

Mt Haig Trail Race, 22 July 2012

Competitor Information Pack

Race Director: Paul Ryan

Email: trailrunning@roadrunners.org.au

Website: <http://www.roadrunners.org.au/trail-runs/5/>

Mobile: 0450 324 637

Major Sponsor: Trinity Family Chiropractic



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LIST OF COMPETITORS AS OF

Bib #	Name on bib	Surname	Gender	Distance	Transport	Merchandise
423	Matt	Bixley	M	45km	Yes	
431	Mark	Brown	M	45km		
130	Ben	Carter	M	45km		
424	Ashley	Carucci	M	10km		
430	Dan	Cruckow	M	21.1km		
427	David	Dowd	M	10km	Yes	
230	David	Elms	M	45km		
431	Richard	Gaunt	M	45km		Photos
434	Ben	Gerhardy	M	21.1km		
425	Krystyna	Glavinovic	F	21.1km	Yes	
98	Sarah	Griffiths	F	45km		
428	Kylie	Hempel	F	21.1km		
432	Carmel	Hickey	F	10km		
10	Larry	Lawson	M	45km		
11	Lorraine	Lawson	F	45km		
271	Nami	Matsuoka	F	21.1km	Yes	
240	David	O'Brien	M	45km		
61	Bryan	O'Mahony	M	45km		
62	Ronan	O'Mahony	M	45km		
420	Ondrej	Pramuk	M	21.1km		
421	Vlasta	Pramukova	F	10km		
433	Arnstein	Prytz	M	45km		
100	Todd	Rutherford	M	21.1km		
176	David	Ryan	M	45km		
221	Paul	Ryan	M	21.1km		
81	Gareth	Smith	M	45km		
177	Mark	St Amand	M	21.1km		
258	Heidi	Sweeting	F	21.1km	Yes	
422	Ponder	Swinkels	M	45km		Singlet
429	Shane	Teahan	M	21.1km		
74	John	Vaughan	M	45km		
318	David	Von Senden	M	45km		Trail shirt
426	Laura	Whenmouth	F	21.1km		

Race Number allocation: Cairns Road Runners Club Members have allocated numbers, which we use for this event. Other competitors are allocated numbers according to the date they entered the event, starting at 420.

EVENT DETAILS AND OTHER RELEVANT INFORMATION

Date: 22 July 2012

Race Organiser: Cairns Road Runners and Triathlon Club

Race Director: Paul Ryan

Major Sponsor: Trinity Family Chiropractic

The Mt Haig Trail Marathon is race #3 of the four events in the FNQ Trail Running Series.

In 2011, runners competed in a 42.2km race, this year it's been lengthened to 45km so we can start/finish at the same spot. The 21.1km; 10km and 5km event remain the same as last year.

*Please read the following information carefully, if you have any questions, email or ring us.
Email: trailrunning@roadrunners.org.au Mobile: 0450 324 637*

Length of the race: 45km (loop), 21.1km (out and back), 10km (out and back), 5km (out and back).

Race Kit: There is no race kit to be collected, only a Race bib at registration.

MANDATORY GEAR

- 1 x race number to be worn on your front and visible at all times (provided by event organisers).
- A hydration system
- Nutrition to sustain running for the duration of the event.

There are snakes out there, it is recommended you carry a compression bandages.

ENTRY REQUIREMENTS

You must be at least 18 years old on race day to participate in this event. You also need to be an experienced trail runner and must be sufficiently skilled and trained to undertake the event. It may take you up to 6 hours to finish. The course is on dirt roads and has three major hills. There is but one shallow creek crossing on the 45km event. Other runners should not get wet feet. You must be in good health to compete in this even. Refer to the Medical Advice section on page 12.

Cut off for entries is at 9.00pm, Sunday 15 July 2012. Entries after this date are at the discretion of the race directors and incur a \$50 late fee. Competitors who enter this late will not be allocated a personalised race number, nor may they receive a competitor's trophy.

CANCELLATIONS AND REFUNDS

We appreciate that circumstances arise where you may no longer be able to participate in the event. You can request a refund of your **entry fee** (incurs a 10% administration fee) up to the 15th of June.

Race entries cannot be transferred to another runner. There are no refunds on transport or merchandise.

ENTRY DATES, RACE FEES AND REFUND DATES

Distance	Special Rate	Early Bird	Standard	Late
45 km	\$ 35.00	\$ 50.00	\$ 70.00	\$ 95.00
21.1km and 10km	\$ 20.00	\$ 25.00	\$ 35.00	\$ 40.00
5km Fun Run	\$ 10.00	n/a	\$ 15.00	n/a
Cut off Times	12/7/2012 8:59 PM	10/6/2012 9:00 PM	10/6/2012 9:01 PM and ends on 10/7/2012 8:59 PM	starts on 10/7/2012 9:00 PM and ends on 15/7/2012 9.00PM
Refunds	Full refund of race fees (minus a 10% administration fee) on or before 9:00 PM 24/6/2012. No refunds after this date. No refunds on transport or merchandise.			

The Special Rate is what it will cost Cairns Road Runner Club members; AURA members or ANQ members – IF they enter before 15th of July. A Late Entry Fee applies after this date.

In the event that the course is, in the opinion of the event organisers, unsafe (for example due to heavy rains or bushfires), organisers may, attempt to re-route the course, find an alternative shortened course or cancel the event. If this happens, no refunds will be made and no transfers to other Cairns Road Runners event will be made. Due to travel and commitment involved by competitors, it is not practical to re-schedule the event to any other weekend.

INSURANCE

Event organisers, the Cairns Road Runners and Triathlon Club Inc., has \$20 million public liability insurance cover. This does not include travel and personal accident insurance for competitors or volunteers. We recommend that you arrange your own personal accident insurance before participating in the event to cover any unforeseen personal costs you may incur due to travel, medical expenses or time off work due to injuries sustained whilst participating in the event.

ACCOMMODATION

- There are numerous camping facilities nearby. Go to <http://www.derm.qld.gov.au/parks/danbulla/camping.html> for details and costs.
- Barrabadeen Scout Camp also has camping facilities and dorms with bunk beds. For details, go to <http://www.farnorth.scoutsqld.com.au/barrabadeen/facilitiesandfees.html>
- If you are a visitor to Cairns you will need to arrange accommodation in town. (e.g. http://www.itravelaustralia.com/queensland/tropical_north/cairns/accommodation.html)

TRANSPORT

Those who paid for transport as part of their registration will be contacted by the Race Organisers in the week leading up to the event to arrange transport..

Please email us if you are on the transport list, but have since arranged your own transport.

START LOCATION

Car park at Kauri Creek Day Use Area, Danbulla Forest Drive, Tinaroo Dam. See map on the last page. The event has staggered start times.

LEFT LUGGAGE

Secure any valuables as the event organisers will not be responsible for theft or loss of property.

COURSE MARKING

There will be course markings at all track junction and road intersections. The course is marked with bright yellow and pink directional arrows '→', crosses 'X' and flagging tape. There are "Wrong Way, Go Back" signs on the tracks/road that you should not take.

COURSE DESCRIPTIONS, DISTANCES, MAP AND PROFILE

Competitors can view a large map of the course and speak to the race organisers on 18 July at the Wednesday Night Club Run (5.30-6.30pm) on the Esplanade, corner Esplanade and Upward Street.

45KM ULTRA

Terrain: Dirt roads

Start at Kauri Creek Day Use Area run along Danbulla Forest Drive and turn left into Mt Edith Drive. Follow this road to where it meets up with Kauri Creek Road. Turn left into Kauri Creek Road and head back towards the dam. You will rejoin Danbulla road and run 1.2 km to the finish at the Kauri Creek Day Use Area.

Go to http://www.everytrail.com/view_trip.php?trip_id=1076059 to view the map.

21.1KM; 10KM AND 5KM FUN RUN

Terrain: Dirt roads

Start from Kauri Creek Day Area and run 1.2km along Danbulla Forest Drive, turn left onto Kauri Creek Road. Run up the hill to the appropriate turnaround sign and head back the same way.



TIME LINES

You need to arrive in time for the race briefing at **7:45am** or **9:15am**. Take travel time to Tinaroo Dam into account. It takes about 1½ hours to get to Tinaroo Dam from Cairns. From there it is another 16km to Kauri Creek Day Use Area – some of that is on a dirt road.

Ultra Marathon runners: 7:00 - 7:30am If you have keys or a bag - arrange to lock it in someone's car. DO NOT leave any valuables behind. Drop your special drinks and food in the two containers going to the checkpoints. Get your name ticked off at the registration table. Registration closes promptly at **7:40am!** NO LATE COMERS will be accommodated!

7:45am Race briefing - ALL competitors MUST attend. On the start line on Danbulla Forest Drive, Kauri Creek Day Use Area.

8:00am Start of the Ultra Marathon

All other events: 8:30 – 9:00am If you have keys or a bag - arrange to lock it in someone's car. DO NOT leave any valuables behind. Get your name ticked off at the registration table. Registration closes promptly at **9:10am!** NO LATE COMERS will be accommodated!

9:15am Race briefing- ALL competitors MUST attend. On the start line at Kauri Creek Day Use Area.

9:30am Start of 21.1km, 10km and 5km

EVENT RULES

We have a Department of Environment and Resource Management (DERM) permit, a traffic police permit and a letter of no objection from the Cairns Regional Council to conduct the event. The SES will be in attendance on at the event.

- You must complete the marked course on foot under your own power. Trekking poles are permitted.
- Your race bib must be visible at all times on the front of your body.
- The use of iPods or other music players with headphones are not allowed. You must remain aware of your surroundings at all times.
- You must stay on the marked course. Short cuts are not permitted. If you think you have gone the wrong way, go back.
- It is your responsibility to get your name ticked off at the designated checkpoint.
- If you need First Aid help on the course you must attract the attention of another runner, track user, motorist or go to the nearest checkpoint or to the finish line.
- If you withdraw from the event, you must report to the checkpoint or finish line.
- If another competitor is in trouble, you must stop to help them.
- You must obey all directions of race officials.
- No roads are closed for this event. Obey all road rules and give way to vehicles and mountain bikes.
- **DO NOT LITTER. Put your rubbish in the bins provided at the checkpoint and the start/finish.**
- Pet/Dogs anywhere along the course is prohibited – this applies to competitors, volunteers, support crew and spectators.
- If you need to go to the toilet, either use a toilet, a “go anywhere toilet kit” or similar, or get well off the track and use “leave no trace” principles.
- Support crews must follow the instructions of race officials.
- The event organisers are not responsible for the safety or whereabouts of support crew.
- Prams are only permitted in the 5km 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.
- For safety reasons wheelchairs are unable to compete in any of the races.

Breaking any of the rules may incur a time penalty or disqualification. Any such penalties are at the event organisers’ discretion and are final.

Re-read the **Terms & Conditions (Cairns Road Runners Waiver)** you agreed to when signing up online.

COMPETITOR CONDUCT

We ask that you treat members of the public including hikers, road users, race officials and other competitors with respect. Any use of profanity or aggression towards others will result in immediate disqualification from the event. The volunteers/marshals on the course are NOT the people to talk to or abuse if you have a problem, speak directly to race director Paul Ryan.

VOLUNTEERS; SUPPORT CREWS; SPECTATORS

MARSHALS ON THE COURSE

Race officials are Cairns Road Runners Club Members, family and friends helping out. They have no authority to stop vehicles. They help at checkpoints, along the course, inform the general public about the race and do administrative jobs. PLEASE remember to thank these helpers!!!!

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. There is a special 'Volunteers Only' random draw prize at the end of each day.

SUPPORT CREW

Support crews are not required nor necessary as the checkpoint provides competitors with sufficient access to their race needs. If you do choose to have a support crew, they are permitted to assist runners anywhere along the course where vehicle access is available.

Obey all road rules. Watch out for runners on the road – the roads are often narrow and windy.

WHERE CAN SUPPORT CREWS NOT GO?

Depending on the weather – which may result in some roads being closed – support crews can drive around the entire course. It is not recommended support crews drive along Kauri Creek Road on Race Day as it is narrow and very slippery when wet.

SPECTATORS

Spectators are welcome. Please remind your friends and family that roads are narrow and dusty – and there are runners on those roads!

DRINK STATIONS; PERSONAL REFRESHMENTS

DRINK STATIONS

Water is provided approximately every 5km along the course. There are no cups on the course, you need to bring your own hydration system. For those not used to running in the Tropics, you will soon discover that 5km is a very long way between drink stations – carry water with you at all times.

PERSONAL REFRESHMENTS

All runners are encouraged to be self-sufficient. You need to have your own nutritional plan in place to deal with the demands of the event. However, runners can drop gear off to go to the checkpoint for collection during the event.

CHECKPOINTS

The purpose for the checkpoint is to ensure the safety of the competitors. **Make sure the marshal records your time and race number** when you come through the checkpoint. Failing to pass through the checkpoint will result in disqualification.

'Comfort foods' such as vegemite sandwiches, salty chips, Christine's Healthy Slice, fruit, water and Endura will be provided at the Checkpoint and Finish.

Make sure your gear is clearly labelled with your race number. No metal or glass bottles please. Containers must be sealed (i.e. 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 immediately after the race as the marshals must man the checkpoints until all runners have gone through.

CHECKPOINT LOCATIONS

Unmanned Checkpoint 1 (20km): Water and powerade.

Manned Checkpoint 2 (28km): Intersection of Mt Edith Drive and Kauri Creek Road.

WITHDRAWAL FROM THE RACE / CUT OFF TIMES

A competitor who retires from the race should inform any passing competitors to alert a race official, or they need to go to the finish or nearest checkpoint for assistance. The event has no official cut off times, however race officials reserve the right to pull competitors out of the event. Their decision is final and non-negotiable.

Transport of DNFs back to the finish will depend on who is available to give them a lift. There may be a waiting time as Checkpoint Marshals are required at their post until the last runner comes through.

MEDICAL ADVICE

Ensure that you are in good health and that you do not have any illness that will hinder your ability to complete the event. It is your responsibility to monitor your health and condition during the event and to withdraw from the event if you are no longer fit enough to continue. 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 zip-lock 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.

FIRST AID

Apart from staying hydrated, competitors must take responsibility for their own nutritional needs and safety during and between stages. Read “**Running Safely on Trails in the FNQ**”. **Ensure you know how to deal with a snake bite. It is recommended that you carry a compression bandage* and a whistle.** A basic first aid kit is available at the checkpoint. If you get injured, you must attract the attention of others out on the course.

**The compression (snake) bandaged should be a minimum 10 cm width for strong, secure bandaging. For example: Handy’s Heavy Crepe Bandage (10cmx2.3m).*

SPONSORS



Trinity Family Chiropractic is the major sponsor for the event.

Endura is supplying Endura Magnesium Hydrations formula and cups

Runner’s World is supplying 2 **FREE** trial issues for ALL participants and 5 Issue subscription to one lucky competitor

PRIZES

- Ribbons are distributed at the finish line to all category winners. Categories are: 19-29; 30-39; 40-49; 50-59; 60+ (Age as of 31 December 2012)
- Each competitor in the 45km race receives a finisher’s trophy (excludes those who enter in the last week leading up to the event).
- The overall male and female winners will be awarded the winners’ trophies.
- All competitors will receive points towards the FNQ Trail Series: 25 points for 1st place; 20 points for 2nd place; 16 for 3rd; 13 for 4th; 11 for 5th; 10 for 6th etc. Points are awarded for the 34km race first, then the 21.1km and then the 10km. 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 26th of August at the Kuranda to Port Douglas Ultra.
- There is a random draw prize for a lucky volunteer at the end of each day.

PRESENTATIONS / RESULTS

There are no official presentations for this event. Collect your trophy and ribbon (if applicable) when you cross the finish line.

The Race Report and full race results will be published on the Cairns Road Runners web site (<http://www.roadrunners.org.au/>) and in The Cairns Post in the week following the event.

OTHER RELEVANT INFORMATION

MOBILE PHONES

Mobile coverage over the course is limited. Telstra Next G or Optus providers will be your best options, if you choose to carry a mobile phone.

MERCHANDISE

Trail shirt and singlets will be handed out at registration on race day. Singlets can be bought at the event.

PHOTOS

If you take any photos, please bring it over so we can download it at the end of the event. These photos will be put on USB for collection at the end of the event, or it will be mailed out to those who bought it. If you have not already done so, you can buy the USB at the race for \$10.00.

AT THE FINISH

When you cross the finish line, go immediately to the recording desk and hand in your tag. If you withdrew from the event, make sure you report back to the registration table to let them know you are a DNF.

FOOD AND BEVERAGES

Water, buns and fruit will be available at the finish - for competitors and volunteers only!

FREQUENTLY ASKED QUESTIONS (FAQ)

Where is the race? Tinaroo Dam, approximately 1 ½ hour's drive from Cairns.

What are the prerequisites? For 2012, there are no prerequisites, but this event is not aimed at the novice trail runner. The expectation is that competitors would have followed a training program for at least 10 weeks leading up to the event to cope with the demands and distances of the course. It is NOT an event where you can just turn up to have a go. Those who are keen to have a go, but have not trained, are encouraged to enter the 21km race.

What is the road/track like? You will be on well defined dirt roads.

Where can I stay? We have booked basic dorm-style accommodation at Camp Tinaroo. Cost per night is \$20. Camping? Go to <http://www.derm.qld.gov.au/parks/danbulla/camping.html> for details and costs. Barrabadeen Scout Camp also has camping facilities and dorms with bunk beds. For details, go to <http://www.farnorth.scoutsqld.com.au/barrabadeen/facilitiesandfees.html> If you are a visitor to Cairns you will need to arrange accommodation in town. (e.g. http://www.itravelaustralia.com/queensland/tropical_north/cairns/accommodation.html)

Can I camp? Yes, there are various options at Tinaroo Dam to camp out.

Can I have a support crew? A support crew is not necessary. Print and read the document: "Support Crew Information".

Can my friends/family come and watch the event? Spectators are welcome. The most accessible places to see the event are at the start/finish.

Are there toilets along the way? Toilet facilities are only available at the start/finish. You can also buy a "Go Anywhere Toilet Kit" (www.ferno.com.au). After using the kit, carry it with you to the checkpoint or finish where you can throw it away.

Is there a cut off time? All competitors will be allowed to finish the race in their own time – within reason! Race officials can withdraw competitors from the course, as required.

What do I need to look out for? The Weather - early mornings on the Tablelands can be very cold at this time of the year (up to -3°C), however it soon warms up to about 24-26°C for the rest of the day. It can be very hot and humid – even in winter.

Watch out for snakes, wild pigs, cassowaries, Golden Orb spiders, ticks and leeches, stinging trees, Wait-A-While (Lawyer Vine); loose gravel; slippery rocks and slippery boardwalks. (Read the document: "**Running Safely on Trails in the FNQ**").

What should I bring along to the race? Apart from your mandatory gear (race number, hydration system, nutrition), the following items will be useful: vaseline, Bepanthen or other body lubricant; sunscreen; peak or hat; spare socks; basic first aid kit (e.g. strapping tape, band aids for blisters, antiseptic wipes, painkillers, and any relevant personal medications). And a camera of course to take photographs!

FNQ TRAIL RUNNING SERIES POINTS TO DATE

Steve Cunningham	45
Ruth Bullen	40
Alison Smith	32
Keith Fearon	29
Anna Morgan	27
Lorraine Lawson	26
Oliver Zambon	25
Julie Sager	25
Ben Carter	22
Karl Gurnick	20
Dave Wall	17
Gareth Smith	17
Andrea Collins	16
Arnstein Prytz	11
Samantha Fifield	10
Sonya Miller	9
Larry Lawson	8
Michelle Farkas	8
Ronan O'Mahony	7
David Von Senden	7
David OBrien	7
Bryan O'Mahony	6
Iou Cracknell	6
Michele Clark	5
Andrea Hargreaves	5
Cameron Ford	4
Nami Matsuoka	4
Donna Lupson	3
Christine Bell	3
Mark StAmand	2
Neil Harrison	2
Stevo Francis	2

Rhonda Zeylmans	2
Paul Ryan	2
Emma Rooke	2
Richard Gaunt	1
Rod Fearon	1
Matt Dewar	1
Nick Bradt	1
Alan Courtney	1
John Vaughan	1
Rhys Griggs	1
Bob Adjemian	1
Scott Ratcliffe	1
Tim McGrath	1
Alistair Spence	1
Don Elmer	1
Dave Cuming	1
Sandra Buckley	1
Todd Rutherford	1
Adam Fraser	1
Jamie Walker	1
Ella Hargreaves	1
Mark Fifield	1
Ben Taylor	1
Rachael White	1
Alex Farkas	1
Dozer Hargreaves	1
Katie Richards	1
Lou Gale	1
Linda Adams	1
Shannon Leach	1
Whitney Sager	1