2014 Black Snake Trail Race Competitor Information Pack

Date of races Sunday April 27th 2014 **Race Organiser** Cairns Road Runners and Triathlon Club

Length 34km (loop), 21.1km & 10km (out & back) **Race Director** Christine Bell

Start/Finish All three races start at the Lake Morris car park and finish at the BBQ area overlooking the lake. Due to limited parking, car pooling is suggested. This also lessens our carbon footprint.

Registration/ Starting times There will be staggered starting times as noted below.

34km Race Registration from 6.45- 7.15am (you MUST register between these times)
Race briefing. This is mandatory and begins at 7.20am
START TIME 7.30am

21.1 & 10km Races Registration from 8.00- 8.45am (you MUST register between these times)
Race Briefing. This is mandatory and begins at 8.50am
START TIME 9.00am

Please note there are ongoing roadworks with associated traffic signals on Lake Morris/Copperlode Dam Road which could significantly increase your travel time. Please allow for this so you arrive on time.

Previous finishing times 34km Fastest 2hrs 55mins Slowest 5hrs 57mins
21.1km Fastest 1hr 48mins Slowest 3hrs 32mins
10km Fastest 57mins Slowest 1hr 52mins (2hrs 47mins)

Equipment and Nutrition (Mandatory and suggested)

- Race number/bib This will be supplied by the Race Organiser and MUST be visible from the front.
- 1x Elastoplast or Handy's Heavy Crepe Bandage (10cm x 2.3m) and whistle (no substitutes permitted). If you are running the 34km race , you MUST produce these at the Fig Tree Checkpoint or you will NOT BE ALLOWED TO CONTINUE. These items are recommended for the 21.1 and 10km runners also.
- An adequate hydration system for your race distance. If you intend drinking from the creeks enroute you should take your own preferred water purification system. Water in barrels will be supplied every 5kms up to the Fig Tree Checkpoint and at the 19.5km Checkpoint.
- Adequate nutrition to sustain you for your entire race distance.

Maps These will be available in zip-lock bags at registration

Toilets The only toilets available are at the Start/Finish

BBQ We will be having a BBQ at the finish so why not join us in some post run socializing? (we're all going to smell equally bad!!!) This is a great way for us to get to know each other, make new friends and exchange ideas to make our club and events even better.

More Information trailrunning@roadrunners.org.au

This information Pack was last updated on …..