

# Nerang State Forest, Gold Coast, Qld

## RACE INFORMATION

**Overview:** 50km trail run (with 25km option) through the Nerang State Forest situated 20km inland from the Gold Coast. The Gold Coast is readily accessible by road or rail from Brisbane, in addition to boasting its own airport. The course is on 4WD fire trails and is hilly. It provides an ideal training venue for the Kokoda Challenge to be held later in the year.

**Event options:** Solo ultra ~ 50km; solo ~25km.

**Walkers:** This event is available for walkers as well as runners.

**Racedate:** Sunday 1 April 2012

**Where:** Starts and finishes at the Gold Coast cycle velodrome, 1 Hope Street Nerang. Hot showers available at race finish.

**Start time:** 0600 for the 50km and 0700 for the 25km. Entrants in the 25km who expect to take 5hrs or longer are encouraged to start at 0600. Entrants who avail themselves of the earlier start time will not be eligible for trophies nor will they be credited with a time of less than 6 hours.

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

**Aid stations:** Runners are encouraged to carry a 2 litre hydration pack to last for 12.5km. Top-up facilities will be available at the race turnaround at the Northern end of the circuit. This station will also carry sports drink, Coca-Cola, bananas and lollies. It is accessible by road for friends and family and is situated adjacent to the gateway to 54 Holyrood Road, Maudsland. There will be no intermediate aid stations.

**Cut-off:** No cutoff for 25km entrants. For 50km entrants you will not be permitted to commence the second loop if you finish the first loop later than 0930hrs.

### Trophies:

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

**Solo 25km;** trophies for first, second and third placed male and female.

**Memento:** all finishers will receive a memento (laughing Kookaburra medallion).

**BBQ:** There will be a complimentary sausage sizzle at the race finish. This will commence at approx 0930hrs. A free soft drink will also be provided.

**Prizegiving:** This will be held at the race finish and will be held at approximately 12 noon.

**Photos:** As many photos as possible will be taken on the day. Images will be available for download from the internet website as soon as possible after the event.

### Entry fees:

Solo 50k: \$70 (AURA members \$60)

Solo 25k: \$50

Solo 25k - students (full time at school) \$25.

Entry fees include race entry, teeshirt, commemorative medallion and complimentary BBQ and soft drink. Extra food and drinks are available at nominal cost for family and friends.

**Closing date:** The closing date for race entries will be Sunday 25 March at 11:59pm. Late entries will be accepted up to the race start but will attract a late entry premium of \$10.

**AURA members** receive a \$10 discount for the 50k solo. Visit <http://www.aura.asn.au/joinnow.html> to join

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