



# CAIRNS 2 KURANDA THE MOST SPECTACULAR TRAIN RACE IN THE WORLD SATURDAY 25TH JUNE 2011

RACE BRIEFING TIME: 0815  
RACE START TIME: 0845

The race starts adjacent to the Freshwater Station in Meller Street, Freshwater, Cairns, in sunny North Queensland.

After 200m runners turn right into Lower Freshwater Road; leaving the train to begin its 31km winding journey through tunnels and rainforest to the tablelands town of Kuranda.

At 2.5km and 1<sup>st</sup> drink station, runners turn right entering a grassed area on the banks of the mighty Barron River in the Kamerunga Conservation Park. Heading up stream at 3km the track passes under the Kamerunga Bridge and the lowest point of the run, just above sea level. Shortly after the grass track joins the small roundabout on Stoney Creek Road. Here the runners enjoy several hundred metres of flat road running, before a rollercoaster climb into Stoney Creek and the end of the first relay leg (5km).

At the relay change over and drink station, runners enter the Barron Gorge National Park. Immediately after crossing Stoney Creek via an old bridge you turn right onto the Douglas Track and the serious climb begins. For the next 3km runners are on steep single track, in dense tropical rainforest, which has slippery tree roots and rocks to test the most seasoned trail runner. It is important to remember to give way to other track users, as we don't have sole use of this wonderful park. Towards the top a steel bridge is reached and you must cross the rail track here.

**AT NO TIME DURING THE RACE ARE RUNNERS TO BE ON OR NEAR THE RAIL TRACKS.**

With a bit more climbing on a narrow switch back track through a grassed area the junction with McDonalds Track and the next drink station is reached. Take the time to observe the stunning view over Cairns and the Coral Sea.

From here runners follow the Barron Gorge on an undulating 4WD track passing through the 400m point in elevation three times. Another drink station is reached just before the drop into Surprise Creek which is crossed on a steel bridge at 11km. This marks the beginning of the last major climb of the day, and runners enter an area of casuarina and cypress forest.

Wright's Lookout, marks the final relay change over and another drink station at the 13km point. Runners follow the shaded and sealed Barron Gorge Road. At 16km opposite the Rob Veivers Drive Environmental Park (Jum Rum), you will be directed onto the footpath, and shortly after another drink station runners turn right onto a paved bush track which descends to the banks of the Barron River, passing underneath the rail tracks. From here it's a flat run through a stand of Melaleuca trees to the finish line, just below the Kuranda Station, and just maybe you have beaten the train.



[info@trinityfamilychiropractic.com.au](mailto:info@trinityfamilychiropractic.com.au)

CAIRNS 2 KURANDA THE MOST SPECTACULAR TRAIN RACE IN THE WORLD  
SATURDAY 25TH JUNE 2011

**ENTRY FORM**

**RACE DISTANCE: 18KM (individual entrants must be 18 years or older)**

**RELAY LEG 1: 5km road run**

**RELAY LEG 2: 8km trail run**

**RELAY LEG 3: 5km road run**

**INDIVIDUAL: \$50 (+ \$20 LATE ENTRY AFTER WEDNESDAY 22/06/2011)**

**TEAM: \$100 (+ \$20 LATE ENTRY AFTER WEDNESDAY 22/06/11)**

**T-SHIRT ORDER (1 per participant, teams indicate number of each gender and size)**

Female 8 \_\_\_\_\_ 10 \_\_\_\_\_ 12 \_\_\_\_\_ 14 \_\_\_\_\_  
Male S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_

**YES/NO** *I would like a COMPLEMENTARY SPINAL ASSESSMENT at a later date*

**DISCLAIMER:** Knowing that running and walking are potentially hazardous activities, I enter this event certifying that I am medically able and properly trained. I also assume any and all other risks associated with participating in this event including but not limited to falls and contact with other participants.

Knowing these facts, and in consideration of you acceptance of my entry, I hereby for myself, any heirs, executors, administrators or anyone else who might claim on my behalf, contract not to sue and waive, release and discharge Collins Courtney Chiropractic P/L, T/A Trinity Family Chiropractic its servants, agents. Or subcontractors, all instrumentalities, councils, cities, state or federal departments where this event is held, and all sponsors, producers, their agents, representatives and successors of all liabilities, claims, damages, costs or expenses which I have against them arising out of or in any way connected with my participation in this event, including all injuries that may be suffered by me before, during or after the event. This release extends to all claims of any kind of nature what so ever, foreseen or unforeseen known or unknown.

**SIGNATURE OF ENTRANT (If under 18 signature of parent or guardian) :**

**INDIVIDUAL/TEAM NAME:** \_\_\_\_\_

**INDIVIDUAL/TEAM POSTAL ADDRESS:** \_\_\_\_\_

**IND/TEAM MEMBER 1:** \_\_\_\_\_ **M/F. AGE ON DAY** \_\_\_\_ **PHONE** \_\_\_\_\_

**EMAIL** \_\_\_\_\_ **SIGNATURE** \_\_\_\_\_

**TEAM MEMBER 2:** \_\_\_\_\_ **M/F. AGE ON DAY** \_\_\_\_ **PHONE** \_\_\_\_\_

**EMAIL** \_\_\_\_\_ **SIGNATURE** \_\_\_\_\_

**TEAM MEMBER 3:** \_\_\_\_\_ **M/F. AGE ON DAY** \_\_\_\_ **PHONE** \_\_\_\_\_

**EMAIL** \_\_\_\_\_ **SIGNATURE** \_\_\_\_\_

**PAYMENT OPTIONS**

**IN PERSON:** TRINITY FAMILY CHIROPRACTIC  
83 Sheridan Street CAIRNS 32 Victoria Street ATHERTON  
PH: 4031 5550 PH: 4091 6333

**FAX:** 40315558 **EMAIL:** info@trinityfamilychiropractic.com.au

**POSTAL:** TRINITY FAMILY CHIROPRACTIC/TRAIN RACE  
PO BOX 1015, SMITHFIELD QLD 4878

**CREDIT CARD (please circle):** VISA / MASTERCARD **NUMBER:** \_\_\_\_\_

**CVV NUMBER:** \_\_\_\_\_ **EXPIRY DATE** \_\_\_\_\_

**NAME AS IT APPEARS ON CARD** \_\_\_\_\_

**SIGNATURE** \_\_\_\_\_