

# Mt Glorious – Race Information – Saturday 22 Feb 2014

## What you need to know:

<b>Course</b>	22km with 1200m of climb and 650m of descent, an 'up' mountain trails course from Cedar Flats to Mount Glorious via Northbrook Mountain & England Creek.
<b>Start</b>	Red Cedar picnic area Northbrook Parkway 20 minutes north-west of Mt Glorious.
<b>Time</b>	7.20 race briefing at Cedar Flats trail entrance, 3 waves start 7.30, 7.40, 7.50.
<b>Transport</b>	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 carparking is limited at Mt Glorious.
<b>Bus</b>	Buses depart outside Gap State High School 1020 Waterworks Rd 6am; be early.
<b>Cars</b>	Travel time 70 minutes from Brisbane central, plus time to register, get ready etc. Shuttle buses will take you back to your car after you finish.
<b>Carparks</b>	Red Cedar picnic area; follow marshals directions to car parking. Shuttle return.
<b>Toilets</b>	At both Red Cedar (800m to start), White Cedar (150m to start) and Finish
<b>Directions</b>	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. If you live at the Gap, Mount Nebo Rd is an alternative. From Ipswich you can come via Ferndale and Wivenhoe-Somerset Rd.
<b>Water</b>	This is a remote area so carry your own water; top-ups at three self-help points (see map) and one manned checkpoint. Lunch and liquids provided at the finish. After-race gear will be transferred from start to the finish; collect from small bus.
<b>Post-race</b>	Subways, fruit, liquids free. Coffee etc at several nearby cafes..
<b>Refunds</b>	Refund available up to Monday 17 February, less \$10 processing fees.
<b>Changes</b>	Events are rarely cancelled; any change will be emailed and on <a href="http://www.runtrails.org">www.runtrails.org</a>

**Drive safely** on the descent after Mt Glorious including low gear descent – **slippery when wet**.



## Race course:

Course has few intersections and is clearly marked with red TRAQ arrows. Description: from Cedar Flats valley climb east up the ridgeline firebreak, initially steep but then runnable. Left at the first junction, then right at Northbrook Mountain junction down to England Creek then a continuous 600m climb to Mount Glorious. Traverse the historic stone-lined western ridge trail through palms and rainforest then climb the stone stairs to Western Window and a flat run to the finish opposite Maiala Park.

## Water/refreshments:

We strongly recommend carrying water. You will pass three water points (2 unmanned; see Map), and fruit/snacks/electrolytes at the manned checkpoint. There will be no cups so you **must** carry a refillable container. Subways, fruit, liquids at the finish, coffee at nearby cafés.

**Weather:**

The course is on the west side of the ridge, relatively cool in the morning with trees providing shade over much of the course, but it can be hot in February. Cap or sunblock recommended.

**Car parking and car pooling:**

At the bottom of the big descent from the Lake Wivenhoe lookout, follow the marshal's directions to park in the **second** picnic area on the right. 4WD vehicles park on grass. Car pooling reduces pressure on limited car parks. Online entry asks if you can help others, or if you need a lift. If you respond yes, we send local emails so you can arrange ride-sharing.

**Drive time:**

It's about 70 minutes from Brisbane city via Samford to the start at Cedar Flats. Driving to Cedar Flats is a great tour through rainforest along the main range from Mount Glorious village.

**Picnics for friends and family:**

With open grassy areas, Cedar Flats at the start and Maiala picnic area at the finish are ideal for a picnic or barbecue, or just to enjoy the quiet scenery if you're not running. There are toilets, picnic tables, wood barbecues and water (boil before drinking) at Cedar Flats, cafes and toilets at Maiala Park. There is usually plenty of water in the stream to wash or cool off after.

**Options for out of town visitors:**

The N385 nightbus from Brisbane central arrives at the The Gap Village at 5.24am, 50m from the Gap High School starting point for our 6am buses to the Mt Glorious race, or order a taxi for the relatively short trip to join the bus at The Gap. Alternatively you could hire a rental car and stay at Mt Glorious:

<http://www.mtgloriousgetaways.com.au/>

<http://www.turkeysnest.com/>

<http://www.maialaparklodge.com.au/>



**Organiser for inquiries:** Hube 0404 922 577 email: [hubertien.wichers@gmail.com](mailto:hubertien.wichers@gmail.com)

**Trail Running Assoc of Qld:** [www.runtrails.org](http://www.runtrails.org)