

Information Pack for the Poker Run

Race Date: Saturday February 7th

Race Organiser: Cairns Road Runners

Race Director: David OBrien

Major Sponsor: Health Management Cairns

How to get to the start: Take the turnoff to James Cook University on McGregor Road at Smithfield. Drive to the car park almost at the end of McGregor Road just after the turnoff into the James Cook University campus. If you reach A J Hackett Bungy you have gone a little too far! Check out the [Map of Smithfield Conservation Park](#)

Check- in time for Registration: From 3.00pm to 3.45pm

Race Briefing: This will be given by the Race Director or nominated person at 3.45pm

Race start time: 4.00pm The event will continue for an hour.

Course marking: The three run courses will be marked with directional arrows and “wrong way go back” signs. These will be black on yellow background. There may be other directional arrows on course with different colours. Please use only the black and yellow.

Course descriptions: Check out the [Map of Poker Run Courses](#)

There are three run courses ranging in length from 0.5 to a little under 2kms. All courses start and finish at the McGregor Road car park.

The shortest course is also the most simple and most level. Like the other courses, it begins and ends with a run through pine trees. It corresponds to the mountain bike route known as “Green Frog”.

The 1.5km course is an undulating one which largely follows the mountain bike route known as “Flatsnake”. Initially mostly level, the track crosses Atika Creek before rising alongside the open area of the Mountain Bike Club base and then recrosses Atika Creek. From there the route is mostly downhill to the finish.

The longest course covers much of the 1.5km route but with an additional steep section known as “Blacksnake” that is reached just after the second crossing of Atika Creek. The hard slog uphill is compensated by the exhilarating run downhill to the junction with the 1.5km course.

Track surfaces are mostly compressed dirt but the two crossings of Atika Creek are rocky and slippery when wet. Take care at these crossings! At lower altitude, the tracks are wider but become narrower higher up the hill.

Toilets: There are no toilets at the car park or along the run courses. The nearest toilets are in buildings on the James Cook University campus.

Keys to safer running:

- Be alert for cyclists approaching mostly from behind you. We will be running on tracks that are also used by mountain bikers. The three courses will be run in a counter-clockwise direction which is generally the same direction taken by bikers.

Remember that we runners are more manoeuvrable than cyclists. If bikers call from behind you, please move quickly and safely to the side of the track and allow them to pass. Cairns Mountain Bike Club officials have assured us that they have no events planned for the day of the Poker Run but individuals or small groups may be using the tracks.

- Please stop and help any injured runners. If need be, ask other runners continuing on, to report any accidents or injuries to volunteers at the Start/Finish. There will be a First Aid kit available there.
- Adults, please keep a special eye open on the younger runners. Parents of children are very welcome to accompany them. Great for family bonding!
- Please stay on the marked courses. Short cutting can be dangerous and also damaging to the environment. Remember we are running in a Conservation Park.
- No littering please.

In the event of bad weather, marshals may be present at strategic locations, especially the creek crossings. If the weather and/or track conditions are deemed by organisers to be dangerous, the event will be postponed or cancelled.

Volunteers: Events like this can only happen with the help of volunteers. If you can help in any way, the organisers would be very grateful. The jobs are simple and there will always be somebody around to help. These jobs include setting up and pulling down marquees and tables, ticking off names of runners at pre-race registration and handing out tokens and cards to runners during and after the race. On course marshals would be much appreciated, especially if the tracks are weather affected and if you enjoy photography, why not apply your talents to capture all the action.

This is an excellent way for non-running family and friends to be involved with the club and a great way to make new friends. We welcome you there!

To help with this event or for any questions, please email the Race Director at the following email address trailrunning@roadrunners.org.au