

# What you need to know for WTRuns



*Please take a few minutes to read and understand the program for Sunday 11<sup>th</sup> August 2019.*

*We are keeping it simple*

**WHERE:** Numinbah School of Arts hall, Nerang-Murwillumbah Road Numinbah Valley.

**NOTE:** Numinbah is 30 minutes from Nerang or 1.30hour from Brisbane city via the M1

**CAR PARKING:** Will be in the paddock just past the hall. Parking will be a gold coin donation. Volunteers will direct you into the parking holding a tin for your coin. Please do not park in the café carpark. There is a gate near the fire station to walk to the hall, no need to walk on the side of the road.

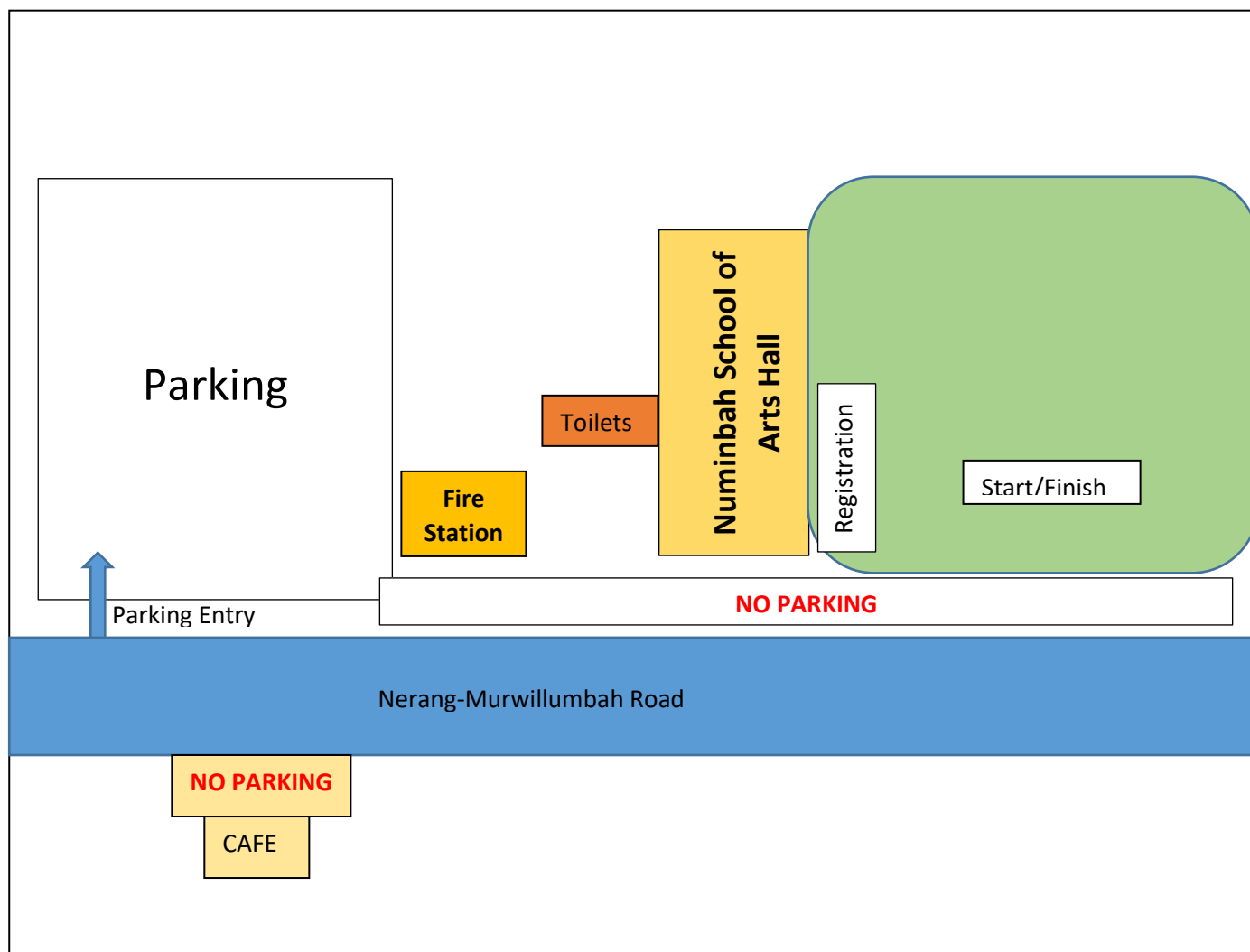
**NOTE:** please be mindful of your noise while parking & walking to the registration/start due to the residents & dogs.

**REGISTRATION:** Race bib pick up and sign in will be held on the grassland of the School of Arts hall from 6.00am to 6.45am for the individual events. Teams can pick-up bibs until 7.50am.

**START LOCATION:** Start and Finish will on the grasslands of the School of Art hall.

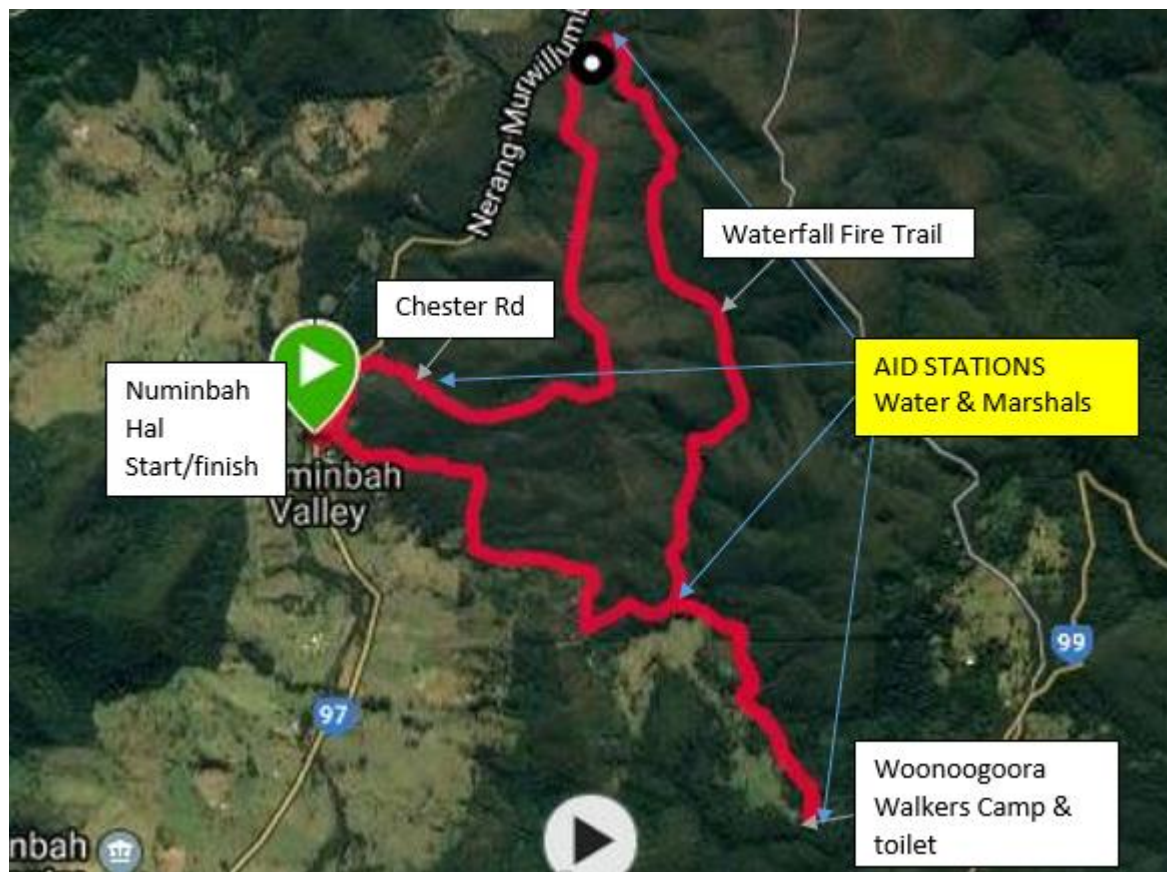
**BRIEFING:** A runners briefing will be conducted at the starting area 10 minutes before the events start.

**STARTING TIMES:** 50k, 33k & 17k events start at 7.00 am. Relay event starts at 8.00 am



## CHECKPOINTS & WATER STATIONS

17 km, 33km and 50km Trail runs (33km 2 laps, 50km 3 laps)



Aid station distances for the 17k (one circuit)

1.5k water & electrolytes

11k water

4k water

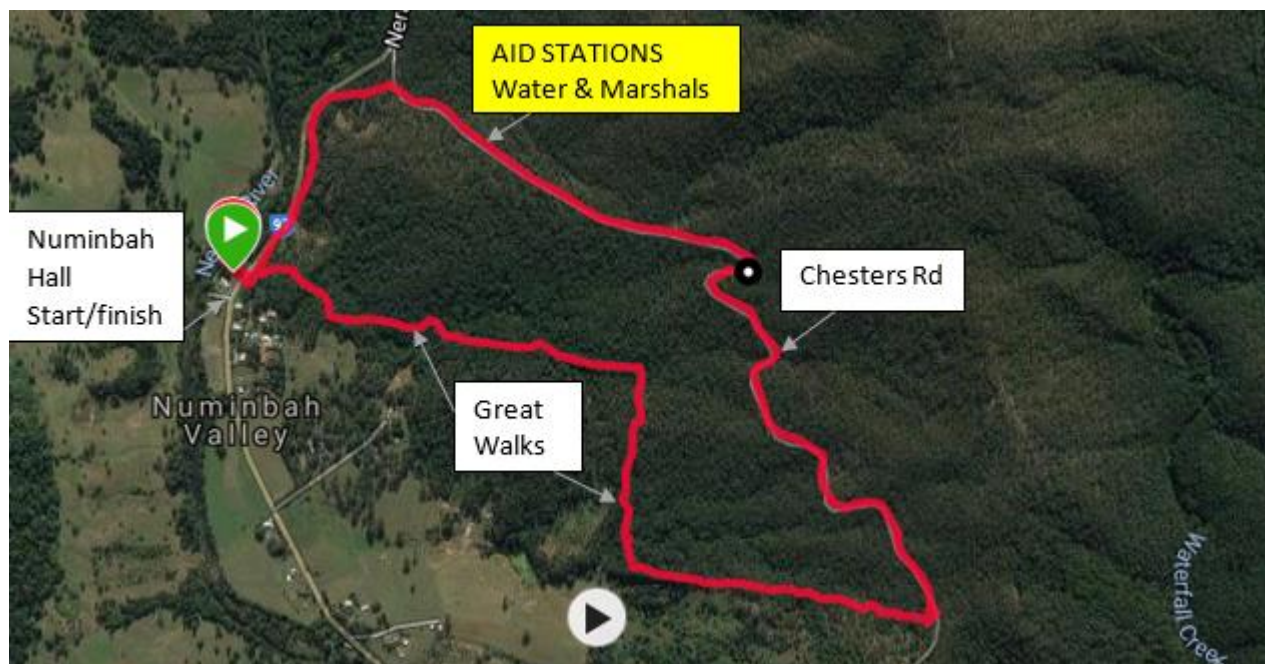
13k water & electrolytes

9k water & electrolytes

16.5k water

6km Relay team circuit (Teams of 2 or 4) to complete a total of 4 circuits 24kms

There will be one aid station at the 1.5k with water



**START & FINISH:** At the start you will run around the grasslands before entering tunnels that go under the road. This is to help thin out the competitors before running on a single trail. The events will finish the same, by running around the grasslands before you finish.

**CUP FREE EVENT:** At the water stations there will be no cups. It is compulsory to carry your choice of container/bottle or camelback.

**LIMITED WATER:** As Numinbah is not on town water we need to ship water in, so please bring your bladders and water bottles already filled. Also bring a water bottle for after you finish to go with your sausage sizzle.

**CUT OFF TIMES:** (for the 50km) There is a 9 hour cut off & if a competitor hasn't finished 2 laps of the course by 12.30pm, marshals have the right to withdraw them from the event.

**COURSE MARKING:** The course will be marked with a combination of black arrows and pink tape, and marked with black crosses or red & white tape where not to go.

**BYO:** Chair or picnic blanket to hang around and enjoy the sun afterwards.

**COMPULSORY ITEM:** You have all heard that you must pick up a compulsory item. This item is not big & will fit in a pocket but may also fall out of a pocket.

**PRIZES & GIVEAWAYS:** Will be happening all day, so check the board when you finish. This may have something to do with the compulsory item you need to pick up.

**PRESENTATION:** The relay & 17k presentations will be held around 10.30am. The 33k around midday & the 50k presentations after they finish.

**COFFEE:** We will have a coffee van from 5.45am until 9.30am. There is a café 50mts down the road and will open around 9.00am for coffee, fudge & snacks.

**BBQ:** The local community cooking a sausage in bread. One for each competitor. There will also be fruit available.

**RUNNING MERCHANDISE:** Hillbilly Endurance a local business will be on-site selling cool trail running stuff.



We love organising fun & challenging trail runs