



# CRAY-ZY FOR TRAILS

## EVENT INFORMATION GUIDE



# 2023



**HOKA**  
FLY HUMAN FLY™

**SPEEDGOAT 5**  
TRAIL SHOE  
GRIPPY, CUSHIONED, TRAILBLAZER



**Vibram Megagrip with Traction Lug**

Designed for an enhanced grip on the ground.

**4mm Drop**

The heel sits 4mm higher than the toe.

**Late Stage Meta-Rocker**

Provides a propulsive and smooth ride on the trail allowing for movement on uneven terrain.

**AVAILABLE NOW AT**  
**WWW.WILDEARTH.COM.AU**



CONTENTS

WELCOME	4
EVENT FINISH LOCATION & PARKING	4
EVENT PACK COLLECTION	6
SHUTTLE BUS PICK-UP	9
RETURN TRANSPORT	9
START LINE BAG DROP	11
COVID SAFE WORLD	11
COMPETITOR SAFETY & CODE OF CONDUCT	11
MANDATORY GEAR	15
MANDATORY GEAR CHECK PROCEDURE & PENALTIES	15
EVENT DAY PROGRAM	17
EVENT PRECINCTS	19
COURSE MARKING	21
TRAIL OVERVIEW	22
COURSE MAPS AND PROFILES	23
AID STATIONS	25
EVENT TIMING AND PHOTOGRAPHY	26
EVENT PARTNERS	29



## WELCOME

The ‘green behind the gold’ is how the Gold Coast Hinterland is referred to; but one could argue that it’s the real treasure of the region. The stunning scenery, tranquility, uniqueness and the history of the two World Heritage National Parks we are afforded the grace of accessing, can only be appreciated by immersing yourself in them. Our runners are in for a treat.

Thank you to our event partners; in particular the long time support provided by Wild Earth, and a hearty welcome aboard to new faces HOKA and Camelbak. Our volunteers too, play a priceless role in allowing you to enjoy your day, please thank them for their time as you travel around!

This year we highlighted the Lamington Spiny Crayfish on our event shirts; yet another unique feature of the trails the runners will enjoy is the fauna. My gut feel was we need to embrace and celebrate the iconic aspects of this region and race; and just as the Lamington Spiny Cray is known for its passionate defence of its territory (let us look after the trails we love also), moving about the rainforest floor when it is damp in search of food and are sometimes seen considerable distances from the nearest stream (like our participants before their first checkpoint) - my hope is that are our runners; will leave the course buoyed by the experience and better than they found it! Best of luck all!

*Steve Jackson - Trail Trips & Events*

## EVENT FINISH LOCATION & PARKING

The event will run from the Information Centre at the entry to the Binna Burra section of Lamington National Park to the Settlement Day Use Area in Springbrook National Park.





# THE CUT ULTRA MARATHON\*

*\*WELL, AT LEAST FOR SOME*

**SATURDAY  
OCTOBER 28**

**GOLD COAST  
CYCLE CENTRE  
1 HOPE STREET, NERANG**

*Proudly supported by*

- Run or walk 1.5km at a time
- No more than 15 minutes per lap - the race gets quicker as we go!
- Two longer breaks to recover, refuel and refocus!
- Minimum 10.5k - after that; outwit & outlast your way to 50k...

**BUT ONLY ONE  
CAN SURVIVE**

[www.thecutultra.com.au](http://www.thecutultra.com.au)



## EVENT PACK COLLECTION

Race pack collection opportunities aplenty! Personally, it's typically an opportunity for me to connect with many of the names and emails that I see regularly across the events.

All race packs will be taken to the Wild Earth collection sessions and then divided into the location of your nominated bus transfer for your final opportunity to collect. A reminder driving and parking at the start is not permitted. Your session times are as followed:

### MAIL OUT

These have all been sent and should be hitting letterboxes from August 11th onwards. If yours doesn't arrive by Aug 31; flip us an email and we will have the back up ready.

### BRISBANE WILD EARTH COLLECTION

Skygate Home & Life Centre, Brisbane Airport (next to DFO)

Monday August 28; 4.00-5.30pm

### BURLEIGH WILD EARTH COLLECTIONS

25 Central Drive, Burleigh

Wednesday August 30; 4.00-5.30pm

Thursday August 31; 8.30-9.30am

### SPRINGBROOK COLLECTION

Settlement Day Use Area - 35 Carricks Road, Springbrook

Friday September 1; 4.00-7.00pm

Race Day (Saturday) September 2; 4.00-4.20am

Parking: Please park in the Day Use Area itself, as advised by event staff. Please leave parking outside the event precinct for use by the general public as per map details on [page 4](#).

### STAYING AT BINNA BURRA SKY LODGE OR CAMPGROUND

Event Pack Collection: Collect from the Tea House - Friday September 2; 6.00-7.30pm

Parking: Please park in the space(s) provided with your accommodation

Only participants staying at Binna Burra Sky Lodge or campground may collect their bibs on Friday evening at Binna Burra. All other participants must collect their bib from Springbrook and make use of the event shuttles.



## NERANG BICENTENNIAL COMMUNITY CENTRE

833 Southport-Nerang Road, Nerang  
Saturday September 2; 4.00-4.35am

### CARPOOLING

To minimise disruption and traffic volumes on the day we ask that participants carpool to their relevant site with other runners where possible to do so. Please also drive carefully to and from the event and obey all signed speed limits. These roads have a high number of wildlife encounters so please be aware and prepared.

**Participants MUST NOT drive or be driven to the start-line at Binna Burra on event morning. You must either be staying at Binna Burra Sky Lodge or make use of the event shuttle bus from Springbrook. Bibs will not be available for collection at the start-line - no exceptions. Any participants found trying to skirt this rule will not be allowed to run the event and will be banned from entering future events. Our relationship with National Parks is heavily dependant on observance of this rule. There simply isn't the capacity for a large number of vehicles at the venue. We appreciate your co-operation in this matter.**

### TSHIRT SWAP & MERCHANDISE

If your shirt doesn't fit, bring it to the merchandise tent at the finish line and we will do what we can. Please note; some Crunch competitors may receive a Coastal High 50 shirt due to a shift in participation across the two events. We apologise as we do like to get the little things right!

We will have a range of previous year singlets, shirts and gifts on sale on the day - you can never have enough training gear!

### SHUTTLE BUS PICK-UP

The road to Binna Burra is winding and slow. If you are prone to travel sickness, we strongly encourage you to take a suitable tablet 30-60mins prior to boarding the bus.

We encourage the Coastal High 50 runners to catch the first buses to depart. Crunch runners, if you could catch the last bus departing each venue.

Springbrook - 4.00am Car Park opens, bib collection 4.00-4.20am. Last bus departs no later than 4.25am

Nerang - 4.00am Car Park opens, bib collection 4.00-4.35am. Last bus departs no later than 4.40am



CAMELBAK®

# REDEFINE WHAT'S POSSIBLE

AVAILABLE NOW AT  
[WWW.WILDEARTH.COM.AU](http://WWW.WILDEARTH.COM.AU)





## FOR THOSE STAYING/PARKING AT SPRINGBROOK ON EVENT MORNING:

### SPRINGBROOK -> BINNA BURRA SHUTTLE

Settlement Day Use Area - Carricks Rd, Springbrook

Parking area opens at 4.00am

You must be present, parked and have collected your bib no later than 4.15am sharp. Last bus departs 4.25am.

**A map and directions to the parking area can be found [HERE](#).** Please allow plenty of time to drive to the parking area, collect your bib (if you haven't already) and board the bus. **DO NOT BE LATE** as the buses will not be able to wait.

## FOR THOSE TRAVELLING ON NERANG SHUTTLE

### NERANG>BINNA BURRA SHUTTLE

833 Southport-Nerang Road

Parking area opens at 4.00am

You must be present, parked and have collected your bib (if still yet to do so) by 4.25am sharp. Last bus departs 4.40am

**A map and directions to the parking area can be found [HERE](#).** Please allow plenty of time to drive to the parking area, collect your bib (if you haven't already) and board the bus. **DO NOT BE LATE** as the buses will not be able to wait.

- **BUSES WILL BEGIN DEPARTING (ONCE FULL) every 5-10mins beginning at 4:15am.**
- **The final bus is scheduled to depart no later than 4.25am at Springbrook and 4:40am at Nerang.**
- **60mins is allowed for the journey from Nerang, 75mins for the journey from Springbrook. Start times will be tweaked should travel time and toilet lines require.**

## FOR THOSE STAYING AT BINNA BURRA ON FRIDAY NIGHT ONLY:

### BINNA BURRA SKY LODGE -> STARTLINE SHUTTLE

A pick-up will be arranged at approximately 5:20am, at the Sky Lodge intersection.

You **ARE NOT** to be dropped to the startline by friends or family.

**Note that friends and family staying at the lodge ARE NOT to drive themselves (or you) to the startline.** We request that they walk down the road. There may be room on the buses for them to use also.

## RETURN TRANSPORT

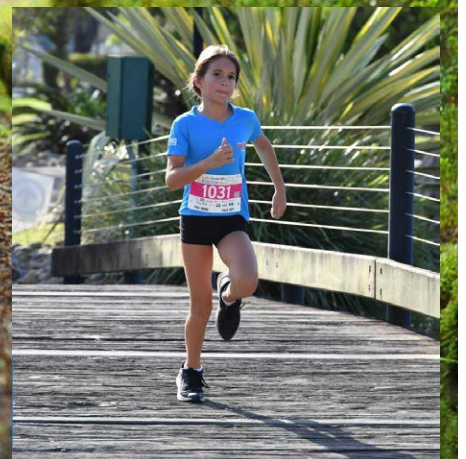
A bus shuttle shall be in operation for both Nerang and Binna Burra.

The NERANG SHUTTLE shall depart at the following times: 12.15pm, 2.30pm and 5.00pm

THE BINNA BURRA SHUTTLE shall depart at the following times: Noon, 2.45pm and 5.15pm



We have one of the most experienced Therapist teams on the Gold Coast to help you



Physio | Sports Physio | Massage | BeActive Exercise Sessions & Pilates | Dietitian/Sports Nutrition  
Exercise Medicine | Sports Psychology | Alter G treadmill | Run Technique Clinics

Book online [mygcphysio.com.au](http://mygcphysio.com.au) or call us 07 5500 6470

## START LINE BAG DROP

A truck will be parked immediately behind the start line to transport your gear, packed into a closed bag or backpack, to the finish line. At the truck, there will be bag tags you can write your number on and then loop through a bag handle or zip so that we can sort your gear at the finish line. PLEASE REMEMBER in your fatigued state to collect your gear post race!

Do not leave gear on the Shuttle bus, we will not be able to reunite you with any gear left on the buses.

## COVID SAFE WORLD

Whilst restrictions have changed, we ask you to be vigilant. Social distance where possible, where a mask at your discretion and do not attend if you are unwell or exhibiting symptoms.

## COMPETITOR SAFETY & CODE OF CONDUCT

We have taken considerable care in event planning to ensure that the event is safe and enjoyable.

- Participants and spectators must drive to and from the event precinct(s) safely and be considerate of where they park. Do not park or drive illegally or on private premises.
- Please be considerate of residents in surrounding areas and keep noise at a minimum when arriving at and leaving the event areas.
- Please be aware of wildlife at all times when driving. The event areas - including at the finish line and at all intermediate checkpoints - are high volume areas for wildlife activity on or adjacent to the road. Please exercise caution and ensure you drive at or below the road speed limits. Particular care should be taken at both dusk and dawn.
- The event will involve wave starts, and you MUST only start in the wave in which you are allocated. Failure to meet this condition will see you disqualified from the event.
- Marshals will be placed at key points on the course to direct runners; please ensure that you listen to and follow marshal directions.
- There will be First Aid located in the event precinct and at all checkpoint locations. Please ensure you make use of this service if you feel unwell or sustain an injury at any time.
- Know what to do in an emergency. Rescue operations often cause serious damage to the rainforest so take care to avoid the need for rescue. Acquire knowledge of First Aid so you know how to handle illness and injuries. Emergency contact numbers will be on the reverse side of your bib.
- Give snakes a wide berth and leave them alone. They have more right to be there than you do. If you encounter a snake your first action should be to stand still and allow the snake to continue on its way.
- Ensure you carry the items from the mandatory gear list for the duration of the event. Use your mandatory mobile phone only for summoning aid in an emergency or to use the course smartphone mapping (you can use this map without cellular reception).











OCTOBER 28TH

fisiocrem<sup>TM</sup>

# HALLOWEEN HUSTLE

FOOD TRUCKS & POP UP BAR

Proudly supporting



Ronald McDonald House Charities<sup>®</sup> South East QLD

## RUN IN THE HAUNTED FOREST 2KM, 5KM & 11KM

JUMPING CASTLES  
GAMES & CRAFTS

FIRE SHOWS +  
LIVE MUSIC



[www.halloweenhustle.com.au](http://www.halloweenhustle.com.au)



- The sound of radios, media players and similar devices is out of place with the natural environment. Leave the electronics at home. Ensure your activities don't disturb or offend others.
- Participants found knowingly littering or vandalising any section of the course will be disqualified from the event and will be banned from entering future events.
- Participants are to remain on the marked course at all times. Do not go off the marked trail and do not trespass on neighbouring properties. If you find yourself off course, return to the last known point of departure from the course and continue on the marked route.
- The course MUST be followed as marked. Do not shortcut or alter the course in any way including, but not limited to:
  - Cutting switchbacks;
  - Diverting around puddles or boggy trail sections;
  - Avoiding creek crossings.

As a summary: if the trail goes through it, so do you! It is EXTREMELY IMPORTANT that you do not divert off-trail to avoid sections of trail - this type of diversion can cause significant damage to the surrounding vegetation.

- When crossing creeks, participants MUST only cross at the taped entry and exit points of the creek. Participants found to be crossing creeks anywhere other than at marked locations will be disqualified from the event and will be banned from entering future events.
- Weeds and pathogens can easily be transported in soil and on clothing and equipment. Before you leave home, make sure you have clean clothes, footwear and equipment. Brush off dirt and seeds and clean everything with a recommended disinfectant (e.g. F10, Phytoclean, Trigene or any biodegradable household disinfectant), paying special attention to your footwear.
- Participants MUST make use of pathogen control stations at the following locations:
  - At the start-line (pre-event);
  - At the top of the Woonoongoora Stairs (prior to CP3 at Apple Tree Park)

Any participants seen or identified as not using the pathogen control stations will be disqualified from the event and will be banned from entering future events.

- **We do not have exclusive use of the trails for the event, and it is certain that participants will encounter other park visitors during the course of the event. Please be considerate of these other park users - participants MUST give way to other trail users in all instances. Be polite, give plenty of advance warning (particularly when approaching from behind) and SLOW TO A**



 [BACK TO THE CONTENTS PAGE](#)

**WALK** when passing. When stepping aside to allow other users past, first check to ensure you are not damaging vegetation beside the trail when doing so - ideally use an existing clear location for passing.

- **The QPWS have suggested checking for ticks upon finishing your race (even a quick scan at Checkpoint 1 won't hurt). They are prevalent during this time and even the fastest or runners can't escape!**

Always remember that we, as the organisers, and you, as the participants, are extremely privileged to be running an organised event in this particular World Heritage listed National Park environment. Please treat the event, the course and the environment with the respect it deserves.

**If you withdraw from the event at any stage you MUST notify the nearest event staff. There will be significant consequences (beyond simply our event) if you leave the course without notifying event staff and emergency search and rescue procedures are activated.**





**TRAIL.TRIPS  
AND.EVENTS**

**TAKING YOU TO  
AMAZING TRAIL  
RUNNING EVENTS  
AROUND THE GLOBE**

[www.trailtrips.com.au](http://www.trailtrips.com.au)



## MANDATORY GEAR



2L water-carrying capacity	✓	Recommended
1L water-carrying capacity	✗	✓
Race bib	✓	✓
Mobile phone	✓	✓
Waterproof and breathable, seal seamed jacket	★	★
Whistle	✓	✓
Zip lock bag (for rubbish)	✓	✓
Map (Hard copy or Capra app on Phone)	✓	✓
Emergency blanket	✓	✓
Compression bandage	✓	✓
Strapping tape	✓	✓
Thermal top	★	Recommended
Head torch	★	Recommended
Soft cup	Recommended	Recommended

★ Athletes will be informed Wednesday night if these items are to be mandatory on race day - if not, they are still recommended.

## MANDATORY GEAR CHECK PROCEDURE & PENALTIES

There is no pre-event gear checks. On race day we will have some sheriffs operating. They have the power to request a gear item from the mandatory list. If you do not have THAT item your time will be automatically docked 30minutes. Upon not being able to show that item; you will be asked to show all the remaining mandatory gear requirements. Should any other item be missing, you will be marked as a DNF, and will NOT receive the finishers medal or gift and will not be able to enter ANY 'Trail Trips and Events branded race for the 2022 calendar year. A 'SHERRIF' has the right to ask on the bus, pre start, at any check or water point.

The medal table at the finish will also be asking for one item to be displayed at the finish also – the same rules above apply. Items requested will be rotated throughout the day.





# #RUNWILD

**10%**  
OFF

USE CODE:

**HIGH23**

**ALL THE GEAR YOU NEED  
FOR ALL COMPETITORS**



**[WWW.WILDEARTH.COM.AU](http://WWW.WILDEARTH.COM.AU)**

Discount excludes any sale or clearance items and gift cards.



## EVENT DAY PROGRAM

Parking and shuttle bus times are as outlined above. Namely; Event Day parking opens at 3.30am at Settlement Day Use Area (Carrick’s Road, Springbrook) and buses depart every 5-10mins between 3:50-4:20am.

<b>4.00am</b>	Nerang Bicentennial Community Centre Parking opens & Settlement Day Use Area opens for parking
<b>4.00am</b>	Final Race Pack collections open (Springbrook and Nerang)
<b>4.15am</b>	Buses begin boarding (departing when full)
<b>4.20am</b>	Final Springbrook Race Pack collection closes
<b>4.25am</b>	Latest departure time for final Springbrook bus
<b>4.35am</b>	Final Nerang Race Pack collection closes
<b>4.40am</b>	Latest departure time for final Nerang bus
<b>5.15am</b>	Buses begin unloading at start line
<b>5.20am</b>	Shuttle bus pick up for Binna Burra guests to start line
<b>5.20am-Start</b>	Game face on; use toilets and phyto stations prior to race
<b>5.55am</b>	Race Briefing
<b>6.00am</b>	Coastal High 50 waves commence
<b>6.10am</b>	All CH50 competitors underway
<b>6.12am</b>	Coastal High Crunch Waves commence
<b>6.20am</b>	All Crunch competitors underway
<b>8.15-8.45am</b>	First Crunch competitors expected at finish
<b>10.30am</b>	Coastal High Crunch podium presentation
<b>12.00pm</b>	First Binna Burra shuttle departs
<b>12.00pm</b>	Crunch cut-off
<b>12.15pm</b>	First Nerang Shuttle departs
<b>12.30pm</b>	Coastal High 50 podium presentations
<b>2.30pm</b>	Second Nerang Shuttle departs
<b>2.45pm</b>	Second Binna Burra shuttle departs
<b>4.40pm</b>	Costal High 50 cut-off
<b>5.00pm</b>	Final Nerang Shuttle departs
<b>5.15pm</b>	Final Binna Burra shuttle departs



## EVENT BRIEFING (BINNA BURRA):

5:55am. Please listen for any relevant last minute event specific updates. Please also ensure that you have read each of the Participant Documents available in the “Downloads” section on the [event website](#).

## EVENT START TIME (BINNA BURRA):

First wave will be at 6.00am. Wave 2 will depart 2 minutes later. Wave 3, a further two minutes after that. Followed by a 6 minute window for the Coastal High 50 competitors if you'd prefer not to start in a group. At 6.12am, we will have the first of two waves for the new Coastal High Crunch, 3 minutes later a second wave followed by a further 5 minute window for anyone prefer to start in a group.

**Wave 1 - 6:00am** Nominated finish times of Sub 6hrs and more than 9 hours

**Wave 2 - 6:02am** Nominated finish times of between 6hours and 7hours

**Wave 3 - 6:04am** Nominated finish times of between 7 hours and 9 hours

**Wave 4 - 6:12am** CRUNCH runners with nominated finish time of less than 3hrs.

**Wave 5 - 6:15am** CRUNCH runners with nominated finish time of more than 3hrs.

Please note; the race for overall honours shall be decided by the first three male and female runners to finish the course i.e. the first three over the line. Age group categories shall be decided by times; so regardless of which wave or if you start at the end of the rolling window, your run time will be ranked to determine category positions.

## EVENT FINISH TIMES (SPRINGBROOK):

It is anticipated that first Crunch runners will cross the line between 8:15-8:45am and our faster Coastal High 50 competitors in around 10:30-10:45am. We expect a regular flow of runners from that time until the course cut-off at 4:40pm.

## COURSE CUT-OFF TIMES:

### Coastal High Crunch

OVERALL / 5hrs 40mins / 12:00pm cut-off

CP1 / N/A

CP2 / 13.5km / MOUNTAIN GOAT TRAIL RUNNERS Station / 9:00am

CP3 / 20.8km / 'RUN THE WORLD' Station / 10:30am

### Coastal High 50

OVERALL / 10.5 hours / 4:40pm cut-off

CP1 / 23.2km / 'TRAIL CHIX' Station / 11:15am

CP2 / 36km / MOUNTAIN GOAT TRAIL RUNNERS Station / 1:15pm

CP3 / 42.3km / 'RUN THE WORLD' Station / 3:15pm



These times are LEAVING times from each of the checkpoints. If you are informed that you have missed a cut-off by event crew, please DO NOT argue with them - checkpoint crew are simply doing what we've asked them to do. If you ignore them and continue on anyway, you will be withdrawn from the event and marked as a DNF - and the event will no longer have any accountability for your safety and the right to future participation in Trail Trips events shall be forfeited.

**PRESENTATIONS (SPRINGBROOK):**

10:30am Coastal High Crunch and 12:30pm Coastal High 50 or as soon as practical after. Only the top three male and female prizes shall be awarded on the day. Age category prizes (awarded to CH50 only) will be emailed (Wild Earth vouchers).

**EVENT PRECINCTS**

**TOILETS:**

There will be event toilets located at the start and finish staging areas as well as at each of the intermediate course checkpoints (Caves Circuit trail head, Numinbah Valley, Apple Tree Park).

Portable toilets will be available at Nerang Bicentennial Community Centre for those using the Shuttle to/from that venue. In particular; please utilise the facilities there before heading up the hill!

If the need arises to go to the toilet elsewhere please follow Leave No Trace principles: If there's a toilet, use it. Otherwise bury all faecal waste and toilet paper in a hole 15-20cm deep using a trowel or stick and at least 100m from water, camps and tracks. Cover and disguise the hole when finished to aid decomposition and discourage animals. Wait until you get out of sensitive areas such as caves and canyons before defecating or urinating. Carry out things that won't easily decompose, such as used tampons and sanitary pads.

**INCREASE  
PERFORMANCE  
WITH NATURAL  
NUTRITION SOLUTIONS**



MADE IN AUSTRALIA

[www.fixxnutrition.com](http://www.fixxnutrition.com)



## FINISH LINE FEELS:

Even if you've done Coastal High before, or if you checked the profile map; nothing quite prepares you for the reality! So make sure you enjoy the finish line - you earned it!

We have a finishers tape for every runner, a distinctive medals for each event AND soft flask to help you get around all your runs (goes great with some FIXX Fuel X inside it too)!

No trail race is complete without a FREE fisiocrem massage so lie down and enjoy the magic!

Get your recovery started right away with the RUN RESILIENCE SMOOTHIE STATION! Settle into a banana lounge (we will help peel you out...) and enjoy a delicious Bike n' Blend smoothie complete with a take home cup!

In 2023, we are looking to support one of our own with trail runners Rafael and Mel Nunez Garcia needing some help looking after young Sofi who suffers from a catastrophic form of epilepsy known as 'Dravet Syndrome', so we will have a BBQ, soft drinks and a small range of merchandise, including the 'Cray-zy for Trails' Coastal High hoodies for sale!

The Run Resilience Smoothie Station will be back and you can chill in the Wild Earth Brisbane Trail Ultra Chill Zone.

We are bringing the fun for the families too; with jumping castles for the kids! It's a long wait for the folks to finish when you're young, so we will keep them entertained whilst you storm the finish line and enjoy all the post race treats!

We will of course have some post race refreshments like the checkpoints if you need any more of that style of sustenance!

Takeaway coffee and meals (or sit-down meals) can be purchased from the nearby Dancing Waters Cafe or the Springbrook General Store and Cafe, both on Forestry Rd. From the finish area, these are best accessed by following the Purlingbrook Falls Circuit walk across the top of the falls...it's about a 400m walk each way and is pretty darn beautiful (and not a bad way to stretch the legs out)! If you need directions just ask one of our volunteers.



## SPECTATORS:

Information for spectators is available on the [event website](#) in the "Spectator Info" section.

The finish precinct at the Settlement Day Use Area is a perfect spot for a picnic - bring a rug and chairs and sit back and relax. Bring some walking shoes and take in the view from the Purlingbrook Falls eastern lookout, a short walk from the finish line.

Check point two at Raw Challenge (2201 Nerang- Murwillumbah Road, Numinbah Valley) is a great chance to see how your runner is tracking (and feeling) with enough time for you to see them there and then get to the finish to cheer them home.

Spectators are prohibited from accessing the Binna Burra trail section and the Nerang-Murwillumbah Road section for the safety of all parties.











## COURSE MARKING

The Wild Earth Coastal High Trail Runs will be marked as follows:

- The course will be marked with **orange surveyor’s tape** tied to trees and bushes and **orange landscaping flags** stuck in the ground.
- The surveyor’s tape will be placed immediately before and following a track junction to confirm you are on the correct track. Incorrect tracks will also have an “X” sign shortly down that track to indicate the wrong direction. Hazards will also be flagged with orange tape.
- Arrow signage will also be used at locations where it is deemed necessary.
- **Track markings on sections where there are no route options or intersections will be spread out and irregular.** This will particularly be the case on the Daves Creek and Ships Stern trails (Start - CP1) and on the last leg (CP3 - finish), as these are the most pristine sections of the course and we don’t want excessive markings impacting the scenery for runners or other park users.
- Unless otherwise marked or directed, competitors should follow the most major track at all intersections. If there is no marking at a minor track junction then continue along the major track.
- Runners should keep to the left-most-side of all trails. There will be occasions when the general public will be passing you heading in the opposite direction and in these instances the etiquette is the same as that when driving on the road.
- ‘KM to go’ markers are also dotted around the course. As a minimum, these are placed every 10km to assist with your countdowns and confirm you are on track.



### Tackle the Triple Crown - Three Times the Fun

 <p><b>Sunday</b> <b>June 9</b></p>	 <p><b>Sunday</b> <b>August 4</b></p>	 <p><b>Saturday</b> <b>August 31</b></p>
--	---	---

Registrations Open



## TRAIL OVERVIEW

The course will be well marked. The below notes are for your information only and will not be required for navigation purposes.

### START - CP1 (CAVES CIRCUIT TRAIL HEAD, BINNA BURRA) 23.2KM

Runners will start facing UP the hill; follow Binna Burra Rd up to the BORDER TRACK trailhead. Note that there will be a water refill station beside the road (right side) prior to the campground (~1.6km) - this will be your final opportunity to take on water until you return. Given the proximity to the start and the time lost to 'fill up', we'd recommend you start fully loaded.

You will follow the Border Track until you reach the DAVES CREEK/SHIPS STERN trail junction (~4.8km) which diverts downhill and left. You will continue right at the next junction (~6.2km) taking you on to the DAVES CREEK Circuit; it is important that you DO NOT follow the Ships Stern signage at this point - please follow the course markings. At ~10.8km you will reach the SHIPS STERN circuit junction on your right. In 2022; you shall remain on the SHIPS STERN CIRCUIT all the way back to the trail head at Binna Burra, just below Grooms Cottage. You will be guided across the road by marshals to TRAIL CHIX CHECKPOINT.

### CP1 - CP2 (NUMINBAH VALLEY) / 35.6K (CH50) / 13.5K (CRUNCH)

After re-stocking and refueling; you will continue onto CAVES CIRCUIT back down to the Information Centre where you started the race! Once again, marshals shall assist you across the road, staying on Binna Burra Road for 800m until the marshal/signage directs you back onto trail, where you begin the DESCENT to Numinbah Valley and CP2. From here follow the Great Walk arrows and course markings on the long descent to Nixon Creek. Cross Nixon Creek and continue following the marked trail until you come to Nerang-Murwillumbah Road. We have a WATER POINT here provided by CRAMPFIX for topping up your water. A full aid station is still a 2.5km away. After scaling the steps over the fence and leaving the Water Point, a marshal will direct you beside the road for about 300m until you cross a small creek where another marshal will then assist you under the road. You then run approximately 2.5km along the grass road verge and across another creek (manned by marshals) before entering private property and CP2. Follow the marked course at all times when adjacent to the road; you MUST cross through all creeks - do not use vehicular bridges. A marshal will assist you with the largest creek crossing.

You will be welcomed to CP2 by the Mountain Goat Trail Runners and a good number of spectators who will have been eagerly awaiting your arrival! After the open road section, this will be an important time to take on what you need to get you to the next aid station and onwards to the finish. You've covered a good chunk of distance to this point but we have over 800m of vert awaiting you before the finish!

### CP2 - CP3 (APPLE TREE PARK) / 42.7KM (CH50) / 20.8K (CRUNCH)

From CP2 you will follow trails within private property before you rejoin the National Park trail network. The trail shortly reaches Chesters Rd (unsealed). You will TURN RIGHT here and follow Chesters Rd until you reach a fence stepover adjacent to a small water tank - there are a few other signposted trails in this section however continue to follow the Great Walk arrow. Use the stepover (or gate if opened) and follow the unsealed road downhill to Waterfall Creek.











From Waterfall Creek the course flattens, you cross the creek a second time, and then the longest climb of the day begins. Follow the course markings first up to Woonoongoora Campground (there is a water point and toilet available here) and then continue to follow course markings up steep singletrack which turns into 900 steps (debate rages to this day about the actual number... it's a LOT) - all heading up. At the top of the stairs make use of the pathogen control station and then follow the course markings into CP3. A big thanks to the "GOOD TIMES RUNNING CLUB" who will be assisting you through this section and providing inspiration along with the water!

Awaiting you at CP3 will be RUN THE WORLD, a fantastic virtual run community and it's founder and former finisher; Travis Ireland and his merry band of followers are going all out to speed you to the finish line, lift your spirits and spoil you with a smorgasbord of treats! Enjoy :-)

### CP3 - FINISH (SETTLEMENT DAY USE AREA) / 50KM

From CP3 you will be assisted across the road by a course marshal. You then take a short track away from the road before turning right onto a well maintained service easement which you will run on for a little over 1km. You then follow signage to your left onto a downhill singletrack trail which descends quickly on a mix of steep trail and steps to Little Nerang Creek. **Do not attempt to keep your feet dry crossing this creek** as the rocks are slippery and you are better off walking on the creek bed rather than on the exposed rocks. Across the creek there is a short but extremely steep spiral flight of stairs onto yet more singletrack.

Following course signage you will eventually reach Warringa Pool where you will again need to get your feet wet crossing the rock shelf above the waterfall feeding the pool - be aware of slippery rock through here. Across the rock shelf the trail ascends for 1km before you reach a junction at the base of Purlingbrook Falls; you will head left down a set of rock stairs to the pool at the base of the falls, cross the suspension bridge, and then begin your final 2km ascent to the top of the canyon. Upon reaching the top of the climb you will come to a 3-way junction at which you will go left (although a 20m detour right takes you to a spectacular lookout which is worth the brief diversion) - do not go straight ahead across the Purlingbrook Falls causeway. From the last left turn you have less than 1km to the finish line.

### COURSE MAPS AND PROFILES

All our Course Mapping has moved to the Capra app! Please download the app and find the Trail Trips collection including Coastal High. Every effort has been made to keep the event as close as possible to advertised distances; 50km for Coastal High 50, the Crunch is approximately 27.5km. Note that individual variances on GPS watches is inevitable and organisers refuse to be held to task for the 300+ different distances you all end up recording!

As previously mentioned, the course will be marked and marshaled!














Queensland's largest display products supplier

- Exhibition Stands
- Display Stands
- Tradeshow Displays
- Flags
- Pullup Banners
- Custom Displays
- Shopping Centre Displays
- Pop Up Displays
- Counters
- Marquees & Outdoor Signage

www.spyder.com.au 1800 077 218



**RUN RESILIENCE**  
**Does this sound like you?**



*Injury*



STRENGTH TRAINING



FEELING GOOD



STOP STRENGTH

**LET'S CHANGE THE CYCLE**

Improve your performance | Increase your pace | Reduce your pain



## AID STATIONS

Water and FIXX electrolyte drink and soft lollies will be available at the start and finish staging areas, as well as at each of the three main checkpoints (Cave Circuit trailhead, Numinbah Valley, Apple Tree Park). These main checkpoints will also have a mix of produce; fruit, lollies, chips, museli bars, soft drinks and other surprises left at the discretion of the individual aid station chiefs!



Note: much of the produce will be in single serve packets or will be handed to you by volunteers (no reaching into big bowls or platters - probably not a bad rule to live by)! All checkpoints will also provide carbonated soft drinks (poured into your cups or hydration bottles. Any other required food or fluids will need to be carried on your person for the duration of the run.

**All our aid stations are cup free; if you wish to drink water/cola/FIXX electrolyte from the aid stations without putting it into your mandatory hydration carrier(s) you will need to BYO cup/vessel to do so.**

There will be port-a-loos at each checkpoint and we request that where possible you use these rather than the existing National Park or council toilets.

In addition to these major checkpoints, we have added in extra water stations to try and keep you hydrated. We will have water at the Information Centre (~26k/5k), the team from CRAMPFIX will have some more water at ~30.5/10.5k when you hit Nerang-Murwillumbah Road and the Good Times Running Club will be manning Woonoongoora Campground with a water top up at ~40k/18k should you need it.



## EVENT TIMING AND PHOTOGRAPHY

The event will be timed by Sports Event Services and official results will be LIVE (subject to quality of reception of timing points) and published on [www.coastalhigh.com.au](http://www.coastalhigh.com.au) as soon as possible after the completion of the event. Competitors can also scan the QR code on their bibs which will link straight to your results.

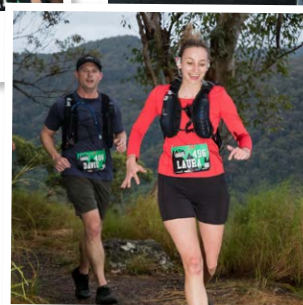
We will once again have the skill and expertise of SOK IMAGES out on course, so turn that grimace to a smile when the chance arises.

Images will be available a couple of days post race for you to purchase should you wish. This is a spectacular course and an experience you'll never forget, and these images to share with your fans and followers will be worth it!



# SOK Images

**ALL PARTICIPANTS MUST ALSO READ [THE EVENT WEBSITE](#) PRIOR TO THE EVENT, PARTICULARLY NOTING THE PARTICIPANT INFO AND DOWNLOADS SECTIONS OF THE SITE. BOTH THESE PAGES CONTAIN NECESSARY INFORMATION NOT INCLUDED IN THIS INFORMATION GUIDE.**



STILL GOT QUESTIONS? CONTACT US!  
Coastal High: [steve@trailtrips.com.au](mailto:steve@trailtrips.com.au)

# RUN THE WORLD

NEW & IMPROVED  
App launches  
November!



Run the World is a community of runners and walkers of all ages and abilities. Motivating, engaging, educational and unique; Run The World is designed to keep you active & healthy through running and walking long-term.



EVENT PARTNERS

---

