

Mt Glorious – Race Information – Saturday 21 Feb 2015

What you need to know:

Course It is a tough 22km with 1200m of climb and 650m of descent. Make sure you carry 1 litre of water.

It is a beautiful run that leads from Cedar Flats via the top of Northbrook Mountain and England Creek to the rainforest at the top of Mount Glorious, finishing at the clearing opposite the Maiala picnic area. Description: from Cedar Flats valley climb east up the ridgeline firebreak, it is initially steep, but then runnable. Turn left at the first junction, then right at Northbrook Mountain junction and go down to England Creek (midpoint and manned check point) then there is a continuous 600m climb up to the top of Mount Glorious. When you are about to reach the top, turn left onto the historic stone-lined western ridge single trail through the rainforest. There are a few stone stairs you will climb to reach the Western Window from which it is a flat run to the finish at the clearing opposite Maiala Park. Also, see map and profile.

The course is on the west side of the ridge, which sounds relatively cool with trees providing shade over much of the course, but it can be hot in February, so make sure you wear appropriate gear, sunscreen and carry water.

Wave Starts The race will start in 3 waves at 7:00, 7:05 and 7:10am. It is compulsory to attend the race briefing, which will occur 5 minutes before the start of each wave.

Trophies will be presented to the fastest males and females in the first wave. So, if you are fast you have to make sure that you start in the first wave. If the first wave is booked out, you have to email Hubertien, and she will make sure you will get a start in the first wave. If you are slower, please book yourself into wave 2 or 3.

Transport On entry you nominate to come by car or bus; the cost is the same. Bus entries mean we can offer a larger field since car parks are limited at Mt Glorious. You can park your car at The Gap State High School (1020 Waterworks Rd, The Gap) from which the buses depart at 5:30am. This will give people who travel by the 385N bus 5 minutes to walk from The Gap Village to the High School next door. Others; make sure you arrive early at the High School.

If you travel by car to the start: it takes 70 minutes from Brisbane central to travel via Mt Glorious to Red Cedar picnic area (White Cedar is for other members of the public). Please add time to register and get ready etc. At Red Cedar follow marshals directions to car parking.

Please share a car to travel to and from the race to reduce the traffic on the mountain and the pressure on limited car parks. Online entry asks if you can help others, or if you need a lift. If you respond yes, we will get you in touch with other runners in your area.

Directions: From Brisbane: via Kelvin Grove Rd, left into Samford Rd, straight through Samford roundabout onto Mt Glorious Rd, right at top of range to Mt Glorious township, continue north along range then descend past Wivenhoe Lookout to the second picnic area at Cedar Flats.

From The Gap: Waterworks Road, which turns into Mount Nebo Rd, follow all the way over Mt Glorious down to the flats.

From Ipswich: Follow Ferndale and Wivenhoe-Somerset Rds

Drive safely and be very careful in wet weather, because the road can be slippery. Use a low gear on the descent of Mt Glorious.

After the race and presentations, shuttle buses will take people back to their cars at Cedar Flats at 10:15, 10:30 and if needed at about 11:15. The busses back to The Gap will leave at from about 11:15 and about 12:00.

On the day registration (check-in), toilets and after race gear

Toilets and registration are at Red Cedar (800m to start). You can use the White Cedar toilet facilities as well (150m to start). You will find directions to the start line. Please follow the cones

and cross at the designated crossing point; it is a safety requirement; Very fast cars and motorbikes travel this road.

Make sure you start in your designated wave.

Leave gear you need for after the race on the smallest bus, which is parked between the picnic areas and the start.

Hydration, Food and Post Race Gear:

This is a remote area so carry your own water (1L); top-ups are at three self-help points (see map) and the one manned midpoint checkpoint at England Creek. There will be no cups so you must carry a refillable container.

Post-race brunch including wraps, fruit and liquids are free. Coffee etc at available at several nearby cafes. After-race gear will be transferred from start to the finish by the small bus.

If you bring your family/friends and want to make it a longer visit, the Maiala picnic area is a great spot for some further R&R. There is usually plenty of water in the stream to wash or cool off after. Also, there are toilets, picnic tables, wood barbecues and water (boil before drinking) at Cedar Flats.

Pricing, Refunds, Changes to the Race Members pay \$40, non-members \$55. Pre-entry only, no entries on the day. Refunds are available up to two weeks before the race, less \$20. Online entries close 1 week before the race, or when the race is full, which usually happens.

It is unlikely that the event would be cancelled, but wild weather has caused the course to be changed before, so please keep an eye out for any emails, or check www.traq.org.au.

Course marking The course has a few intersections, but the course is clearly marked with TRAQ arrows and tape. Don't cross any tape that is on the ground or raised and look for the arrows.

Enquiries If you have any questions please email Hube: hubertien.wichers@gmail.com

