

Mt Glorious – Race Information – Saturday 4 February 2012

What you need to know:

Course	22km with 1200m of climb and 650m of descent, an 'up' mountain trails course from Cedar Flats to Mount Glorious via Northbrook Mountain & England Creek.
Start	Red Cedar picnic area Northbrook Parkway 20 minutes north-west of Mt Glorious.
Time	7.25 race briefing at Cedar Flats trail entrance, 3 waves start 7.30, 7.35, 7.40.
Cars	Travel time 70 minutes from Brisbane central, plus time to register, get ready etc. A shuttle bus will take you back to your car from the finish.
Bus	Bus departs outside Gap State High School 1020 Waterworks Rd 6am; be early.
Carparks	Red Cedar picnic area; follow marshals directions to car parking. Shuttle return.
Toilets	At both Red Cedar (800m to start) and White Cedar (150m to start)
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 second picnic area at Cedar Flats. If you live at the Gap, Mount Nebo Rd is an alternative. From Ipswich you can come via Ferndale and Wivenhoe-Somerset Rd.
Water	This is a remote area so carry your own water; top-ups at four self-help points (see map) and one manned checkpoint. Lunch and liquids provided at the finish. After-race gear will be transferred from start to the finish; collect from big bus.
Coffee etc	Free coffee with entry at Elm Haus café 150m from finish.
Refunds	Refund available up to Sunday 29 January, so your place can go to the waitlist.
Changes	Events are rarely cancelled; any change will be emailed and on www.runtrails.org

Print the online **roadmap** if you haven't been here before.

Drive safely on the descent after Mt Glorious including low gear descent – **slippery when wet**.



Race course:

Course has few intersections and is clearly marked with red TRAQ arrows. Description: from Cedar Flats valley climb east up the ridgeline firebreak, initially steep but then runnable. Left at the first junction, then right at Northbrook Mountain junction down to England Creek then a continuous 600m climb to Mount Glorious. Traverse the historic stone-lined western ridge trail through palms and rainforest then climb the stone stairs to Western Window and a flat run to the finish opposite Maiala Park.

Water/refreshments:

We strongly recommend carrying water. You will pass four unmanned water points (see Map), and fruit/snacks/electrolytes at the manned checkpoint. There will be no cups so you **must** carry a refillable container. At the finish there will be lunch and liquids, free coffee at Elm Haus café.

Weather:

The course is on the west side of the ridge, relatively cool in the morning with trees providing shade over much of the course, but it can be hot in February. Cap or sunblock recommended.

Car parking:

At the bottom of the big descent from the Lake Wivenhoe lookout, follow the marshal's directions to park in the **second** picnic area on the right.

Car pooling:

Car pooling reduces pressure on limited car parks, 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 assist you to make local ride-sharing arrangements.

Drive time:

It's about 70 minutes from Brisbane city via Samford to the start at Cedar Flats. Driving to Cedar Flats is a great tour through rainforest along the main range from Mount Glorious village.

Picnics for friends and family:

With open grassy areas, Cedar Flats at the start and Maiala picnic area at the finish are ideal 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) at Cedar Flats. There is usually plenty of water in the stream

Maiala picnic area:

Elm Haus café: free coffee to run entrants on presenting token; great food and atmosphere.

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

Maiala picnic area: full facilities, picnic areas, excellent rainforest walks

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

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 Tennison Woods Mountain car park 4km past Mt Glorious
4. Extension to 3. with loop track down to waterfall and Kobble Creek; can be started from east via Hawkins Rd off Mt Samson Rd (UBD 85 K9)
5. Lawnton Rd circuit including 2. above and 24km loop with 600m climb (currently closed)
6. Northbrook Mt via Lawnton Road and rough traverse via East peak (experienced walkers)
7. Northbrook Gorge: Northbrook Creek crossing, 1km north of Cedar Flats, swim sections; experienced walkers only.



Organiser for inquiries: Greg 3869 1661 email: g_waite@optusnet.com.au
Trail Running Assoc of Qld: www.runtrails.org