



Honeyeater 11k course info

Part one: Airlie Sound Stage to Kara Cres Stairs; You will start at the Airlie Beach Soundstage on the front beach. You will run along the front beach path way, before you turn left after the last shelter on the foreshore. Here you will run up a grassy embankment, to Airlie Esplanade where you will cross the road near the roundabout. Marshall's will direct you across the road.

Here you will follow the path towards Waterson way. You will have the Woolworths building on your right as you pass it. You will be running along the path for approximately 800m, before you see a marshal, who will direct you across the road on Waterson way into Orana St. Orana St is about 300m long, it is very narrow and curls around to your right. Please keep an eye out for traffic along this road and give way to them.

At the end of Orana St, you will turn left into Kara Cres. It is approximately 200m to the stairs from this turn point. You will notice a water table at the top of Kara Cres before you head towards the stairs and into the trail.

Part Two: Kara Cres Stairs to Honeyeater turn off; Here, there will be a hydration point for water, Tailwind Endurance Fuel and fruit will be available for competitors passing this point.

As you climb up the stairs, you will enter into the beginning of the trail. The track has uneven surfaces, with loose rocks and tree roots protruding out as you run up the trail. Please be mindful where you place your feet, as a slip here can end your run.

As you wind your way through the trail, don't forget to look at the stunning view to your right as you look out over the coral sea.

As you follow the trail, you will come to the fork in the trail which you will need to bear right at the sign which indicates the direction to the Honeyeater lookout. Do not go straight as this will take you back to Brandy Creek.

Part three: Honeyeater turn off to Honeyeater lookout; As you take your right turn at the sign, all you have to do is follow the trail to Honeyeater lookout.

Once at the lookout, here is a great opportunity for you to take a photo of your achievement with the awesome view of the coral sea and the surrounding island as your backdrop to your photo.

Remember not to spend too much time at lookout, as it is a race and you need to return back as quickly as possible.

Part four; Honeyeater Lookout back to Airlie Beach soundstage Now is the difficult part. As most of the trail is on the down hill run, you need to take it carefully as your legs will be fatigued from the run up to the lookout.

You will take the same path as you came up to the lookout. Be mindful and keep a lookout for any slower runners who are still coming up the trail or coming down the trail. Be mindful of each other and look out for anyone who may be struggling. Do not use noise canceling headphones as there will be competitors running from inside this trail at the same time as your decent back to Airlie Beach

Part five; Kara Cres Stairs from Honeyeater turn off. Here is your last check point where volunteers will be waiting for you with hydration such as water Tailwind Endurance Fuel and fruit which is available for competitors passing this point.

Remember to enjoy yourself, as you make it your return back towards the Airlie Beach sound stage. Take in your achievement as you cross the finish line. Tailwind will be sponsoring the hydration at the finish line to keep your electrolytes high. Water and fruit will be available for competitors once they complete the course

Please be aware the course may be slightly longer or shorter than advertised. You still should train to be able to compete in such a challenging event.