



2014 Lake Manchester Trail Run



My slumber was broken by the alarm. As I turned the alarm I listened intently to the sound of the day..... Nothing, no rain! You beauty. Up I got and off did trot as fast as I could caper. Dressed, feed then rechecking my last minute packing. Ice, water for me, beanie, keys and a muesli bar for brekkie. Off to work!

The darkness reflected on the road as I made my way out to the staging grounds of the 2014 Lake Manchester Trails Run for another year. Unlock the gate, drive in. First, check the locks are unlocked. Then off to put the 1km mark to go sign. That's a fun walk in the dark with my head torch creating shadows on the rocks that make up the path. Now back to the start line.

Set up the registration desk. Where are my helpers? Argh! No shows, spewin. Its ok I've got this. Tables out, water out, food ready to go, cones down the start, banner along the start, turning sign at the gate. Look Andrew here's Ian (TRAQ President), great. Thanks for bringing the new start banner to me. The question is asked "Where's your volunteers?" 'no shows mate' but I think I got this. Then the words "I guess I can stay and help for a while". Those words make me feel at ease and I relax into getting everything done. I know he doesn't have to stay but I am glad he did. Dedication.

The first of the runners start turning up. Now I need a coffee. And here they come. Tick, one major thing of the list. Rego desk is set up and Ian has started checking in. then come Sharon and Tony Weir, my car park volunteers, "yes!" two things on my list. Thanks guys. Here come the guys from runnersconnexion, excellent, it's all falling into place.

The line at the registration desk is getting longer. Argh! I need to get this done before too long but I need to help Ian as he really shouldn't be here. Hello Lesley. You are a life saver too. Lesley was there to watch her daughter run and I can't really remember how but she ended up doing some rego and writing down the times and finishing order. You are awesome and funny to boot. As a side note, if there were any errors in the finishing times it was my fault. Damn my lack of admin skills (inside joke).

10,9,8,7,6,5,4,3,2,1, GO!

The race is run, they all return. Yay! Given the state of the trail I'm seriously glad no-one hurt themselves. With the rain the day before I had my reservations but the plans were in place and I had some excellent advice from sage runners and really at the end of the day; if you run on dirt, expect to get dirty. Which thinking back, there really wasn't that much mud on legs and bums so I guess everyone glided on air or went for a swim before they came back to the finish line.

So back to the job at hand. The race was done and won. You all returned. Then came the sweepers jogging as they picked up cones and signs. Andrew Barron and Darren Basford, thankyou for making sure they all got back in one piece. It really makes feel at ease knowing that out there on the track are a couple of capable lads ensuring you, the runner, are safe and sound. Thanks heaps guys.

Right then, race done, now for pack up. Turn around and it's almost done, OMG. Thanks to those that stayed and helped to clean up. It really is appreciated.

Now I'm the last one here. Looking around I think 'yes, I can do this again. However next time I need to work on my volunteer encouragement. Maybe a voucher next year. Yeah that will work. Oh look no rubbish to pick up. Hitch that trailer up Andrew; it's time to go home'.

Thankyou to all those that volunteered your time, resource's and effort. It is what makes these days possible. I can't do it without your help. Thanks to our wonderful sponsors Runnersconnexion and TRAQ, a big thanks to Ian and Lisa from Coffee with James for your wonderful coffee and to the Moggill Scouts for those toasty heart-warming sausages. Thanks to Tim and his team from Dreamsport photography (don't forget to look for your photo), SEQ Water for letting us once again have a race in what I think is best kept secret in western Brisbane and finally a big thanks to Ian from TRAQ who without your help on the day I don't know what would have happened.

See you all next year!

Andrew Rowlands

