

2014 Mt Haig Trail Race Competitor Information Pack

Date of races Sunday 17th August 2014 **Race Organiser** Cairns Road Runners and Triathlon Club

Length of races 45km (loop), 5km, 10km and 21km (out and back)

Race Director David OBrien **Contact/Info** trailrunning@roadrunners.org.au

Start/Finish All four races start and finish at the **Kauri Creek Day Use Area** on Danbulla Road which follows the north shore of Lake Tinaroo.

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

45km Race REGISTRATION is from 6.45am – 7.15am (you MUST register between these times)
RACE BRIEFING is MANDATORY and begins at 7.20am
START TIME is 7.30am

5km, 10km & 21km Races REGISTRATION is from 8.00am – 8.45am (you MUST register between these times)
RACE BRIEFING is MANDATORY and begins at 8.50am
START TIME is 9.00am

2013 Finish Times	45km	Fastest: 4.10.09	Slowest: 6.27.10
	21km	Fastest: 1.43.50	Slowest: 3.22.29
	10km	Fastest: 43.23	Slowest: 1.23.06

Equipment and Nutrition

- Race number/ bib This will be given to you when you register and should be worn on your front so it can be seen by volunteers at the Checkpoint and Finish
- Compression bandage (Elastoplast or Handy's Heavy Crepe Bandage 10cmx2.3m no substitutes permitted) and whistle are MANDATORY for the 45km runners and STRONGLY SUGGESTED for the 21km runners. You might also consider carrying a few larger waterproof band-aids for any cuts or abrasions.
- An adequate hydration system for your race distance. Water barrels will be placed approximately every 5kms along Kauri Creek Road. **45km runners** please note that there will be **no water available for the first 28kms** of the course as the road is closed to all but emergency 4WD vehicles.
- Adequate nutrition to sustain you for your entire race distance.

Maps Please see the map attached to this Information Pack. There will also be a large scale diagram of the courses available at the Start/Registration area.

Toilets The only toilets available are at the Start/Finish

Refreshments Food and drink will be available at the **28Km Checkpoint** and at the **Finish**

Safety on course Beware of cars, especially on Danbulla Road and be aware that recent rain and strong winds may have brought down trees over the roads. Remember to look after your mates. If you come across an injured or distressed runner, stop and help them.

Courses and terrain

The 5Km, 10Km and 21Km courses all start at the Kauri Creek Day Use Area and runners will proceed east along the well formed dirt surface of Danbulla Road. You will be sharing this road with cars so please stay on the right hand side of the road and watch out for vehicles (some of which travel at speed, so beware!). After 1.2kms take the partly concealed Kauri Creek Road which doubles back on the left. **Follow the directional arrows which are black on a yellow background.** This road soon becomes narrower and can be slippery and pot-holed, especially after rain. For the 5km and 10km runners, the road rises relatively gently and turnaround signs will indicate when to head back and retrace your steps towards the Finish.

The 21km runners will encounter the beginning of a steep incline about 4kms along Kauri Creek Road and this continues until the turnaround point is reached. The return run will give the quad muscles of your upper legs a real workout! However, running through the rainforest can be a magical experience with the green canopy overhead, moss covered boulders and perhaps a glimpse of Brush Turkeys and Pademelons escaping into the undergrowth.

The 45km ultra-marathoners will by-pass Kauri Creek Road on the outbound journey, continuing another 2.5kms east until the Mt Edith Road appears on the left (3.7kms from the Start). Around 1km later, the road starts to rise more steeply. From here on, it's either grinding your way up or quad-bustingly down (see the profile). We never said it would be easy! The scenery though, is great, with rainforest giving way to Wet Sclerophyll forest then back into rainforest again. With the early start, the birds will serenade you as you run.

Mt Edith Road is presently closed to all vehicles except emergency 4WDs. With the recent rain and strong winds, don't be surprised if you have to navigate past washouts and fallen trees. Proceed with care!

At **28kms** and after another steep ascent, the one and only **checkpoint** (manned) will come into view. Here, you can tuck into some **refreshments** before turning left onto Kauri Creek Road and heading for home. A soak in the chilly waters of Kauri Creek at the Finish will be blessed relief for some!

Presentations and Results There will not be a specific time for presentations of medals to placegetters; we'll choose an appropriate time on the day. Medals will be presented to the first three males and females for each race distance and medals will be presented to all the 45km runners who finish. To make this happen, we really need those planning to compete in the 45km ultra to register ASAP. This will give us a chance to organise the medals in advance. Please don't leave your registration to the last minute or you may miss out on a medal. Results will be published on the website and Facebook ASAP after the event.