

# 2011 It's Extreme Kuranda to Port Douglas Ultra Trail Marathon Information Pack 28 August 2011

Thank you for your entry into the It's Extreme Kuranda to Port Douglas Ultra Trail Race. We would like to wish you all the best with your run - the third of the three trail runs hosted by the Cairns Road Runners this year. There were also the Black Snake Race on 8 May and the Trinity Family Chiropractic Mt Haig Marathon on 22 May.

Please read this Information Pack carefully and contact **Race Organiser** Larry Lawson on 0450 324 637 or email trailrunning@roadrunners.org.au if you need further assistance.

## Race Start Times and Locations

Make sure you know the start time of your race. It is recommended you get to the race at least a half hour before your race starts.

Race	Distance	Race Briefing – all competitors MUST attend	Start Time	Location
Ultra Marathon	64km point to point	5.45am	6:00am	Corner Kennedy Highway and Black Mountain Road, Kuranda
Half Marathon	21.1km point to point	8.15am	8:30am	Corner Quaid and Black Mountain Rds
16km Bump to Beach	16km point to point	9.15am	9.30am	Top of the Bump Track
5km Beach Fun Run/Walk	5km out and back	10.45am	11:00am	Beach at Surf Lifesaving Club, Port Douglas

## Competitors have various options for this race:

Option 1 – Run the 64km Ultra from start to finish

Option 2 – Run the 21.1km Twin Bridges Half Marathon (Leg 3 of the Ultra)

Option 3 – Run the 16km Bump to the Beach Finish (Leg 4 and 5 of the Ultra)

Option 4 – Run as part of a team and complete one or more legs of the 64km Ultra (consists of five legs) – no split times will be recorded. Only the overall finish time. All members in the team will be allocated points according to the conditions stipulated in the "Trophies/Ribbons" section below.

Option 5 – Run the 5km Beach Fun Run/Walk (this run/walk is not part of the FNQ Trail Running Series)

The final and third race in the FNQ Trail Running series. This Point-to-Point race starts just off Kennedy Highway in Kuranda and follows Black Mountain Road that runs through native rainforest, open eucalypt forest, pine plantations and crosses picturesque creeks. It is a scenic course incorporated in the Mowbray National Park within the Wet Tropics World Heritage Area. The pyramid-shaped Black Mountain is a prominent feature of the race. The tropical rainforest is home to the endangered southern cassowary, a flightless bird that can grow to two metres in height.

**Leg 1** (14km) and **Leg 2** (13km): From the start run along Black Mountain Road to Quaid Road.

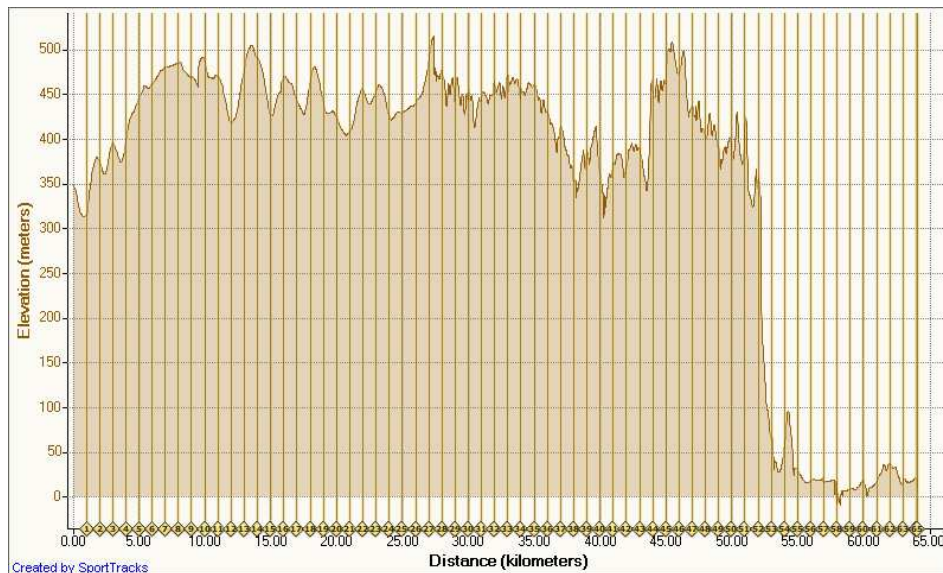
**Leg 3** (21.1km): Continue along Black Mountain Road (1km) and turn into the Twin Bridges track. The 18km Twin Bridges Track (East Black Mountain Road) follows the route of the original Black Mountain Road, to the east of the current road. Closed by gates at both ends, it is a multi-use track for trail runners, walkers and mountain bikers. Motor vehicles, trail bikes and horses are not allowed on this track. When the track rejoins Black Mountain Road, competitors continue for another 2 kilometres to reach the top of the Bump Track.

**Leg 4 (6km):** The historic Bump Track offers views of the Mowbray River valley where the Mowbray River drops through a gorge carved into the forested foothills of the Macalister Range. It was blazed in 1877 by Christie Palmerston, a prominent bushman and pathfinder of the times and was the main access from the Hodgkinson Goldfield to the port facilities at Port Douglas. The Bump Track was infamous for its steepness. Passengers on the horse-drawn coach service had to get out and walk when going up or coming down the section known as Slatey Pinch – a cutting through slate rock at a steep 1 in 3 grade, about 1 kilometre from the bottom of the tack.

**Leg 5 (10km):** From the bottom of the bump, follow dirt and sealed roads leading onto the southern end of Four Mile Beach. One of the many attractions of Port Douglas this fine hard beach is considered to be one of the best in far north Queensland. The sand is so firm that the beach has been used for horse races and mountain bike races and also as a landing place by Kingsford Smith and by C.T.P. Ulm en route to New Guinea with the first official air mail. (Low tide is at 2.15pm)

**5km Beach Fun Run/Walk:** Start at the Surf Club and run for 2.5km south along the beach, return the same way.

Go to [http://www.everytrail.com/view\\_trip.php?trip\\_id=992251](http://www.everytrail.com/view_trip.php?trip_id=992251) to view the map.



### Entry fee:

Enter online via <https://www.registernow.com.au/secure/Register.aspx?ID=3542>

Online entry fee: \$20 for CRR Club members; \$30 for non-members – REGARDLESS of distance.

Online entries close at 9.00pm on Thursday, 25<sup>th</sup> August 2011. LATE entries will incur a late fee of \$20.00.

### Optional Extras:

Trail shirt (\$25) - order at the event.

### Race Day Volunteers

We are in need of the following:

- Marshals for checkpoints
- Time recorders
- Someone taking registration and doing data entry
- Catering
- Photographer/s
- Sweeps
- 4 wheel drivers

Our volunteers do not need any experience or training! If you have friends or family that will be at the race, why not ask them if they would be willing to give up a few hours to get involved and help. If you can recommend someone, please contact Larry. All volunteers receive a free lunch as well as a warm glow and the eternal thanks of the Cairns Road Runners. There is also a special 'Volunteers Only' random draw prize.

### **RACE DAY – logistics**

You need to arrive in time for the race briefing for your nominated race. Take travel time to the start location into account.

From Cairns:

Drive approximately **20 minutes** along the Kennedy Highway (up the Kuranda Range) from Smithfield Shopping Centre. Turn right into Black Mountain Road, which is just after Saddle Mountain Road at the Top of the Bump – BEFORE you go over the bridge to Kuranda.

It takes another **40 minutes** along Black Mountain Road (a reasonably good dirt track) to get to Quaid Road (the start of the Twin Bridges Half Marathon). If you are driving to the top of the Bump from Kuranda side, you will need a four-wheel drive vehicle and another **40 minutes** at least.

From Port Douglas it is a **40 minute** drive along the Captain Cook Highway to the Top of the Bump – the start of the 16km Bump to Beach Race. Directions:

From Port Douglas drive 10km **north-west** towards Mossman on the **Captain Cook Highway** and turn left onto the Rex Range (**Mossman-Mt Molloy Road**).

Follow this windy pass for 20.5 km turn left onto **Euluma Creek Road**, after 280 m take the 1st left to stay on **Euluma Creek Road** after another 22m, take the 1st left again to stay on **Euluma Creek Road**. Continue 7.5 km to the start of the Top of the Bump Track. See map at [http://tiny.cc/directions\\_from\\_port](http://tiny.cc/directions_from_port)

### **Transport and parking:**

- Whether you drive and park or get dropped off, give yourself plenty of time to get to the start line.
- Car-pooling is suggested, so please speak to other runners, or contact Larry to arrange transport.
- No vehicles are allowed on East Black Mountain Road (Twin Bridges Track) or the Bump Track.
- Bus Drop Off & Pick Up: Depending on demand, we can organise busse to transport competitors. A fee may apply. Please contact us immediately if you require transport.

### **Bits and Pieces:**

- For safety reasons wheelchairs are unable to compete in any of the races.
- If you are a visitor to the region, arrange accommodation in Cairns or Kuranda if you are doing the Ultra or 21.1km Twin Bridges events. For the 16km Bump to Beach, you may want to consider staying in Port Douglas or Julatten. There are various websites that will help with organising accommodation, for example [http://www.itravelaustralia.com/queensland/tropical\\_north/cairns/accommodation.html](http://www.itravelaustralia.com/queensland/tropical_north/cairns/accommodation.html)). For information about Black Mountain Hideaway (2km from the Top of the Bump Track) email Suzie [info@blackmountainhideaway.com.au](mailto:info@blackmountainhideaway.com.au) or phone 07 4094 1101. They may have a cabin available that sleeps six.
- No toilet facilities are available. Come prepared!
- Water will be provided approximately every 5km along the course, including 5km into the Twin Bridges Track. There will be no water supplied along the rest of the Twin Bridges Leg, you need to fill up at the drink station to last the remaining 11km before rejoining Black Mountain Road.
- There are showering facilities at the finish in Port Douglas.
- You can swim in the ocean at Port Douglas!
- Dogs are allowed ONLY in the 5km Beach Fun Run/Walk. No animals of any kind are allowed in the other events.
- Prams are only permitted in the 5km Beach Fun Run/Walk and must start at the back of the field. An entry form must be completed for the child and submitted at the registration table together with the person pushing the pram.

### **Medical advice**

Whether you have a medical condition or not, if you feel unwell on race day - don't race. If you have any known medical condition (such as diabetes, asthma, allergy to penicillin, etc.) please ensure you have written all your medical details including any medication *on a piece of paper*, include your Medicare number, next of kin and emergency contact details. Seal it in a ziplock bag and carry it with you during the race. This is not just an administrative request, it could be a matter of life and death in an emergency. **Ensure you know how to deal with a snake bite. Use your whistle to attract attention, if required.**

Race officials reserve the right to pull competitors out of the event. Their decision is non-negotiable.

### **Registration & Race Kit Collection**

There is no race kit to be collected. You will be allocated a race number on race day. When you arrive, go over the registration table and sign in. If you will be on the Twin Bridges Track, you must also present your compression bandage and whistle.

**NOTE:** Late entries, race distance changes or transfers to other competitors for ALL races close on Sunday 28 August **5:30am**.

### **Left Luggage**

Arrange to leave your belongings with someone who will be going to the finish. Organisers will not be responsible for theft or loss of property.

### **Mandatory Equipment**

Competitors completing the 18km Twin Bridges Track (part of Leg 3) need to carry a container/cup as water must be acquired from creeks. Each competitor on this leg must also carry a whistle and compression (snake) bandaged – no triangular bandages, small crepe bandages, etc will be accepted. You need to buy a **compression** bandage of at least 10cm width. For example: Handy's Heavy Crepe Bandage for strong, secure bandaging (10cmx2.3m). Participants running the full 64km can collect their equipment at the checkpoint on Quaid Road and drop it off again at the top of the Bump Track.

### **Drink Stations, Feed Stations and Checkpoints**

There will be 13 drink stations located approximately every 5km along the course (except for a stretch of 11 km along the Twin Bridges Track where competitors must carry their own water). There will be 7 stations with just water and 6 stations comprised of Poweraid and water.

**Quaid Road Checkpoint (26km mark):** This is a 'Feed Station' and also the start of the half marathon – sweet buns, cake, sandwiches, fruit, water and Poweraid will be provided. Make sure the **marshal records your time and name** – they will also check you have your compression bandage and whistle. Take any gear you've put in the box.

**Top of the Bump Checkpoint:** This is another 'Feed Station' and also the start of the 16km race. You can drop off your compression bandage and whistle here. You can pick up any gear you've left for this point. Make sure the **marshal records your time and name**.

### **Personal Refreshments**

All runners are encouraged to be self-sufficient (except for water, which will be provided every 5km, with one exception). However, runners can drop gear off to go to the two checkpoints (26km Quaid Road and 47km Top of the Bump) to pick up during the event.

Drop any drinks/food into the two marked boxes by **5.30am** on race day. Make sure your gear is clearly labelled. No metal or glass bottles please. Containers must be sealed (ie will not leak if laid down) and must be no more than 30cm in height. Keep in mind that you may not be able to access the boxes after the race (volunteers at checkpoints may not return to the finish).

## **Race briefing**

We have a DERM permit and Police permit to use the roads in the area. The SES has been informed about the event, but will not be in attendance on the day. Please take note of the following:

- Obey all instructions from marshals on the course.
- If another competitor is in trouble, you must stop to help them.
- Stick to the course. If you think you have gone the wrong way, go back.
- Road Closures: No roads are closed for this event. Obey all road rules and give way to vehicles, horses and cassowaries!
- Remember the drivers/riders may not be aware that a foot race is taking place.
- **DO NOT LITTER.** Except for the two checkpoints, drink stations are unmanned. Put your rubbish in the bins provided.

## **Withdrawal from the race/Cut Off Times**

A runner who retires from the race should inform any passing competitors to alert the checkpoint marshal, or go to the finish or nearest checkpoint for assistance.

The events have no official cut off times. Pulling competitors off the race will be at the discretion of the race officials.

## **Competitor conduct**

We ask that you treat members of the public including other road users, marshals and competitors with respect. Any use of profanity or aggression towards others will result in immediate disqualification from the event.

## **Marshals on the Course**

Our volunteers are Cairns Roadies Club Members, family and friends helping out. They have no authority to stop cars or motorbikes. They will help with drink stops, be available to inform the general public about the race and do administrative jobs. PLEASE remember to thank these helpers!!!!

## **At the finish**

When you cross the finish line you will be given a tag.

Go immediately to the rego table and give the tag and your race number to the volunteers at the table. If you withdrew from the event, make sure you report back to the registration table to let them know you are a DNF.

## **Food & Beverages**

Water, bread, buns and fruit will be available at the finish – for competitors only!

Volunteers all receive a free breakfast from the Blue Water Bistro in Port Douglas. Please present your lunch voucher to the staff at the bistro. Competitors can buy food and beverages at the Blue Water Bistro as well.

## **Trophies / ribbons:**

- Ribbons will be handed out to all category winners U19; 19-29; 30-39; 40-49; 50-59; 60-69; 70+
- Trophies are awarded to the overall winners – male and female (1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>) - in each race (16km, 21.1km, 42.2km, 64km, fastest team)
- All competitors will receive points towards the FNQ Trail Series: 25 points for 1<sup>st</sup> place; 20 points for 2<sup>nd</sup> place; 16 for 3<sup>rd</sup>; 13 for 4<sup>th</sup>; 11 for 5<sup>th</sup>; 10 for 6<sup>th</sup> etc. Points are awarded for the 64km race first, then the 21.1km, then the 16km, then the team event and finally the 5km. There are two categories: Male and Female.
- The overall male and female winners of the FNQ Trail series will be awarded the perpetual trophy on the day. For current points, see the end of this document.
- The male and female winners of the 64km race each receive a pair of North face trail running shoes from our sponsor It's Extreme.
- Every Ultra finisher will receive a bag and medal/trophy.
- There are numerous other random draw prizes too including two pairs of North face trail running shoes (one male and one female) from our sponsor It's Extreme;
- Make sure you check your race bag at the finish, which may contain a prize.
- There is a random draw prize for a lucky volunteer.

## Medal presentations / results

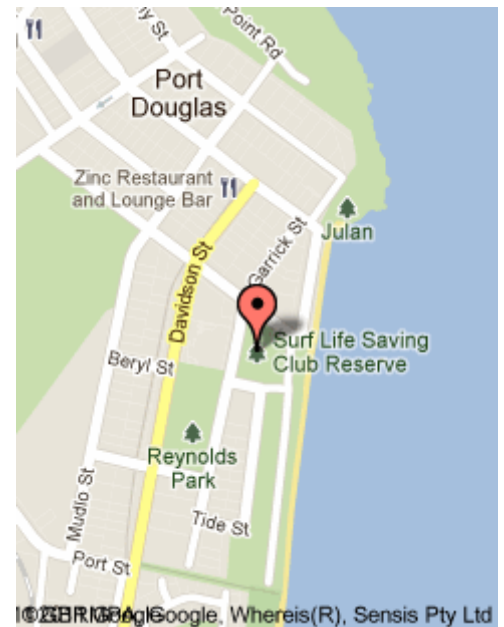
The presentations for all the events will be held at **approximately 12:30pm**. Not all competitors of the 64km will be in at that time! Apologies to those competitors in advance, but as many people need to travel to get home, we cannot delay the presentation too long.

Please join us at the Port Douglas Surf Life Saving Club for the presentations, or collect your ribbon or medal/trophy *before* you leave.

Full race results will be published on our web site (<http://www.roadrunners.org.au/>) and in The Cairns Post in the week after the event.

## Photos

If you take any photos, please email it to us to share with everyone else. At the moment we don't have a photographer on the course.



## Running safely on trails in FNQ

### The Weather

Visitors to Cairns will soon realise that it is very hot and humid – even in spring. It's unlikely that you will be cold, so don't overdress for the start. You can leave gear at any of the drink stops and pick it up after the race. In August, the temperature in the Cairns region range from 17–27°C. On average, rainfall in August is the lowest for the year (about 28mm) for the entire month, with five days of rain.

### Other Road Users

Black Mountain Road is a dirt road used by commuters to travel between Kuranda and Julatten. You can expect four-wheel drive vehicles, horses, trail bike riders and mountain bikes on this section of the course. Stay alert and move off the road when you hear vehicles approach. East Black Mountain Road and the Bump Track are close to vehicles. There may be cyclists and horses on these trails. The last 10km include sections on bitumen and also on the beach. Consider other road users and stay off the road, where possible.

### Condition of the roads

The dirt roads/tracks you will be on are old forestry tracks and old roads used in the Gold Rush days, but in good condition.

**All Runners: Ensure you check in at the **checkpoint(s)** along the way.**

### MP3 players

For your safety, the use of MP3 players during the race is strictly prohibited.

### Animals in the tropics

#### Snakes

Snakes will lie on the road in the warm sun. They may move out of your way, but be careful not to step on them. Actively look for and avoid snakes. Runners on the East Black Mountain section **MUST** carry a pressure (snake) bandage and or wear protective clothing such as covered shoes and gaiters. To read up on the types of snakes that live in the area, go to [http://www.derm.qld.gov.au/wildlife-ecosystems/wildlife/living\\_with\\_wildlife/snakes/what\\_snakes\\_live\\_near\\_you/snakes\\_of\\_the\\_cairns\\_region.html](http://www.derm.qld.gov.au/wildlife-ecosystems/wildlife/living_with_wildlife/snakes/what_snakes_live_near_you/snakes_of_the_cairns_region.html)

**Cassowaries/Wild pigs** – there is clear evidence of wild pigs along the course.

Cassowaries are often seen on Black Mountain Road. If you spot or hear any, make noise to scare them off or hide behind a tree until they wonder off. Normally they will run away if they hear you coming.

**Golden Orb Spiders** – they often spin their huge webs across walking tracks. The females reach 45mm body length but they are basically harmless.

**Ticks and leeches** – they can attach to your skin and then feed on your blood. Use an insect repellent containing DEET or picaridin on skin, shoes and socks. When you get home, search carefully for ticks. Good places to look are behind the ears, the back of the head, neck, groin, armpits and back of the knees. Remove a leech by flicking it off with your finger. Remove a tick with tweezers by grasping the head and rotating. Do not pull the tick by the body as this may make it release more toxin. Apply an antiseptic cream to the bite. Seek medical advice if you experience muscle weakness, paralysis or feel generally unwell after a tick bite.

Although not the normal time of the year (i.e. summer) for adult **cicadas**, you may run through sections where you will hear their drone-like call.

### **Plants in the tropics**

Avoid touching the sap from leaves and stems from rainforest plants.



**Stinging trees** – these grow on the edges of tracks and clearings. It has fine, poisonous hairs on its heart-shaped leaves and these hairs penetrate the skin - even when just lightly brushed. The sting can be **excruciatingly painful** and can cause illness and even hospitalisation. Avoid rubbing the skin. You might try carefully but firmly applying sticky plaster over the wound. When you rip the tape off, you might be able to remove some of the stinging hairs and lessen the severity of the wound. If you stop for a toilet break make sure you're NOT using these leaves as your toilet paper!

**Wait-A-While** (also called **Lawyer Vine**) - a climbing palm that has a main stem covered with sharp bristles; as well as long, whip-like strands that often hang down over tracks - these are covered with small hooks and will stop you in your tracks if you run into it. It loves to hang onto clothing or your naked skin! If you are caught, **stop** and gently pull the whip off you. Wear a hat to keep the wait-a-while 'whips' from ripping your face! Use sticky plaster to pull the thorns out when you get home.



### **Sounds like fun, hey!**

Have a safe and enjoyable event. We'll see you on Sunday, 28 August!

## Points for the FNQ Trail Series:

Full Name	Gender	Black Snake Points	Mt Haig Points	Accumulated points for the series
Simon Dobbs	M	25	9	34
Arnstein Prytz	M	20	13	33
Ben Carter	M	5	20	25
Chris White	M	n/a	25	25
Larry Lawson	M	13	10	23
Steve Cunningham	M	n/a	16	16
Taras Jakubovsky	M	16	n/a	16
Nathan Moore	M	8	5	13
Glen (Robbo) Robinson	M	11	n/a	11
Peter Cross	M	n/a	11	11
David Elms	M	7	3	10
Idan Piercy	M	10	n/a	10
Gareth Smith	M	9	n/a	9
John Vaughan	M	6	2	8
Steven Titmus	M	n/a	8	8
Ian Valentine	M	n/a	7	7
John Dobson	M	n/a	6	6
Ryan Hoskins	M	3	1	4
Wayne Crase	M	n/a	4	4
Nick Bradt	M	4	n/a	4
Colin Jeftha	M	2	n/a	2
Martin Ball	M	1	1	2
Paul Ryan	M	1	1	2
Alan Courtney	M	1	n/a	1
Alex Farkas	M	1	n/a	1
Connor O'Sullivan	M	1	n/a	1
David Skinner	M	1	n/a	1
David Groundwater	M	n/a	1	1
John Melnyczenko	M	1	n/a	1
Marcel deKievith	M	1	n/a	1
Scott Ratcliffe	M	n/a	1	1
Peter English	M	1	n/a	1
Peter Morris	M	1	n/a	1
Richard Gray	M	1	n/a	1
Wayne Bowes	M	1	n/a	1
Neil Harrison	M	1	n/a	1
Shawn Depper	M	DNF	n/a	0



<b>Full Name</b>	<b>Gender</b>	<b>Black Snake Points</b>	<b>Mt Haig Points</b>	<b>Accumulated points for the series</b>
Lorraine Lawson	F	16	25	41
Julie Sager	F	25	n/a	25
Emma Mills	F	3	20	23
Sarah Warren	F	20	n/a	20
Louisa Cordingley	F	n/a	16	16
Andrea Collins	F	2	13	15
Christine Bell	F	13	n/a	13
Fiona Campbell	F	11	n/a	11
Louise Oliver	F	n/a	11	11
Tanya Bassford	F	n/a	10	10
Yolanda Jeftha	F	10	n/a	10
Donna Macleod	F	n/a	9	9
Melissa Akmentins	F	9	n/a	9
Jacqui Dovale	F	n/a	8	8
Stevie Johnston	F	8	n/a	8
Adaline Storch	F	1	6	7
Christine Ratcliffe	F	n/a	7	7
Kerry Bray	F	7	n/a	7
Alison Smith	F	6	n/a	6
Rosie Ball	F	1	5	6
Nami Matsuoka	F	5	n/a	5
Lauren Jennings	F	4	n/a	4
Jude Henwood	F	1	n/a	1
Louise Gale	F	1	n/a	1
Michelle Farkas	F	1	n/a	1
Monique Storch	F	1	n/a	1
Rebecca Tucker	F	1	n/a	1
Sandra Buckley	F	1	n/a	1
Sarah Griffiths	F	1	n/a	1
Vanessa King	F	1	n/a	1