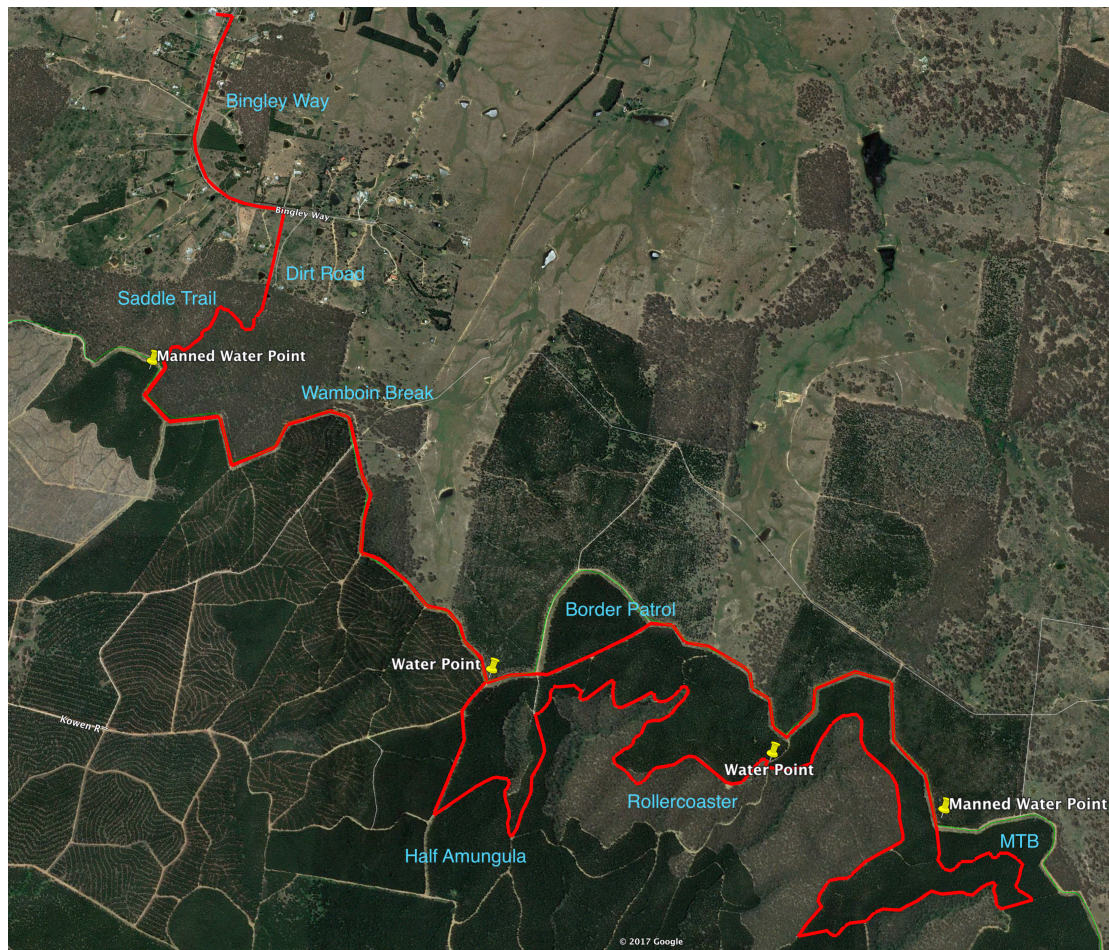


Course Description: Half Marathon



Starting at the Wamboin Community Hall, you will run 1.3 km along Bingley Way before turning left 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 more easily see any oncoming traffic.

Following the dirt road for 0.5 km, you leave the road running up 100 m of steep single track which connects the dirt road with the Saddle Trail.

You will run the Saddle Trail for 0.5 km before taking a side track that leads you directly to the horse entrance to Kowen Forest. There is a manned water station at this point.

- The trail is fast and wide, the major issue being the effect of dappled light masking rocks and branches on the trail.
- The side track was not included in the June Kowen Trail Run marathon and half marathon courses. There will be tape across the Saddle Trail at the turn to prevent you from going the wrong way.

Crossing the horse entrance, you head left and along Wamboin Break for 2.9 km until you reach an unmanned water point.

- Running on well-groomed forest trails you will travel through rolling hills with views over Wamboin on your left and plantation pine forest on your right.
- The hills will increase in size until 4.7 km into the race, you will encounter a particularly steep slope. Caution is recommended here for all but the most experienced trail runners.
- Having reached the bottom of the slope you now commence the climb up the northern slope of Mt Amungula. This is the easier side of Mt A, but it's still a challenging run.

After the water point, you continue mostly along the fence line for a further 2.8 km.

- As the fence marks the border between NSW and the ACT, we call this section of forestry trail the Border Patrol.
- 200 m from the water point there is an intersection, here you proceed straight ahead leaving the fence line for 0.5 km before rejoining it.
- You will continue running along boundary fence through rolling hills until you reach a manned water station.

At the manned water station, you will be directed away from the boundary fence and into the plantation forest through a 1.0 km section of trail we call the MTB trail.

- For the first 200 metres, you will run along smooth forestry trail with a cushion of pine needles underfoot and an arching canopy of branches above.
- Following the turn maker, you now enter a 0.6 km section of mountain bike trail through the pines. This section, which winds its way between trees, has tricky descents and ascents. It is also highly technical being uneven, with a mix of tree roots and dappled shade adding further complexity to the experience. Caution is recommended for the more inexperienced trail runners. If you don't have the trail running skills, discretion is definitely the better part of valour for this section.
- The final 200 m stretch is similar to the first, as you travel through soft clean forestry trail until you hit the Rollercoaster trail.
- Everyone who has run this course is unanimous in declaring this trail the jewel in the crown of the half marathon course.

You now run along the eastern half of the Rollercoaster trail along the slopes of the Kowen Range for 2.7 km before arriving at an unmanned water point. After the water point, the Rollercoaster trail continues for a further 2.2 km until you reach the Half Amungula trail.

- From here on in you are running most of the final third of the June Kowen Trail Run marathon course.
- For much of the Rollercoaster trail you run with mature pine plantation on your right and native forest on your left.
- Trail conditions range from groomed forestry road to single track and back again.

If you thought the Rollercoaster had some ups and downs wait until you run the 1.6 km Half Amungula section. This part of the course takes you straight down the Kowen range almost to the valley floor before sending you across the lower slopes and then back up the formidable Mt Amungula. Your climb to the top of the mountain is rewarded with an unmanned water point.

- This is the steepest and most challenging climb of the course. A climb that can only be truly appreciated as you round that final corner and see Mt A. looming above you.
- Coming as it does towards the end of the half marathon, it is important that you have planned your race so as to have some petrol in the tank for this one!
- The section is called the Half Amungula because you join the ascent part way up the mountain. In the June marathon course, the runners do the full Monty from the valley floor.
- Don't forget to turn around as you climb to see some stunning views.
- And remember, this race is run in association with the Australian Mountain Running Association so you had to expect some hills ☺.

Having successfully conquered Mt Amungula, you now proceed west, back along Wamboin Break for 2.9 km until you reach the horse entrance to the Council Reserve.

- This section of the course is undulating with some steep climbs and descents. But compared to Mt Amungula they are mere bumps in the road. Still, the climbs can be taxing if you expended all your remaining reserves climbing Mt A.
- Along the trail there are some terrific views of Wamboin and beyond.

You now run the 0.6 km Saddle Trail and side track in the opposite direction through the Council Reserve before arriving at the dirt road.

- You share 300 metres of this trail with the 12 km course, so make sure you follow the 21 km trail markers. (Essentially the 12 km course turns right, off the Saddle trail while the half marathon course turns left down the steep slope to the dirt road).
- The final stage of the single track is both technical and steep. Caution is advised for people new to trail running.

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 1.3 km 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.