

COURSE DESCRIPTION

GLASSHOUSE 50 – Cook's Tour – May

The 80, 50 and 30 km runs commence and finish at the Woodford Swimming Pool in Peterson Rd. The 11km run starts near **Checkpoint 8**. Entrants are taken there by bus there will be two bus loads one early (an hour before start time) and one later (half an hour before start time).

The 80, 50 and 30 km go straight down Peterson Rd and instead of turning left into Langer St they will go straight ahead on a bush track and follow a few hundred metres to a forestry road where a left turn is made up a small incline for a few hundred metres before taking a right turn through plantation forests. They follow marked forestry roads for about 4 more kilometres to reach **Checkpoint 7**. The 80 and 50 km entrants will go straight ahead here but the 30 km take a right turn.

80 and 50 entrants then cross Beerburrum- Woodford Rd (gravel) where there is a mango tree and a water signpost on the corner. After a further 500 metres on the forestry roads they will enter a natural vegetation area and after a further 500m will do a right turn and follow marking through this natural vegetation until they again come out Beerburrum-Woodford Rd. They take a left turn onto this road and follow it under some power lines to the intersection of Beerburrum-Woodford Rd and Lookout-Woodford Rd. Follow the later to the left for a few hundred metres and then do a left turn onto a forestry road following it for about a kilometre to **Checkpoint 6**. The 50km will turn back here and follow back to the **powerlines** before doing a left turn to follow the powerlines.

At Checkpoint 6 the 80 km runners will go on the forestry road to the right and follow down a steep hill and up another where they turn right for some more uphill for about 500m before taking a left turn down a steep hill under another set of powerlines where they will get an excellent view of Mt Beerwah. Turn right at the bottom and follow the forestry road straight through to Lookout-Woodford Rd which is then followed to the left for a kilometre or 2 past the Lookout. A few hundred metres past the Lookout turn off the bitumen to the right and follow the forestry road downhill to **Checkpoint 4a** where you cross OLD Gympie Rd (bitumen). Continue following forestry roads until you pass by Mt Tibberroowuccum and come to Checkpoint 1a on Caves Rd. Follow Caves Rd to the left and you will pass by Mt Tibrogargan on your left and eventually turn right on a bitumen road to take you under the railway line to Matthew Flinders Park (on your left after you pass under the railway line). From here there is a walking/cycle path between the road and the railway line which you follow to Beerburrum township(on the right across the railway line). **Checkpoint 2** is located here. Follow the concrete and bitumen walking track past the school and the garage and turn right onto the gravel road which takes people up to the car park for Mt Beerburrum. Only about 50m up here a track goes off to the left which you follow through natural vegetation to Checkpoint 3a and Caves Rd. Follow Caves Rd to the right and you will get back to Checkpoint 1a where you turn left and thence back to **4a** and across Old Gympie Rd for the climb back up past the Lookout. From here retrace your steps to **Checkpoint 6**.

From **Checkpoint 6** both 50 and 80km runners follow back to Lookout-Woodford Rd and then right onto Beerburrum-Woodford Rd for a few kilometres before doing a left turn which will take you to the POWERLINES section which is fairly rugged. This is followed for 3-4 km before a right turn takes you to a forestry road leading to the left and getting you to RAAENS Rd (bitumen). Cross this road and you are on McConnells Rd which takes you to **Checkpoint 8** after about a kilometre. From here you will do a western loop of about 11 km with some rugged sections as well as a flat section where the railway line used to go. On returning to 8 you will be directed down the hill again but this time you will do an eastern loop which includes the steep Cook's Climb.

From **Checkpoint 8** follow back to Raaens Rd and turn left for a few hundred metres before turning right off the bitumen onto forestry roads and tracks that will take you back to **Checkpoint 7**. You will straight through at 7 and return by a different route for most of the way to the pool.

30 km Runners will turn right at 7 as stated earlier and follow the marked forestry roads through to Raaens Rd and across to **Checkpoint 8**. They will only do the eastern loop involving Cook's Climb then return to Checkpoint 7 and the pool along the same route as the 50 and 80 km runners.

11 km Runners will start near Raaens Rd (taken there by bus) follow the same route back to the pool as the others.