

## It's Extreme Kuranda to Port Douglas Ultra Trail Marathon, Far North Queensland

**Where:** 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.

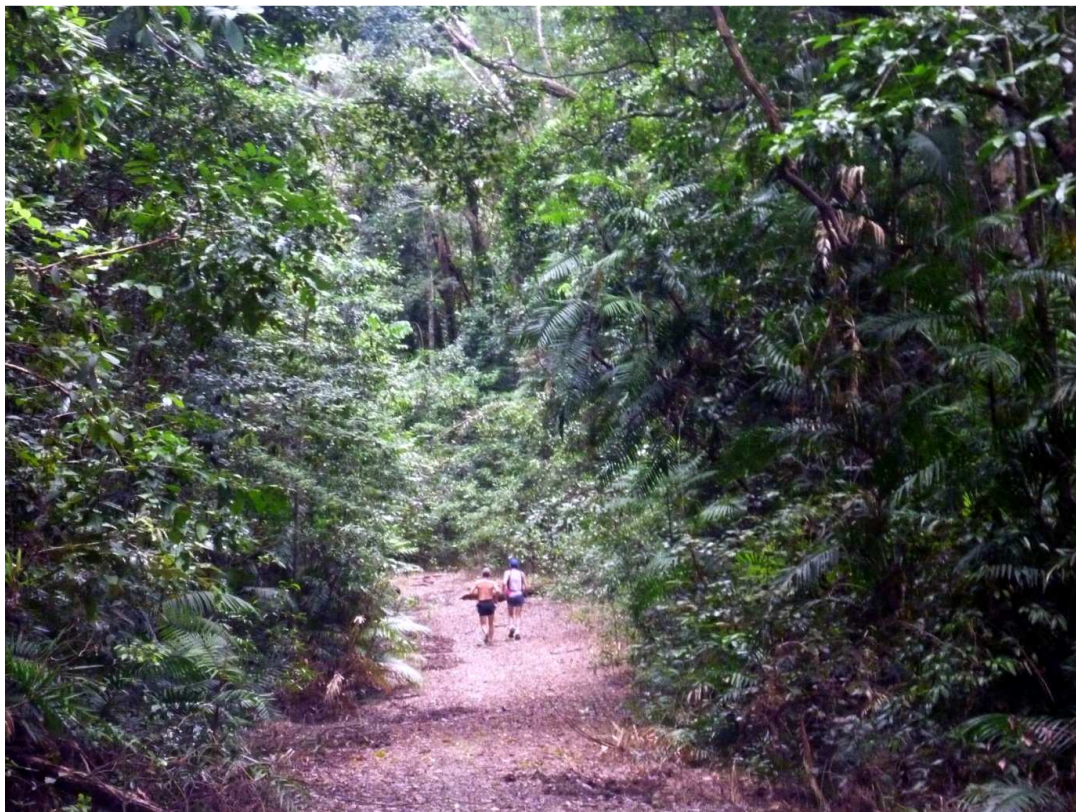


Photo: Larry Lawson and Steve Cunningham setting off along the Twin Bridges track.

**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.

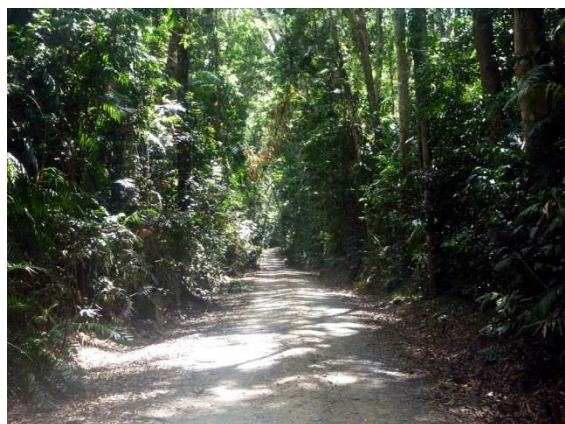


Photo: Black Mountain Road



Photo: 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 Slatey Pinch - a cutting through slate rock at a steep 1 in 3 grade, about 1 kilometre from the bottom of the track.

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 races and mountain bike races and also as a landing place by Kingsford Smith and by C.T.P. Ulm en route to New Guinea with the first official air mail.



Photo: Four Mile Beach, Port Douglas

**Status:** Non-certified trail race of 64km (also offering 12km Bump track to Four Mile Beach Run/Walk and 5km Beach run/walk)

**When:** The inaugural race will be held on 28 August 2011. Ultra Marathon: 5.45am briefing, 6.00am start.

**How long in existence:** Inaugural race.

**Course profile:** [http://www.everytrail.com/view\\_trip.php?trip\\_id=992251](http://www.everytrail.com/view_trip.php?trip_id=992251)

#### **Race Director**

Larry Lawson

Cairns Road Runners and Triathlon Club Trail Running Subcommittee member

Tel 0450 324 637

email: [trailrunning@roadrunners.org.au](mailto:trailrunning@roadrunners.org.au)

#### **Course Details:**

Event website: <http://www.roadrunners.org.au/events/trail-runs/>

#### **Entry**

The entry fee includes a post-race BBQ.

Race Fees: \$20 + \$10 day registration if you are not a Cairns Road Runner club member.

Online entries open: <https://www.registernow.com.au/secure/Register.aspx?ID=3542>

Postal entries – please email the race director.

#### **Car parking:**

Parking and portable toilet facilities on Black Mountain Road, just off Kennedy Highway.