



PARTICIPANT GUIDE 2026

Peak2Park Fun Run/Walk

Held annually on the
first Sunday in March

peak2park.org.au

Keep up to date!  

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Welcome from Wellbeing Productions



Welcome to the 2026 Peak2Park, presented by Optimise Health – our valued naming partner. We're grateful for your participation in this event, which encourages movement and promotes community wellbeing.

Our aim is to foster a community that values physical activity and movement, leading to positive health outcomes. We warmly welcome our returning participants, sponsors, and local community groups, who have been a part of our journey. We also welcome newcomers, whether they're first-timers or seasoned athletes.

Peak2Park is more than just an event for physical activity; it also raises funds for local charities and community groups, making a significant impact on the community's wellbeing.

Peak2Park has become a much-loved tradition, bringing people together with a great sense of camaraderie. We hope you have a fantastic day, break through your limits, inspire others, and treasure the memories created at the Optimise Health Peak2Park.

Best regards,



Troy Morgan

Wellbeing Productions

Organisers for the Peak2Park event

Welcome from Optimise Health



Welcome to the 2026 Optimise Health Peak2Park

Dear Participants, Supporters, and Community Members,

As the naming sponsor of this year's Peak2Park, all of us at Optimise Health are thrilled to welcome you to Toowoomba's largest community Fun Run. This event epitomises our commitment to fostering a healthy, active, and connected community.

At Optimise Health, we believe in the transformative power of physical activity and community engagement. By sponsoring Peak2Park, we aim to encourage these values and contribute to the well-being of our local community. This event is not just about movement; it's a celebration of health, endurance, and community spirit.

Your enthusiasm and participation make a real difference. Every step you take on the 4km or 10km course not only benefits your health but also supports local charities and community groups. This is our way of giving back and supporting the causes that uplift our community.

We are proud to see how Peak2Park has grown into a beloved tradition, fostering a sense of camaraderie and community pride. Whether you're a seasoned athlete or a first-time participant, your presence is what makes this event special.

So lace up your running shoes, and let's make this a memorable and impactful day!

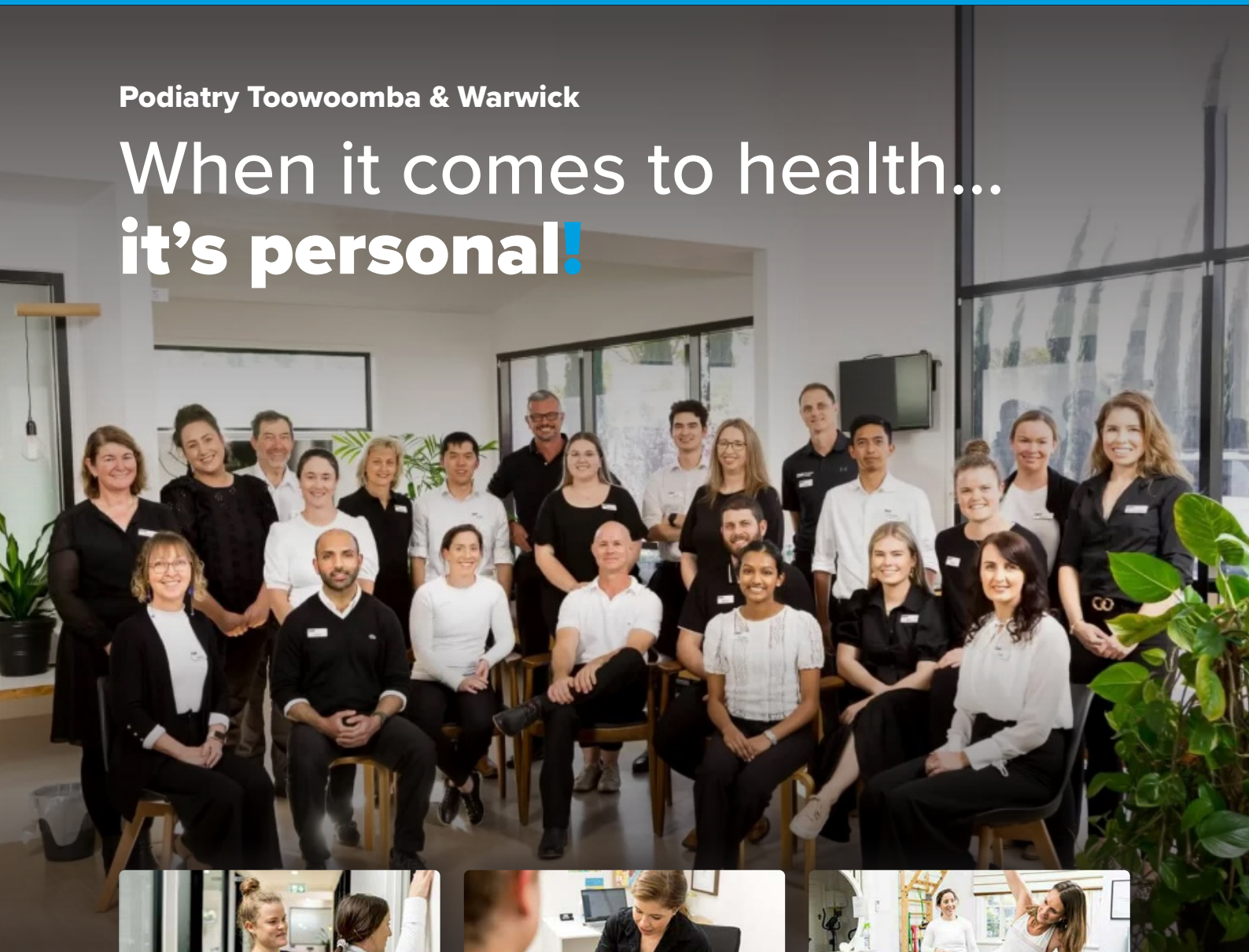
Warm regards,



Troy Parsons
Director

Podiatry Toowoomba & Warwick

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it's personal!



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Pilates.



Event Schedule

MONDAY - JANUARY 12, 2026

TIME: 12:00 AM	Bib collection open - Collect from Willows Health & Lifestyle Centre
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TUESDAY - FEBRUARY 3, 2026

TIME: 12:00 AM	Early bird rate ends
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SATURDAY - FEBRUARY 21, 2026

TIME: 9:00 AM	Super Saturday bib collection - 1
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SATURDAY - FEBRUARY 28, 2026

TIME: 9:00 AM	Super Saturday bib collection - 2
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TIME: 5:00 PM	Registrations Close
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SUNDAY - MARCH 1, 2026

TIME: 6:00 AM	Bib collection available at Picnic Point
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TIME: 6:45 AM	Hooper Accountants 10km - Marshalling
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TIME: 7:00 AM	Hooper Accountants 10km - Event start
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TIME: 7:30 AM	Hit FM 4km - Marshalling
----------------------	--------------------------

TIME: 7:45 AM	Hit FM 4km - Event Start
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REMAX Success Toowoomba

Proud Partner of Peak2Park 2026

REMAX Success Toowoomba is built on community, wellbeing and genuine care which is why we're thrilled to support this year's Peak2Park.

Guided by our core values of trust, care, excellence, collaboration and innovation, we're here cheering on every runner, walker and family taking part.

Let's celebrate
every stride
that shapes
a *stronger*
community

REMAX Success Toowoomba
empowering people through property

FIRST SUNDAY IN MARCH 7AM

ENTER NOW



WHAT

Optimise Health
Peak2Park



WHEN

The first Sunday
in March 7am



WHERE

EVENT WILL PROCEED
RAIN, HAIL OR SHINE!

Starts at Picnic Point &
Finishes at Lake Annand

**HOW
REGISTER
HERE >**



NAMING

OH! Optimise Health

PRESENTING PARTNER

REMAX Success

FOUNDATION PARTNERS

willows
Health & Lifestyle Centre

black canvas
graphic design + branding

4KM NAMING

HITh.

10KM NAMING

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JEWELS
OF WELLBEING

FAQs



BIB COLLECTION

Bibs are available for collection from Willows Health and Lifestyle Centre located at 55-57 Kitchener Street during opening hours.

Bibs will NOT be posted out prior to the event.

All participants must wear their bib on their front during the event at all times.

Be sure to complete **EMERGENCY CONTACT DETAILS** on the reverse side of your bib when you receive it.

Schools, Teams and other Groups should contact the Peak2Park Event Director for bulk collection.

WHAT DATE IS PEAK2PARK?

Peak2Park is held on the first Sunday of March each year. The event starts at Picnic Point and ends at Lake Annand.

Sunday 1st March, 2026

EVENT DISTANCES

- 10km event (run/walk)
- 4km event (run/walk)

Both events follow set courses (see Course Map) which start at Picnic Point and Finish at Lake Annand.

***NOTE:** *Deviations from the clearly marked set course will alter readings on wearable devices with GPS tracking.*

EVENT START TIMES

The 10km event starts marshalling at approximately 6:30am for a **7:00am start**.

The 4km event starts marshalling at approximately 7:15am for a **7:45am start**.

***NOTE:** *Start times are at the discretion of the Police, who support event organisers with road management.*

All participants should be back at Lake Annand by around 9:00am. Participants will be marshalled to begin both events at respective start points, and participants must wait for a clear “start” signal which will indicate the beginning of the 10km and then the 4km distances.

In the interest of safety, it is the right of the organisers to remove any person/participant from the course, who starts the event prior to the official ‘start’ signal or does not follow the instructions of Police and/or Event Marshalls.

Listen and watch for directives of the Peak2Park volunteers (yellow and orange safety vests) and follow the guidance of Police and SES staff along event courses.

REGISTRATION TRANSFER

If you want to switch from the 4km to the 10km or vice versa during the Peak2Park fun run, there is no need to inform us in advance. Our bibs are identical for all the distances, so you can easily change to whichever distance you feel comfortable with on the day of the event.

However, if you need to transfer your registration to another person, there is a \$3.50 administration fee. You can contact us at info@peak2park.org.au and provide us with the email address of the new participant. We will send an email to both parties involved in the transfer to complete the process.

Enjoy every step.

The ha team are cheering you on!

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FAQs Continued



WHAT TO DO AFTER I REGISTER

Start Training!

Group training sessions are available to Peak2Park participants in the lead-up to the event. These sessions take place at Queens Park (Corner Godsall & Hume Streets) every Tuesday at 6am and 5:30pm. Updates are posted regularly to the Peak2Park Toowoomba [Facebook](#) page.

Alternatively, you can follow the Peak2Park [Training Program](#) and start training at home and/or by following the routes for the 4km and 10km events.

Community, corporate or school groups are encouraged to wear uniforms or costumes that identify their groups. Peak2Park is a fun and family-friendly event, so get your friends and family together for a great morning out and help us raise much-needed funds for local charities!

You will need to keep your event bib and wear this on the day to ensure entry. On the back of your event bib, there is a section for an emergency contact name and number. Please ensure this is filled out before starting the event. It is the right of the event organisers to remove any person without a bib number from the course.

Follow us on

 [@Peak2ParkToowoomba](#)

 [@peak2parktoowoomba](#)

for updates and information in the lead up to the event.

AGE LIMITS

There is no age limit for either event. We are aware that many families will want to walk the full course together as part of a special day out.

Children who intend to participate in the 4km or 10km events must do so under the supervision of their parent or a guardian and should be entered and wearing a bib number. It is up to the parent or guardian to decide if their child is capable of completing and enjoying the longer course.

The parent/guardian is responsible for the health and safety of their child/children/ subjects of guardianship competing in the 4km or 10km events at all times.

We encourage families to participate together - many intergenerational groups make Peak2Park an annual outing for their extended families.

BAG DROP

Is there a bag drop service?

Unfortunately, we are unable to provide a storage service. Please arrange your own item storage as there are no facilities available.

TRANSPORT/PARKING/DROP OFF

Please be early to park in the grassed area at Picnic Point prior to the event. Follow directions of Police and SES volunteers for parking/drop off zone.

BRONTE & LAKEY

FOR BREAKFAST



STREAM IT ON  LISTNR

Course Map



black canvas

graphic design + branding

Brands that go the distance

Black Canvas has proudly supported Peak2Park for over 16 years, delivering branding and graphics that evolve while staying true to the event's identity.

We partner with businesses and organisations to create brands that are clear, consistent and built to last — across print, digital and online.



Black Canvas — giving you brand confidence.

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Training Schedule

BEGINNER

(remove weeks 2 and 5 to make this a 6 week program)

Easy: Should be able to hold a conversation although it would be difficult at times. Intensity about 6-7/10.

Moderate: Able to give one or two-word answers if someone asked you a question when training at this level. Breathing also heavier. Intensity about 8/10.

Hard: Shouldn't be able to talk when training at this level. Breathing is very heavy and laboured and overall you feel uncomfortable. Intensity about 9-9.5/10.

Cross Train: This means exercise other than running such as swimming, cycling and weight training.

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Walk 10mins Jog 1min, walk 1min for 10mins Walk 5mins	Cross train	Walk 10mins Jog 1min, walk 1min for 10mins Walk 5mins	Rest	Walk 10mins Jog 1min, walk 1min for 10mins Walk 5mins	Cross train	Rest
2	Walk 10mins Jog 1min, walk 1min for 10mins Walk 5mins	Cross train	Walk 10mins Jog 1min, walk 1min for 10mins Walk 5mins	Rest	Walk 10mins Jog 1min, walk 1min for 10mins Walk 5mins	Cross train	Rest
3	Walk 10mins Jog 5mins Walk 10mins	Cross train	Walk 10mins Jog 5mins Walk 10mins	Rest	Walk 10mins Jog 5mins Walk 10mins	Cross train	Rest
4	Walk 10mins Jog 5mins Walk 10mins	Cross train	Walk 10mins Jog 5mins Walk 10mins	Rest	Walk 10mins Jog 5mins Walk 10mins	Cross train	Rest
5	Walk 5mins Jog 10mins Walk 10mins	Cross train	Walk 5mins Jog 10mins Walk 10mins	Rest	Walk 5mins Jog 10mins Walk 10mins	Cross train	Rest
6	Walk 5mins Jog 12mins Walk 10mins	Cross train	Walk 5mins Jog 12mins Walk 10mins	Rest	Walk 5mins Jog 12mins Walk 10mins	Cross train	Rest
7	Walk 5mins Jog 15mins Walk 10mins	Cross train	Walk 5mins Jog 15mins Walk 10mins	Rest	Walk 5mins Jog 15mins Walk 10mins	Cross train	Rest
8	Walk 5mins Jog 15mins Walk 10mins	Cross train	Walk 5mins Jog 15mins Walk 10mins	Rest	20min easy walk	Rest day	Peak2Park

Training Schedule

INTERMEDIATE

(remove weeks 2 and 6 to make this a 6 week program)

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	20-30mins easy run	Cross train	"20mins out, 20mins back (record a landmark you reach)"	Cross train or rest	20-30mins easy run	Cross train	Rest
2	20-30mins easy run	Cross train	"20mins out, 20mins back (record a landmark you reach)"	Cross train or rest	20-30mins easy run	Cross train	Rest
3	20-30mins easy run	Cross train	"20mins out, 20mins back (record a landmark you reach)"	Cross train or rest	"5mins out/ back - warm up 500m hard run/ walk for 100m repeat 5 times"	Cross train	Rest
4	30-40mins easy run	Cross train	"20mins out, 20mins back (record a landmark you reach)"	Cross train or rest	"5mins out/ back - warm up 500m hard run/ walk for 100m repeat 5 times"	Cross train	Rest
5	30-40mins easy run	Cross train	"20mins out, 20mins back (record a landmark you reach)"	Cross train or rest	"5mins out/ back - warm up Hill for 500m, walk recovery repeat 5 times"	Cross train	Rest
6	30-40mins easy run	Cross train	"20mins out, 20mins back (record a landmark you reach)"	Cross train or rest	"5mins out/ back - warm up Hill for 500m, walk recovery repeat 5 times"	Cross train	Rest
7	40mins easy run	Cross train	30mins moderate run	Cross train or rest	40mins easy run	Cross train	Rest
8	40mins easy run	Cross train	20mins moderate run	Rest	20mins easy run	Rest day	Peak2Park



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Parking and First Aid

FIRST AID

Is there first aid on the course?

First aid marshals will be available at the start / finish line, as well on course to assist if required. SES, Police and Event Marshalls will be available on the course.

PARKING

Parking for the event is available at Picnic Point. The grassed oval can be accessed via Rowbotham Street. Additionally, parking can be found on the surrounding streets at both Picnic Point and Lake Annand.

To ensure a smooth and hassle-free experience, we highly encourage all participants to carpool with their friends or family members. This will not only help you save money on petrol but also reduce parking congestion on the day of the event.

When you arrive at the event, kindly follow the directions of Police and SES volunteers to find the designated parking and drop off zones. This will help you find a safe and secure place to park your vehicle.

We hope these details help you plan your day at the event better. If you have any further queries or concerns, please do not hesitate to contact us.

Merchandise

There will be some merch available for purchase leading up to the event and on the day. Please contact Optimise Health to purchase these items.

Stock is limited so get in quick!



Head to their reception
to grab yours.

20-Year Limited Edition Peak to Park shirts will be available.

Details to be announced soon.
Participants are welcome to drop into Optimise Health or contact the clinic for more information.

ADULTS T-Shirts & Singlets

KIDS T-Shirts

Black and white colours are available.

RUN Toowoomba RUN

Train effectively and efficiently



Run Toowoomba Run: What's involved in a session?

Run Toowoomba Run sessions are design to boost your speed and endurance, through interval training. Interval training is an efficient training method that alternates running intensities over specific distances, with periods of active recovery. It is a great way to improve your running time and gain tips on efficient form and recovery!

WHEN

Every Tuesday
6:00am, 4:30pm & 5:30pm

WHERE

Queens Park Oval
Corner of Hume & Godsall Street

COST

\$5 per person
FREE till Peak2Park

Bring a waterbottle and join us!

Sessions are designed to cater for people at all stages of their running journey, in a fun and supportive group environment.

@optimise_health_ f Optimise Health
P 07 4638 3022
E hello@optimisehealth.com.au
optimisehealth.com.au

Scan to find out more
or follow us on

Instagram f @RUNTOOWOOMBARUN



Water and Weather



WATER / AID STATIONS

Where are the drink stations along the route?

There is water freely available at Picnic Point and Lake Annand.

On course, there are two drink stations located on the course on Spring Street and Aberdeen Street.



WEATHER

What will the weather be like? What happens if it rains?

Toowoomba weather in autumn remains warm with averages between 15°C – 27°C. Rainfall is usually low. In the unlikely event of rain, all events will proceed.

If the weather is set to exceed 35°C, we may adjust the schedule of events for the day or reduce the duration of some events.

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CONTACT US

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More FAQs

BIKES, DOGS, PRAMS

Can I bring my dog, bike or pram?

Sorry, but no dogs are allowed on the course or at the Finishers Precinct (Assistance Dogs excepted).

Prams are permitted in both events but must start at the rear of the field, take extreme care and be alert to other participants.

Bikes are not permitted on the course.

MEDALS

Are there finishers medals?

No, Peak2Park is a community fun run and we do not issue finisher medals.

MUSIC

Can I wear my earphones / headphones / iPod / iPhone whilst running?

No: Not in the start / finish chutes whilst our marshals are providing directions and instructions.

Yes: Once you are out of the start / finish chutes and areas you can plug in the volume. We ask that you keep the volume at a reasonable level so that you can maintain awareness of other participants around you and still receive directions or instructions from our marshals. This is both for your safety and the enjoyment of all.

PRIZES / PRESENTATIONS

Peak2Park is a community fun run established to encourage participants at any point in their fitness journey to get out and move. We do not officially acknowledge 1st, 2nd and 3rd place however, they are mentioned in the media release.

PHOTOS

Official event photographs are available on our Facebook Gallery.

There will also be a photo wall at the finish line to capture the special day, too.

REFUNDS

What happens if I withdraw? Are there cancellation fees or are refunds available if I withdraw or cannot run?

No refunds are available.

RESULTS / TIME

What was my time or place? Where can I find my results?

We do not record the times for this event. There are two digital clocks at the finish line that you will need to check when you cross the finish line or record your progress on a smartwatch.

START PROCEDURES

We ask that faster runners self-seed towards the front of the event and those who are slower or intend to walk self-seed towards the back.

TOILETS

Where are the toilets located? Are there shower facilities after the event?

Toilets will be located at Picnic Point and at the Finishers Precinct at Lake Annand.

Unfortunately, we are unable to provide shower facilities.

Why choose Peak Performance Sports Physiotherapy for your running injuries?



Tailored Programs

Our experienced physiotherapist understand that every runner is unique. We create personalised rehabilitation and training programs to address your specific needs, whether you're a casual jogger or a seasoned marathoner.

Rehabilitation Expertise

If your currently dealing with an injury, our team is here to guide you through a comprehensive rehabilitation plan. We focus on not just alleviating pain but but also on strengthening and stabilising your body for a long-term resilience.

Injury Prevention

Stay ahead of injuries with our proactive approach. We identify potential issues before they escalate, providing you with exercises and techniques to prevent common running injuries and enhance your performance.

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Our skilled physiotherapists will analyse your running biomechanics. By understanding your unique gait, we can make targeted recommendations to improve your form, enhance efficiency, and reduce the risk of injury.

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Event Partners

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your participation**

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