

2015 Barron Gorge Trail Race Runners' Information Pack

Date of races Sunday 27th of September **Race Organiser** Cairns Road Runners

Length of races 18km and 11km

Start/Finish At the western end of Stoney Creek Road, Kamerunga [Click on the website link.](#)

Check-in and Start Times

18km race Check-in from 7.00am
Mandatory Race Briefing at 7.45am
Start Time at 8.00am

11km race Check-in from 7.00am
Mandatory Race Briefing at 8.15am
Start Time at 8.30am

Equipment and nutrition

Race number/ bib. This will be given to you when you check in and should be worn on your front so it can be easily seen by volunteers at the Speewah Checkpoint and at the Finish

A compression bandage (Elastoplast or Hardy's Heavy Crepe Bandage 10cm x 2.3m) and a whistle are **strongly recommended**. The whistle is to attract attention and the compression bandage used in the unlikely event of snake bite or serious injury. You might also consider carrying a few larger waterproof band-aids for any smaller cuts or abrasions.

Adequate hydration for your race distance. Water will be available at the Start/Finish and at the Speewah Checkpoint.

Adequate nutrition to sustain you for your race distance.

Consider wearing a peaked cap or visor to protect your face from the hooked tendrils of Wait-a-While Palms which sometimes hang over the trails.

Map of race routes and elevation profile

Please click on the links on the website. You might also consider printing out a map and carrying it in a small sealable plastic bag such as a sandwich bag.

Toilets The only toilets are at the Speewah campground near the Checkpoint so please come prepared.

Safety on course

Please be alert at all times. Tree roots, hooked tendrils and wildlife are found on course. For this reason we discourage the use of iPods or the like. If you come across a distressed or injured runner **you must stop and help them**.

Course descriptions Please click on the link on the website.

Presentations At an appropriate time, trophies will be presented to the first three males and females in each race distance.