

## **Run the Great Whitsunday Trail 2018**

### **9k Honeyeater Challenge**

#### **IMPORTANT NOTES:**

- The Trail is steep up and steep down with varying trail surface – care must be taken due to the technical nature of the trails, especially on the way down.
- Also be aware of any wildlife on the trail, such as snakes and wild pigs
- MANDATORY – you MUST carry water or electrolyte with you. There is only 1 water station, at the bottom of the steps on the way up, and again at the steps on the way back (1.7km from the finish). Suggest hydration pack or bottle belt.
- Your Trail turns Right at a sign about 3km in from the steps. A marshall will be there. Don't go straight ahead or you will end up at Brandy Creek.
- At the Honeyeater Lookout, marshalls will be there making sure you don't spend too much time taking in the view.
- Be aware when coming down and turning left at the sign, there will be other longer distance runners coming from the RHS.
- With race start at 9am, it will be full sun so recommend a visor or sunglasses, plus sunscreen.

**Race Day schedule is also on the website - PLEASE READ IT**