

# SPECIAL NEEDS DRINKS

Brisbane  
**MARATHON**  
Festival



**intraining**  
the running store run by runners

# MARATHON

All 42.195km marathon participants only will be able to access all water stations with their own personal 'special needs drinks'. Although not compulsory, due to the nature of the distance, we invite you to utilise this service.

### Rules for special drinks

- Special/personal drinks are for the marathon event only.
- Drinks must be in sealed, leak proof containers.
- Drink containers are not to be any taller than 21cm in total including all attachments.
- Bottles will only be accepted on Friday 10-6pm or Saturday 10am-12pm at Milton.
- No balloons or sticks are to be attached.
- Bottles are to be marked with your name and relevant km mark (from list below).
- It is your responsibility to find your own bottle at the Special Drinks Station.
- Dispose of bottles in waste bins - do not litter the course.
- Unclaimed drinks will be disposed of.

## Aid stations

### Distance Marker

2km, 5km

10km | 25.5km | 30km

12.5km | 32.5km

14.5km | 19km | 34km | 39km

16.5km | 17km | 36km | 37km

21km

28km

## CUT OUT AND PLACE ON YOUR BOTTLE

(Insert name or number above)

# KM

(Insert km distance above)



**MARATHON SPECIAL NEEDS NEED TO BE DELIVERED BY NOON SATURDAY TO intraining Running Centre, 33 PARK ROAD, MILTON**