



TRAIL RUNNING
ASSOCIATION OF
QUEENSLAND

Trailrunning News 2011 #4 August

Coming Soon . . .

Lake Manchester Trails - 14 August - www.runtrails.org/articles/events/lake-manchester-trail

Great Pyramid Race (Gordonvale) - 13 August - <http://pyramidrace.com>

Kuranda-Port Douglas Trail Ultra – Sun 29 Aug - www.roadrunners.org.au/2011-calendar/trail-runs

Glasshouse Mountains 100 – 10-11 Sep - www.glasshousetrails.com.au

Run Whitsunday Great Walk – Sun 18 Sep - www.whitsundayrun.com/

Spiny Cray Ultra – Sun 25 Sep - <http://adventuresportnq.info/events/trail-running/spiny-cray-ultra>

Bribie Beach Bash – Sun 2 Oct - <http://geoffsrns.com/>

Washpool Wildflowers – 15/16 Oct -

www.runtrails.org/articles/events/washpoolgibraltar-world-heritage-trails-2010

Lamington Classic - 22-23 Oct – www.runtrails.org/articles/events/lamington-classic-2324-oct-2010

TRAQ Trail Calendar

www.runtrails.org/articles/?page_id=3

CoolRunning Australian Offroad Calendar

www.coolrunning.com.au/calendar/other.php?EventType=OFFRD&Months=12

S.A Trail Calendar

www.sarrc.asn.au/images/event_documents/2011_trail_calendar.pdf

Cairns Trail Calendar:

www.adventuresportnq.info/events/trail-running &

www.roadrunners.org.au/2011-calendar/trail-runs

NSW Running Wild Calendar:

www.runningwildnsw.com/

Vic Running Wild Calendar

www.runningwild.net.au/



TRAQ Race Updates:

Lake Manchester – entries close 5pm this Sunday 7 August

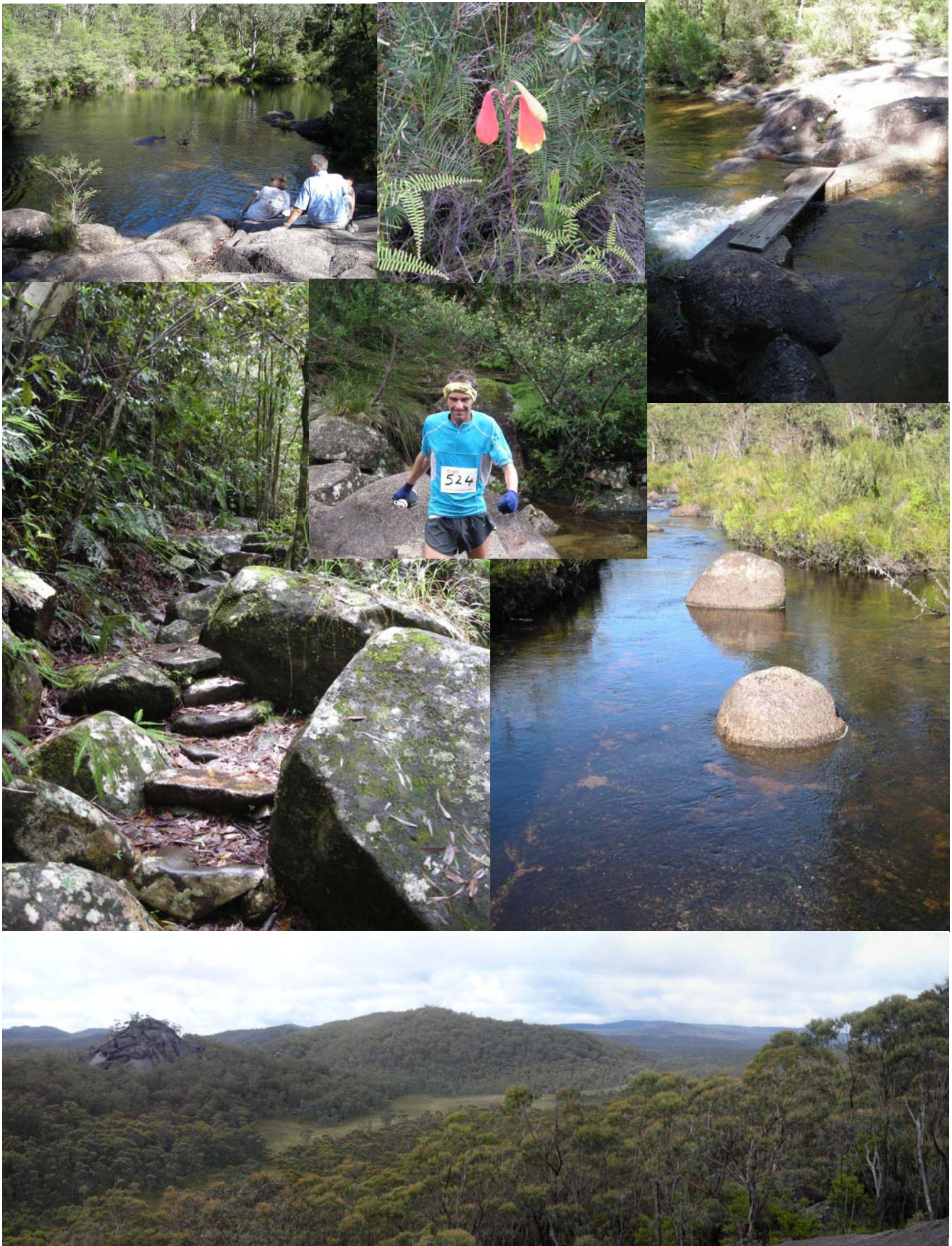
Now shifted from June to August 14, away from the traditional midwinter date, and also using the more attractive western side of the lake. Two courses. The 22km classic goes to the head of the lake, and down the rough ridge previous entrants had to climb up, through the river crossings and back round the front of the loop to return lakeside to the start/finish. The 6km climbs up beside the dam then enjoys lots of lakeside views out a small headland before returning. Information and entry: www.runtrails.org/articles/events/lake-manchester-trails

Classic Trails Week 2011

This year the Washpool and Lamington races fall on consecutive weekends. Washpool is in north New South Wales, through a variety of terrain – granite, high country heath with clear streams, and extensive rainforest - with three course options over excellent trails. Lamington is Australia's oldest trail race, a catered and very social live-in weekend race over two days, on world class hand-built single-track through beautiful rainforest. Why not take a week off and visit another of the scenic rim national parks inbetween? Places in Lamington are nearly full though...

Washpool & Wildflowers 50/25/8k – 15/16 Oct

Moved from April (autumn) to October 15/16 (spring) to include the wildflowers in this high country national park in north NSW. The ultra course also includes a new section of rainforest and Coombadjha Creek in the Washpool national park section. [Click to enter](#)



Lamington Classic – Australia's Oldest Trail Run – 22 & 23 October

Back up to 75 places for this classic double-day crossing of the Lamington national park's border track, including overnight accommodation. Nearly full. A fully catered weekend of top trails and time to chill out round the fire.

Brand new Australasian online trails magazine

Its down to earth, full of great pics, interesting features and inspiring trails, and its free! Sample pages:



**TOP
TEN
THINGS
I LEARNED
RUNNING
THE
NORTH
FACE
* TWICE ***

Images by: Mark Watson
www.inciteimages.com

**Enduroexplorer.com's
NICK WIENHOLT
COMPARES HIS
FIRST AND SECOND
OUTINGS AT THE
NORTH FACE 100
AND RECKONS
NOTHING COUNTS
MORE THAN
LEARNING FROM
YOUR MISTAKES.**

Trudging along the Kings Tableland between 9:00 and 10:00pm on 15 May 2010 as the closing kilometres of my first ultra-marathon outing slowly (very slowly) passed, my love of anything to do with running was truly gone. The goal time of 14 hours had passed, and despite some joy at approaching the finish line after contemplating a DNF at Check Point 6 due to foot problems, I was looking forward to nothing more than finishing the damn thing and putting my feet up.

Precisely one year later, I was contrastly greeted by the fire in the bar section of the Fairmont Resort enjoying a pizza dinner. Two hours and twenty minutes had been taken off my race time, the goal of a silver buckle had been accomplished with ease, and despite 100km (actually 101.2km as recorded on the Garmin) of pretty tough trails over the course of the day, I was feeling reasonably fresh and without any of the trauma that had accompanied my 2010 effort. In fact, I was feeling so good the next day that an easy 5km jog seemed like a nice way to spend some of the afternoon. That and contemplating the ten things that made the biggest difference to my performance from one year to the next.



**"YOU COULDN'T CARE LESS ABOUT
THE REST OF THE GLOBE...IT IS ALL
SO FAR REMOVED FROM THE TIME
AND PLACE(NESS) OF NEGOTIATING
A LARGE SLAB OF LARGELY
UNOCCUPIED LANDSCAPE."**

The best way to view this new ezine: right click the link and 'save as' to save the file to your desktop – its large! Link: www.trailrunnermag.wordpress.com/zine/

New Rainbow Beach trail run – 12/13 November

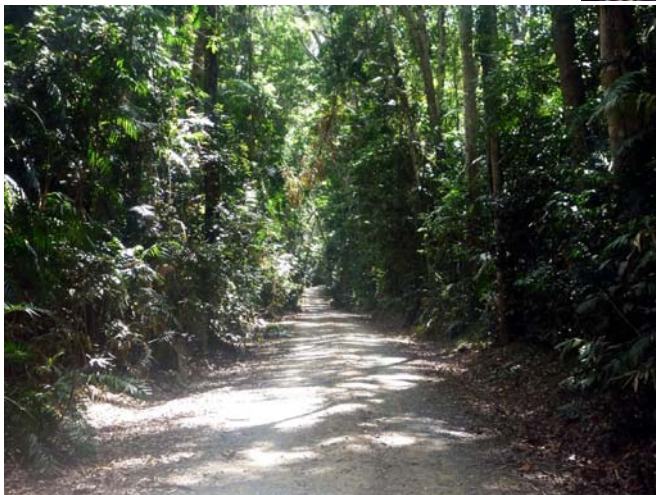
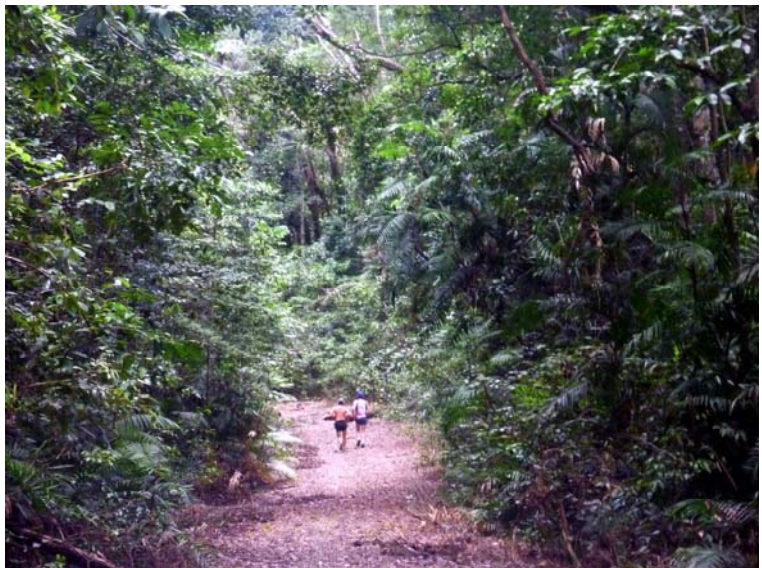
Entries will open on Sunday 14 August at midnight on www.runtrails.org under Events

It's Extreme Kuranda to Port Douglas Ultra Trail Marathon, Far North Queensland – Sunday 28 August 2011

The final and third race in the FNQ Trail Running series. This Point-to-Point race starts just off Kennedy Highway in Kuranda and follows **Black Mountain Road** that runs through native rainforest, open eucalypt forest, pine plantations and crosses picturesque creeks. It is a scenic course incorporated in the Mowbray National Park within the Wet Tropics World Heritage Area. The pyramid-shaped Black Mountain is a prominent feature of the race. The tropical rainforest is home to the endangered southern cassowary, a flightless bird that can grow to two metres in height.

pic: Larry and Steve on the Twin Bridges track.

Twin Bridges track follows the route of the original Black Mountain Road, to the east of the current road. It diverges from Black Mountain Road 27 kilometres from the Kennedy Highway and rejoins it 2 kilometres from the top of the Bump Track. Closed by gates at both ends, it is a multi-use track for trail runners, walkers and mountain bikers. Motor vehicles, trail bikes and horses are not allowed on this track.



pic: Black Mountain Road



pic: Start of the Bump Track

The historic **Bump Track** offers views of the Mowbray River valley where the Mowbray River drops through a gorge carved into the forested foothills of the Macalister Range. It was blazed in 1877 by Christie Palmerston, a prominent bushman and pathfinder of the times and was the main access from the Hodgkinson Goldfield to the port facilities at Port Douglas. The Bump Track was infamous for its steepness. Passengers on the horse-drawn coach service had to get out and walk when going up or coming down the section known as Slaty Pinch - a cutting through slate rock at a steep 1 in 3 grade, about 1 kilometre from the bottom of the track.

Photo: Four Mile Beach, Port Douglas

After following (mostly) sealed roads into Port Douglas, the race leads onto the southern end of **Four Mile Beach**. One of the many attractions of Port Douglas this fine hard beach is considered to be one of the best in far north Queensland. The sand is so firm that the beach has been used for horse and MTB races.



Series trophies will be handed out to the top male and female competitors during the prize giving. Online entries open in February 2011:

Event website: www.roadrunners.org.au/trailrun.html

Race Director Larry Lawson

Tel 0450 324 637

email: trailrunning@roadrunners.org.au

Brisbane trails social running groups

Bunyaville continues to be a popular training outing. Times are at 5.30pm on Wednesday, with occasional other outings. Meet outside entrance carpark off Old Northern Rd. Email bunyavilletrailrunners@hotmail.com for more info. Updates on the Coolrunning thread: www.coolrunning.com.au/forums/index.php?showtopic=27467

Glasshouse Mountains: contact Alun Davies at ag.davies@hotmail.com

Women's Group Run Southside: contact Tamyka Bell at tamyka.bell@gmail.com

Women's Group Run Northside: contact Lynn Davies at lynn.davies@workcoverqld.com.au

Staying safe in the bush

If you start venturing out for longer and more remote runs, you need to think about and plan for the risks – an unexpected fall or injury, river crossings, bad weather, getting lost, getting caught out at night. Here are some tips drawn from Australia's Great Walks magazine:

- plan ahead – always advise someone of your route
- be prepared – carry things you might need if anything goes wrong (headlight, extra layers, whistle)
- in remote areas carry a personal locator beacon (available for hire)
- take a map and compass
- lightweight reflective blankets are your best friend if caught out, and take no space at all
- when exploring away from your base camp, make sure you still carry enough gear in case you get lost
- stay calm if you lose your way – stop and assess your options
- choose the simple and safe option, don't make your problem worse
- if unsure of your location stay on an obvious trail or natural feature where you're easier for searchers to find
- find or make the best shelter you can, keep as warm and dry as possible
- make your location visible, eg a fire, bright clothing on the ground

Wyaralong Dam and Mt Joyce Recreation Park – Beaudesert/Boonah



The new Mt Joyce Recreation Park covers 213ha including specially designed tracks for mountain bikes, horse riders, runners and bush-walkers. Public camping is available throughout the park, located just north of the Beaudesert to Boonah road. The centrepiece is the Wyaralong Dam, also open for recreation with islands, inlets and canoe trails.

Website: www.visitscenicrim.com.au/news/coming-soon/wyaralong-dam-mt-joyce-recreation-park-now-open/

Feature book: "The barefoot bushwalker"

I couldn't resist one more excerpt from Dot Butler's book of her life, recommended reading for those who like adventure. You can also read a short piece describing Dorothy's life on Runtrails.org here: www.runtrails.org/articles/general-news/dorothy-butler-1911-2008

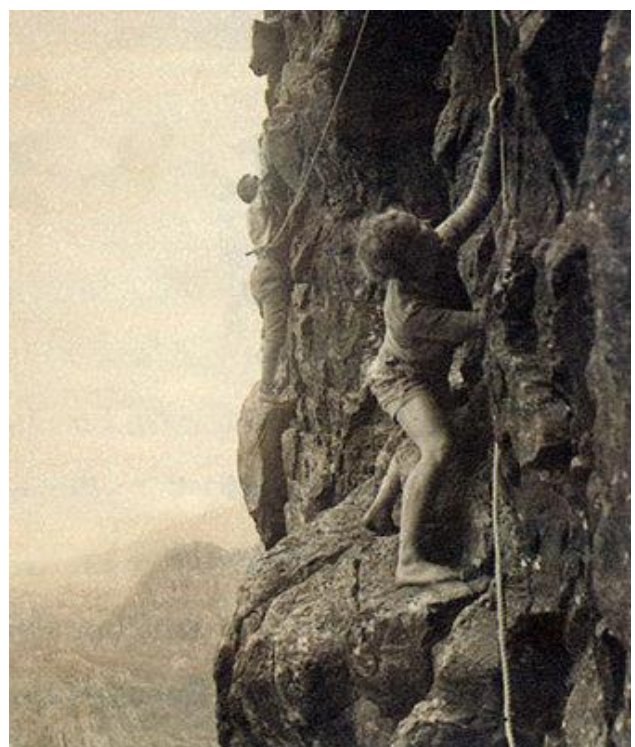
Writing of a dicey climb of New Zealand's Mount Cook::

The next day the weather cleared somewhat so we packed ourselves off to the Gardiner Hut, some three hours further up the Hooker Glacier, at a height of 5000 feet on the lower western slope of Cook. This hut is in a most exciting location on a huge mass of rock called Pudding Rock, and to get to it you climb almost vertically with the aid of a wire rope while the wind tears round about your trouser legs and a waterfall splashes on your head from above. Merely to get as far as Gardiner Hut, let alone Cook calls for a spot of prime mountaineering technique.

We ensconced ourselves and the weather worsened – a roaring blizzard that shook the hut to its foundations and threatened to lift it skywards, hail that dashed on the iron roof and walls like a spatter of bullets, and snow that swept horizontally down the Hooker Valley in mighty swirls. 'This kills our chance on Cook tomorrow' we said as we concocted the large and customary bully-beef stew and settled into our bunks for an afternoon's riotous reading of the hut literature, chiefly Wild West and mystery yarns.

We went to sleep early with a watch on the table and a torch close by so that we could refer to it at intervals throughout the night, having no alarm clock, and hoped that the storm would abate before midnight which, sure enough, it did. At half past two we arose on a beautiful, calm, starry night, heated up our rice and apricots, had breakfast while we pushed our feet into our boots, and before four o'clock we were away.

Birtle recalled his climb of Cook the previous week from the Tasman side, when his partner, Bob, had had the misfortune to drop his ice-axe, which caused them to spend the night out on the summit rocks and made the subsequent descent very nerve-wracking. With this salutary lesson in mind I put a double thong on my ice-axe before setting out. 'No chance of my repeating old Bob's bad luck', thought I, but to be double sure I included in my pack as a second line of defence, a large pig-stabber knife.



Several hours up steep, deeply crevassed snowfields brought us to the rock face of which the South Peak of Cook is mainly composed, and from then on there were hours and hours and still more hours of upward progression clearing the plastered snow and chipping ice off every foothold and handhold as we went.

About three-quarters of the way up, while endeavouring to get a better grip on the rope, I relinquished my hold on the ice-axe, relying on the double thong around my wrist to hold it dangling until I should need it, but the treacherous thing contrived to fall head-first, and neatly slipping its moorings, sailed away into bottomless space.

After a few minutes' bad language, I said, 'Well, let the damn thing go, I do better without it dangling in my way', and from then on I relied on the pig-stabber knife which, although it bent like putty and cut through the snow like a warm knife through butter, proved effective enough and had this added advantage, that it could be held between my teeth when I needed both hands for climbing...

Continual step-cutting had jarred our only watch into silence, so we guessed the time by the sun. Some time after it had passed from the mid-sky we reached the summit ice-cap. The first couple of curves of ice were negotiated all right in crampons, the last few hundred feet were steeper and led to the summit. The view was magnificent, embracing all the west coast bush country to the sea stretching very blue and soft to the far horizon, while to the north and south and east lay range after range of snowy peaks and glaciers and misty valleys. We took some photos but didn't linger too long as the atmosphere at 12000 feet is somewhat chilly.

We set off on the descent, quite confident of being off the rock face by dark, and so down the snow slopes and glacier by moonlight, arriving at the hut certainly no later than 10 pm. So much for our hopes! We were still toiling slowly down the rock when the sun broke in on our concentration with, 'Well, goodnight, folks.'

'Eh, wait on!' cried we in some alarm, cling on to the rock face by one clinker and a couple of fingernails. 'Sorry,' says the sun, 'whistle's gone; we don't get paid for overtime', and with that he winked his eye and dropped below the mountain top.

Hastily taking a few bearings in the last remaining gleams of twilight, we continued our downward climb. Hours slipped by as swiftly and noiselessly as a stream on the glacier ice, and now the moon was with us, suffusing the rocks with its full white light. There was a bit of delay while we deliberated which of two rather similar glaciers was ours and, thanks to our guardian angels exerting a little more than their customary solicitude on our behalf, we managed to choose the right one.

An hour or so of cramponing down remarkably steep snow slopes, my hand on Birtle's shoulder in lieu of my lost ice-axe, brought us to the badly crevassed area; and right in the thick of a maze of deep cracks the moon, with even less warning than the sun had given us, whispered, 'Time's up', and softly withdrew. 'Oh well,' we thought, 'we got on all right without the sun, now we'll get on all right without the moon', and that's just how it was.

Dream-walking down the final slopes of the glacier, yawning like a tornado every twenty paces, I had a strange experience, although it seemed quite natural at the time. I was aware of hovering above my own body – a disembodied spirit, calm and happy, with no feeling of cold or fatigue. I was looking down on the other me, with Birtle plodding by my side, and thinking, 'They're making heavy weather of it', but I had no feeling of concern for the two earthlings down there.

Picture of the month: unknown location but looks like somewhere in Europe, being a well trodden trail in such a high country...



Newsletter – subscribing, unsubscribing, new addresses

If you would like to *receive* an email with a link to download each new newsletter as a PDF, email to info@runtrails.org with Newsletter in the subject line.

If you would like to *stop receiving emails* from the Trail Running Association of Queensland, email to info@runtrails.org with Unsubscribe in the subject line.

Similarly if you wish to *change your email* we send to, for example from work to home, email to info@runtrails.org with EmailChange in the subject line.

If you want to send information to the editor, Greg, email to greg@runtrails.org with “newsletter content” and the subject of your content (eg race review) in the subject line.

(I don't want to be pedantic, but it helps me manage the large volume of TRAQ inquiry emails)