

Course Description - 100 Miles/100 km

- ⊕ The 100 mile/km event will commence at Beerburrum State School and competitors will go out the front gate and turn left to go across the railway line and immediately turn left to follow a bitumen road for a few hundred metres before getting onto the walking track between the rail line and Steve Irwin Way. Follow this track to Matthew Flinders Park and then turn left under the railway line to eventually get onto Caves Rd (gravel). After just less than 2kms you will take a left turn onto the Trachyte Circuit and follow the marked track back to the school finishing along Cemetery Rd.
- ⊕ After completing the 9.7km loop follow the gravel trail from the school (around the back of the Shell service station) until a dirt road that takes the competitor halfway up Mt Beerburrum. From here, a concrete path leads to the top. This is the steepest part of the course and should be negotiated with care on the way back down particularly if wet as algal growth and leaves will make it slippery.

Entrants return from the trip up the mountain and follow the trail to the right. After crossing the creek (about 3km) and getting to Caves Rd (**3a**) turn left and go straight across Beerburrum-Woodford Rd (bitumen) onto the gravel forestry road. Follow the marked roads and trails to get to **3** (unmanned) and **4**.

At Checkpoint 3 there is a gate that you go through to take you through some natural vegetation around The Twins to McConnell Road (another gate here). In this section there is a left turn (after about 700 metres) off the main track which can be missed if you do not watch carefully for course markings.

- ⊕ Turn right onto McConnell Road (a gravel road) and follow the course markings for a few kilometres until there is a right turn onto a forestry road. As you run this section you should keep the natural vegetation on your right and pine plantations on your left for 3-4 km. The forestry roads will lead you to a crossing of Beerburrum – Woodford Road at Checkpoint 4 (near where the bitumen changes to gravel). Follow forestry roads on the other side of Beerburrum – Woodford Road which will take you below and around Lookout 589. There is a section of rough eroded track near the end of this section (take care here) before you come out onto Woodford-Glasshouse Road (gravel). Turn right and a few hundred metres along this road turn left into Connection Road and Checkpoint 5 is less than half a kilometre away.
- ⊕ After leaving Checkpoint 5 you follow Connection Road to the North West for about 1.5 kilometres and then turn left onto a forestry road. After another kilometre this will intersect Woodford-Glasshouse Road (gravel) and a left turn is made. A few hundred metres along this road there is a sharp right turn through a gate (5a) and you are now on a track referred to as the 'Goat Track' for obvious reasons. Take care on the steep downhill sections on this track. About 2.5 km's along this track there is a sharp right turn to take you up Hennessey's Hill. This corner is usually well marked as runners have missed it in the past. The track up Hennessey's Hill eventually crosses Woodford-Glasshouse Rd at Checkpoint 6.
- ⊕ The section from 6 to 8 is encountered in a hot part of the day and more than one water bottle may be needed. From Checkpoint 6 follow marked trails through natural vegetation to get to the powerlines. Follow the power lines for about 3 – 4 km. This section is probably the roughest on the course with some steep, eroded uphill and downhill sections. You will eventually go to the right off this track and come to a forestry road. Turn left then follow for about one kilometre and you cross Raaen Rd (bitumen) onto McConnell Rd (gravel). Follow this road for a kilometre and you are at checkpoint 8. From this point you will firstly do a loop of 10.8 km to the west (anticlockwise) followed by a slightly shorter loop to the east (clockwise) after returning to 8. This section is natural vegetation and quite scenic. There are some hilly sections and part is along the old railway track that used to run from Caboolture to Kilcoy through Woodford. Note that 100km entrants will do the western loop only.
- ⊕ After completing the loops at 8 return to the north along McConnell Rd to the intersection with Raaens Rd (just over a kilometre) and go across onto McConnells Rd Follow this road and trails to reach Checkpoint 7 which will be near B - W R where the mango tree is located. A loop of about 4.4 km will then be completed here before heading north across Beerburrum – Woodford Rd. After crossing this road you will pass through more pine plantations before entering natural vegetation. About a kilometre in you will take a sharp right turn and follow a shaded track through natural vegetation for about 2-3 km. Another

turn is made here and the trail will lead you back to where the powerlines cross Beerburum-Woodford Rd. You will follow the marked tracks back to Checkpoint 6.

- ⊕ At Checkpoint 6 a left turn is taken (only about 50m from checkpoint) through pine tree plantations on forestry roads some of which are fairly steep but not rough. Eventually these lead to the South West of Mt Beerwah. You will be following the powerlines here until a sharp right turn is made. You will pass through a gate and get onto some more rugged tracks through natural vegetation. In the past most runners have considered this to be a tough section of the course. These tracks come out on Connection Road about 2 km's to the west of Checkpoint 5. Make a left turn onto Connection Rd.
- ⊕ After leaving Checkpoint 5 you follow Connection Road and turn left to go past Lookout 589. A few hundred metres down the bitumen road from the Lookout there is a right turn onto a gravel forestry road. You pass through pine tree plantations and across Old Gympie Road (bitumen)- 4a, until you get close the base of Mt Tibberoowuccum . Turn right and follow the tracks around this mountain on your left. Eventually you will come to a T junction with a gravel road where you will turn right and about half a kilometre along this is Caves Rd. Turn left and follow to Matthew Flinders Park and from there take the walking track back to the school. Go in through the front gate.
- ⊕ For the 100 milers from the school you will now go to the path at the front of the school and cross over the railway bridge to the east on the bitumen road. Turn left immediately on the other side of the bridge and follow the walking path between the railway and the road. Go through Checkpoint 1 at Matthew Flinders Park and continue following the gravel path to the north alongside the road for about 2.5 km further before crossing the Glasshouse Mountains Tourist Rd (Steve Irwin Way) on your right into Moffats Rd. Take care crossing this busy road. Crew could meet you a few hundred metres into Moffats Rd (gravel) but not on the main bitumen road . Moffats Rd is followed for just over a kilometre before turning right into forestry roads (pine plantations). These are followed until you go under the main Bruce Highway at Tibrogargan Creek and turn left. This will lead you to the car park at the base of Wild Horse Mountain, Checkpoint 9.
- ⊕ From here, go to the top of Wild Horse Mountain and return to Checkpoint 9, before departing for Checkpoint 10. This climb will be the only one of significance in this Eastern Section of the course. The forestry tracks through the pine tree plantation (with some natural vegetation on one side in places) will take you to Checkpoint 10 about 4.5 km from Wild Horse Mt. Two loops (an western one and an eastern one will be completed here (same pattern as at 10 – west anticlockwise and east clockwise). The west loop is about 6.5km and the east just over 9km. From 10 you will retrace the trails to Wild Horse Mountain (Checkpoint 9). You then go to the top of Wild Horse and return once more. From here return to Moffats Rd. You follow the trail alongside the road back to the Beerburum State School.

NB Where there is a sharp left or right turn off the main track we will attempt to have a white line across the track. Do not cross these lines.