



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

Kowen Moonlighter Iso Trail Runs

KTR Kowen Moonlighter Iso 8, 12.5 & 25 km

Walk/Runs:

Saturday 10th – Monday 19th October 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 Moonlighter Trails events due to the current COVID-19 restrictions for NSW.

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

Run through native forest and on groomed forestry trails with spectacular views of Canberra and surrounds. Support the Wamboin community and take in the rural atmosphere.

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

Kowen Moonlighter Iso 25 km Trails	Iso Run/Walk	Free
Kowen Moonlighter Iso 12.5 km Trails	Iso Run/Walk	Free
Kowen Moonlighter Iso 8 km Trails	Iso Run/Walk	Free

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 8th October.

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 three walk/run courses have been designed for entrants to complete sometime over a 10-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 Moonlighter Iso Trails 25 km walk/run
- Kowen Moonlighter Iso Trails 12.5 km walk/run
- Kowen Moonlighter Iso Trails 8 km walk/run

Runners can enter all distances if they would like.

Run and Entry Information

Please see course description below:

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

Online entry for the Kowen Moonlighter Iso Trails closes at **midnight on Thursday 8th October**.

The event officially opens for participation at **5am on Saturday 10st October**.

The deadline for submission of run times is **7pm on Monday 19th October**.

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.

Run 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 snake bandage for personal safety.

How To Submit Your Run Time

Upon completion of entry, runners will receive a confirmation email, a second email containing a link to submit their Race Time, Date of Attempt and Start Time directly into the race file will be sent Friday 9th October.

Only ONE uploaded result is allowed for each race. Runners may have multiple attempts during the eleven days 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.

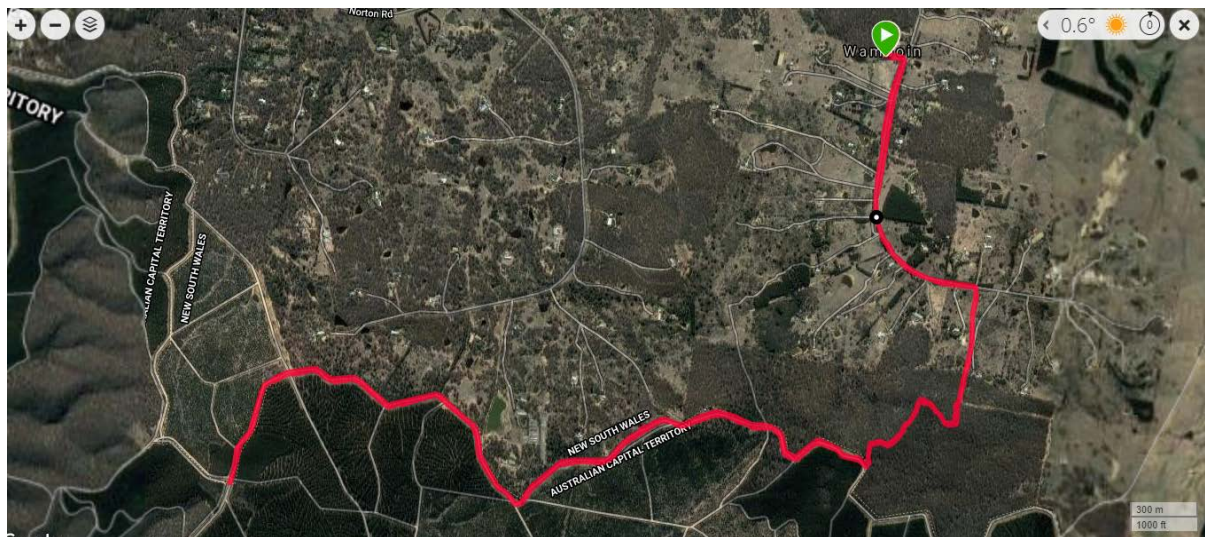
Course GPX files

GPX files can be found on our website – [Click here](#)

- [KTR Kowen Moonlighter Iso 25 km Trails Course GPX file](#)
- [KTR Kowen Moonlighter Iso 12.5 km Trails Course GPX file](#)
- [KTR Kowen Moonlighter Iso 8 km Trails Course GPX file](#)

Course Maps and Descriptions

KTR Kowen Moonlighter Iso 25 km Trails Course Map (This is the 12.5 km course run twice)



KTR Kowen Moonlighter Iso 25 km Trails Course Description

This is a double out and back course (running the 12.5 km course twice)

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.
- You will be required to run on the right-hand side of the road – so that you 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 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 the Horse Poles, 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 RIGHT and follow the fence-line for 3.2 kms, keeping the fence line on your RIGHT always.

- This section of fire trail is a wide clear fire break.

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 Wamboin properties and you may encounter the occasional dog walker or local out for a stroll.

After 5.8 kms, you arrive at the intersection with Seven Mile Rd, a bitumen forestry road. Cross this road and continue up the hill opposite.

- Seven Mile Rd is used by logging trucks and other forestry vehicles so take caution when crossing it.

After 500 m, you will reach the Kowen Forest Fire Tower and a rocky cairn with decorated pole marking the turnaround point for the 12.5 km course.

After turning around the rocky cairn, you now run back the way you came to the hall.

You run downhill for 500 m to the Seven Mile Rd intersection. Carefully cross Seven Mile Rd and run up the hill opposite.

You will follow the fence-line for 3.2 kms, keeping the fence on your LEFT always.

At the 9.9 km mark you will see the Horse Poles entry gate on your LEFT.

After crossing the Horse Poles, you turn LEFT and run back the way you came.

You now run the 0.8 km Native Forest single track in the opposite 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.
- 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 start/finish line.

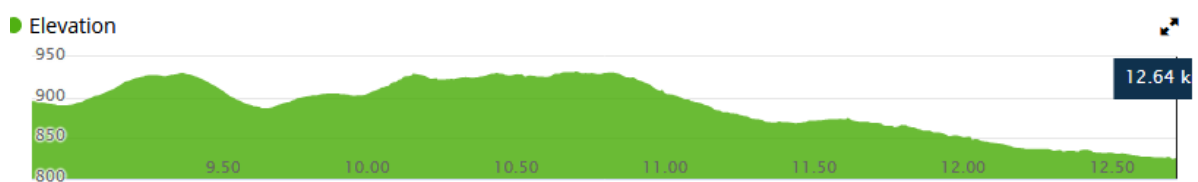
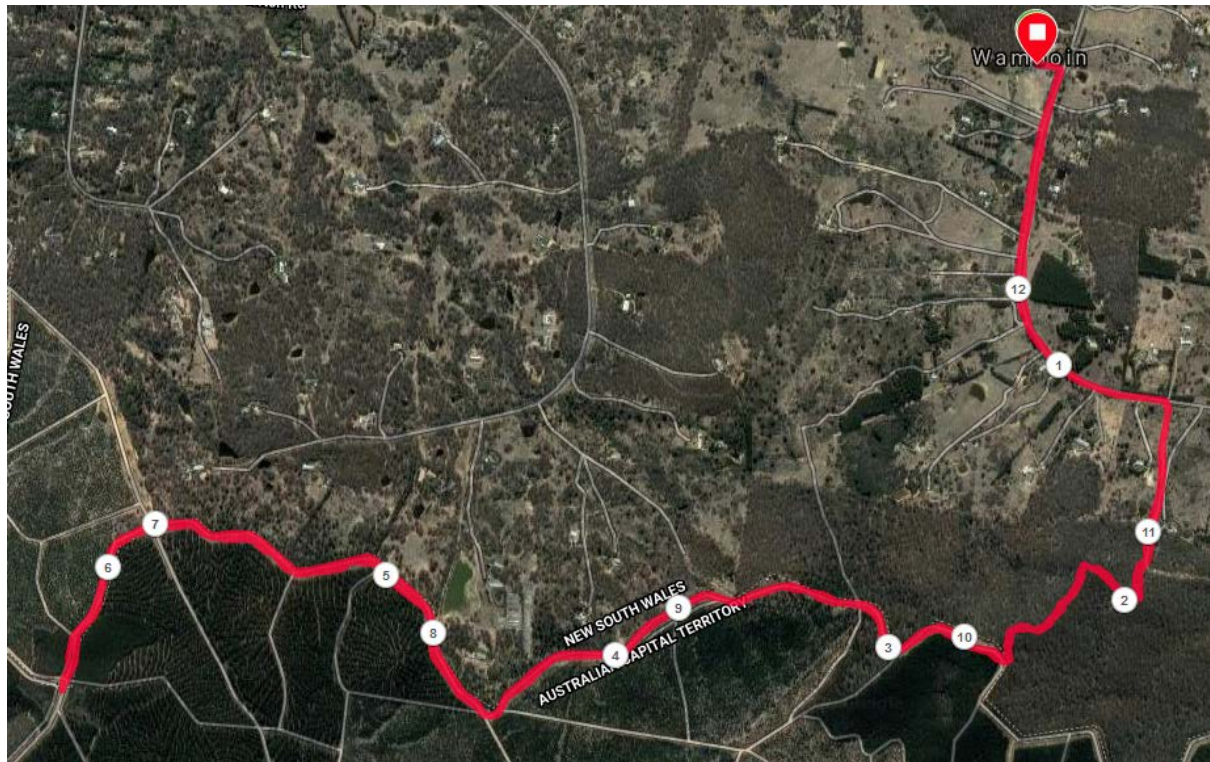
- Remember that Bingley Way will not be closed to traffic so please ensure you obey all road rules while running this stretch, including moving off the bitumen if a vehicle approaches.
- You are required to run on the right-hand side of the road – so that they can easily see any oncoming traffic.
- Turn left into the Wamboin Community Hall
- The halfway turnaround point is at the same concrete spoon drain where you started.

Turnaround and head off again to complete a second lap of this same course.

When you return at the end of the second lap, you finish at the same concrete spoon drain where you started.

Congratulations on running the KTR Kowen Moonlighter ISO Trails 25 km course with 828m of elevation.

[KTR Kowen Moonlighter Iso 12.5 km Trails Course Map](#)



[KTR Kowen Moonlighter Iso Trails 12.5 km: 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.
- You will be required to run on the right-hand side of the road – so that you 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 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 the Horse Poles, 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 RIGHT and follow the fence-line for 3.2 kms, keeping the fence line on your RIGHT always.

- This section of fire trail is a wide clear fire break.

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 Wamboin properties and you may encounter the occasional dog walker or local out for a stroll.

After 5.8 kms, you arrive at the intersection with Seven Mile Rd, a bitumen forestry road. Cross this road and continue up the hill opposite.

- Seven Mile Rd is used by logging trucks and other forestry vehicles so take caution when crossing it.

After 500 m, you will reach the Kowen Forest Fire Tower and a rocky cairn with decorated pole marking the turnaround point for the 12.5 km course.

After turning around the rocky cairn, you now run back the way you came to the hall.

You run downhill for 500 m to the Seven Mile Rd intersection. Carefully cross Seven Mile Rd and run up the hill opposite.

You will follow the fence-line for 3.2 kms, keeping the fence on your LEFT always.

At the 9.9 km mark you will see the Horse Poles entry gate on your LEFT.

After crossing the Horse Poles, you turn LEFT and run back the way you came.

You now run the 0.8 km Native Forest single track in the opposite 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.
- 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.

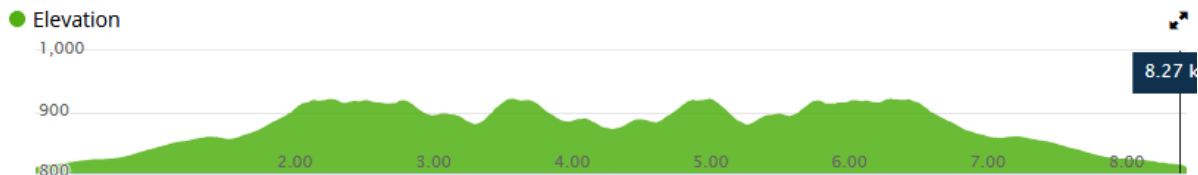
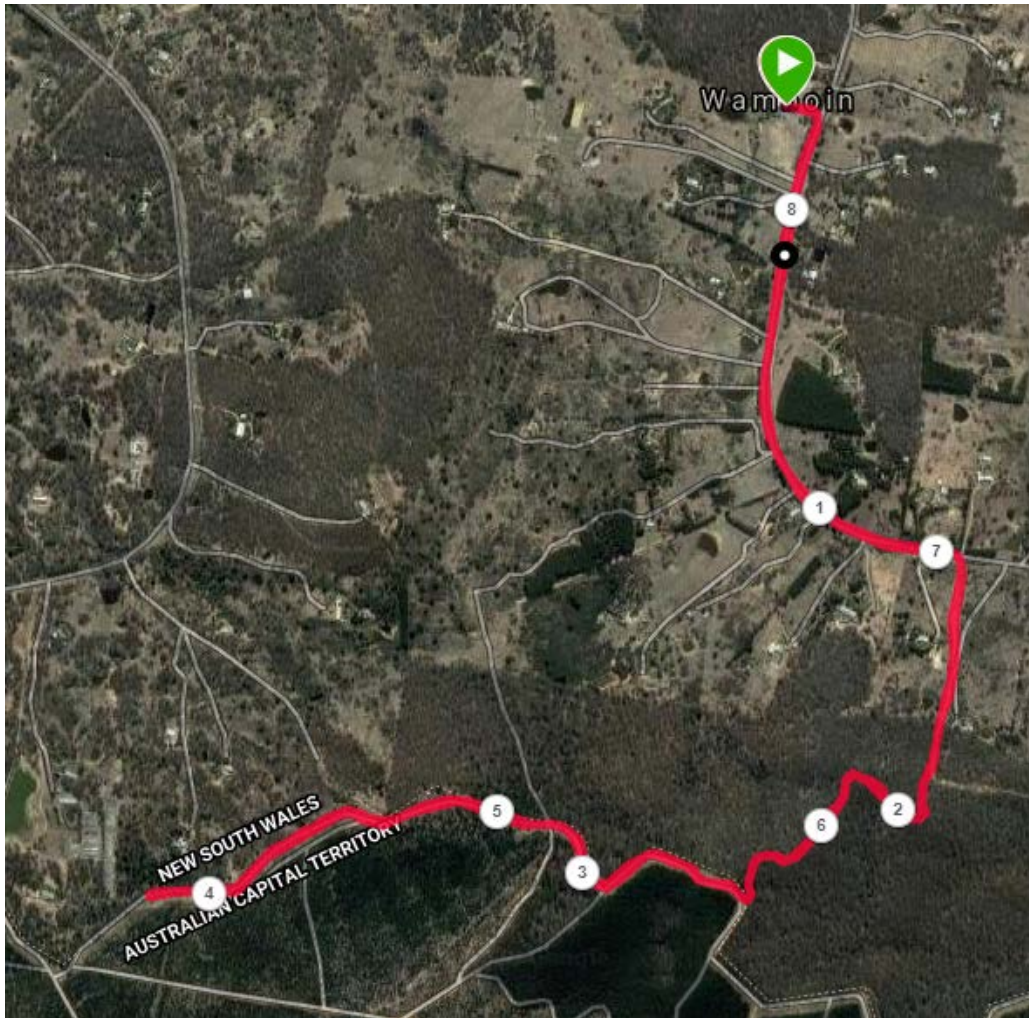
Running down the 0.5 km section of dirt road, you will be presented with stunning views of Wamboin, all the way to the wind turbines on the other side of Lake George.

Turn left onto Bingley Way and enjoy the long sweeping downhill run to the start/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.
- You are required to run on the right-hand side of the road – so that they can easily see any oncoming traffic.
- Turn left into the Wamboin Community Hall and the finish line is the same concrete spoon drain where you started.

Congratulations on running the KTR Kowen Moonlighter ISO Trails 12.5 km course with 414m of elevation.

[KTR Kowen Moonlighter Iso 8 km Trails Course Map](#)



[KTR Kowen Moonlighter Iso Trails 8 km: 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.
- You will be required to run on the right-hand side of the road – so that you 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 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 the Horse Poles, 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 RIGHT and follow the fence-line for 1.4 kms, keeping the fence line on your RIGHT always.

- This section of fire trail is a wide clear fire break.

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 Wamboin properties and you may encounter the occasional dog walker or local out for a stroll.

You'll pass a wrecked car on your left as the trail continues to the right and downhill. As you reach the bottom of this downhill section, the trail starts to veer to the left. You will see a cairn made from rocks with a pole standing in its middle. This is the 4 km mark and the 8 km turnaround cairn.

After turning around the rocky cairn, you now run back the way you came to the hall. You will follow the fence-line for 1.4 kms, keeping the fence line on your LEFT always.

At the 5.4 km mark you will see the Horse Poles entry gate on your LEFT.

After crossing the Horse Poles, you turn LEFT and run back the way you came.

You now run the 0.8 km Native Forest single track in the opposite 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.
- 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 start/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.
- You are required to run on the right-hand side of the road – so that they can easily see any oncoming traffic.
- Turn LEFT into the Wamboin Community Hall and the finish is at the same concrete spoon drain where you started.

Congratulations on running the KTR Kowen Moonlighter ISO Trails 8 km course with 271m of elevation.