

KOWEN MOONLIGHTER

Saturday, 1 September 2018

RACE NEWSLETTER

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

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

To date over \$21,000 has been raised thanks to your support.



Photo: Bob Miller

Thank you for entering our final event for 2018, the Kowen Moonlighter. This event brings a number of firsts; our first ultra-marathon, first night race and first lap race. We're excited to be able to present this event and look forward to hearing how you all go!

As this event takes on a new format we highly recommend that you carefully read the race info pack here and FAQs [here](#). Whether you've chosen to run in the solo or relay ultra-marathon, or you've entered the single, double or triple loop event, we think you are going to have a ball.

Special thanks to our sponsors Mont Adventure Equipment, local vineyard and restaurant Contentious Character, the Wamboin Community Association, the Wamboin Rural Fire Brigade, the Wonderful Women of Wamboin, FlyerUltra and the Australian Mountain Running Association.

We're glad you decided to spend the night with us in the Kowen moonlight!

Photo: Richard Thorek



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LET'S GET LOOPY!

The Kowen Moonlighter is run on a 7.55 km circuit starting and finishing at the Wamboin Community Hall. Each circuit has 230 metres of elevation gain and consists of 2.64 km of bitumen, 1.25 km of dirt road and 3.66 km of single track in native forest.

The trails will be familiar to those who ran the January 12 km course. They are a mix of winding and straight single-track trails in native forest. Runners should exercise caution on the trails as there are fallen trees, rocks, sticks and other hazards to negotiate. More information on the course is available [here](#).

EVENT PROGRAM

3:30 pm	Hall open for set-up
5:00 pm	Registration opens
5:40 pm	Pre-race briefing – triple loop and ultra-marathon
6:00 pm	Ultra-marathon and triple loop race start
6:10 pm	Pre-race briefing – single loop and double loop
6:30 pm	Single loop and double loop race start
9:00 pm	Presentation single loop, double loop and triple loop
6:00 am	Ultra-marathon finish
7:00 am	Ultra-marathon presentation

BEFORE YOU START

Please arrive at least 45 minutes prior to the start of your event to ensure that you have ample time to collect your race bib, complete gear check, use the bathrooms and conduct any warmups.

With the two start times separated by just 30 minutes, it makes sense to arrive early to avoid any last-minute rush.

And don't forget the pre-race briefing is held 20 minutes before each start.

RACE BIBS

Race bibs will need to be collected on race day at registration from 5:00 pm. They must be clearly visible on the front of your running gear at all times during the event.

GEAR CHECK

Mandatory gear may be checked prior to and during the event. Mont will have pop up stall for any last minute or forgotten items (please note Mont will not be selling hi vis safety vests).



Photo: Mont



FOOD GLORIOUS FOOD

At the end of their race, runners in the 7.5 km, 15 km and 22.5 km events will receive either a cup of homemade soup and bread, a sausage sandwich or a steak sandwich. Costs are covered by your entry.

From 10:00 pm warm food (soup and sausage sandwiches) and rice pudding will be provided to ultra-marathon runners (solo and relay) at the Wamboin Community Hall.

A post-race breakfast will also be available for ultra-marathon runners. Costs are covered by your entry.

The warm food, hot drinks, snacks and breakfast will also be available for purchase by crew and supporters.

MANDATORY GEAR

For safety reasons, all participants must carry the following mandatory gear at all times:

- a water container
- mobile phone
- space blanket
- head lamp or torch
- 'hi vis' safety vest (to be worn at all times)

The hi vis vest is required because you will be running on a road at night for part of each loop. More information on hi vis vests can be found [here](#).

In addition, ultra-marathon runners will also need to either carry the following or have them stored in a drop bag for access if needed:

- spare torch/headlamp or torch/headlamp batteries
- long sleeve thermal top
- gloves
- beanie/buff
- rain jacket
- rain pants

AID STATIONS

There are two aid stations on the course – the Wamboin Community Hall and the mid-way aid station.

The **mid-way aid station** will have minimal services. Hot drinks, a small quantity of cold food (snacks etc) and water will be available at this aid station. There will also be a marquee for shelter and for drop bags; as well as a small cooking fire.

The **Wamboin Community Hall** is the main hub for the event and the prime area for support crew and your drop bags. The hall has water, electricity, flushing toilets and a log fire. It is here that race officials can be contacted if needed.

Solo and team ultra-marathon runners are encouraged to bring support crew. Support crew must remain at the Wamboin Community Hall. Tables will be available for crew both inside and outside the hall. Floor space is available for crew and runners to rest in the hall.



ULTRA-MARATHON INFORMATION

Runners and crew are welcome to set-up from 3:30pm on Saturday.

SLEEP AREA – available for runners and crew in the hall, which will be heated. You will need to bring something to sleep on. **CAMPING** sites are also available at 3 locations near the hall.

CREW & SUPPORT – tables will be provided in the hall, where you can set-up prior to the event.

MID-WAY AID STATION – drop bags can be delivered for ultra-marathon solo and relay runners, but you must ensure they are delivered to the hall by 5:30pm.

POST-RACE – have you thought about how you're getting home safely? Queanbeyan taxis do service the Wamboin area, alternatively why not ask a friend to cheer you through the finish and give a lift home.

SAFETY ON THE ROAD

The starting and finishing sections of the loop 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 and oncoming cars will clearly see your light and hi vis vest.

IN CASE OF EMERGENCY

In an **emergency** your first response should be to **dial 000**.

For **minor incidents** the first aid coordinator can be contacted on **0423 661 970**. The **race director** can be contacted on **0408 234 126**.

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 to phone the emergency number as soon as they regain mobile coverage.

Remember, if you do get sick or injured, at no point on the course are you more than 3.8 km from the hall or 2 km from an accessible road.

WILDLIFE

Wamboin has an abundant population of eastern grey kangaroos. Please be careful when driving to and from the event as they are often grazing metres from the road both day and night. While in the forest keep a look out for wombats and brushtail possums. The last possum sighting we had was just two weeks ago on a night run. Wombats also live near the Moonlighter course, there have been sightings of a mother and her joey earlier this year both at dusk and dawn.



Photo: John Harding



KOWEN FUN FACT

The first European settlers in Kowen Forest were Luke and Mary Cloverwell who in 1831 settled at 'Dirty Swamp' (later known as Glenburn) on Glen Burn Creek, two kilometres upstream from where it joins the Molonglo River.

By the 1860s the area was home to a small but thriving rural community. The Kowen public school was established in 1882 and was in continuous operation until 1906. A railway platform was established nearby (Burbong – which can be seen from the King's Highway) in the late 1880s and a small copper mine operated for a short time in the late 1880s as well.

Many of the houses and farming structures remain and are open to visitors. More [here](#).

The Kowen Moonlighter is hosted by the Wamboin Trail Runners with assistance from the following 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: Richard Thorek



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!



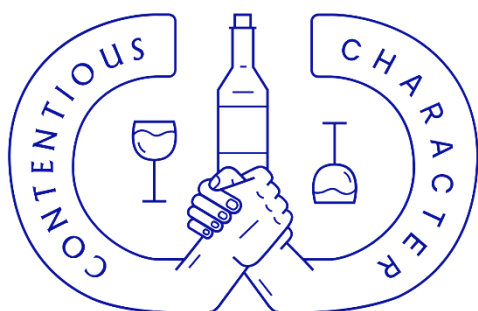
Wamboin Community Association

The Wamboin Community Association (WCA) is a residents' group that represents the Wamboin community and supports other community groups that are active in the Wamboin area. WCA members volunteer their time and skills throughout the year for the benefit of the community. Membership is open to all in the Wamboin community. 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



Contentious Character

Contentious Character is a cool-climate winery, set in the hills of Wamboin, 30km east of Canberra. They are a single vineyard winery, growing their own grapes, selling their own wines, and making their own good times. Join them on the weekends when they throw open their cellar door, fire up the pizza oven and serve fresh local produce, paired with their wines.

Mont Adventure Equipment

The Mont Store in Canberra is independently owned and are the experts when it comes to outdoor gear, actively sourcing products from leading innovators to complement the Mont range and equip you for all your outdoor adventures. Mont is Canberra's top trail running store and has a huge range of shoes and equipment from Salomon, Osprey, Ultimate Direction and Hoka One One.

Mont will have a stall open from 4:00-10:30pm on Saturday and from 5:30am on Sunday at the Kowen Moonlighter, with a range of their great gear available on sale. They will also have a selection of demo head torches that runners can take out for a test lap! Race entrants can also receive a 15% discount in store this week just by showing their race entry confirmation email, so feel free to drop by the store at 18 Pirie St Fyshwick for advice or to stock up on gear for your trail running and outdoor adventures.

