



Cairns Road Runners Club  
PO Box 7403, Cairns QLD 4870  
ABN: 14 831 287 665  
M: 0450 324 637  
E: [info@roadrunners.org.au](mailto:info@roadrunners.org.au)  
W: [www.roadrunners.org.au](http://www.roadrunners.org.au)

## BLACK SNAKE TRAIL RACE COMPETITOR INFORMATION PACK

### RACE DETAILS

**Date of Race:** Sunday April 26<sup>th</sup> 2015  
**Race Organiser:** Cairns Road Runners  
**Distances:** 34km (loop), 21.1km & 10km (out & back)

**Race Director:** David O'Brien  
**Contact:** [trailrunning@roadrunners.org.au](mailto:trailrunning@roadrunners.org.au)

**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, carpooling is suggested. This also lessens our carbon footprint.

*NOTE: The 34km race can be extremely tough. There are long, steep sections which can be very arduous, even for experienced runners. We recommend that you are doing some serious hill training before attempting this race. To make life a little easier this year, we have reversed the direction of the race so all those big ups and downs will now be at the front end of the race when you are a little fresher!*

### ESSENTIAL INFORMATION

#### **Starting Times:**

There will be staggered starting times this year. There will be three groups (only two for 21.1km) sent in waves. The aim is to bring the greatest number of runners back to the finish within the smallest span of time. This in turn will prevent the majority of volunteers spending extraordinarily long times on course, and can make for a more enthusiastic finish line audience. When you register to compete, please fill in the mandatory questionnaire asking you to outline appropriate running experiences within the last 12 months (21km and 34km runners only). This will enable the Race Director to best allocate your starting time which will be given to you in advance of race day. Please register as early as possible so we can allocate you your starting time as early as possible.

#### **Historical Times:**

Previous finishing times which may help you to prepare:

|        |                     |                                      |
|--------|---------------------|--------------------------------------|
| 34km   | Fastest 2hrs 55mins | Slowest 5hrs 57mins (7 hours 23mins) |
| 21.1km | Fastest 1hr 48mins  | Slowest 3hrs 36mins                  |
| 10km   | Fastest 57mins      | Slowest 1hr 52mins (2hrs 47mins)     |

#### **Registration and Check-In:**

##### 34km Race

**Check-In:** From 6.00am depending on your start time  
**Race Briefings:** These are mandatory, with a briefing 15 minutes before each starting time.  
**Start Times:** 6.30am, 7.30am and 8.30am

##### 21.1km Race

**Check-In:** From 8.00am to 8.40am  
**Race Briefing:** This is mandatory and begins at 8.50am sharp  
**Start Times:** 9.00am and 9.30am

##### 10km Race

**Check-In:** From 8.00am to 8.40am  
**Race Briefing:** This is mandatory and begins at 8.50am sharp  
**Start Time:** 9.30am



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### Juniors:

Junior runners (17 years and under) are permitted to run in the 10km race only. Parents of younger runners - Why not keep your children company and share the experience with them?

### Mandatory Equipment:

This will be need to be sighted at Check-In. Any competitors not complying with mandatory equipment will be unable to participate in the event due to health and safety requirements of the Club.

- Snake Bandage 10cm x2.3m minimum (Elastoplast or Handy's Heavy Crepe Bandage)
- Whistle
- Race number/bib. This will be supplied by the Race Organiser and **MUST** be visible from the front. This will make it much easier for volunteers to identify you as you visit checkpoints and at the finish. We anticipate significant numbers arriving within a short span of time at the Finish line so we need to be able to identify you quickly and easily.
- An adequate hydration system/plan for your race distance. If you intend drinking from the creeks en-route you should take your own preferred water purification system. Water in barrels will be supplied every 2.5kms up to the Fig Tree Checkpoint on Clohesy River Road and at the Bridle Creek Road Checkpoint.
- Adequate nutrition to sustain you for your entire race distance.

These items are recommended (but not mandatory) for the 21.1km and 10km runners.

### Racing Etiquette:

- You **MUST** stop and help any injured or distressed runner. If need be, direct other passing runners to forward messages to the nearest checkpoint.
- Leave nothing but footprints - No littering.
- Stay on the Trail – Please respect the integrity of the trail, habitat and surrounding environment.
- Right of way to anyone faster than you – Step aside and let faster runners pass. This applies to horses, motorbikes and anything else that may need room to pass.
- Don't make a stink – If the urge strikes and restrooms aren't available, handle your waste in a sensitive and environmentally friendly manner
- Technology – Music can be used so long as you can hear surrounding competitors, any instructions given can be heard by volunteers and marshals, and that they do not increase your risk of accident or injury. GPS watches are encouraged, but be aware that reception may be spasmodic in remote locations and can't be guaranteed as accurate for orientation. The same goes for smart phones.
- Rainforest Encounters – be familiar with poisonous plants and dangers animals that may be found in the area. If in doubt, don't touch, eat, or cuddle the unknown.

Cairns Road Runners value the racing etiquette outlined above. Serious breaches and bad sportsmanship may result in voiding your race results and cancellation of Club membership. Be a karma runner.

### Maps:

These will be available in zip-lock bags at registration. Please take one as there are other tracks leading into and from the course.

### Toilets:

The only toilets available are at the Start/Finish, so runners of longer distances please take your preferred "bush toilet kit".

### Checkpoints:

There will be two checkpoints. One will be at the entrance to the Fig Tree Boardwalk beside Clohesy River Road and the other will be on Bridle Creek Road at the junction with Viever's Track. Both checkpoints will be manned and have water, electrolyte drink, energy food and a First Aid Kit



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### Track Marking:

All run courses will be marked with directional arrows and "WRONG WAY GO BACK" signs. These are black on yellow background. If you reach an intersection and are unsure which way to go, **STOP**. Check the map that was provided when you checked in. If you are still unsure, wait for another runner.

### BBQ:

We will be having a BBQ at the finish so why not join us in some post run socialising? (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. Trust me, you'll need to vent about the hills and nobody will understand as well as a fellow competitor.

### Presentations:

Medals will be presented as soon as practical. (Another reason why we want to get as many of you back together within the shortest span of time). The first three males and first three females for all three distances will receive medals and all finishers of the 34km race will receive a Finisher Medal if they indicate they wish to have one at the time of registration (some people have told us in advance that they don't wish to receive a medal...too many in the trophy room already!!).

## ADDITIONAL INFORMATION

### Brief Track descriptions:

All races will start at the upper Lake Morris car park. The race courses cross the dam wall and a wide concrete and then dirt vehicle track rises steeply for approximately 2kms beyond the dam. This is the beginning of Clohesy River Road and all 10km and 21km runners remain on what becomes a firm and mostly, well-formed road.

The turn-around point for the **10km runners** will be clearly signed and coincide with a water barrel.

**21km runners** continue on to the checkpoint at the very scenic Fig Tree Boardwalk where they then return back along Clohesy River Road. There are several creek crossings approaching the checkpoint so be prepared to get wet feet!

**34km runners** initially follow Clohesy River Road but should look out for the signed turn to the **left** and onto Bridle Creek Road. From here expect kilometers of steep (sometimes **very** steep) but reasonably wide 4WD track. This section can be heartbreakingly difficult for some runners. The track then opens up and power pylons and transmission lines will be seen alongside. Eventually, Bridle Creek is reached and yep, wet feet guaranteed! The creek crossing and metal gate are a sign that the first checkpoint is less than 2kms away.

Bridle Creek Road Checkpoint is a good place to rehydrate and refuel before tackling the next stage. Viever's Track is approximately 6.5kms of sometimes steep, sometimes very rough, sometimes narrow track not used by vehicles except the occasional rogue dirt motor biker.

Finally, another creek crossing and Clohesy River Road is reached. Yes, a **road!** A couple of k's and two more creek crossings later and checkpoint 2 is reached. A short circuit to marvel at the huge fig trees (there's more than one) and it's homeward bound, sharing the same course as the 21k'ers and later the 10k'ers.