

# 2012 Information about the Cairns Road Runners Club

We are a not for profit organisation established in 1979. We provide a fun and sociable environment that promotes health and fitness to all runners and walkers. You are welcome at all our events!

**New Members/Novices: Beginner Runners Clinics are held twice a year. Our events have a variety of distances to cater for juniors and new runners.**

Join us for:

**Club/Social Runs: Each Wednesday.**

**Fun Runs: Shorter distances and cheaper. Bring family, friends and work mates.**

**Road Races: Various distances throughout the year.**

**Trail Runs: Join us and discover the best trails in region. Various distances.**

**Series Events: The Rocks 5km (3 races); Little Street 10km (2 races); FNQ Trail Running Series (4 races); Freshie Handicap (2 races) – winners are presented with their trophies at the last race in each series.**

**Track Running: As a Cairns Road Runners member, you can participate in track events 800m and over.**

**Challenges: Get a team of four work mates together and challenge your rivals at the Team Challenge. Or bring your dog and compete in the Canine Challenge.**

**Socials: Weekends away, dinners and other get togethers throughout the year.**

**Training/Practice: Speed sessions, hill training and group trail running.**

## Volunteers

Want to have a good race? It's only going to be as good as the volunteers who are there to help. Come along to events if you are injured and help out.

**Parents Please Note: Members and volunteers of the Club are not required to have Blue Cards. It is your responsibility as a parent to supervise your child/ren at all times.**

Day, Date	Start	Discipline	Event & Sponsor(s)	Length	Location
Every Wednesday	5.30pm	Road Run, Social	Club Run (Free for Everyone)	3 - 15km	Cnr of Esplanade and Upward St
Every other Sunday	9.00am	Road Run, Social	Club Run (Free for Everyone)	3 - 15km	Roving, Atherton/Tablelands
Sun, 29 July		Triathlon	Cairns Crocs Series #2	Super Sprint; Sprint	Mission Beach
Sun, 05 Aug	5.30am	Road Run	Townsville Running Festival	42km, and more	Townsville
Sat - Sun, 11 - 12 Aug	8.00am	Road Run	Faster Today or Tomorrow? New!	Various	Bunny Adair Park, Freshwater Railway Station
Sun, 19 Aug	9.00am	Trail Run	Bump Track (Practice)	10 - 20km	Bottom of Bump, off Mowbray River Road, Port Douglas
Sun, 19 Aug		Triathlon	Cairns Crocs Series #3	Super Sprint; Sprint	Lake Tinaroo
Sun, 26 Aug	6.00am	Trail Run, FNQ Series, 4 of 4	Kuranda to Port Douglas Ultra. Sponsor: It's Extreme	64km / 21km / 16km / 5km	Black Mountain Road, off Kennedy Highway
Sun, 02 Sept	9.00am	Fun Run	Father's Day New! Sponsor: Paradise Palms Resort & Country Club	15km / 5km / 2km	Paradise Palms Drive, Kewarra Beach
Sun, 09 Sept		Triathlon	Cairns Crocs Series #4	Junior (U13) Super Sprint; Sprint	Yorkeys Knob
Fri, 14 Sept	7.00pm	Fun Run	Moonlight Gorge Gallop	5km / 3km / 1km	Barron Gorge Road, Lake Placid
Sun, 16 Sept	8.00am	Road Run, Teams	Team Challenge. Sponsor: CBC Staff Selection	5km	Parklands at Fun Ship, Esplanade
Sun, 23 Sept	8.00am	Fun Run/Walk with your dog	Canine Challenge. Sponsor: Petstock	5km / 3km	Parklands at Fun Ship, Esplanade
Sat, 29 Sept		Triathlon	Tri Port	1km / 30km / 10km / 2km / 96km / 20km	Port Douglas
Wed, 10 Oct	7.00pm	CRR AGM	CRR AGM	n/a	LaPorchetta, Lake Street
Sat, 13 Oct	5.00pm	Handicap Series, 1 of 2	Freshie #1. Sponsor: Cock & Bull	6km / 3km	Ryan Weare Park, Freshwater
Sat, 27 Oct	5.00pm	Handicap Series, 2 of 2	Freshie #2. Sponsor: Cock & Bull	6km / 3km	Ryan Weare Park, Freshwater
Sat, 27 Oct	7.30pm	n/a	CRR Presentation Night	n/a	Barron River Hotel
Sun, 28 Oct		Triathlon, Fundraiser	Tri De-Femme	100m / 5km / 1km	Smithfield Pool
Wed, 31 Oct	5.30pm	Fun Run	Halloween. (Theme: Scary) Sponsor: Anytime Fitness	5km / 3km / 1km	Cnr of Esplanade and Upward St
Sun, 04 Nov	7.00am	Road Run	Northern Beaches. Sponsor: Active Health Clubs	10km / 4km	Kewarra Street, Kewarra Beach
Sun, 11 Nov		Triathlon	Movember Fund Run	5km / 3km / 1.6km	Cairns Esplanade
Wed, 14 Nov	6.30am	Road Run	Eclipse Marathon	42km	Port Douglas
Sun, 18 Nov		Triathlon	Tinaroo Tri (Peninsula U19 Selection trials)	Age Distances Super Sprint; Sprint	Lake Tinaroo
Sat, 08 Dec		Triathlon	Cairns Crocs Xmas Break Up, Presentations and AGM	Team Tri	tba
Sun, 09 Dec	8.00am	Fun Run and Breakfast	Sweaty Santa	10km / 5km / 3km / 1km	Lake Placid
June 2013, tbc	5.30am	Road Run	Comrades Marathon Club Trip	89km	Durban, South Africa

# 2012 Cairns Runners Event Calendar



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Dates and information accurate at the time of print in January 2012

Day, Date	Start	Discipline	Event & Major Sponsor	Length	Location
Colour Codes: <b>Black</b> - Cairns Road Runners; <b>Blue</b> - Cairns Crocs Triathlon Club; <b>Red</b> - other running events					
Every Wednesday	5.30pm	Road Run, Social	Club Run (Free for Everyone)	3 - 15km	Cnr of Esplanade and Upward St
Every other Sunday	9.00am	Road Run, Social	Club Run (Free for Everyone)	3 - 15km	Roving, Atherton/Tablelands
Fri, 13 Jan	7.00pm	Road Run, Social	Black Friday #1 NEW!	5km / 3km	Cemetery, Little St, Cairns North
Each Mon, 23 Jan - 05 Mar	5.30pm	Road Run, Training	7 x Beginner Runners' Clinics. Sponsor: High Performance Massage	3km	Cnr Greenslopes and Little Sts, North Cairns
Wed, 25 Jan	4.00-7.00pm	Fun Run, Social	Sign on: CRR Club. Australia Day. Dress: Green and Gold	5km / 3km / 1km	Cnr of Esplanade and Upward St
Sun, 05 Feb	8.00am	Fun Run	Waitangi Day. Dress: Black and White Sponsor: Paradise Palms Resort & Country Club	6km / 2km	Paradise Palms Drive, Kewarra Beach
Sun, 05 Feb		Come & tri	Sign on: Cairns Crocs Triathlon Club	100m / 5km / 1km	Smithfield Pool
Sat, 11 Feb	4.00pm	Trail Run, Training	Poker Run (Practice)	1hr	Smithfield Conservation Park, Macgregor Road
Wed, 15 Feb	5.30pm	Fun Run, Social	Belated Valentine's Day. Dress: Red and White. Sponsor: Anytime Fitness	5km / 3km	Cnr of Esplanade and Upward St
Sat, 18 Feb	4.00pm	Road Run, 5k Series, 1 of 3	The Rocks 5k Series #1. Sponsor: Active Health Clubs	5km / 3km	The Rocks picnic area, Redlynch Valley
Sat, 25 Feb	4.00pm	Trail Run	Poker Run. Sponsor: Pump 'n Pedals	1 hr	Smithfield Conservation Park, Macgregor Road
Sun, 26 Feb		Triathlon	Duathlon Series #1	2km / 10km / 1km 5km / 20km / 2.5km	Yorkeys Knob
Wed, 29 Feb	5.30pm	Road Run, Social	Leap Year Run. Sponsor: Anytime Fitness	6km / 4km / 1km	Cnr of Esplanade and Upward St
Sat, 03 Mar	4.00pm	Road Run, 5k Series, 2 of 3	The Rocks 5k Series #2. Sponsor: Active Health Clubs	5km / 3km	The Rocks picnic area, Redlynch Valley
Sat, 10 Mar	8.00am	Trail Run, Training	Barron Gorge (Practice)	18km / 11km	Stoney Creek Road
Sun, 11 Mar	8.00am	Trail Run Come and Try	International Women's Day. Sponsor: Mary Kay Independent Consultant	5km / 3km	Bunny Adair Park, Freshwater Railway Station
Sun, 11 Mar		Triathlon	Freshwater Series #1	Super Sprint; Sprint	Lake Tinaroo
Sat, 17 Mar	4.00pm	Road Run, 5k Series, 3 of 3	The Rocks 5k Series #3. Dress: Green. Sponsor: Active Health Clubs	5km / 3km	The Rocks picnic area, Redlynch Valley
Sun, 25 Mar	8.00am	Trail Run, FNQ Series, 1 of 4	Barron Gorge NEW!	18km / 11km	Stoney Creek Road
Sat, 31 Mar	7.00pm	Road Run, Social	Earth Hour Night Run	10km / 5km	Glenoma Park of Cairns Western Arterial Road
Fri, 06 Apr	6.30pm	Trail Run, Social	Glacier Rock Full Moon Run	6km	Stoney Creek Road
Sun, 08 Apr		Triathlon	Duathlon Series #2	2km / 10km / 1km 5km / 20km / 2.5km	Yorkeys Knob
Fri, 13 Apr	7.00pm	Road Run, Social	Black Friday #2 NEW!	5km / 3km	Cemetery, Little St, Cairns North
Sun, 15 Apr	9.00am	Trail Run, Training	Black Snake (Practice)	34km / 21km / 10km / 5km	Lake Morris or Fig Tree on Clohsey River Road
Each Tue, 17 Apr - 05 June	5.30pm	Road Run, Training	8 x Intermediate Runners' Clinics	8 - 12km	Cnr Greenslopes and Little Sts, North Cairns
Sat, 21 Apr	5.00pm	Road Run, 10k Series, 1 of 2	Little Street 10k Series #1	10km / 5km / 3km	Little St, Cairns North

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Every Wednesday	5.30pm	Road Run, Social	Club Run (Free for Everyone)	3 - 15km	Cnr of Esplanade and Upward St
Every other Sunday	9.00am	Road Run, Social	Club Run (Free for Everyone)	3 - 15km	Roving, Atherton/Tablelands
Wed, 25 Apr	5.30pm	Fun Run, Social	Anzac Day. Sponsor: Anytime Fitness	5km / 3km	Esplanade
Sun, 29 Apr	8.00am	Trail Run, FNQ Series, 2 of 4	Black Snake	34km / 21km / 10km / 5km	Lake Morris
Sun, 29 Apr		Triathlon	Freshwater Series #2	Super Sprint; Sprint	Pete's Bridge, Goldsborough
Sat, 05 May	5.00pm	Road Run, 10k Series, 2 of 2	Little Street 10k Series #2	10km / 5km / 3km	Little St, Cairns North
Sun, 13 May	8.00am	Fun Run/Walk, Fundraiser	Mother's Day Classic	5km / 3km / 1km	Parklands at Fun Ship, Esplanade
Sun, 20 May	7.30am	Road Run, Individual or Relay	Copperlode Cup. Sponsor: Amanda Gale Physiotherapy and Wellness Clinic	16km / 4 x 4km	Base of Lake Morris Road
Sat - Sun, 26-27 May		Triathlon Festival	USM Coral Coast Triathlon	Olympic, Sprint & Enticer	Port Douglas
Sat, 02 June	4.00pm	Fun Run	Babinda Boulders Burst	12km / 3km	Babinda Showgrounds
Sun, 03 June		Triathlon Festival	USM Challenge Cairns	3.8km / 180km / 42.2km; 2km / 80km / 20km	Cairns
Sun, 10 June	8.45am	Trail/Road Run	Cairns to Kuranda Train Race	18km	Cairns to Kuranda
Sat, 16 June	8.00am	Road Run	Koah	15km / 10km / 5km	Koah Sports and Social Club, Koah Road
Sat - Sun, 16 - 17 June	2.30pm	Track, Run / Walk, Fundraiser	Relay for Life	18hr	Barlow Park
Wed - Fri, 27 - 29 June		Track	Oceania Regional Championships	800m - 10 000m	Barlow Park
Sun, 01 July	6.00am	Road Run	Gold Coast Marathon	42.2km / 21.1km	Gold Coast - Club trip
Sun, 01 July		Triathlon	Cairns Crocs Series #1	Junior (U13) Super Sprint; Sprint	Yorkeys Knob
Fri - Sun, 06 - 08 July	7.00am	Trail /Road Run	3 Marathons in 3 Days New!	126km	Cairns to Tinaroo Dam
Fri - Sun, 06 - 08 July	5.00pm	Trail Runs, Training, Social	3-day Marathon (Mt Haig Practice)	42km or part thereof	Barrabdeen Scout Camp, Tinaroo
Sat, 07 July	4.00pm	Cross Country	Goomboora Park Cross Country	2km circuit	Goomboora Park, Brinsmead
Fri, 13 July	7.00pm	Road Run, Social	Black Friday #3 New!	5km / 3km	Cemetery, Little St, Cairns North
Sat, 14 July	4.00pm	Cross Country	26th David Todd Memorial Mile	1 mile (1.6km)	Centenary Lakes
Sat-Sun, 14-15 July, tbc		Track	Cairns Coral Coast Track & Field Carnival	Various	Barlow Park
Each Mon, 16 July - 03 Sept	5.30pm	Road Run, Training	8 x Beginner Runners' Clinics	3km	Cnr Greenslopes and Little Sts, North Cairns
Sun, 22 July	8.00am and 9.30am	Trail Run, FNQ Series, 3 of 4	Mt Haig Trail Marathon. Sponsor: Trinity Family Chiropractic	45km / 21.1km / 10km / 5km	Kari Day Use Area, Tinaroo
Sat - Sun, 28 - 29 July		Trail Run, Training, Social	Christmas in July Weekend away, Twin Bridges or Bump Track (Practice)	Various	Black Mountain Hideaway, Julatten



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