



The Wamboin Trail Runners Inc. in association with the Australian Mountain Running Association present the

Kowen Winter Trail Run

Marathon: Sunday, 21st June 2020

Kowen Iso Winter 12 & 21.7 km Trails:

Saturday 13th – Saturday 20th June 2020

Location: Wamboin Community Hall, 112 Bingley Way, Wamboin, NSW

Facilities: Parking and toilets

All proceeds go to the Wamboin Rural Fire Brigade

The Kowen Trail Run organisers are unable to host the regular Half Marathon and 12 km Winter Trails events due to the current COVID-19 restrictions for ACT and NSW.

But you know it will take more than COVID-19 to stop us running! The Kowen Trail Run team is pleased to present two new challenging courses in the beautiful Kowen Forest for participants to run anytime over an eight-day period. They are both out and back courses for ease of navigation.

Run through native forest and on groomed forestry trails with spectacular views of Canberra and surrounds. Over 1400 metres of elevation gain on the marathon course. Support the Wamboin community and take in the rural atmosphere.

Further details on the Marathon will be released soon.

All entrants must adhere to current COVID-19 physical distancing regulations.

NSW: <https://www.nsw.gov.au/covid-19/how-to-protect-yourself-and-others>

ACT: <https://www.covid-19.act.gov.au/protecting-yourself-and-others>

The entry process offers you opportunity to donate to our local Wamboin Rural Fire Brigade and purchase your Kowen Trail Run Merchandise.

Entry Information

Entry Fee

| | | |
|---------------------------------|--------------|------|
| 42.2 km Marathon | Early Bird | \$50 |
| | 7 – 13 June | \$70 |
| Kowen Iso Winter 21.7 km Trails | Iso Run/Walk | Free |
| Kowen Iso Winter 12 km Trails | Iso Run/Walk | Free |

Kowen Iso Winter Trails Information

Key details:

No crowds or supporters and no officials will be in attendance.

Participation is free.

Online free entry for these runs is now open – and will close at midnight on Thursday 11th June.

The entry process offers you opportunity to donate to our local Wamboin Rural Fire Brigade and purchase your Kowen Trail Run Merchandise.

All entrants must adhere to current COVID-19 physical distancing regulations.

NSW: <https://www.nsw.gov.au/covid-19/how-to-protect-yourself-and-others>

ACT: <https://www.covid-19.act.gov.au/protecting-yourself-and-others>

Stay safe and enjoy our new courses! Have a great race and thank you for your support.

Event Overview

These two walk/run courses have been designed for entrants to complete sometime over an 8-day time frame. Runners must navigate the course, time their own run, and upload their race time to the event portal. Photos, including selfies, can be posted on our Facebook page:

<https://www.facebook.com/kowentrailrun>

Please note that you should only upload your Total Time, not Moving time from GPS programs like Garmin Connect and Strava.

Times will be collated, and full results published after the event. The results will include all age group categories.

Distance Options

Each event includes two distance options:

- Kowen Iso Winter Trails 12 km walk/run
- Kowen Iso Winter Trails 21.7 km walk/run

Runners can enter both distances if they would like.

Run and Entry Information

Please see course description below:

Online entry for the Kowen Iso Winter Trails is **now open**. [Click here](#)

Online entry for the Kowen Iso Winter Trails closes at **midnight on Thursday 11th June**.

The event officially opens for participation at **5am on Saturday 13th June**.

The deadline for submission of run times is **7pm on Saturday 20th June**.

Course Navigation

All courses are unmarked. Please study the course maps and descriptions carefully. If you can, we strongly advise you download the GPX files to assist with course navigation.

Race rules

1. Please ensure you obey current physical distancing requirements of 1.5m between people.
2. The events may be run solo or in a private group up to current COVID-19 compliance numbers.
3. Remember path and trail etiquette. Keep to the left, respect all other path users, and let people know you are passing. Take all your rubbish home with you please.
4. Only one time can be submitted and accepted as a result for each participant. Your first submitted result is final.
5. We recommend you carry enough water and food for your own personal use and safety.
6. We recommended you carry your mobile phone and a space blanket for personal safety.

How To Submit Your Run Time

Upon completion of entry, runners will receive a confirmation email, followed **WITHIN 48 HOURS** by a second email containing a link to submit their Race Time, Date of Attempt and Start Time directly into the race file.

Only **ONE** uploaded result is allowed for each race. Runners may have multiple attempts during the week but the one that is first uploaded via the email link will be the runner's official timing.

Please note that you should only upload your Total Time, not Moving Time from GPS programs like Garmin Connect and Strava.

Course GPX files

GPX files can be found on our website by clicking on the link below:

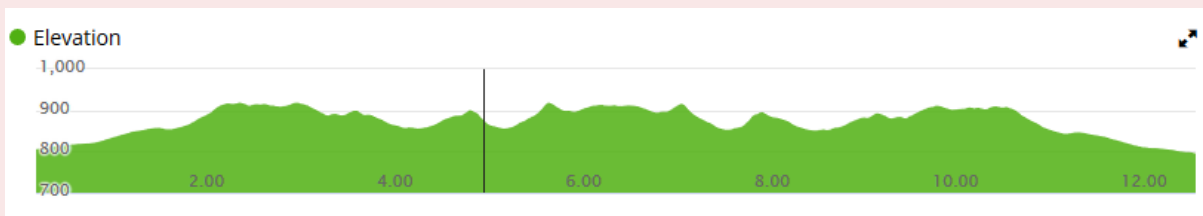
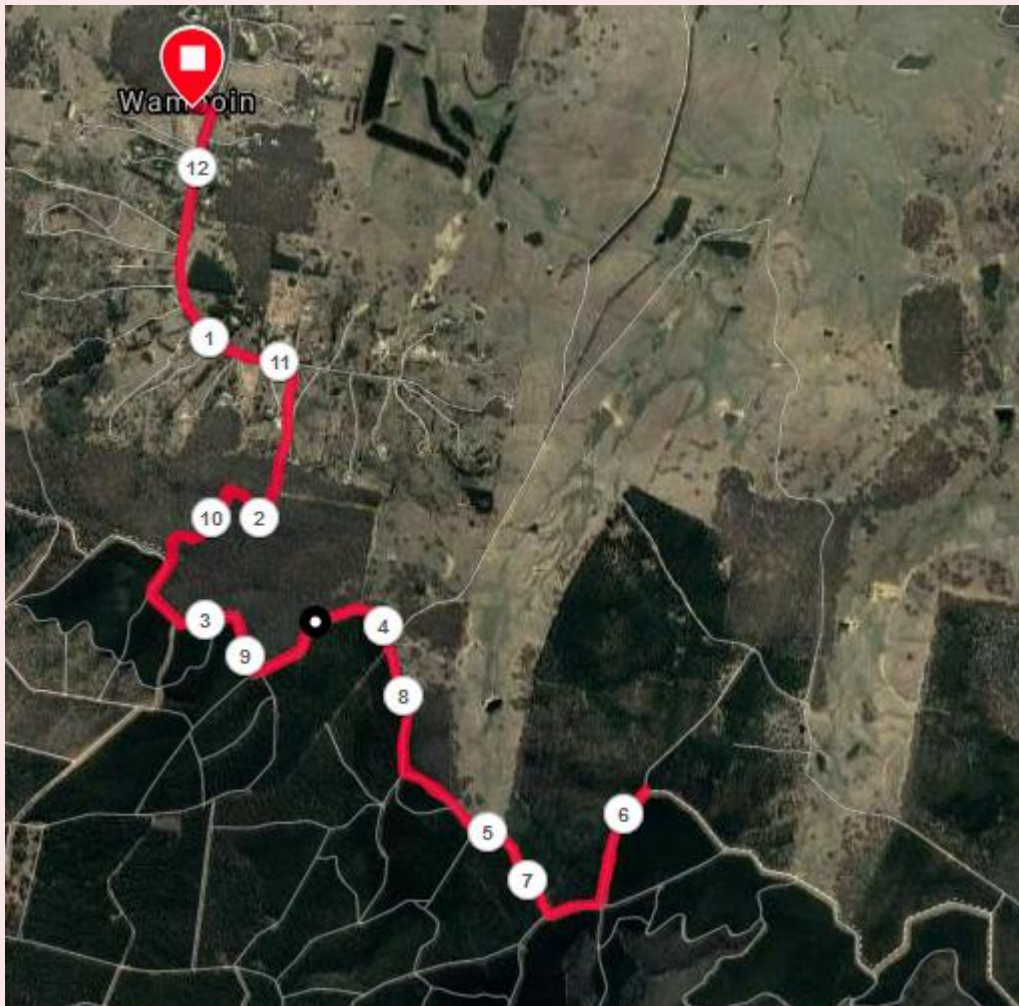
- [KTR Kowen Iso Winter 21.7 km Trails Course GPX file](#)
- [KTR Kowen Iso Winter 12 km Trails Course GPX file](#)

Course Maps

KTR Kowen Iso Winter 21.7 km Trails Course Map



KTR Kowen Iso Winter 12 km Trails Course Map



Course Descriptions

Please see course description below.

KTR Kowen Iso Winter 21.7 km Trails Course Description

This is an out and back course

The start line is the concrete spoon drain bordering the bitumen area at the front of the Wamboin Community Hall and the Wamboin Rural Fire Shed.

Starting here you will head out to Bingley Way, turning right onto Bingley Way and run up Bingley Way for 1.3 km before turning right onto a dirt road leading up into the Native Forest. The dirt road is opposite 241 Bingley Way.

- Bingley Way is not a busy road but there are cars and trucks, so please ensure you obey all road rules while running this stretch, including moving off the bitumen if a vehicle 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 straight 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 roads 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.

- 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.

After crossing the Horse Poles, you will turn LEFT and follow the fence-line for 8.2 kms, keeping the fence line on your LEFT always.

This section of fire trail is a wide clear fire break. You will be traversing rolling hills of increasing size.

At 4.6 km into the run you will encounter a particularly steep slope, it is a Kowen Trail Run after all! No sooner have you reached the bottom than you commence the climb up the northern slope of Mt Amungula.

After summiting Mt Amungula, the course continues along the fence line until you reach a four-way intersection where you make a sharp left-hand turn to

follow the fence line. You will then continue up a small incline until you reach a gate in the fence line and a cairn made from rocks. This is 6 km mark.

Continue following the fence line for another 1.8 kms. At the 10 km mark you will see the forest open. Continue along the fence line until you see a cairn made from rocks next to the fence line. This is the 10.8 km and your turnaround point.

After turning around at the 10.8 km mark, you now run back the way you came to the hall. You will follow the fence-line for 8.2 kms, keeping the fence line on your RIGHT always.

At the 9.4 km mark you will see the Horse Poles entry gate.

After crossing the Horse Poles, you now to LEFT and run back the way you came. Run 0.8 km through the Native Forest single track 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.
- 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 and the potential for construction trucks to be using the road.

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 so please ensure you obey all road rules while running this stretch, including moving off the bitumen if a vehicle approaches.
- Runners will be required to run on the right-hand side of the road – so that they can easily see any oncoming traffic.

The finish is at the same concrete spoon drain where you started.

Congratulations on running the Kowen Iso Winter 21.7 km Trails course with 720m of elevation.

KTR Kowen Iso Winter Trails 12km: Course Description

This is an out and back course

The start line is the concrete spoon drain bordering the bitumen area at the front of the Wamboin Community Hall and the Wamboin Rural Fire Shed.

Starting here you will head out to Bingley Way, turning right onto Bingley Way and run up Bingley Way for 1.3 km before turning right onto a dirt road leading up into the Native Forest. The dirt road is opposite 241 Bingley Way.

- Bingley Way is not a busy road but there are cars and trucks, so please ensure you obey all road rules while running this stretch, including moving off the bitumen if a vehicle 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 straight 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 roads 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.

- 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.

After crossing the Horse Poles, you will turn LEFT and follow the fence-line for 3.6 kms, keeping the fence line on your LEFT always.

This section of fire trail is a wide clear fire break. You will be traversing rolling hills of increasing size.

At the 4.6 km into the run, you will encounter a particularly steep slope, it is a Kowen Trail Run after all! No sooner have you reached the bottom than you commence the climb up the northern slope of Mt Amungula.

After summiting Mt Amungula, the course continues along the fence line until you reach a four-way intersection where you make a sharp left-hand turn to follow the fence line. You will then continue up a small incline until you reach a

gate in the fence line and a cairn made from rocks. This is halfway and your turnaround point.

After turning around, you now run back the way you came to the hall. You will follow the fence-line for 3.6 kms, keeping the fence line on your RIGHT always.

At the 9.4 km mark you will see the Horse Poles entry gate.

After crossing the Horse Poles, you will turn LEFT and run back the way you came. Run 0.8 km through the Native Forest single track 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.
- 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 and the potential for construction trucks to be using the road.

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 so please ensure you obey all road rules while running this stretch, including moving off the bitumen if a vehicle approaches.
- Runners will be required to run on the right-hand side of the road – so that they can easily see any oncoming traffic.

The finish is at the same concrete spoon drain where you started.

Congratulations on running the Kowen Iso Winter 12 km Trails course.

Kowen Winter Trail Run Marathon Information

Event Program

This event will be staged through multiple start times to ensure COVID-19 restrictions are enforced. Prior to the event you will be assigned your wave number and start time. There will be no post race physical presentation.

**MARATHON ENTRIES CLOSE MIDNIGHT THURSDAY 18TH
JUNE 2020**

Courses Information

Running Surface

Mostly dirt forestry trails in Kowen Forest. Sealed bitumen for 1.3 km at start and finish with some single track and well-formed forestry trails.

Aid Stations for the Marathon event only

Eight aid stations are located three to eight km apart. All aid stations will contain water to fill your container (no cups will be provided to ensure an environmentally friendly event) with hand sanitiser available. Runners must carry a water bottle or bladder which can be refilled during the event. For more information on location of aid station please refer to the course map.

Time Limits

Time limits are necessary for personal safety. A seven-hour time limit applies for the marathon event and persons not finishing within the time limit will be disqualified.

Mandatory Gear

All participants must carry the following mandatory gear for safety reasons. All entrants will participate in a mandatory gear check on the day of the event to show they have all the required gear before being allowed to register and collect their race number.

- **Water Container**
- **Mobile Phone** (with race director 0408 234 126 saved in case of an emergency)
- **Space Blanket**

If an entrant does not have one of these mandatory gear items, they will not be allowed to enter the race for their own safety. It is the responsibility of the runner to ensure they have all the required gear at the event.

Race Numbers

Will be collected on the day. Runners are encouraged to arrive 30 minutes prior to their start time to ensure there is enough time for gear check and registration.

Post-Race Muchies

Marathon runners will get a warm cup of vegetable soup and roll following your event. Costs are covered by your entry.

Prizes

Winners (Male and Female) will receive goodies from our sponsors.

Facilities

Parking and toilets (arrive early to avoid the rush), children's playground and first aid are available on the day.

Course Map 42.2 km Marathon



Cancellation, refund, entry transfer, change of distance

Partial refund

Entrants who wish to cancel their registration due to illness/injury/family or work commitments may apply to receive a refund of the entry fee less an administration fee of \$10 up to close of registration (Midnight Thursday before the race). The application should be emailed to kowentrailrun@gmail.com and include your name, the event you have entered, and your RegisterNow registration number (emailed to you when you entered). No refunds will be given for applications after close of registration.

Transfer of entry to another participant or another event

Sorry, we are unable to transfer entry to another person and change your entry to another Kowen Trail Run event. You will need to cancel your entry (as above) if you are unable to participate in the event.

Event Cancellation

If the event is cancelled, for example in the case of extreme weather, you will receive a refund of 70% of your entry fee. The remaining funds will go towards some of the sunk costs that we cannot get refunded.

Volunteers

If you are unable to enter the event, perhaps you would like to join the Kowen Trail Run volunteer army. If so, let us know via email at kowentrailrun@gmail.com or on our [website](#) or [Facebook](#) page.

More Information

For more information check out our webpage at Kowen-trail-run.com and join us on Facebook for race updates.

Contact

Phone: Pam Muston (Race Director) 0408 234 126.

Email: kowentrailrun@gmail.com

Website: <http://kowen-trail-run.com>

Directions to race start

By GPS

Set your destination to 112 Bingley Way, Wamboin, NSW, 2620

From north Canberra

- Leave Canberra via the Federal Highway towards Goulburn and Sydney
- Take the Gunning exit, 7.6 km from the Majura Parkway underpass
- Turn right onto Sutton Road
- After 8.9 km turn left onto Norton Road
- After 4.2 km turn right onto Bingley Way
- After 1.1 km turn right into the Wamboin Community Hall car park
- Marshalls will be available to assist drivers finding a suitable car park

From south Canberra

- Drive towards Canberra Airport and proceed along Pialligo Road past the Airport, towards Queanbeyan
- After 5.9 km turn left onto Sutton Road
- After 9 km turn right onto Norton Road
- After 4.2 km turn right onto Bingley Way
- After 1.1 km turn right into the Wamboin Community Hall car park
- Marshalls will be available to assist drivers finding a suitable car park

Risk statement

When entering online, you will be required to acknowledge the following risk statement.

In entering this mountain running event you should recognise that mountain running is a recreational activity that may involve a small risk of physical harm. Included in these risks are injury due to: steep or rough terrain and obstacles; the effects of heat, cold or other adverse weather conditions; dehydration or over-hydration.

You should be aware that there is no personal accident insurance on your participation, and you participate at your own risk.

Declaration:

1. I, the undersigned, in consideration of and as a condition of entry in the Kowen Trail Run and supporting events, for myself, my heirs, executors and administrators, hereby waive all and any claim, right or cause of action which might arise out of loss of my life or injury or damage consequent upon my entry or participation in the said event. This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging this event.
2. I have downloaded and read the event information, including the risk statement, especially in respect of the time limits and cancellation, refund and transfer of entry policies, and I agree, in entering, to comply with all race rules.
3. I have trained for this event, have no medical impairment which may be detrimental to my health, and I will withdraw from the event if I suffer a viral complaint during the last seven days before the race, or I feel unwell on the day.