

2012 Kuranda to Port Douglas Ultra Trail Marathon Information Pack

The Kuranda to Port Douglas Ultra is one of many trail runs hosted by the Cairns Road Runners during the year.

You will need a compression bandage and whistle.

Registration: Online entries for this event is open: [Individual Competitors](#) or [Team Entries](#)

Race Start Times and Locations

Make sure you know the start time of your race. It is recommended you get to the race at least a half hour before your race starts.

Race	Distance	Race Briefing	Start Time*	Estimated Winner's Finish Time	Location
Kuranda to Port Douglas Ultra Marathon	64km point to point	5.45am	6:00am	11.30am	Corner Kennedy Highway and Black Mountain Road, Kuranda
Twin Bridges Half Marathon	21.1km point to point	9.15am	9:30am	11.00am	Corner Quaid and Black Mountain Rds
16km Bump to Beach	16km point to point	9.45am	10.00am	11.30am	Top of the Bump Track
5km Four Mile Beach Fun Run/Walk	5km out and back	10.45am	11:00am	Not a timed event	Four Mile Beach at Surf Lifesaving Club, Port Douglas

* Time subject to change

Competitors have various options for this race:

Option 1 – Run the 64km Ultra from start to finish

Option 2 – Run 21.1km

Option 3 – Run 16km

Option 4 – Run as part of a team and complete one or more legs of the 64km Ultra (consists of five legs) – no split times will be recorded. Only the overall finish time. All members in the team will be allocated points according to the conditions stipulated in the "Trophies/Ribbons" section below.

Option 5 – Run the 5km Beach Fun Run/Walk (this run/walk is not part of the FNQ Trail Running Series)

The final and fourth race in the FNQ Trail Running series. This Point-to-Point race starts just off Kennedy Highway in Kuranda and follows Black Mountain Road that runs through native rainforest, open eucalypt forest, pine plantations and crosses picturesque creeks. It is a scenic course incorporated in the Mowbray National Park within the Wet Tropics World Heritage Area. The pyramid-shaped Black Mountain is a prominent feature of the race. The tropical rainforest is home to the endangered southern cassowary, a flightless bird that can grow to two metres in height.

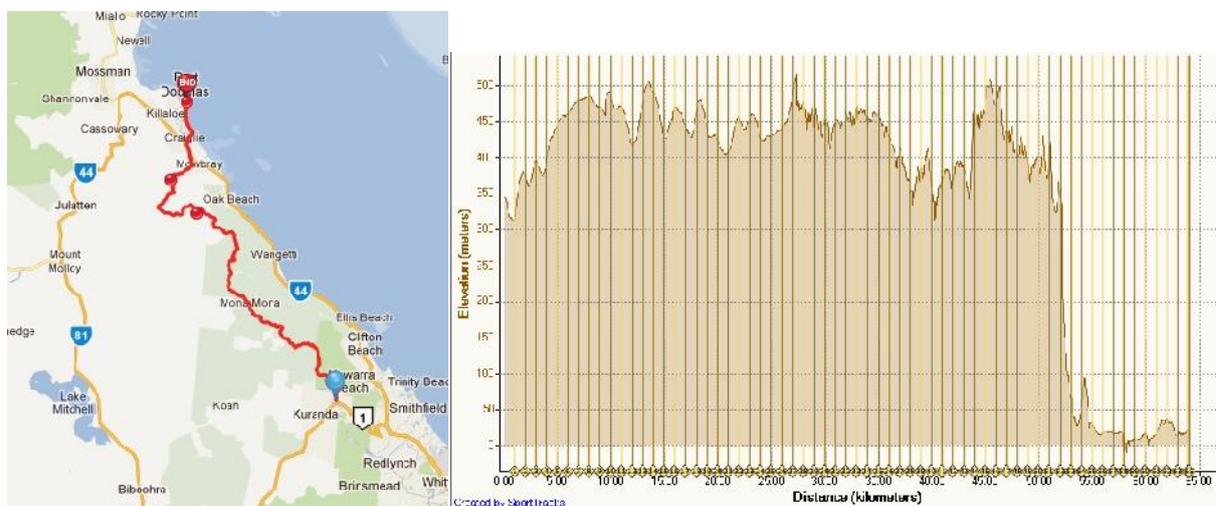
Leg 1 (14km) and Leg 2 (13km): From the start run along Black Mountain Road to Quaid Road.

Leg 3 (21.1km): Continue along Black Mountain Road (1km) and turn into the Twin Bridges track. The 18km Twin Bridges Track (East Black Mountain Road) follows the route of the original Black Mountain Road, to the east of the current road. Closed by gates at both ends, it is a multi-use track for trail runners, walkers and mountain bikers. Motor vehicles, trail bikes and horses are not allowed on this track. When the track rejoins Black Mountain Road, competitors continue for another 2 kilometres to reach the top of the Bump Track.

Leg 4 (6km): The historic Bump Track offers views of the Mowbray River valley where the Mowbray River drops through a gorge carved into the forested foothills of the Macalister Range. It was blazed in 1877 by Christie Palmerston, a prominent bushman and pathfinder of the times and was the main access from the Hodgkinson Goldfield to the port facilities at Port Douglas. The Bump Track was infamous for its steepness. Passengers on the horse-drawn coach service had to get out and walk when going up or coming down the section known as Slatey Pinch – a cutting through slate rock at a steep 1 in 3 grade, about 1 kilometre from the bottom of the tack.

Leg 5 (10km): From the bottom of the bump, follow dirt and sealed roads leading onto the southern end of Four Mile Beach. One of the many attractions of Port Douglas this fine hard beach is considered to be one of the best in far north Queensland. The sand is so firm that the beach has been used for horse races and mountain bike races and also as a landing place by Kingsford Smith and by C.T.P. Ulm en route to New Guinea with the first official air mail. (Low tide is at 2.15pm)

5km Four Mile Beach Fun Run/Walk: Start at the Surf Club and run for 2.5km south along the beach, return the same way.



Go to http://www.everytrail.com/view_trip.php?trip_id=992251 to view the map.

Race Day Volunteers

We are in need of the following:

- Marshals for checkpoints
- Time recorders
- Registrations and data entry
- Catering
- Photographer/s
- Sweeps
- 4 wheel drivers

Our volunteers do not need any experience or training! If you have friends or family that will be at the race, why not ask them if they would be willing to give up a few hours to get involved and help. If you can recommend someone, please contact us. All volunteers receive a free snack pack as well as a warm glow and the eternal thanks of the Cairns Road Runners. There is also a special 'Volunteers Only' random draw prize.

RACE DAY – logistics

You need to arrive in time for the race briefing for your nominated race. Take travel time to the start location into account.

From Cairns:

Drive approximately 20 minutes along the Kennedy Highway (up the Kuranda Range) from Smithfield Shopping Centre. Turn right into Black Mountain Road, which is just after Saddle Mountain Road at the Top of the Range – BEFORE you go over the bridge to Kuranda. It takes another 40 minutes along Black Mountain Road (a reasonably good dirt track) to get to Quaid Road (the start of the Twin Bridges Half Marathon). If you are driving to the Top of the Bump from Kuranda side, you will need a four-wheel drive vehicle and another 40 minutes at least.

From Port Douglas (1 hour north of Cairns) it is a 40 minute drive along the Captain Cook Highway to the Top of the Bump – the start of the 16km Bump to Beach Race. Directions: From Port Douglas drive 10km north-west towards Mossman on the Captain Cook Highway and turn left onto the Rex Range (Mossman-Mt Molloy Road).

Follow this windy pass for 20.5 km turn left onto Euluma Creek Road, after 280 m take the 1st left to stay on Euluma Creek Road., Stay on Euluma Creek Road and follow the signs to Black Mountain Hideaway, the Top of the Bump is about 1km past the Black Mountain Hideaway turnoff.

See map at http://tiny.cc/directions_from_port

Registration:

Arrive at least ½ hour before the race is due to start. Get your name ticked off. Get your mandatory gear checked. Drop your gear and food in the two containers going to the checkpoints. If you have keys or a bag - arrange to lock it in someone's car. DO NOT leave any valuables behind.

Attend the Race briefing 15 minutes before the start time - ALL competitors MUST attend.
11:30am First 64k runners expected at the finish

Transport and parking:

- Whether you drive and park or get dropped off, give yourself plenty of time to get to the start line.
- Car-pooling is suggested, so please speak to other runners, or contact us to arrange transport.
- No vehicles are allowed on East Black Mountain Road (Twin Bridges Track) or the Bump Track.
- Bus Drop Off & Pick Up: If you require transport, you need to pay for the bus during online registration. This fee is NON REFUNDABLE, regardless of whether you end up running the event or not. The bus will leave from Smithfield Shopping Centre at 5.00am and return from Port Douglas at 3.00pm. Competitors who don't make it back in time to catch the bus home will be accommodated otherwise.

Bits and Pieces:

- For safety reasons wheelchairs are unable to compete in any of the races.
- If you are a visitor to the region, arrange accommodation in Cairns or Kuranda if you are doing the Ultra or 21.1km Twin Bridges events. For the 16km Bump to Beach, you may want to consider staying in Port Douglas or Julatten. There are various websites that will help with organising accommodation, for example http://www.itravelaustralia.com/queensland/tropical_north/cairns/accommodation.html). For information about Black Mountain Hideaway (2km from the Top of the Bump Track) email Suzie info@blackmountainhideaway.com.au or phone 07 4094 1101. They may have a cabin available that sleeps six.
- No toilet facilities are available. Come prepared!
- Water will be provided approximately every 5km along the course, including 5km into the Twin Bridges Track. There will be no water supplied along the rest of the Twin Bridges Leg, you need to fill up at the drink station to last the remaining 11km before rejoining Black Mountain Road.
- There are showering facilities at the finish in Port Douglas.
- You can swim in the ocean at Port Douglas!
- Dogs are allowed ONLY in the 5km Beach Fun Run/Walk. No animals of any kind are allowed in the other events.
- No iPods allowed.

- Prams are only permitted in the 5km Beach Fun Run/Walk and must start at the back of the field. An entry form must be completed for the child and submitted at the registration table together with the person pushing the pram.

Medical advice

Whether you have a medical condition or not, if you feel unwell on race day - don't race. If you have any known medical condition (such as diabetes, asthma, allergy to penicillin, etc.) please ensure you have written all your medical details including any medication on a piece of paper, include your Medicare number, next of kin and emergency contact details. Seal it in a ziplock bag and carry it with you during the race. This is not just an administrative request, it could be a matter of life and death in an emergency. **Ensure you know how to deal with a snake bite. Use your whistle to attract attention, if required.**

Race officials reserve the right to pull competitors out of the event. Their decision is non-negotiable.

Registration & Race Kit Collection

There is no race kit to be collected. You will be allocated a race number on race day. When you arrive, go over the registration table and sign in. If you will be on the Twin Bridges Track, you must also present your compression bandage and whistle.

Left Luggage

Arrange to leave your belongings with someone who will be going to the finish. Organisers will not be responsible for theft or loss of property.

Mandatory Equipment

There is no Race Kit to collect prior to the event. When you arrive on race day, go over the registration table and sign in – take your mandatory equipment with you: **Each competitor on the 18km Twin Bridges Section (Leg 3) is required to carry their own whistle and compression (snake) bandage*. It is advised that you carry a container to hold at least 500mL of water.**

Participants running the full 64km can collect their equipment at the checkpoint on Quaid Road and drop it off again at the top of the Bump Track.

* The compression (snake) bandaged must be a minimum 10 cm width, medium crepe. For example: Handy's Heavy Crepe Bandage for strong, secure bandaging (10cmx2.3m). Participants running the full 34km can collect their equipment at the Fig Tree checkpoint. NO triangular bandages, small crepe bandages, etc will be accepted.

Drink Stations and Checkpoints

There will be 14 drink stations located approximately every 5km along the course. There will be 8 stations with just water and 6 stations comprised of Poweraid and water.

Quaid Road Checkpoint (26km mark): Sweet buns, cake, sandwiches, fruit, water and Poweraid will be provided. Make sure the **marshal records your time and name** – they will also check you have your compression bandage and whistle. Take any gear you've put in the box.

Top of the Bump Checkpoint: You can drop off your compression bandage and whistle here. You can pick up any gear you've left for this point. Make sure the **marshal records your time and name.**

Personal Refreshments

All runners are encouraged to be self-sufficient (water will be provided approximately every 5km). However, runners can drop gear off to go to the two checkpoints (26km Quaid Road and 47km Top of the Bump) to pick up during the event.

Drop any drinks/food into the two marked boxes by 5.30am on race day. Make sure your gear is clearly labelled. No metal or glass bottles please. Containers must be sealed (i.e. will not leak if laid down) and must be no more than 30cm in height. Keep in mind that you may not be able to access the boxes after the race (volunteers at checkpoints may not return to the finish).

Race briefing

We will have a DERM permit and Police permit to use the roads in the area. The SES has been informed about the event, but may not be in attendance on the day. Please take note of the following:

- Obey all instructions from marshals on the course.
- If another competitor is in trouble, you must stop to help them.
- Stick to the course. If you think you have gone the wrong way, go back.
- Road Closures: No roads are closed for this event. Obey all road rules and give way to vehicles, horses and cassowaries!
- Remember the drivers/riders may not be aware that a foot race is taking place.
- DO NOT LITTER. Except for the two checkpoints, drink stations are unmanned. Put your rubbish in the bins provided.

Withdrawal from the race/Cut Off Times

A runner who retires from the race should inform any passing competitors to alert the checkpoint marshal, or go to the finish or nearest checkpoint for assistance.

The events have no official cut off times. Pulling competitors off the race will be at the discretion of the race officials.

Competitor conduct

We ask that you treat members of the public including other road users, marshals and competitors with respect. Any use of profanity or aggression towards others will result in immediate disqualification from the event. Any competitor caught littering will be immediately disqualified and removed off the course.

Marshals on the Course

Our volunteers are Cairns Roadies Club Members, family and friends helping out. They have no authority to stop cars or motorbikes. They will help with drink stops, be available to inform the general public about the race and do administrative jobs. PLEASE remember to thank these helpers!!!!

At the finish

When you cross the finish line you will be given a tag.

Go immediately to the rego table and give the tag and your race number to the volunteers at the table. If you withdrew from the event, make sure you report back to the registration table to let them know you are a DNF.

Food & Beverages

Water, bread, buns and fruit will be available at the finish – for competitors only!

Competitors can buy food and beverages at the Blue Water Bistro at the Port Douglas Surf Lifesaving Club.

Trophies / ribbons:

- Ribbons will be handed out to all category winners U19; 19-29; 30-39; 40-49; 50-59; 60-69; 70+
- Trophies are awarded to the overall winners – male and female (1st, 2nd and 3rd) - in each race (16km, 21.1km, 42.2km, 64km, fastest team)
- All competitors will receive points towards the FNQ Trail Series: 25 points for 1st place; 20 points for 2nd place; 16 for 3rd; 13 for 4th; 11 for 5th; 10 for 6th etc. Points are awarded for the 64km race first, then the 21.1km, then the 16km, then the team event and finally the 5km. There are two categories: Male and Female.
- The overall male and female winners of the FNQ Trail series will be awarded the perpetual trophy on the day. For current points, see the end of this document.
- Every Ultra finisher will receive a bag and medal or trophy.
- Check your race bag at the finish, which may contain a prize.
- There is a random draw prize for a lucky volunteer.

Medal presentations / results

The presentations for all the events will be held at approximately 12:30pm. Not all competitors of the 64km will be in at that time! Apologies to those competitors in advance, but as many people need to travel to get home, we cannot delay the presentation too long.

Please join us at the Port Douglas Surf Life Saving Club for the presentations, or collect your ribbon or medal/trophy before you leave.

Full race results will be published on our web site (<http://www.roadrunners.org.au/>) and in The Cairns Post in the week after the event.

Photos

If you take any photos, please email it to us to share with everyone else. At the moment we don't have a photographer on the course.

