

Course Description: 12 km

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 will be required to run on the right hand side of the road – so that they can easily see any oncoming traffic.

After 0.5 km the dirt road takes a hard left turn, you will instead continue ahead up a single track.

- The transition from the dirt road to the single track is particularly technical with many large and small rocks on the road's edge. You will need to exercise caution while leaving the road.

You will now run 0.8 km of single track through pristine native forest before arriving at a horse trail entrance to Kowen Forest. You will find a manned water station at this spot.

- The single track is moderately technical, the major issue being the effect of dappled light masking rocks and stones on the trail.
- Caution is advised on the horse trail entry gate as the poles may still be frost-covered and slippery.
- A volunteer at the manned water stations will be noting down bib numbers.

From the water station you will follow the fence-line east for 3.0 km, traversing rolling hills of increasing size. 4.6 km into the race, you will encounter a particularly steep slope. No sooner have you reached the bottom than you commence the climb up the northern slope of Mt Amungula.

- Caution is recommended at the steep slope for all but the most experienced trail runners.

After summiting Mt Amungula, the course sends you down a sweeping 1 km long downhill run. The trail is smooth and fast, and runners who love downhills will be able to get some serious velocity.

- Towards the end of this section, on the right hand side, you may spot the trial planting of Ponderosa Pines. Planted in 1956, these pines look less than 15 years old. Obviously, Ponderosa Pines are not best suited for Kowen conditions!

When you hit the bottom of the hill you will run for 1.7 km on the valley floor through picturesque stands of mature pine forest. Mid-way through this section (at the 7.3 km mark) you will find the unmanned water point.

- It is important that you collect a coloured strip from this water point and keep it with you during the run. This will enable race officials to confirm that runners have covered the course in its entirety.

In Kowen Forest, the rule of thumb is 'what goes down has to go up'. And now you commence your 1.1 km ascent back out of the valley. The course takes you on a steep climb on technical forestry trail before plunging back down and then climbing, descending and climbing again until you reach the well-groomed Jack's Break forestry trail. Here the ascent is really steep and at the end of Jack's Break you continue to climb along the fence line before descending down to the horse trail entrance to the Council Reserve and the manned water station.

- The trail leading up to Jack's Break is particularly beautiful and rarely seen by visitors to Kowen.
- While climbing Jack's Break, take the opportunity to turn around and see the majestic views over Carwoola and Queanbeyan.

You now run the 0.8 km Council Reserve single track in the opposition direction before arriving at the dirt road.

- The final stage of the single track is both highly technical and steep. Caution is advised for people new to trail running. If you don't have the trail running skills, discretion is definitely the better part of valour for this section.
- Caution should also be exercised at the section where the single track meets the dirt road – due to the presence of large and small rocks on the road verge.

Running down the 0.5 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 downhill run to the finish line.

- Remember that Bingley Way 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 will be required to run on the right hand side of the road – so that they can easily see any oncoming traffic.