

Lake Manchester Trails – Sunday 18 August 2013 – Entrant Information

Thanks for supporting our run – we're sure you'll enjoy the scenery!
Please read this sheet and view the attached map of your course before you leave home.

When:

Start times: 8.00 for 22km, 8.30 for the 5km events
Allow time to park, pick up race number, get ready and hear the pre-race briefing

Where:

From Brisbane, either come direct on Moggill Road, or take the Western Freeway from Mt Cootha, turn left onto Moggill Road then right into Mount Crosby Road. At the t-intersection with Lake Manchester Road, turn right. **Continue past Lake Manchester Reserve 0.5km and turn right into the signed parking area.**

Drive time to allow for:

40 minutes from Mt Cootha/Western Freeway in light traffic. Southsiders may prefer to go via the Warrego highway, Muirlea and Kholo Rd. The start is 25 minutes north of Ipswich.

IMPORTANT – if you're running late - don't rush on that last 3km of dirt road, we don't want any accidents. You can have a late start time if needed.

Car parking:

Turn right through the signed gates. Follow marshalls' directions to parking on the flat grassed areas beyond the Registration tent.

Registration:

At the Registration tent for check-in and race number collection.

Course marking:

The course will be marked with red TRAQ directional arrows. Red and white emergency tape is pegged on the ground across wrong turns. White flagging tape hangs from trees *only at river crossings on the far end of 22km course* where the trail is not as obvious.

Courses:

Both courses use the left/west side of the lake. The 22km course goes past the dam to the head of the lake, over and around a hill including up to four river crossings. The 5km goes up beside the dam and does a loop out on a lakeside headland then returns.

22k – there are seven hills I call the "seven dwarves" which you'll cross not long after the start, and again just before the finish. That's my attempt to make them feel small – they're not big, but by the time you get back they *feel* big. The hill at the far end *is* a solid climb, but the steepest bit will be downhill, fun for those who like a bit of flying. The middle section is a flat lakeside trail for recovery!

5k - from start in the reserve, through the gate and up beside the dam, along beside the lake and right on the grassy track out to the first big headland. Continue round the shore then left to come back over the small hilltop, and return to the start.

Presentation: 10.00am 5km & 10.30 am 22km

Place prizes: Trophies and Lake Manchester engraved glasses will be given to the first man and first woman over the 21km course, which is a classic tough trail run, and the 5km course, which is a shorter fun run with scenic views of the lake. Engraved glasses to second and third man and woman on both courses.

Lake Manchester Engraved Glasses: Will be given to all three-time entrants, see list on information display. Collect any time after finishing from the Registration Shelter.

Water/refreshments:

Aid stations table with water are provided at roughly 2.5km, 7km, 11k, 15k and 19.5k. You may like to carry some electrolytes with you - especially if the day is forecast to be hot. We encourage you to carry your own refillable bottle or bladder – disposable cups only at manned 2.5, 11 (halfway) and 19.5k checkpoints.

First Aid:

Medical assistance will be available at start-finish. If you need help on the 21km course speak to the marshals at the first loop junction, or the sweeper who follows the last runner, who have first aid kits. Transport back to the start can be arranged if needed.

Weather & Cancellation:

Tree cover provides some shade over much of the course but you may wish to bring a cap and/or sunscreen. Should extreme weather be forecast, updates will be posted on the TRAQ website www.runtrails.org and cancellation would be advised there and by email, but this is unlikely. Trail runners are not stopped by a little rain!

Brisbane Forest Park:

Brisbane Forest Park contains a mix of open eucalypt woodlands, scribbly gum forests and lush subtropical rainforests. More than 800 species of plants are found in these forests, some of which are rare and threatened. The cool mountain tops and forest flats of Brisbane Forest Park provide a rich and varied habitat for wildlife. Giant barred frogs (endangered) inhabit the cool mountain streams while yellow-bellied gliders are active in the open forest at night. Owls also live here and catch prey such as possums and snakes. Bell miners are often be heard throughout the forest.

BFP Map: Now back in stock, can be purchased at Park headquarters on Mt Nebo road

Lake Manchester Dam:

Lake Manchester is built on Cabbage Tree Creek not far above its confluence with the Brisbane River. Construction of the Lake Manchester Dam commenced in 1912 and was completed in 1916. In 1913 a water reserve was proclaimed restricting access to the Lake Manchester Catchment Area. This prevented the grazing of animals and the felling of trees. This restriction was observed, except for a time in the 1930s, when limited logging took place. The dam has recently been strengthened and is now full.

Non-runners/walkers:

Your best option for lake views is to follow the course up the left side of the dam. The best views of Lake Manchester are from a grassy headland 1km beyond the dam.

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