

Flinders Tour (Glasshouse) – INFORMATION SHEET

Conducted by TRAQ on Sunday, 29th July, 2012

Dear Entrant _____

Thank you for your entry into the Flinders Tour. The following is important information.

a) **Race Numbers** will be assigned on the day after you have signed an **INDEMNITY**.

b) **Start Times and Course**

50km – Start 7am (2-2a -2-1-1a-4a-4-3-2-3-4-4a-1a - 2)

25km – Start 9am (2-3-4-4a -1a-2) **10km – Start 10am** (2-1-1a- 2)

See map for more detail and distances between checkpoints are given below.

Early start options – 50k at 6am – 25k at 8am – must notify RD by July 23.

- c) **All entrants must carry a water bottle or hydration pack.** There have been times in the past where runners have taken the wrong course and covered extra distance. Checkpoints will not have cups of water. Cups are for electrolyte. Refill water bottle if necessary.
- d) **Drop Bags** – those entrants in the 50km may have clearly labelled drop bags taken to Checkpoint 4 if they hand them in by 7am.
- e) Please read the **Instructions to Competitors** sheet carefully. Copies will be displayed on the day and the starter will go through them preceding the start. You can also download them from the glasshouse website.
- f) Ultra entrants should email or post a **Medical Form** before the day.
- g) **More Comprehensive Information** on trail running/walking in general can be Found on the websites www.glasshousetrails.com.au and www.runtrails.org . **Results and some photos** will be placed on these websites as soon as possible after the event. **Certificates** will be mailed out.
- h) **Checkpoints - Fluid and Food** – Each of the checkpoints 4a,4, 3 and 2 will have water electrolytes and sweets. Chpts 4 and 2 (the latter is for 50k only) will also have potato (with salt) and fruit. Ensure your number is recorded at each checkpoint. If you are running in a large group busy checkpoint personnel could miss you. **Chpt1a** is directional only.
- i) **COURSE and Distances** (Note that sometimes last minute changes may be necessary due to weather or DERM or FPQ requirements).
- j) **PARKING** – This should not be a problem but car pool as much as possible and obey any directions given by parking attendants. Parking is on the western side of the school and in front.

50km

Loop 1 (anticlockwise)

2 (1.9) **2a** (1.9) **2** (4.2) **1a** (2.5) **4a** (5.1) **4** (6.1) **3** (5.5) **2** = **27.2**

Loop 2 (clockwise)

2 (5.5) **3** (6.1) **4** (5.1) **4a** (2.5) **1a** (5.5) **2** = **24.7 TOTAL 51.9km**

25km

Same as Loop 2 for 50km = **24.7km**

10km

2 (4.2) **1a** (5.5) **2** = **9.7km**

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