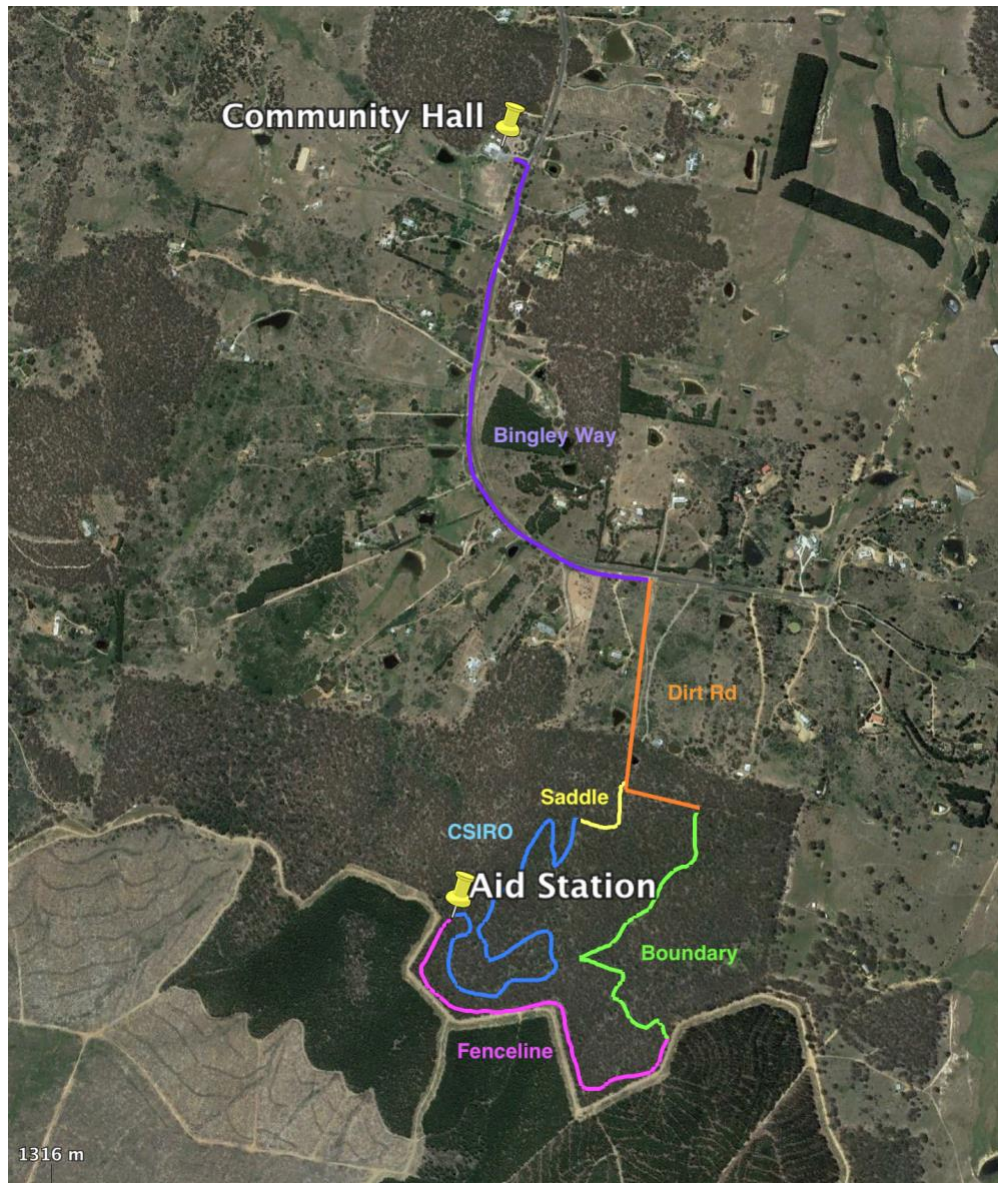


Kowen Trail Run: Kowen Moonlighter

Course description



Starting at the Wamboin Community Hall, you will run up Bingley Way for 1.32 km before turning right onto a Dirt Road leading up into the forested Crown land.

- 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 and drivers can more easily see your lights and hi vis vest.

Following the Dirt Road for 750 metres, you will reach the entry point to the Boundary trail.

- You enter the single track at a different place from the June race – running an additional 250 metres along the dirt road.
- This is the same entry point as for the January 12 km event.

The Boundary trail takes you through 0.90 km of native forest on the eastern boundary of the reserve before connecting with the Fenceline trail.

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

The Fenceline trail follows the southern boundary with the Kowen Forest pine plantation for 1.01 km, ending at the mid-way point aid station.

- 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.
- An aid station and mid-way timing point will be positioned at the horse gate adjacent to the start to the CSIRO trail.

Turning right at the mid-way point aid station you now follow the CSIRO trail for 1.54 km before joining the Saddle trail.

- The CSIRO trail 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 trail.
- The trail runs past an abandoned CSIRO hydrological research site. As you run the trail you will pass a control weir, footings for instrumentation (since removed) and associated plot markers. According to the inscription on a concrete slab, the foundation of the control weir was laid on 30 July 1975, long before Wamboin came into being.

You now run the Saddle trail for 100 metres before turning left and running downhill for another 110 metres and rejoining the Dirt Road.

- Runners who competed in the June race and the January half marathon will be familiar with this stretch of single track.
- Caution is recommended in running the downhill section, particularly where it joins the dirt road.

Running down the 500 metre section of Dirt Road, you will turn left onto Bingley Way and enjoy the long sweeping 1.32 km downhill run to the hall.

- 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 and so drivers can more easily see the runner's light and hi vis vest.

At the hall, the single loop runners will finish their run after one loop, the double loop runners will finish their run after two loops of the course and the triple loop runners will finish their run after three loops. The ultra-marathon runners (solo

and relay) will continue running loops until the race ends at 6:00 am on Sunday morning.

- At the hall there will be a clearly marked track that leads runners across the timing mat and back around in a wide arc to rejoin Bingley Way.