

VOLUNTEER Pocket Guide

This event would not
be possible without
you!

Thank you for
volunteering!



Emergency Action Plan

In an emergency follow these steps:

1. Survey scene
2. Is the scene safe?
3. Phone help – Medical Command, Event Command or 000
4. Give your location & phone number you are calling from
5. Explain what happened
6. How many people are involved?
7. Nature of injuries/incident
8. Age of casualties
9. Are they conscious?
10. Are they breathing?
11. Are you with them?
12. Stay on the phone until help arrives & follow instructions

For any other issues, incidents or questions please contact the Volunteer Coordinator.

Please stay hydrated, safe, sun smart, and have fun!

Race Start Times – Sunday 8 September

- 6:00am – 10km Elite Wheelies Start
- 6:10am – 10km Blue Elite Start
- 6:15am – 10km Red Elite Start
- 6:20am – 10km VIP Charities Start
- 6:25am – 10km Green Runners Start
- 6:50am – 10km Yellow Joggers Start
- 7:15am – 10km White Walkers Start
- 10:00am – 5km Purple Elite Runners Start
- 10:00am – 5km Orange Runners Start
- 10:00am – 5km Aqua Joggers Start
- 10:10am – 5km Pink Walkers Start

Please stay in your role at your location until you are signed out by one of our event staff.

Key Contacts:

Medical Command Centre
0421 003 720

Event Command
0417 741 468

Volunteer Coordinator (Kaylah)
0447 176 314

Sunday Mail Brisbane
BRIDGETO BRISBANE

- 1 Brooks Running Shop
- 2 Merchandise Shop
- 3 Function Well
- 4 Massage Recovery Area
- 5 Nova 106.9 Activation
- 6 The Sunday Mail VIP Area
- 7 Transurban VIP Area
- 8 The Sunday Mail Newspaper Collection
- 9 The Sunday Mail Kids Zone
- 10 BMW/Mini Garage Activation
- 11 Cocobella Sampling
- 12 Health and Wellbeing QLD Free Fruit
- 13 Medal Collection Point
- 14 VIP Charities
- 15 Food Trucks
- 16 Corporate After Party
- 17 Transurban 360 Camera
- 18 Main Stage Entertainment

- Water Station
- Exit to Bus Stop
- Medic
- Toilets
- Information



* Subject to change at any time without notice

Finish Venue Map



10KM Map