



Kurrawa to Duranbah & back

RACE INFORMATION - 2012

Overview: The event is a 50km run along one of the world's most attractive beaches. From Kurrawa, the surf lifesaving capital of Australia to Duranbah, one of the best surfing beaches on the planet. This is an AIMS measured course, 25km down and 25km back. There is a short out and back in Goodwin Terrace, Burleigh Heads to make up the distance. Do not miss this as competitors numbers will be checked, both on the down and the return legs. If you don't get checked off you will be DQ'd.

Official recognition: This is one of only three certified 50km road races in Australia (the other two being Canberra (as an option on marathon day) and Gold Coast (being an option with the Gold Coast 100)). The race carries an IAU label which means that the performances are listed in the world rankings.

Where: Starts and finishes in Miles Buisson Park, Broadbeach Boulevard, Broadbeach about 500 metres north of the Kurrawa Surf Lifesaving Club. Free car parking is available in the surrounding streets.

Event options: Solo ultra - 50km; two-person relay - 25km each, solo - 30km (Kurrawa to Currumbin and back).

Walkers: Not only are they are most welcome, but they are encouraged. To walk 50km or even 30km, is quite an achievement.

Date: Sunday 9th December 2012

Start time: Start times are 0500 hrs for the 50km solo, 0530 for the 2 person relay and 0600 for the 30km event. Any contestants expecting to take more than 6 hours for the 50km or more than 5 hours the 30km are encouraged to start early, at 0400. Any contestant who avails themselves of the early start will not be awarded a time of less than 6 hours or 5 hours for the 30k and, of course, will not be eligible for any trophies. This early start option is not available for contestants in the relay.

Cutoff time: There will be no cutoff times imposed. We will stay until the last competitor is in.

Mass restart (returning 25km relay runners only): Relay runners doing the return leg (Duranbah to Kurrawa) will leave when their outbound partner arrives at Duranbah. However there will be a mass start at the 2:15 mark (approx 0745 hrs) for the return competitors whose outbound partner has not arrived by that time. Race times will be adjusted accordingly.

Return transport (relay runners/walkers only): What most teams do is to have their vehicle driven to the turnaround by the returning runner. The keys are then given to the outbound runner upon their arrival, who drives the vehicle back to the finish.

Aid stations: Competitors are encouraged to carry their own supplies as the weather can be quite warm at this time of year, especially on the return leg. Aid stations will be positioned at 5km intervals and will carry water, Endura sports drink, Coca Cola, chopped banana and glucose type lollies.

Warning: At this time of the year the weather can be quite hot and humid. Please ensure that you take adequate water and Endura at every aid station. Water alone is not enough. If you run low on electrolytes you run the risk of cramping, muscle spasm and meltdown. Proper rehydration is your responsibility. We provide the facilities....please use them.

Prizes:

Solo 50km; trophies for first, second and third placed male and female.

Solo 30km; trophies for first, second and third placed male and female.

Two person relay; trophies for first male, first female and first mixed team.

BBQ: There will be a sausage sizzle at the race finish. This will commence at 0830 hrs. A free soft drink will also be provided.

Prizegiving: This will be held at the race finish as soon as practicable, most likely around 1045hrs.

Teeshirts: A commemorative teeshirt will be awarded to event finishers in all race categories.

Commemorative glass: The commemorative glass provided in previous years has become cost prohibitive. They will be available for purchase for 2012 for \$15 provided the order is placed by no later than Friday, 23 November 2012. This will be available as an optional extra via the normal online entry. If anyone wants a commemorative glass for 2011, this will also be available for purchase via the online entry.

Photos: As many photos as possible will be taken on the day. Images will be available on a picasa site which can be accessed via the website page (www.aura.asn.au/Kurrawa.html) or Facebook (Kurrawa to Duranbah) as soon as possible after the event. These will be of high resolution and can be downloaded free of charge. We will do our best to capture at least one photo of every competitor.

Entry fees:

Solo 50k: \$70 (AURA members \$50)

Solo 30k: \$50

Relay teams \$100 per team

Entry fees include race entry, teeshirt, hi-res photo (available for download from the internet) and complimentary BBQ and a cold drink. Extra food and drinks will be available at nominal cost for family and friends.

AURA members receive a \$20 discount for the 50k solo. Visit <http://www.aura.asn.au/joinnow.html> to join

Closing date: The closing date for race entries will be Sunday, 25 November 2012 at 11:59pm EST. Late entries will be accepted until 11:59pm Friday 7 December but will attract a late payment penalty of \$20 (\$40 for relay). On-the-day entries will not be accepted.

Racebib collection: Available in the race precinct area one hour before start time.

Enquiries: Email ian.cornelius@rocketmail.com or tel 0408 527 391