

KTR Winter Trails Half Marathon: Course Description

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 Native Forest.

- 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 if 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 for 3.2 km - on groomed forestry trail - until you arrive at the intersection with Seven Mile Rd. Here you will find a manned water station. Along the way, you will climb Poppet Hill with magnificent views over Kowen Forest, Canberra, Queanbeyan and the Brindabellas.

- This section of the course runs past the back of properties on Poppet Rd and you may encounter the occasional dog walker or local out for a stroll.

Running along Seven Mile Rd for 1.9 km, you descend from the Kowen Range through mature pine plantation down almost to the main Sutton Rd entrance.

- Seven Mile Rd is predominantly groomed forestry road with two segments of bitumen, including on the steep downhill section.

You now turn left onto a 3.5 km stretch of forestry trail running parallel to Sutton Rd before entering the Kowen Escarpment Nature Reserve and a manned water station.

- This section has long, straight stretches of trail, enabling you to observe runners for up to a kilometre in front and behind you.
- A volunteer at the manned water station will be noting down bib numbers.

By now you have run a 7 km section of essentially downhill or flat-undulating trail. But now it's time for some more vertical. From the water station you now

commence your ascent of Mt Doom (we made up that name!) with 1.1 km of almost continual climb.

- Running along a ridgeline between two moist-Eucalypt gorges, this section takes you from the bottom to the top of the Kowen Escarpment Nature Reserve.
- The gradient of the climb is steep with only one flat-ish section of any real length.

But the climbs don't end here. You now run for 2.6 km along an undulating forestry trail up to the Kowen Fire Tower. As you proceed through beautiful pine forest, you'll notice that almost every climb seems longer than the last until you make it to the tower. Find the time for a quick look at the panorama that greets you at the Tower, before plunging down 0.5 km to rejoin the Seven Mile Rd intersection and water station.

From here you retrace your steps taking the 2.3 km climb to the summit of Poppet. But the climbs don't end here. From Poppet Hill you descend again only to climb back up to the same elevation as you approach the manned water point at the entrance to the Native Forest (a further 0.9 km).

- A volunteer at the manned water station will be noting down bib numbers.
- Exercise caution at the horse trail entry gate.

You now run the 0.8 km Native Forest 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 if 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.