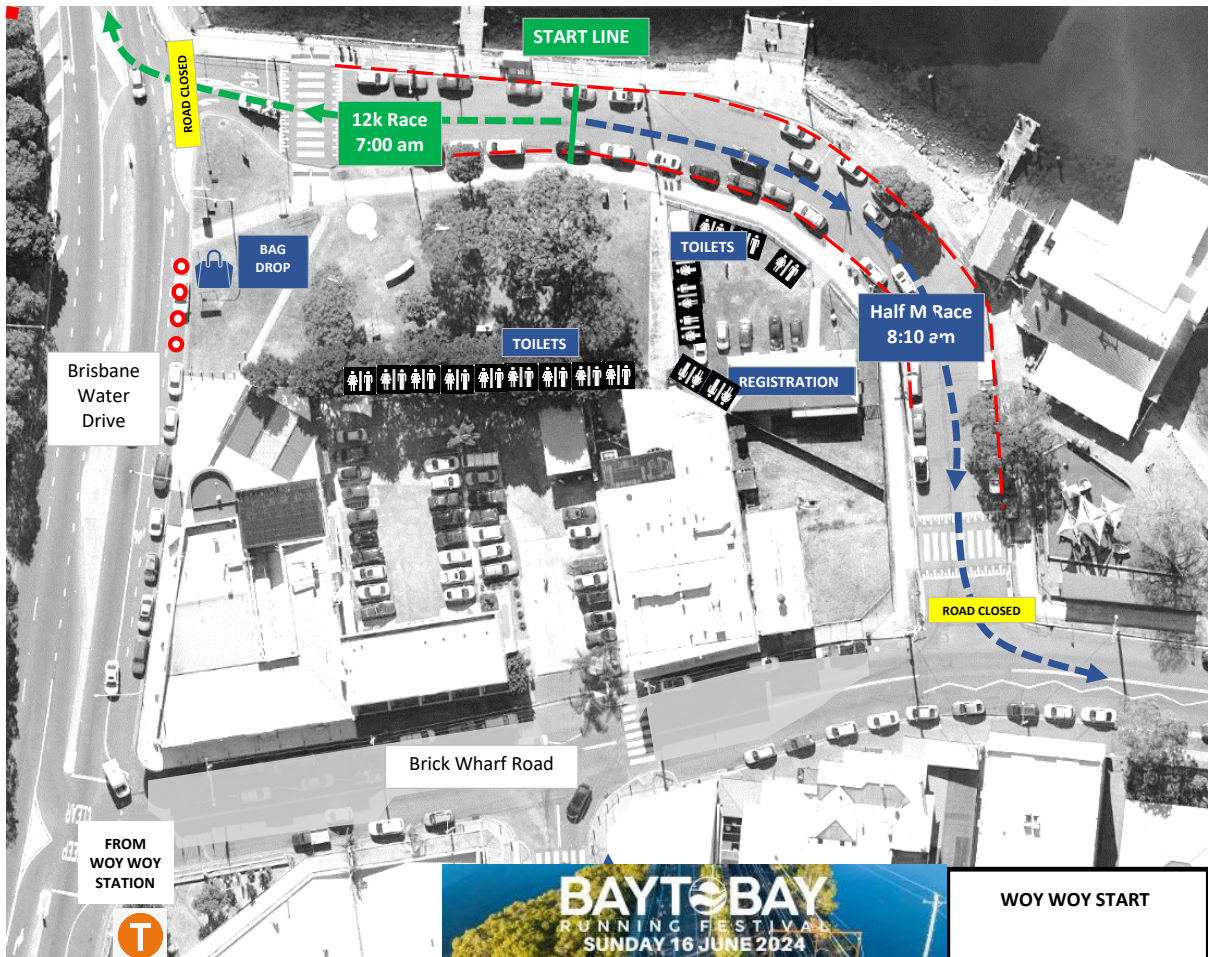


WOY WOY START

ET Australia 12 km Fun Run 7:00 am

Travelling Fit Half Marathon 8:10 am

The Woy Woy start area is north of the shopping centre and Brick Wharf Road – next to the Woy Woy ferry wharf.





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Please plan your start:

- **Register** in the CWA Hall from 6:15 am – only if you do not already have your race number
- Use the portable **Toilets** in the park
- Use the **Bag drop** near Brisbane Water Drive
- Go to the **Start Line**

The easiest way to get to the Woy Woy start area is to take the train from Gosford to Woy Woy station and walk 300 m to the start area. There is free public transport this year (trains and buses) – just show your race number to transport staff.

You can be dropped off or park in Woy Woy centre. Please avoid Brick Wharf Road near the start area. Best parking option is next to Woy Woy Stadium.

Brisbane Water Drive will be closed in both directions between 6:50 and 8:00 am..



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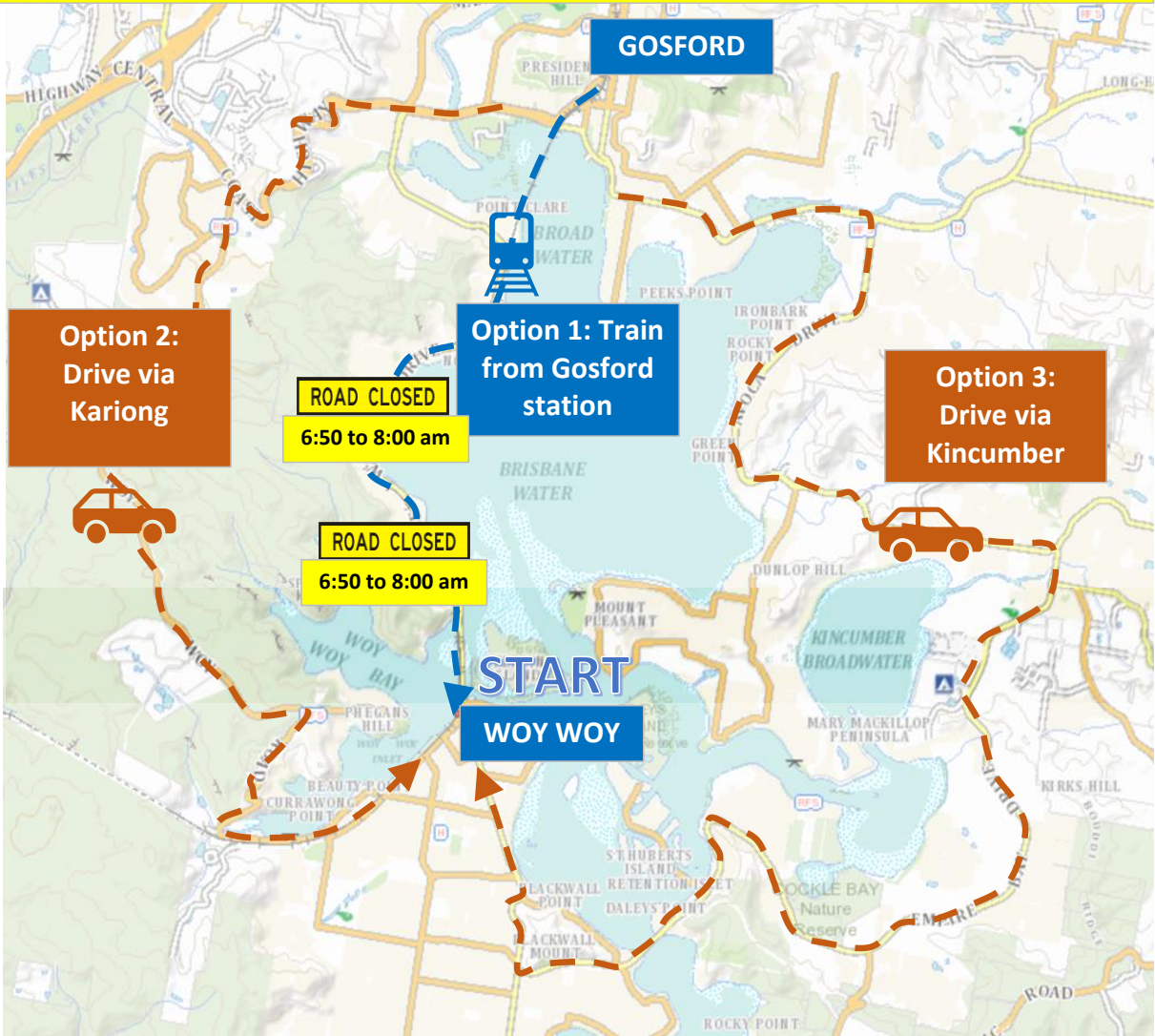
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Access to Half Marathon Start Woy Woy 8:10 am

Brisbane Water Drive closed for 12k race
6:50 am to 8:00 am





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ADCOCK PARK START

Health.e.care 5 km Fun Run/Walk 10:40 am

This race will start in Adcock Park at the Services Building next to the netball courts – registration is inside the building if you don't already have your race number.

The easiest way to get to the start is to park near Industree Group Stadium in Gosford and walk/jog to the start – a nice 1.5 km warm up ! Please look out for runners on the course.

There is limited parking available in Adcock Park – please park on the right side of the road and follow directions of marshals. **No vehicle access in or out will be available between 10:40 and 11:00 am.**

Oceanview Physio 2 km Kids Run 7:00 am

The Kids Run will start and finish inside Industree Group Stadium – please gather outside the Stadium main entrance on Dane Drive by 6:45 am.



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REGISTRATION

If you have received your race number in the post there is no need to register at the start.

If you need to collect your race number, or record a transfer from someone else, please go to registration either:

SATURDAY 15 June

- All races – Industree Group Stadium between 2:00 and 4:00 pm

SUNDAY 16 JUNE – before race

- Half Marathon and 12 km races - at the CWA Hall in Woy Woy (open from 6:15 am)
- 5 km race - inside the Services Building at Adcock Park (open from 9:30 am)
- Kids Run – Industree Group Stadium (open from 6:45 am)

EVENT T-SHIRTS

If you have ordered an event T-shirt you can collect this after you finish your race at Industree Group Stadium. Alternatively, you can collect your shirt on the Saturday before from Industree Group Stadium between 2:00 and 4:00 pm- please bring your race number.

START PROCEDURE

Runners will be asked to assemble in front of the start line about 10 minutes before the start –please place yourself based on your expected pace – **faster runners only at the front**. Your time starts when you cross the start line.

The Half Marathon start will be in two waves:

Wave 1 – 8:10 am – expected time less than 2 hours

Wave 2 – 8:15 am – expected time more than 2 hours

Seeded runners in the Half Marathon and 12 km Fun Run will be able to join the front of the field just before race start.



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BAG DROP

A free bag drop service is available from the Woy Woy start for the Half Marathon and 12 km Fun Run races. There is no Bag Drop for the 5 km race.

Place your belongings in the bag provided and have our volunteers write your race number on the front or give us your own small bag with your race number clearly marked.

The bag drop is only for a couple of clothing items – please don't bring any large bags or valuables.

You will be able to collect your bag at the finish area after collecting your medal and other goodies.

We will also collect any discarded clothing at the start and donate to a charity.

RACE ROUTES

The Half Marathon and 12 km Fun Run races start on roads. After an initial distance on the road you will be directed onto the waterfront cycle path – please follow all directions from marshals and Police. See the map at the end of this guide for the full race route including locations of drink stations, first aid and toilets.

ON THE COURSE

Please take care when running on the course – there are hazards including wet pavement, grassed sections, kerb drops, tree roots, loose surfaces, potholes.

Take particular care when crossing side roads – look for cars turning into or out of side streets and follow directions of marshals.

You must not run on any roads unless directed by signs or marshals. You must only overtake other runners on the cycle path. Runners seen taking short cuts or running on the road will be disqualified.

Please keep to the left half of the cycleway at all times to allow others to pass. If you are running/walking with someone else please leave plenty of room for others to pass.

Please do not wear earphones or headphones while running – you need to be aware of others on the cycle path and hear instructions from marshals.



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CUTOFF TIMES

Please be aware of course cutoff times– these are in place to ensure our volunteers get to pack up at a reasonable time.

Half Marathon - Cut off times are based on minimum speed of 6 km/h:

6 km in 1 hour

12 km in 2 hours

18 km in 3 hours

12 km Fun Run - Cut off times are based on minimum speed of 5 km/h:

5 km in 1 hour

10 km in 2 hours

5 km Fun Run/Walk – you must complete the run/walk in one and half hours.

DRINK STATIONS AND FIRST AID

See the map at the end of this guide for the location of drink stations. Water and sports drink will be available. Water cups will be at the front of the drink station and sports drinks at the back.

First aid is available at two of the drink stations – see map - and at the Woy Woy start and Stadium finish.

There are public toilets at regular intervals along the course – refer to map.



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STADIUM FINISH

You will enter the Stadium under Brian McGowan bridge and finish on the eastern side of the football field.

After you finish, you will be directed to keep moving and collect your water, food, medal and T-shirt (if ordered).

There will be food and coffee available for purchase outside the Stadium on Dane Drive – you are free to leave and enter the Stadium as you like.

You are welcome to stay inside the Stadium, meet family and friends and watch others finish. Presentations will be made for the different races inside the stadium as soon as possible.

RESULTS

Race timing on the day will be provided by Multisport Australia.

All results, including overall placegetters, will be based on net time (not gun time).

Results should be available soon after your finish through a link on the results page of the Bay to Bay website.

PHOTOS

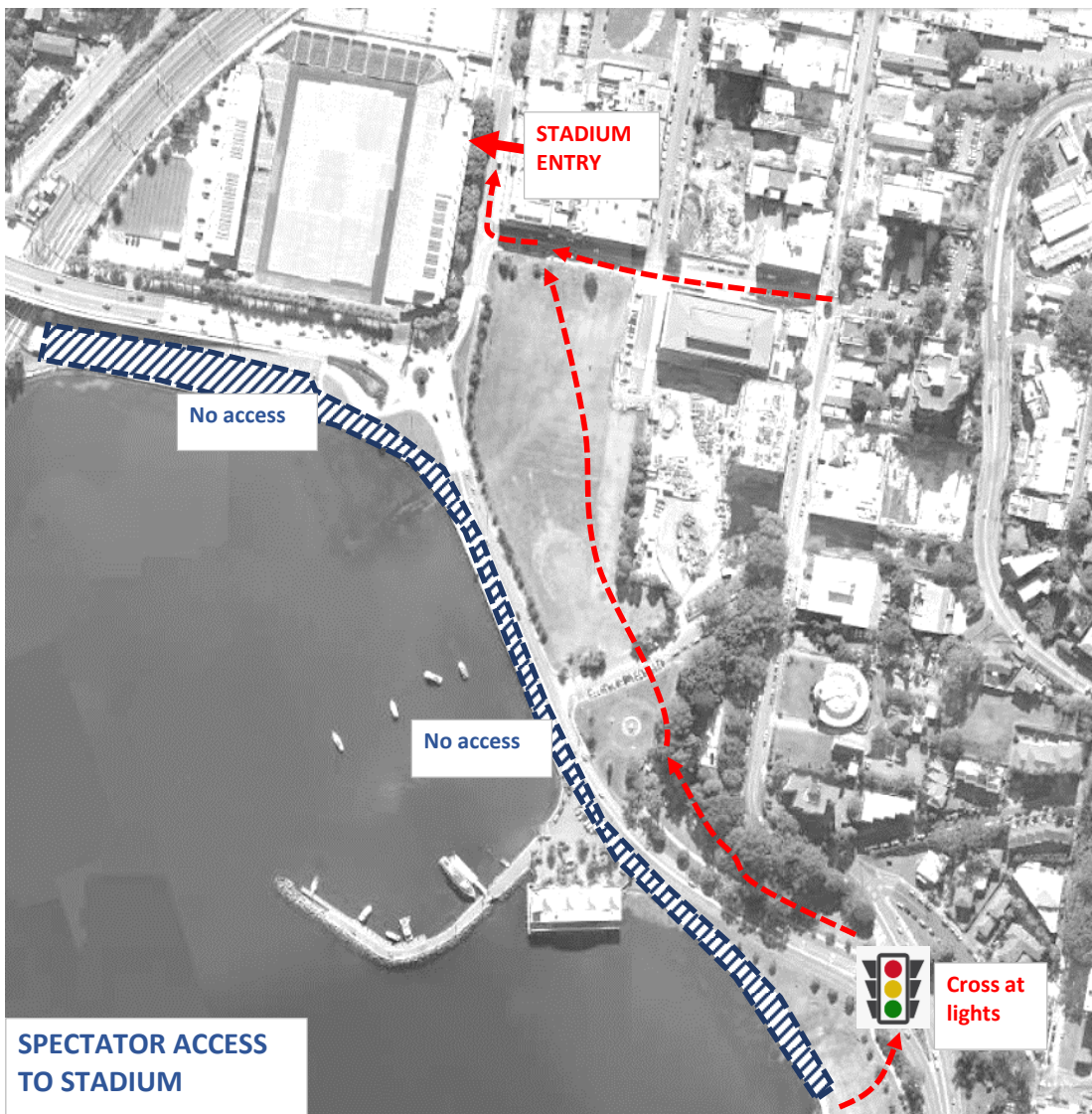
Race photos should be available by the end of the day via the website.



SPECTATORS

The best place to watch family and friends is inside the Stadium. To reduce congestion, there will be no viewing areas along the waterfront or under Brian McGowan bridge.

Access to Industree Group Stadium is from Dane Drive only. There will be no access to the Stadium along the waterfront – see map below.



OTHER QUESTIONS

For other questions go to our website – <https://baytobay.org.au/> See the Events and FAQ pages.

