

Red Run

REMEMBRANCE DAY TRAIL RUN, JOG & WALK

2023



Congratulations for taking part in the Red Run Day on Sunday 5th November 2023 in honour of Remembrance Day.

Run, Jog or Walk to honour the brave men and women who served our country. Funds raised provide stigma-free mental wellness support services for Queensland Veterans and Frontline personnel via Trek2Health.

The ticket price is complementary and each trekker has a minimum fundraising goal of \$50 to enter this fundraising event with rewards for top fundraisers.

PROUDLY SUPPORTING



RACE BIB

Race Bibs are available to pick-up from 0630–0715 on the day of the event. This event will not be timed.

START/FINISH TIME & LOCATION

Registration: 0630–0715 Sunday 5th November 2023. Register and collect your bib at the event lawn at Trek2Health Headquarters, Enoggera Reservoir, just off Waterworks Road THE GAP,

Welcome ceremony: 0730

8.5km event starts after the ceremony, should take walkers about 2 hours to complete, due to hills on the course.

All participants receive Race Bib, Red Run Medal and Trek2Health Bandana.

After the event: real coffee and complimentary BBQ courtesy of Ashgrove The Gap Lions Club.

MERCHANIDSE

Will be available on the day to purchase from Trek2Health Headquarters.

OTHER IMPORTANT RACE DAY INFORMATION

To ensure the safety of all RED RUN participants; bikes, scooters, roller blades, skates or skateboards are not permitted on the course. Dogs and other animals are also strictly not permitted on the course. Prams are strongly not recommended due to uneven terrain, please contact organisers to discuss further.

There will be drink stations positioned approximately every 2–3 kms along the course. We encourage participants to carry a drink bottle with them in order to stay hydrated. Our experienced support staff – who have operated in these D'Aguiar ranges for over 15 years – will be available at several stations throughout the Trek, should you need water or support.

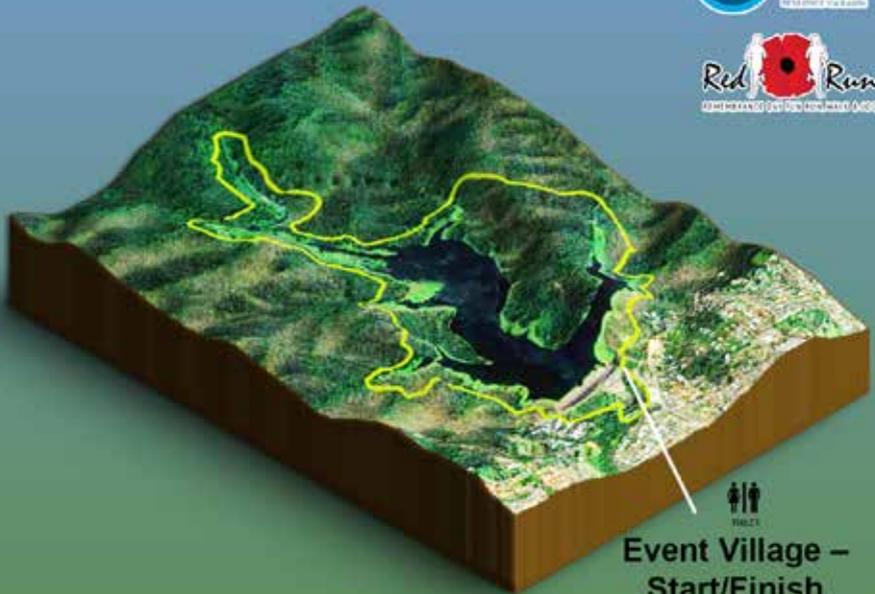
For event day information, please refer to: www.redrun.com.au

Thank you for supporting this community event and we look forward to seeing you on Sunday 5th November 2023!

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8.5 km - Enoggera Reservoir Circuit The Gap



Event Village –
Start/Finish
Toilets available

ENOGGERA RESERVOIR CIRCUIT THE GAP

Trail Profile 8.5 km

