



Race newsletter

The Kowen Trail Run is a not-for-profit event hosted by the Wamboin Trail Runners in association with the Australian Mountain Running Association.

Proceeds from the event go to the Wamboin Rural Fire Brigade.

To date we've raised over \$11,000 thanks to your support!



Above Photo: Bob Miller

Photo Right: Sharon Komidar

Kowen Trail Run

Sunday, 17 June 2018

Thank you for entering the Kowen Trail Run!

In this newsletter you will find some important information about race day. There's tons more information at our web page (Kowen-trail-run.com) including course maps, elevation charts, course videos and much more. And if you're overwhelmed by all the information on the web page, then check out our race summary info sheet [here](#).

When we decided to start the Kowen Trail Run series, we wanted to create an event that was equally welcoming to both elite runners and to people who had never entered a trail race before. But at the same time, we wanted courses that are as challenging as any you'll find in Australia. I think you'll agree we've delivered on both counts.

We hope you're mentally prepared and physically race-ready. Enjoy your day and from all the Wamboin Trail Runners, we wish you the best of luck in your race.



Before you start

It makes good sense to arrive at least 45 minutes prior to the start of your chosen race. This will ensure that you have ample time to attend to all those pre-race activities and still get to the start line on time.

When you arrive, you will be ushered to your car parking spot by Fire Brigade volunteers.

From there you should make your way to the registration desk and collect your bib (and T-shirt if you pre-ordered one).

You now have time to visit the Mont pop-up shop and other stalls – and of course, arriving early ensures you can visit the toilet before the pre-race-start rush.

The race briefing will be held 20 minutes before the start of each event. You will then have ample time to start your race warm ups etc.

Photo: Carolyn Young

Event program

6:00 am	Registration opens
7:00 am	Marathon
8:00 am	Half marathon
9:00 am	12 km run/walk
11:30 am	Presentation

Race briefings are held 20 minutes before the start of each event.

Race bibs

Race bibs can be collected on race morning. Registration will open from 6:00 am. Runners are encouraged to arrive at least 45 minutes prior to their start time to facilitate collection of bibs.

Race bibs must be clearly visible on the front of your running gear.

Race T-shirts

If you pre-ordered a Kowen Trail Run T-shirt, you can collect them at the registration desk.

A limited supply of T-shirts and buffs will be available for purchase on race day.



Mandatory gear

All participants must carry a water container, mobile phone and space blanket for safety reasons.

Runners competing in the marathon must have the capacity to carry 1 litre of water as a minimum.

In accordance with our duty of care, gear checks will be carried out at registration. Competitors not carrying mandatory items will not be permitted to start.

Recommended gear

- Gloves
- Rain jacket (if wet)
- Wind jacket (if windy)
- Long sleeve thermal top (if cold)
- Gaiters
- Hat/beanie/buff
- Sunglasses
- Sports watch with GPX function.

Please check weather conditions and pack gear accordingly.

Water stations

Manned water stations are located 3-8 km apart.

- Marathon: eight water stations.
- Half marathon: five water stations.
- 12km: three water stations.

Refer to course maps on the web site for the location of each water station.

All water stations will contain water to fill your water containers. All runners should carry a water container which can be refilled during the event. **No cups will be provided at aid stations.**

Road rules

The starting and finishing sections of the race will be on Bingley Way – a bitumen road. Bingley Way will not be closed to traffic for the duration of the race and competitors are required to ensure they obey all road rules while running this stretch, including moving off the bitumen in the event that a car approaches.

Runners are also required to run on the right-hand side of the road – so that you can more easily see any oncoming traffic.

Any competitor found to be infringing these rules will be disqualified from the race.

Also note that Kowen forest will not be closed for this event. As a result, there is a possibility that you may encounter a vehicle on the forestry roads. If so, please move to the side of the road to allow it to pass.

In case of emergency ...

The Emergency Contact Number for the duration of the race is:

0408 234 126. Plug that number into your phone's contact list – right now.

If you get into any difficulties, or if you see someone else in distress, do not hesitate to call.

If you see someone in distress but you have no mobile reception, stay with the person and advise the next passing competitor (or sweep runner) to phone the emergency number as soon as they regain mobile coverage.

Kowen Fun Fact

The district of Kowen has been spelt in different ways, including Kowan, Kohan, Coan, Cohen and even Kohn.

Within Kowen Forest there is a Mt Cohen. On the other side of the border is Kowan Gully.

According to the ACT Heritage Council (2015, p 2) "A phonological reconstruction of Kowen suggests that it was partially derived from the Aboriginal place name for the area, which was 'Kuwain'. Kuwain was also the first element of the Aboriginal 'Kuwiniyan', from which Queanbeyan was derived, although its meaning is unknown".



Photos: Bob Miller

Babes in the woods

Parents are welcome to run their race while pushing a pram. But please be aware that this is a trail race and there will be some obstacles on the path as well as some steep slopes. But if your child has trained you well, that should not be an issue.

It's a dog's life

The Kowen Trail Run is a dog-friendly event. We even have dog bowls for water at the two 12 km course water stations. All we ask is that you have your dog on a leash and under your control at all times, and that you start the race from the back of the pack.

Time limits

Time limits are necessary for personal safety and out of consideration to event helpers who volunteer from very early in the morning to help on the day. A seven-hour time limit applies to the marathon and a four hour thirty minute time limit applies to the half marathon and 12 km events. Persons not finishing within the time limit will be disqualified.



Post-race munchies

Runners in the marathon, half marathon and 12 km trail run receive a cup of soup and roll or a sausage sandwich following their event. Costs are covered by your entry. There will also be a coffee cart on site selling coffee, hot chocolate and chai.

Prizes

Thanks to our sponsors, we have a great range of prizes this year – both for podium winners and the barrel draw.

Prizes on offer include lunch vouchers for winners as well as bottles of wine from local vineyard and restaurant, Contentious Character and a swag of goodies from Canberra adventure store, Mont.

In addition, Contentious Character has offered a 15% lunch discount for all race entrants and volunteers valid for the weekend of the race.

Mont will also be setting up a pop-up shop on race day with lots of trail running goodies including mandatory and recommended race gear.

In the meantime, why not pop into the Mont store for a chat about your trail running needs. They have trail running experts in store that can help you with all your requirements.



Photo: Bob Miller

Race Expo

The event will also feature a mini race expo with the Mont pop-up shop selling all sorts of trail running goodness (see advertisement below) as well as local vendors selling knitted products (eg beanies and gloves) and jewellery. There will also be stalls by Landcare and Wildcare and a coffee cart.

Bring your money with you

While the Mont pop-up shop will have EFTPOS facilities, the other stalls will be operating on a cash only basis – so make sure you bring your money with you!

Watch out for wildlife

We share the roads into and out of Wamboin with a bunch of wildlife including kangaroos, wombats, lizards, snakes and turtles. Please be vigilant and **SLOW DOWN** – especially in the early morning hours.

More information

If you are after more information about the Kowen Trail Run, check out our website at kowen-trail-run.com. There, you'll find loads of information on our events and courses, including maps, videos and elevation charts.

The links tab contains a list of useful websites on trail running and related matters.

We also have information on access to Kowen Forest so you can extend your trail running fun beyond race day.

If you have any questions, don't hesitate to hit us up via the 'contact' tab.

If you're not already on our Facebook page, sign up for regular updates on events, loads of race pics and general Kowen trail running goss. Just click the link below.



Photo: Bob Miller

Changes at the Kowen Trail Run

What's new at this year's Kowen Trail Run?

Quite a lot actually.

This will be the first Kowen Trail Run to be held on a Sunday - which will be more convenient for our interstate competitors. It will also be the first Kowen Trail Run to have full access to the Community Hall. Not only will the hall give protection from extremes of weather and temperature, it will also provide a space to hold race briefings, as well as providing a place, under cover, to chill out before and after racing.

In the hall there will be a mini race expo with the Mont pop-up shop, stalls from locals selling jewellery and woollen wear plus stalls by Landcare and Wildcare.

There will even be a dedicated change room for women (men can use the toilet block). So, bring along a fresh change of clothes post-race.

We are also pleased to announce that, in recognition of the significant donations we (and that includes everyone that has entered a Kowen Trail Run event) have made to the Wamboin Rural Fire Brigade, the volunteer fire fighters have decided to build a new toilet block especially for us! So, you can also look forward to much reduced pre-race toilet queues.

Clearly with all these new facilities in place, the June race is shaping up to our best yet!



Partners

The Kowen Trail Run is hosted by the Wamboin Trail Runners in association with the following partner organisations:

- [Contentious Character](#)
- [Mont Adventure Equipment](#)
- [Australian Mountain Running Association](#)
- [FlyerUltra](#)
- [Wamboin Rural Fire Brigade](#)
- [Wamboin Community Association](#)
- [Landcare](#)
- [Wildcare](#)
- [Wonderful Women of Wamboin](#)



Photo: Bob Miller

Wamboin Rural Fire Brigade

The Kowen Trail Run is a non-profit event with all proceeds going to the Wamboin Rural Fire Brigade. And in return the firies help us out with logistics like parking, first aid and cooking - so we kinda sponsor each other!

Wamboin Community Association

The Wamboin Community Association, or WCA for short, is a residents' group that represents the Wamboin community and supports other community groups that are active in the Wamboin area. The WCA has an active group of members who volunteer their time and wide-ranging skills throughout the year for the benefit of the community. Members come from all walks of life but share one thing in common – an interest in making life in Wamboin better for all current and future residents. The WCA has a long history of achievements in establishing and maintaining local facilities and organising a wide range of events for all residents and visitors to enjoy. Members' contributions and activities include:

- organising monthly, annual and *ad hoc* events (e.g. Wamboin monthly Home Produce Markets, Bonfire and Fireworks night, Wheels of Wamboin car show, Spring Talks, Christmas Carols etc)
- construction, improvements and ongoing maintenance of community facilities such as the Wamboin Community Centre (Hall, playground etc.) at 112 Bingley Way
- production of the long-running monthly local newsletter, The Wamboin Whisper

To achieve our aims, we need the support of as many Wamboin residents as possible. Membership is open to all in the Wamboin community and simply requires a willingness to participate and an application form. You are very welcome to come along to a WCA monthly meeting, which is a great opportunity to meet your neighbours, learn from others and become active in your local community.

When: Third Tuesday of every month (except January)

Time: 7:30 pm

Where: Wamboin Community Hall, 112 Bingley Way, Wamboin

Wonderful Women of Wamboin

Special thanks go to the Wonderful Women of Wamboin who have made all the gift bags we provide to podium winners and our dedicated volunteers.

The Wonderful Women of Wamboin is a women's social group. All women are welcome on Mondays 10:00 am to 12 noon at the Anglican Church on the corner of Poppet Rd and Norton Rd. Members come from Sutton, Gundaroo, Bywong and Wamboin, with a few from Queanbeyan and the ACT.



Photo: Carolyn Young

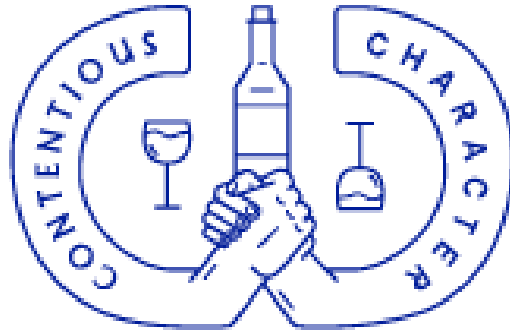


Photo: Bob Miller



Photo: Sharon Komidar

Photo right: Contentious Character



Contentious Character is a cool-climate winery, set in the hills of Wamboin, 30km east of Canberra. From the Wamboin Community Centre in Bingley Road, turn right into Norton road, just three minutes away, and on the right-hand side of the road.

Whether you come to ours, or our wines come to you via the prizes in the run, we'll give you plenty to talk about.

We're a single vineyard winery. We grow our own grapes, sell our own wines, and make our own good times. You're welcome to join us at the weekend before or after the run, when we throw open our cellar door, fire up the pizza oven and serve fresh local produce, paired with our wines.

Kowen Trail Run entrants will receive a 15% discount on lunch on Saturday 16th and Sunday 17th June, just let us know you're a runner!

For further information email us info@contentiouscharacter.com.au or 02 6238 3830.

Good luck with your run!!



KOWEN TRAIL RUN

Proudly Sponsored by



MONT

ADVENTURE EQUIPMENT

*Visit our pop up shop at the event for
all your trail running needs*