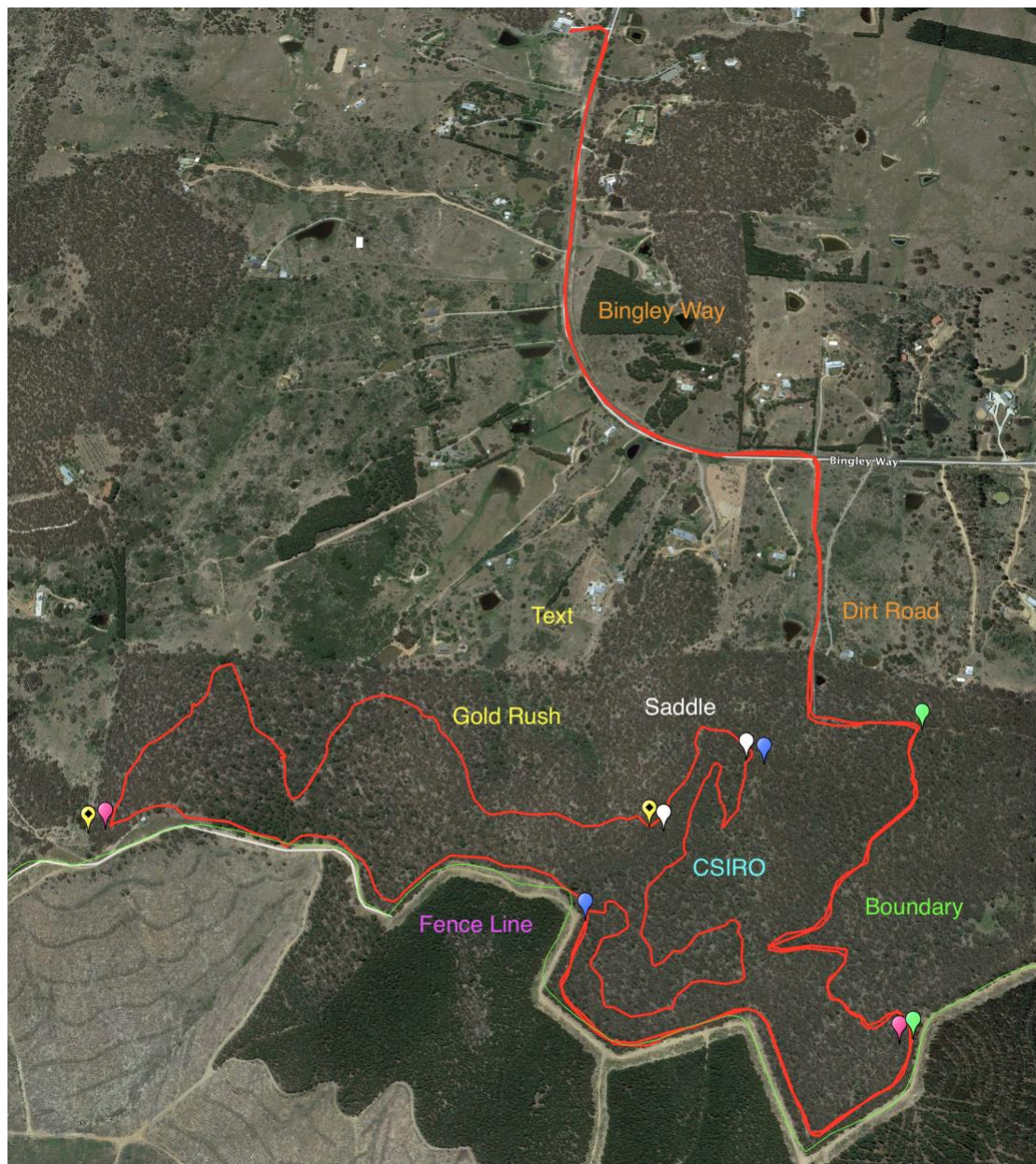


Course description: 12 km trail run



Starting at the Wamboin Community Hall, you will run up Bingley Way for 1.3 km before turning right onto a Dirt Road leading up into the Council Reserve.

- Bingley Way is not a busy road and will not be closed to traffic for the race so please ensure you obey all road rules while running this stretch, including moving off the bitumen in the event that a car approaches.
- Runners are required to run on the right-hand side of the road – so that they can more easily see any oncoming traffic.

Following the Dirt Road for 700 m, you will reach the entry point to the Boundary track.

- You enter the Council Reserve at a different place from the June 2017 race – running an additional 200 metres along the dirt road almost to the eastern boundary of the reserve (indicated by the white line in the map above).

The Boundary track takes you through 1 km of near pristine native forest on the eastern boundary of the reserve before connecting with the Fence Line trail.

- Running adjacent to private property, this track takes you through a mix of dry and more moist sclerophyll forest.
- The track is technical with tight turns and several fallen trees to navigate. As such, it provides limited opportunities for overtaking.
- Mid-way through the track there is a highly technical down-hill switchback followed by a clear, fast section (130 metres) along a creek-line.

The Fence Line trail follows the reserve's southern boundary with the Kowen Forest pine plantation for 2 km, ending 80m beyond the summit of Poppet Hill, at the entrance to the Gold Rush track.

- The trail is now wider and straighter.
- This section is fast and provides plenty of opportunity for passing slower runners. However, some downhill parts of this trail are rocky and should be treated with caution.
- A 30 metre section of this trail, in the vicinity of the Kowen horse entrance, is also utilised by the half marathon course so make sure you follow the 12 km course signage. (Essentially, you do not leave the trail whereas the half marathon runners turn right shortly after entering the trail from the Kowen horse entrance). There is a manned water point at this section of the trail, if in doubt ask the volunteers for directions.
- There are several steep sections along the trail – particularly, the section that takes you to the top of Poppet Hill.
- Once you get there, however, the summit of Poppet Hill provides stunning views over Canberra and surrounds and is the perfect selfie spot.
- The summit is a mix of old and new, with an early 20th century wooden trig point alongside a modern mobile phone tower.

Turning right you now follow the Gold Rush track for 1.4 km before joining the Saddle trail.

- The track initially takes you through dry sclerophyll forest situated in the rain shadow of Poppet Hill.
- The track is called Gold Rush because Poppet Hill was the site of an old gold mining operation. As much of the trail is downhill, we're sure you'll also be in a rush!
- Turning right, you then follow an old access road that was an entry point to Kowen Forest in the days when what is now Wamboin was part of the Bingley sheep station. Access to Kowen Forest was cut off when the area was subdivided into rural lots but this section of the road remains as a testament to times past. The road is in good condition and should allow

for a fast run. However, there is a fallen tree towards the end of the road making an interesting trail running obstacle for you to tackle.

- After the fallen tree, the trail leaves the old road to run through 300 m of woodland meadow (the only open woodland in the Council Reserve) before climbing back up into the drier slopes.
- The remaining 400 metres of track is uphill, highly technical with tight corners and rocky sections.

Turning left you now follow the Saddle trail for 300 metres until you reach the CSIRO track.

- If you ran in the June 2017 race, you will remember this section of trail.
- Being the main access way to Kowen Forest from Bingley Way, the trail is clear, wide and fast.
- You will be sharing this section of trail with the half marathon course so be careful to keep an eye out for the 12 km turn marker to the CSIRO track as the half marathon course continues further along the Saddle trail.

You follow the CSIRO track for 1.5 km through sclerophyll forest before joining the Fence Line trail near the Kowen horse entrance.

- The CSIRO track has some wide and fast sections but is mostly a highly technical winding course. Runners will also need to negotiate several fallen trees that cross the track.
- The track runs past an abandoned CSIRO hydrological research site. As you run the track you will pass a control weir, footings for instrumentation (since removed) and associated plot markers. According to the inscription in a concrete slab, the foundation of the control weir was laid on 30 July 1975, well before Wamboin came into being.

You now run the Fence Line trail in reverse for 1 km from the Kowen horse entrance back to the Boundary track.

- Having run this section before, you'll have some idea of what to expect. However, as it is in reverse, the steep uphill section now becomes a steep downhill etc. making this a very different running experience to your earlier one.

It's now time to run the Boundary track in reverse for 1 km before entering the Dirt Road.

- Once again, as you are running this track in reverse, it is both a familiar but at the same time entirely different experience.

Running down the 0.7 km section of Dirt Road, you will be presented with stunning views of Wamboin, all the way to the wind turbines on the other side of Lake George.

Turn left onto Bingley Way and enjoy the long sweeping 1.3 km downhill run to the finish line.

- Remember that runners are required to run on the right-hand side of the road – so that they can more easily see any oncoming traffic.