

Mt Glorious – Race Information – Sunday 7 February 2009

What you need to know:

- Course** 32km and 1500m of climb and descent, an out-and-back course to Northbrook Mt. (entrants can opt for a short walk out from halfway if course proves too tough!)
- Start** Cedar Flats picnic, Northbrook Parkway 15 minutes north of Mt Glorious.
- Time** 6.50 race briefing at White Cedar picnic area, 7.00 race start.
- Traveltime** 70 minutes from Brisbane central, plus time to collect race number, get ready etc
- Carparks** Carparking on field; turn left after the descent as you emerge onto the river flats.
- Directions** From Brisbane via Kelvin Grove Rd, left into Samford Rd, straight through Samford roundabout onto Mt Glorious Rd, right at top of range to Mt Glorious township, continue north along range then descend past Wivenhoe Lookout to the start at Cedar Flats. If you live at the Gap, Mount Nebo Rd is an alternative. Similarly from Ipswich you can come via Ferndale and Wivenhoe-Somerset Rd.
- Food** We will provide breakfast: cereal, fruit, tea, coffee, cakes.
You might like to bring a picnic or BBQ lunch and stay on at Cedar Flats.
- Coffee etc** Maiala Tearooms offer excellent coffee and food on your return trip.

- > Print the attached **roadmap** if you haven't been here before.
- > **Drive safely** on the descent after Mt Glorious – **road is slippery when wet.**



Race course:

From Cedar Flats head north up the hill behind the picnic area, down to the marshalled road crossing, cross Northbrook Stream and over the second steep hill, some welcome ridgeline before descending to the cattleyards, then the long climb up to Northbrook Mountain and turnaround. Streams can usually be crossed without wet feet. Course map and profile attached. The course is well marked with tape, white dolomite on the ground and flagged ropes at major turns; maps available at registration for first timers who'd like to carry one just in case.

Cedar Flats:

With open grassy areas, Cedar Flats is an ideal place for a picnic or barbecue, or just to enjoy the quiet scenery if you're not running. There are toilets, picnic tables, wood barbecues and water (boil before drinking). Its about 70 minutes from Brisbane city via Samford. Just driving to Cedar Flats is a great tour through rainforest along the main range from Mount Glorious.

Cooling off:

You can wade/soak in Northbrook stream at the western end of Red Cedar picnic area, and below the roadbridge. There is also plenty of water in the picnic area tanks for washing off after; bring a towel.

Car parking:

On the left at the bottom of the big descent from the Lake Wivenhoe lookout, park in the signed field. Walk across the road (watch for speeding bikes) to the start/toilets etc in the **first** Cedar Flats picnic area (White Cedar) – see map link on event page.

Car pooling:

Car pooling reduces pressure on limited carparks and is good for the environment. Online entry asks if you can help others, or if you need a lift. If you respond to either option you will be contacted by email to help you make ride-sharing arrangements.

Water/refreshments:

If its a hot day you might like to carry extra water and gels. You will pass five checkpoints (see Map) with water/endura and fruit/snacks are available at the highest point (halfway turnaround). The second checkpoint will be unmanned. At the finish there will be breakfast cereal, fruit, cake, water, endura, coffee, tea. On the way home, Maiala Tearooms at Mount Glorious have excellent coffee and food as well as birdlife in the garden; Samford also has plenty of cafes.

Weather:

The course is on the western side of the ridge, plus tree cover provides a reasonable amount of shade over much of the course, but it is likely to be warm and sunny in February. Sunblock is recommended.

Other attractions:

Maiala tearooms: great food, coffee etc, indoor/outdoor setting, native birds in the gardens

Maiala picnic area: full facilities, picnic areas, walks

Western Window lookout, just north of Maiala Park, for views over the western ranges

Northbrook Mountain:

The parks service has ruled that Northbrook Mountain is off-limits for our event, but keen walkers or those on future training runs might like to visit another day. Take the west trail from the halfway turnaround checkpoint, turn left up the obvious forestry road after 400m and follow it to the peak for excellent views.

Other walks/runs in the area:

In ascending order of difficulty:

1. Maiala Park: popular, well formed short walks with parking, picnic and toilet facilities.
2. Rainforest trail on the western side of the main ridge between Maiala Park and Lawnton Rd.
3. Lepidozamia Track from Tenison Woods Mountain carpark 4km return
4. Extension to 3. with loop track down to waterfall and Kobble Creek; can be started from north via Hawkins Rd off Mt Samson Rd (UBD 85 K9)
5. Lawnton Rd circuit including 2. above and 24km forestry road loop to west: stiff 600m climb.
6. West Northbrook Mountain via Lawnton Road, optional rough traverse back via East peak.
7. Northbrook Gorge: Northbrook Creek crossing, 1km north of Cedar Flats, swim sections.

Contact for inquiries:

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Trail Running Association of Qld Websites www.runtrails.org & www.glasshousetrails.com