

COOK'S TOUR – INFORMATION SHEET , May 20 , 2012

Dear Entrant _____
Race Number - Assigned on day

Thank you for your entry into the Glass House 50 Trail Event. Please note the following points.

- a) Race Numbers will be collected on Race Day after entrants sign an **indemnity**.
- b) **All competitors must carry a water bottle. In the past some competitors have taken the wrong course and travelled greater distances and no cups of water will be available at checkpoints (to minimise litter). Water bottles can be refilled at checkpoints but no plastic cups of water will be available. Failure to start and finish with a water bottle may result in disqualification.**
- c) **Waste Disposal** – Each checkpoint will have a rubbish bin. Anything taken from a checkpoint and not ingested must be placed in the bin at the next checkpoint. There will be camping toilets for emergency use by entrants and officials at 8. Runners would be advised to carry biodegradable toilet paper in case of an emergency stop and depart the track and bury the waste. **Do not litter the course.**
- d) **FIRST AID** – A first aid kit will be available at each checkpoint and a Sports Trainer will be present at 8. There is a First Aid Room at the pool.
- e) **DROP BAGS:** If competitors in the 80 or 50 km (**ultra events**) require special food or fluid to be taken to checkpoints then these should be **clearly labelled** and handed in at least 15 minutes before the race start time. Drop bags will be taken to Chpt 8 only. For the 80 k they can have drop bags at base.
- f) **Crew of 50/80k competitors will only** be able to travel on **gazetted** roads to near checkpoint 8. This should only be done if you are familiar with the area. It is not the task of officials to direct crew. Any runner who is going to have crew should notify the Race Director of Name and Vehicle Registration by May 14. **Only official vehicles are allowed on forestry roads. Crew can only give aid at checkpoints after the runner has left the official enclosure. No pets at checkpoints and children must be kept under strict control.**
- g) There will be no presentation ceremony. Mugs will be collected at the finish after competitors have had their time recorded. **Random Draws** will be drawn and displayed on a board at the finish.
- h) In a few areas competitors may have to cross **gazetted** roads or follow them for a short distance. **Care should be taken** even though most are roads that have very minimal traffic. Illegal **trail bikes** are sometimes in the area so if you hear them coming move off the track.
- i) ***THE COURSE IS MARKED WITH WHITE FLAGGING TAPE IN TREES, RED ARROWS TAPED TO TREES and WHITE ARROWS ON THE GROUND. A white line across a track indicates you should not cross it, there is a right or left turn just before it. BE ALERT for MARKINGS at ALL TIMES.***
- j) **ULTRA ENTRANTS will need to post or email Medical and Qualification Forms on Entry.** (by May 16 at latest). Weight will be written on Race Number. Ultra entrants (80km in particular and early starters in 50km) a torch/light is needed as it will be dark until about 6am. Weight checks at Chpt 8 on arrival and departure.

Glasshouse - Cook's Tour : Sunday , May 20, 2012 – Course (check map)
 (Captain Cook named the Glass House Mountains on May 17 , 1770)

Start/Finish is Woodford Swimming Pool in Peterson Road (P).

80km - Start 4.00am : P – 7 – 6 – 8 – 8 – 8 – 7 – P – 7 – 8 – 8 – 7 – P
 (Early Start negotiate with RD) **Field Limit about 30**

50 km - Start 6.00am: P – 7 – 6 – 8 – 8 – 8 – 7 – P **Field Limit about 70**
 (Early start for slow runners/walkers at 4am– negotiate with Race Director)

30 km - Start 8.00am : P – 7 – 8 – 8 – 7 – P **Field Limit about 100**

11 km - Start 9.30am : S – 7 – P **Field Limit about 100**

Taken by bus to start(cnr Raaen/McConnell Rds)– two bus loads, the first at 8.15am

TOTAL FIELD LIMIT - 300

j) GLASS HOUSE 50 CHECKPOINT DISTANCES () and PROGRESSIVE DISTANCES
 (Last minute changes could occur if weather or QPWD/FPQ dictates.)

11km	30km	50km	80km (50 mile)
S (6.1) 7 6.1	P (5.6) 7 5.6	P (5.6) 7 5.6	P (5.6) 7 5.6
7 (5.6) 5 11.7	7 (7.1) 8 12.7	7 (5.6) 6 11.2	7 (5.6) 6 11.2
	8 (5.0) 8 17.7 east loop only	6 (10.5) 8 21.7	6 (10.5) 8 21.7
	8 (7.1) 7 24.8	8 (11.8) 8 33.5 west	8 (11.8) 8 33.5 west
	7 (5.6) P 30.4	8 (5.0) 8 38.5 east	8 (5.0) 8 38.5 east
		8 (7.1) 7 45.6	8 (7.1) 7 45.6
		7 (5.6) P 51.2	7 (5.6) P 51.2
			P (5.6) 7 56.8
			7 (7.1) 8 63.9
			8 (5.0) 8 68.9 east
			8 (7.1) 7 76.0
			7 (5.6) P 81.6

k) Weight CHECKS will be made at Chpt 8 for the 80 and 50 km competitors on arrival and departure.

l) Times Checkpoints are open and supplies:

POOL - W,F 3.00am – 2.00pm

6 W,S 4.45am – 8.00am

7 W, S - 7.30am – 1.30pm

8 W, S, F 6.00am – 12.30pm.

W – water only ; S – sweets , fruit , electrolyte , potato; F – tea, coffee , sandwiches/ biscuits (ultra entrants only)

CUT OFF FOR ALL EVENTS IS 2.00pm Any competitor who it is deemed cannot make this cut off may be withdrawn and returned to base.

(m)More comprehensive information on trail running in general and the Glass House Trail Events , plus results and some photos may be found on the Glasshouse website on www.glasshousetrails.com.au or www.runtrails.org .

BBQ - Entrants use their Race No as ticket for bbq when they finish. Family or friends given tickets (\$10 adult, \$5 children) if pre paid unless volunteering in some way.

ULTRA EARLY STARTS- For those doing the 80 and 50km events there is an early start option. The idea is to get everyone back at the pool by about 1.30pm. We hope to close the BBQ down by about 2.00pm. Those in the 80k who expect to take longer than 10 hours could start early if they contact Race Organiser prior to the event (by May 14). Those in the 50k who expect to take longer than 7hrs (walkers mainly) must start at 4am. Headlamps or torches needed until about 6am. Notify Race Director by May 14. Early start at 6am for 30k if you expect to take longer than 4 hrs. **Early starters in 80k note the times checkpoints open.** You must be independent until then

RACE DIRECTOR – Ian Javes – 0407 045 785 – ijaves@caloundra.net