

# 2024

## Cairns 50



Community Running Festival

#C50 Australia

**PRESENTED BY**

**OSSEM**

ORTHOPAEDIC SURGERY SPORT  
& EXERCISE MEDICINE



**Smurf**

Endurance Sports Pty. Ltd.

# WELCOME!!! FROM THE RACE DIRECTOR

Hi and welcome to the third edition of the Cairns 50 Community Running Festival!

We are excited to welcome you to what promises to be a bigger and better event than 2023. Cairns 50 continues to grow as Far North Queensland's premier ultra-marathon with athletes travelling from far and wide to not just test themselves, but enjoy everything that Cairns has to offer.

I would like to take this opportunity to thank the many people and groups who have helped to put this event together. In 2024, we have been incredibly fortunate to welcome aboard a supportive group of sponsors, led by our title sponsor OSSEM. Mike and Lynne Reid from OSSEM are huge supporters of local sport and they are our go to for anything sports and health related. Whether it's general health for sports performance, injury management of orthopaedics, there is no one we would recommend more. Thanks Mike and Lynne for supporting Cairns 50!

Luke and Kalyra from Sea State Consulting have come on board for 2024 as our volunteer sponsor, and the very cool volunteer shirts you will see out and about this year are thanks to them. And back again for 2024 is our long standing sponsor Inspired Signs. You will see owner Adam out running the 30k this year.

Thanks also goes to Katie from Fit Kidz FNQ, Suzanne from Wellness Embodied, Kylie from FOHER Co., Leighton and Nicole from SFuels and the team from the Harbourside Hotel for their support in 2024.

Volunteers are the lifeblood of community events like these and Cairns 50 literally doesn't happen without this help. Thanks to these amazing people who will give up their weekend to help you to your finish line. In particular Cynthia Villiger, Clifford Jones, Peta Travers-Jones, Kalyra Thompson and Baylie Fletcher who have taken on leadership roles in 2024. A special thank you also to Kirsty Pledge who's amazing photography skills are evident in the photos of our 4 ambassadors for 2024. And of course to all our volunteers - thank you!

I must thank the 2024 ambassador team for their amazing contribution. Devicca, Andrew, Kelly and Sam took on the role of ambassadors and promoted our event with the utmost enthusiasm. They have made a significant contribution to Cairns 50 and I can't thank them enough.

And finally, I must thank my wife, Salome, and our daughters Isabella and Olivia. Salome keeps supporting me and our business as we continue to build and develop - I simply could not do it without her. And she will be busy on the tools over the weekend too!

Race day is nearly here. So it is over to you to challenge yourself and achieve something great. Welcome to Cairns 50, 2024!



Josh (Smurf)  
Race Director



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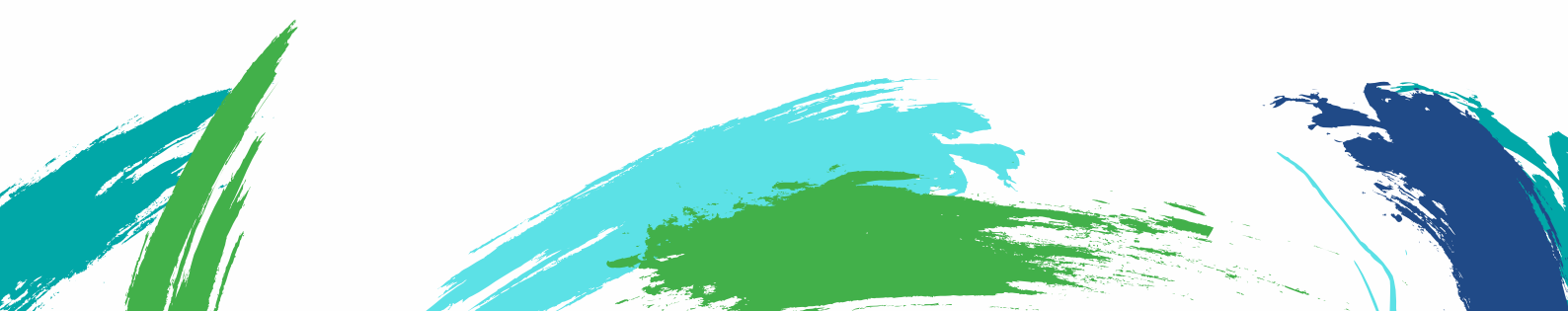
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# SCHEDULE OF EVENTS

## FRIDAY APRIL 5

**2pm-6pm:** Race Pack Collection - *Smurf Endurance Sports (12a Aplin Street, Cairns City)*

## SATURDAY APRIL 6

**4pm - 6:30pm:**

- Race Pack Collection - *Event Precinct (Control Tent)*
- Shuttle Buses from City/Harbourside Hotel to Glenoma Park and Return (pre-booked)
- Cairns Endurance Sports Expo - *Event Precinct*

**4:40pm:** Kids 1 Race Briefing - *Start Line*

**4:45pm: Kids 1 Race Start**

**5:10pm:** Kids 2 Race Briefing - *Start Line*

**5:15pm: Kids 2 Race Start**

**5:40pm:** Colour for COUCH Family 5 Race Briefing - *Start Line*

**5:45pm: Colour for COUCH Family 5 Race Start**

**6:15pm: Family 5, Kids 1 & 2 Presentations**

## SUNDAY APRIL 7

**4:30am - 1pm:** Shuttle Buses City/Harbourside Hotel to Glenoma Park and Return (pre-booked)

**5am - 6:30am:** Race pack collection available - *Event Precinct (Control Tent)*

**5:50am:** Cairns 50 Race Brief - *Start Line*

**6am: OSSEM Cairns 50 Start**

**6:20am:** Cairns 30 Race Brief

**6:25am: INSPIRED SIGNS Cairns 30 Start**

**6:40am:** Cairns 10 Race Brief

**6:45am: SMURF ENDURANCE SPORTS Cairns 10 Start**

**1pm:** Cairns 50 Cut Off/Event Expo Closes

**4:30pm - 6:30pm:** Presentation Party - *The Harbourside Hotel*

# RACE PACK COLLECTION

## WHEN/WHERE?

Race packs for all events are available for collection on;

- **Friday April 5** between 2pm and 6pm @ Smurf Endurance Sports (12a Aplin St, Cairns City)
- **Saturday April 6** between 4pm and 6:30pm @ Control Tent (Event Precinct, Glenoma Park)
- **Sunday April 7** prior to your event on race day (however, we highly encourage you to collect your race pack on prior to Sunday to minimise congestion on Sunday morning)

\*\*Note - Colour for COUCH Family 5 and Kids 1 & 2 only available Friday and Saturday

## WHAT DO YOU NEED?

You will need to provide a form of photo ID to collect your race pack. You will also **need a bag to put your goodies in**

## CAN I COLLECT SOMEONE ELSE'S RACE PACK FOR THEM?

Yes. However, to do so you will need to provide a copy of their email confirmation (electronic OR paper). This is also the case if you are collecting the race pack of children who do not have photo ID

## WHAT IS IN MY RACE PACK?

Everyone receives a race number and shoe tag (timing) to be worn on race day. You can also pick up pins for your race number.

Family 5 and Kids 1 & 2 will receive a Cairns 50 hat and other goodies from our supporters  
Cairns 10, 30 and 50 runners will receive a Cairns 50 hat, a Cairns 50 collapsible cup, an SFuels Life Bar and other goodies from our supporters.

## MERCHANDISE

If you purchased merchandise, it can be picked up with your race pack

# RACE AMBASSADORS



**ANDREW LAMOND**

**DEVICCA EMBAHE**

**SAM GALLAGHER**

**KELLY PRIDDEY**



# TRAVEL AND PARKING

## PARKING

There is parking available for Cairns 50 at Brinsmead Park Reserve approximately 500m from the race venue.

The race precinct can be accessed via a path along the Cairns Western Arterial Road and the underpass through to Glenoma Park

**(NOTE - there is no parking available at Glenoma Park).**

Volunteers will be available at the parking area to assist - please follow their directions at all times.



## STOP/DROP/GO

A stop/drop/go area will be provided at the entry to Glenoma Park for athletes to be dropped off.

## SHUTTLE BUSES

If you pre-booked a shuttle bus with your entry (or via the link below) you can access the shuttle buses to travel between Cairns City and the Event Precinct (and return). The timetable is available here. If you would like to book a shuttle bus, please do so at the link below.

Bus transport can be booked at [www.cairns50.com.au/transport/](http://www.cairns50.com.au/transport/)

SATURDAY TRANSPORT		
12A APLIN STREET -> RACE VENUE	HARBOURSIDE HOTEL -> RACE VENUE	RACE VENUE -> CITY/HOTEL
3:30pm	3:40pm	
4:20pm	4:30pm	4:50pm
5:10pm	5:20pm	5:40pm
		6:30pm
SUNDAY TRANSPORT		
12A APLIN STREET -> RACE VENUE	HARBOURSIDE HOTEL -> RACE VENUE	RACE VENUE -> CITY/HOTEL
4:40am (C50, C30)	4:50am (C50, C30)	
5:30am (C30, C10)	5:40am (C30, C10)	
6:20am (C10, Spectators)	6:30am (C10, Spectators)	
		9am
		10am
		11am
		12pm
		1pm

# EVENT PRECINCT

## EVENT SERVICES

The Cairns Endurance Sport Expo will be held at the event precinct on Saturday and Sunday April 6 & 7. A number of services will be available in the event precinct and expo. These services include;

- Cairns 50 Control Tent - Race pack collection, merchandise collection and purchase, Personal Needs bag/bottle Drop, "street bag" drop, FAQ's, lost & found etc.
- First Aid Tent
- Food & Drink Stalls
- Toilets

## STREET BAG DROP

Participants who require somewhere to store a bag can do so at the Cairns 50 Control Tent. **It is the responsibility of participants to clearly label their bag.** Bags will be monitored occasionally and **participants store their bag at the Cairns 50 Control Tent at their own risk.**

## FOOD AND DRINK

A range of food and drink options will be provided for purchase in the event expo including;

- Coffee Your Way
- Tropik Nutrition (Smoothies)
- Food Truck

## TOILETS

Toilets will be located in the event precinct in 3 locations;

- A permanent toilet block is located at the top of the carpark entry
- 2 portaloos will be located on the southern side nearby the Personal Needs Aid Station
- 2 portaloos will be located in the Glenoma Park carpark

## CLUB TENTS

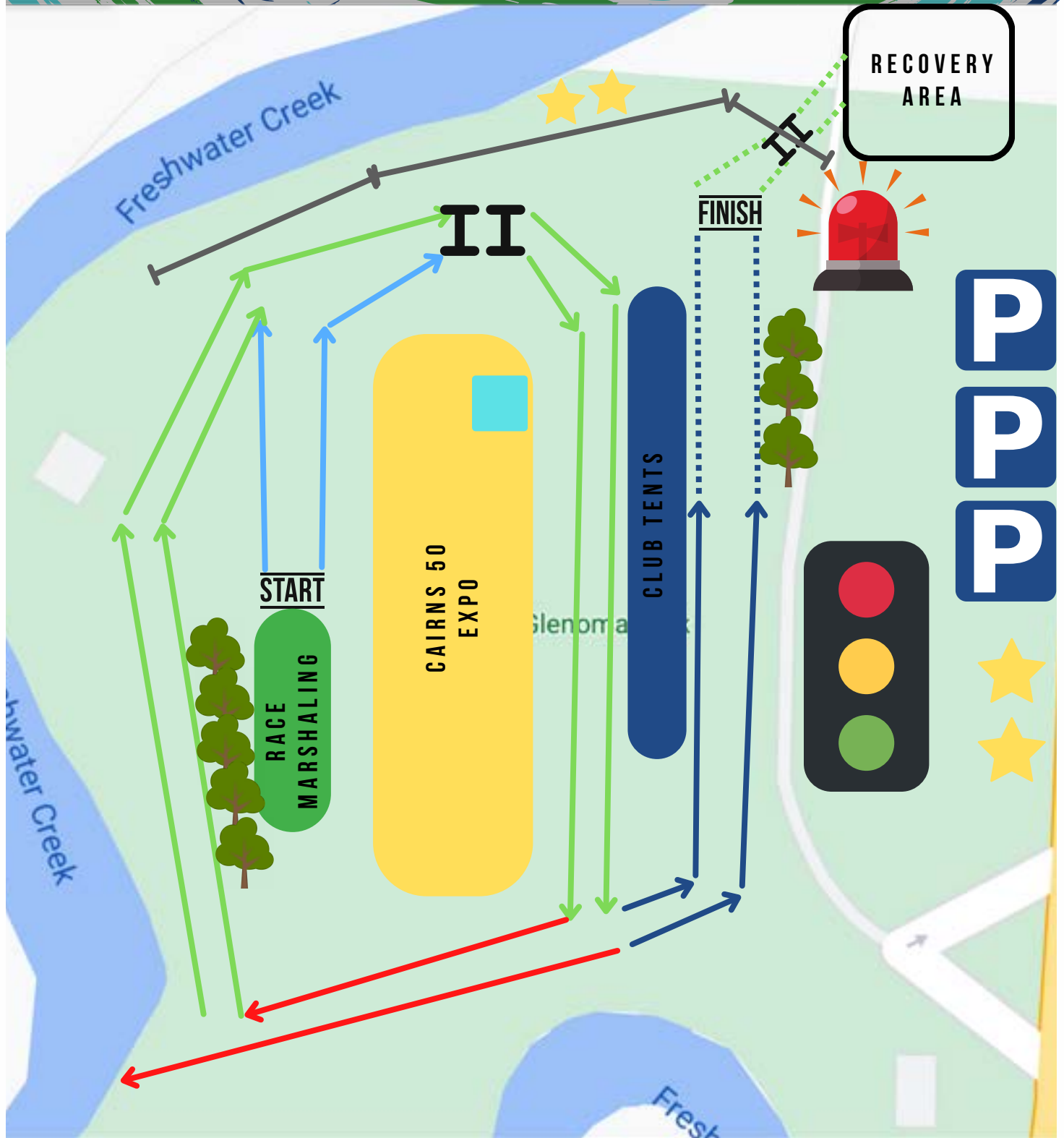
Clubs, businesses and organisations can set up club tents along the finish line. To do so, a booking is required. Bookings for 3x3m or 6x3m tents can be placed at [www.cairns50.com.au/expo-and-club-tents/](http://www.cairns50.com.au/expo-and-club-tents/).



Wellness Embodied



# EVENT PRECINCT MAP



## KEY

-  Runners Next Lap/Finish
-  Runners Start
-  Runners Next Lap
-  Runners Finish
-  Control Tent/First Aid etc.
-  Emergency Access
-  Event Vehicle Parking
-  Bus Drop Off & Pick Up
-  Toilets

# CAIRNS ENDURANCE SPORT EXPO

## EXPO

The Cairns Endurance Sport Expo will run alongside the 2024 edition of Cairns 50 and feature a range of local businesses and endurance sport clubs/events.

## FOHER CO. Special Offer

Our official merchandise supplier and local FNQ business, FOHER Co., will be at the Cairns 50 Expo. To purchase FOHER Co. products, you need to pre-purchase via their website - <https://foher.co/>

Use the code CAIRNS50 on checkout to secure your free shipping discount!

## KIDS ACTIVITIES

During the Saturday Family Fun Day, there will also be kids activities in conjunction with the Family 5 and Kids 1 & 2 events. This will include;

- Great Barrier Reef Jumping Castle
- Face Painting
- Fitness activities with FitKidz FNQ
- Crazy Mini Golf



## MERCHANDISE

Some limited stock of Cairns 50 merchandise will also be available at the expo. This will include;

- Cairns 50 run singlets
- Cairns 50 casual singlets
- Trucker hats, visors & bucket hats
- Soft flasks, hydrapouches & collapsible cups



# OSSEM

ORTHOPAEDIC SURGEON CAIRNS  
WITH A REAL FOCUS ON PATIENT  
CENTRED CARE AND CLINICAL  
EXCELLENCE.



Michael Reid is an experienced orthopaedic surgeon with advanced skills training in trauma and a specialist interest in soft tissue knee injuries, reconstruction, knee replacement surgery and revision surgery.

At OSSEM we have in house GPs to facilitate access rapid medical assessment of acute injuries, appropriate imaging and onward referral to an orthopaedic surgeon should you require it.

Through our hard work and complete dedication, we pledge to give each patient the best possible journey to recovery.

**Ph: (07) 4242 1444 Em: [info@ossem.com](mailto:info@ossem.com)**

# OSSEM

ORTHOPAEDIC SURGERY SPORT  
& EXERCISE MEDICINE

# RACE BRIEFINGS

## **VIRTUAL RACE BRIEFING**

A virtual race briefing will be provided to participants in the week before race day via the Cairns 50 Website, Email and Youtube. This race briefing will cover important information regarding race day including, but not limited to;

- Race pack collection information
- Final race day schedule and pre-race processes
- Possible race day hazards
- Race day rules
- Aid Station, hydration/nutrition and personal needs information
- Finish line and recovery protocols
- Course information
- First aid
- Weather update

It is the responsibility of participants to view this Virtual Race Briefing prior to attending the event on race day.

## **PRE-RACE BRIEFING**

A short pre-race briefing will occur in the 5-10 minutes prior to your event. This pre-race briefing will cover information such as;

- Emerging or newly identified hazards
- Late changes to the course or other organisational elements of the race
- Race rules
- Any other changes or emerging situations which may affect the race or participants

# RACE RULES

## RACE RULES

Race rules are put in place for the safety of participants, spectators, volunteers, staff, the general public and to protect our local environment. The Race Director reserves the right to remove participants from the course or disqualify participants if they are found to be in breach of these rules.

- **Prams** are **only allowed in the 1k, 2k, 5k and 10k events**. Care and safety of other participants, those using prams and children in prams is the responsibility of the participant using the pram. **Prams will be required to appropriately seed themselves at the start line. Extreme care** needs to be taken and those using prams **must give way to other participants and path users (note: start and finish is on grass)**
- If using **Headphones**, they must be bone conduction, a single ear bud or similar. As the pathway is open for public use and will include many other participants and event bikes, it is for your safety and the safety of others that you are able to hear instructions from volunteers and officials, as well as be aware of your surroundings
- If using a **phone or device** for headphones, keep it stored away for the duration of the race so as not to serve as a distraction. The use of a device during the event may result in disqualification or removal from the course
- Your **race number** must be displayed on your front at all times (whether via pins or race belt)
- The **pathways** on which Cairns 50 is being held are open to public use for the duration of the event. **All runners must keep to the left at all times except when passing and give-way to any bikes** on the course
- **Littering** will not be tolerated at Cairns 50. Aid stations provide bins for your use. **Littering may result in disqualification from the event** at the discretion of the Race Director
- Volunteers will manage **Aid Stations** and be able to support runners in getting what they need. It is the **responsibility of participants to show courtesy and be patient at aid stations**. This may include, but is not limited to; waiting for others before refilling bottles/hydration vests, not taking more than you need from aid stations, slowing down when running through aid stations etc.
- It is the responsibility of participants to **follow the directions of marshals and event staff at all times while on course**. This is for the safety of yourself, other participants and the general public
- **Aggressive behaviour towards volunteers or event staff will not be tolerated. Such behaviour will result in immediate disqualification from the event** at the discretion of the Race Director
- **If you withdraw from your race during the event**, it is your responsibility to inform the control tent asap
- All care is taken in the days before the event to remove hazards from the course, however, **it is the responsibility of participants to inform a marshal, volunteer or event staff member if they identify a hazard on course** that may impact the safety of others
- **Pre-race warm ups must not be conducted on the course itself** (except for Cairns 50 participants as no other runners will be on the course before 6am). There is ample grassed space in Glenoma Park to complete warm ups
- To ensure an equal race for all, no **outside assistance** is allowed at Cairns 50 (eg. provision of nutrition from spectators) except for in emergency situations
- **The cut off time** for the 50k Ultra is 7 hours and will be strictly adhered to. Runners still on the course after the 7 hours will be withdrawn from the event.
- **No dogs or animals** are allowed on course with athletes. However, be aware that the path is open to the general public and there may be dogs on (or off-leash) with the general public

# FIRST AID

## **FIRST AID TEAM**

Cairns 50 first aid will be provided by volunteer doctors from Cairns Base Hospital led by Baylie Fletcher. The first aid team will consist of a minimum;

- 2 First Aid Officers at the race precinct/recovery area
- 3 Roaming First Aid Officers with bikes/vehicles to access far reaches of the course
- First Aid Manager (stationed in the race precinct)

A qualified doctor will also be available in the Control Tent

## **FIRST AID TENT**

A First Aid Tent will be provided in the race precinct next to the Control Tent. If first aid is required (whether participants or spectators), please present at the First Aid Tent.

## **EMERGENCY ACCESS**

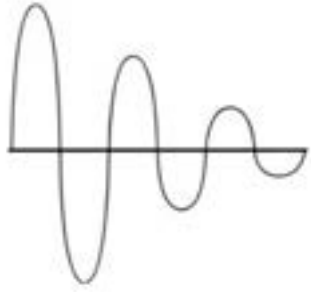
Emergency access is provided to the race precinct via the Glenoma Park car park. Emergency access is provided to the finish line/recovery area via a gate at the northern most point of the car park. This space will be left vacant for emergency access.

## **MOSQUITO PROTECTION**

We highly encourage all participants, spectators and volunteers to **bring and use mosquito repellent. Recent rain means that there are mosquitos at the race precinct and along the course.**

## **NOTES**

Athletes are responsible for any costs incurred as a result of a medical incident, this includes but is not limited to ambulance transfers, hospital stays, specialist treatment; it is therefore strongly advised that all athletes hold adequate personal insurance. Australian residents are recommended to hold valid private health insurance (inclusive of ambulance cover) whilst international athletes are strongly advised to have adequate travel or personal insurance that will provide coverage for participation in Cairns 50. Athletes are responsible for understanding the terms and conditions of insurances held.



# SEA STATE

✓ **18 years of Naval and Maritime Project Management experience**

✓ **Delivering tasks from small repairs to large depot level maintenance dockings**

✓ **Sea State excels whether that be sea trials, basin trials or material condition assessments for all types of vessels**

✓ **Experienced project management organisation that saves on costings, time away from its requirements or the preferred location out at sea in a fair sea state!**

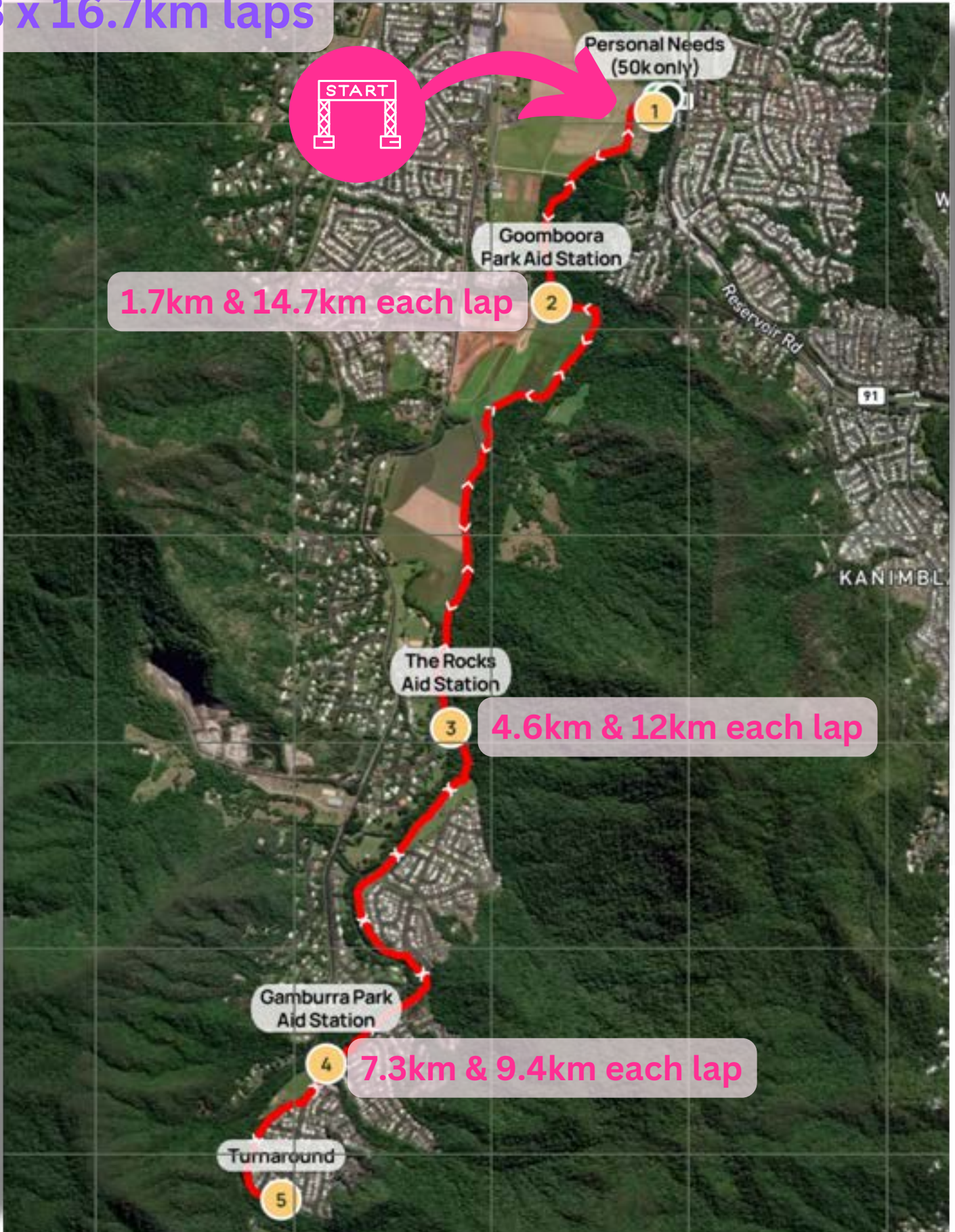


**Ph: 0458 344 210 Em: [luke@seastateconsulting.com.au](mailto:luke@seastateconsulting.com.au)**



# COURSE MAP - CAIRNS 50

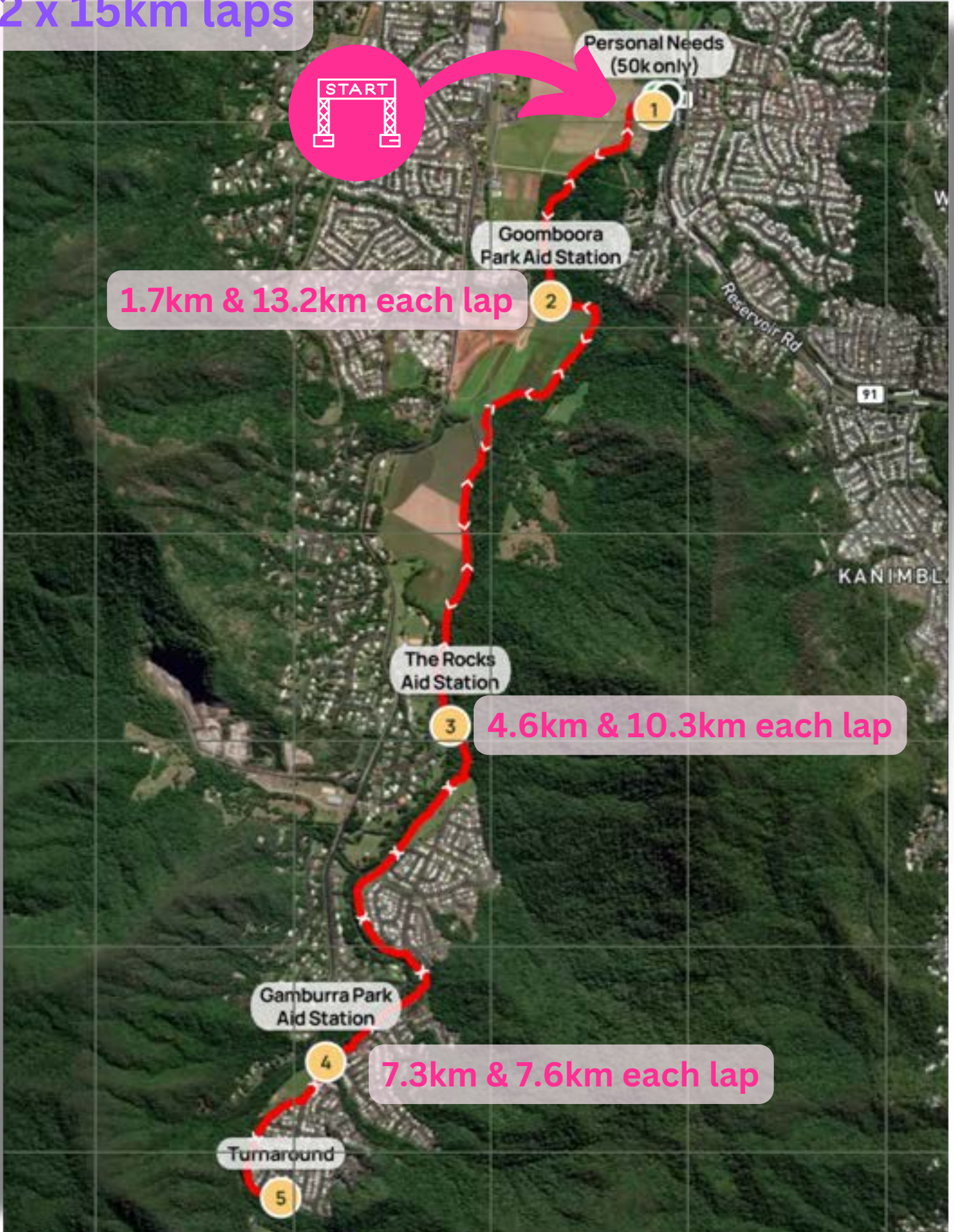
3 x 16.7km laps





# COURSE MAP - CAIRNS 30

2 x 15km laps



# COURSE MAP - CAIRNS 10

2 x 5km laps



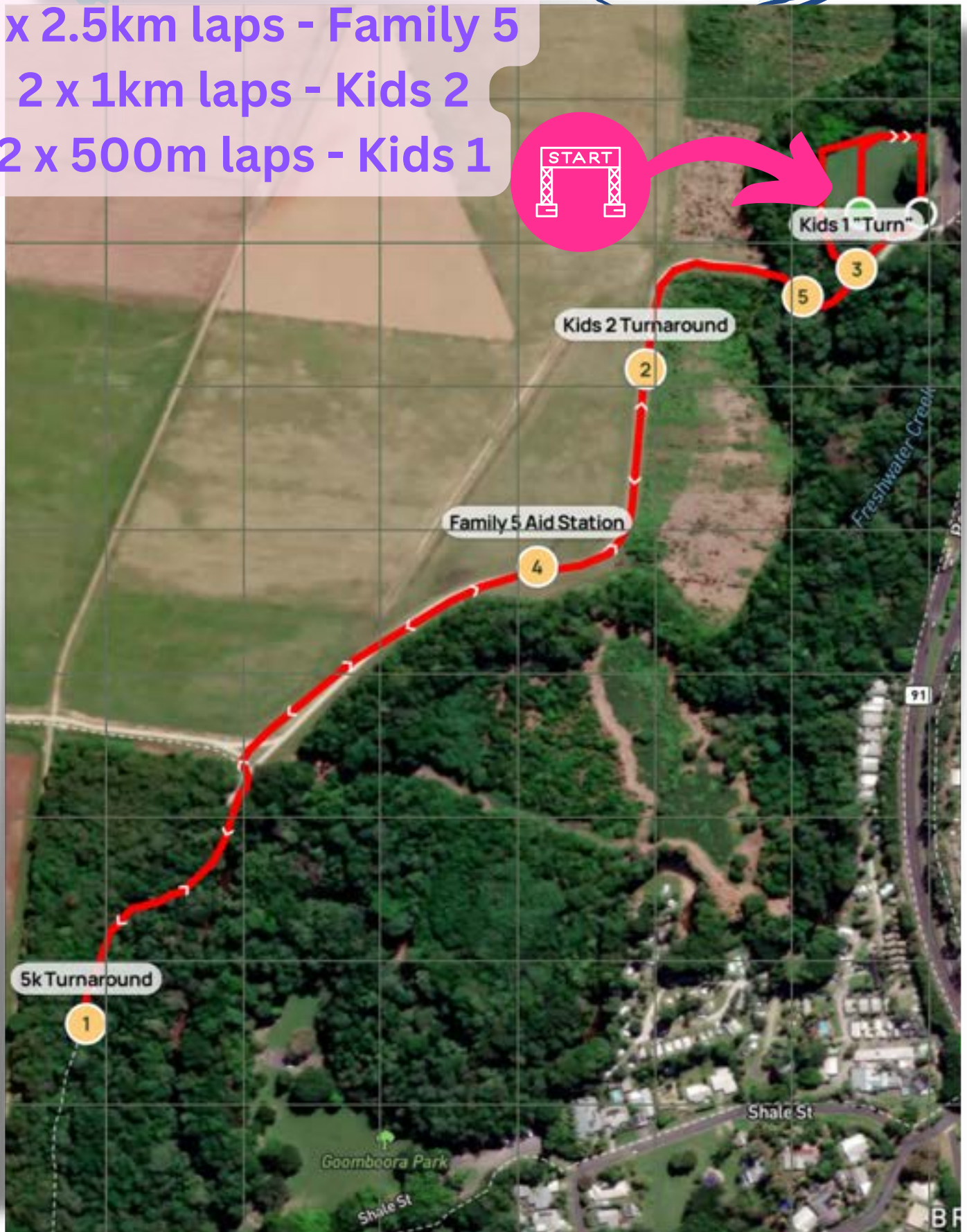
1.7km & 3.1km each lap

Goomboora  
Park Aid Station

Turnaround

# COURSE MAPS - FAMILY FUN DAY

2 x 2.5km laps - Family 5  
2 x 1km laps - Kids 2  
2 x 500m laps - Kids 1





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# AID STATIONS

## CAIRNS 50/30

There are three aid stations on the Cairns 50 and 30 courses. The first is located near Goomboora Park, the second at The Rocks and the third just past Mary Parker Drive. For **Cairns 50**, aid stations are located at approximately 1.7kms, 4.6kms, 7.3kms, 9.4kms, 12kms and 14.7kms each lap. For **Cairns 30**, aid stations are located at approximately 1.7kms, 4.6kms, 7.3kms, 7.6kms, 10.3kms and 13.2kms each lap.

Each aid station will be able to be accessed twice per lap (once on the way out, and once on the way back). Aid stations will offer SFuels Race+ Fruit Punch electrolyte drink, water, fruit, lollies, and cola/potato chips (only available at The Rocks and Mary Parker Drive Aid Stations).

## CAIRNS 10

There is one aid station on the Cairns 10 course. It is located near Goomboora Park and can be accessed in both directions at approximately 1.7kms and 3.1kms each lap. The aid station will offer SFuels Race+ Fruit Punch electrolyte drink, water, fruit and lollies.

## FAMILY 5 & KIDS EVENTS

There is one aid station provided for the Family 5 and Kids events. This will be accessed at the turnaround for each lap. Water will be provided at this aid station.

## CUP-LESS AID STATIONS

Please note that we are a **cup-less event**. This means there will be no plastic cups available at aid stations, but there will be a **small provision of compostable bamboo cups (for emergency only)**. You will need to bring your own hydration solutions such as a hydration pack, a soft flask or a collapsible cup (*all Cairns 50, 30 and 10 participants receive a Cairns 50 collapsible cup as part of their entry*).

**SFuels**®

**Go Longer.**

# AID STATIONS CONT.

## CUP-LESS AID STATIONS

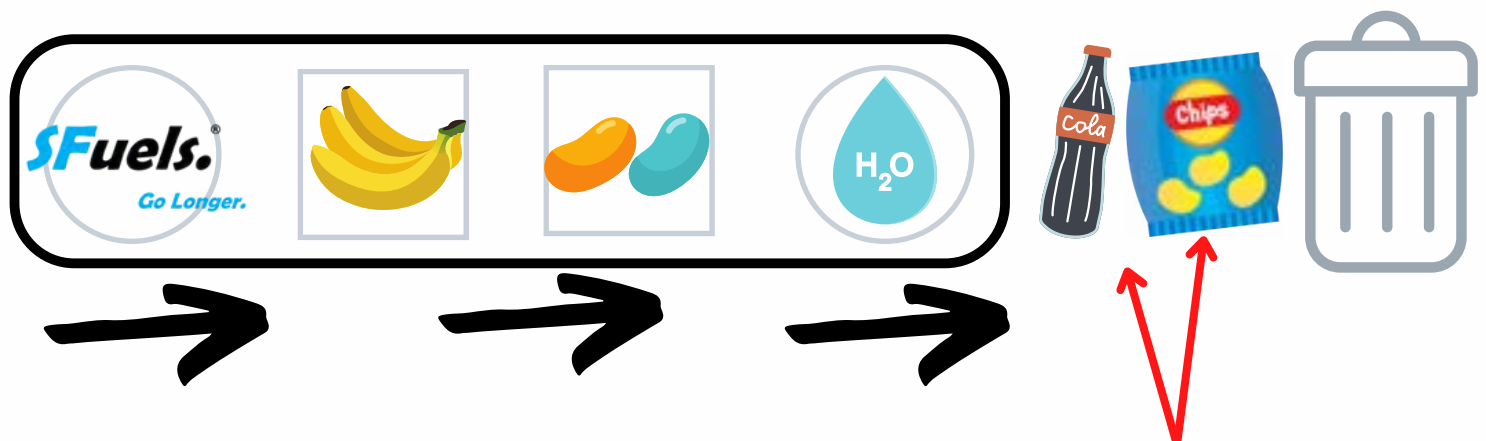
To enable athletes to perform at their best and minimise their time through aid stations, the following strategies are in place at aid stations;

- Provision of some compostable bamboo cups at aid stations (these will be limited ONLY for emergency)
- Provision of a collapsible cup for all 50k, 30k and 10k runners
- Use of Water Monster "Ultraspouts" on all water and electrolyte canisters

You can see videos of the Ultraspout in action here - <https://www.cairns50.com.au/aid-stations/>

The use of the Ultraspouts allow quick and efficient access to water and electrolyte at each aid station.

## AID STATION LAYOUT



***The Rocks & Mary Parker Drive  
Aid Stations Only***

# PERSONAL NEEDS (CAIRNS 50 ONLY)

## PERSONAL NEEDS (CAIRNS 50 ONLY)

Cairns 50 participants will have access to a personal needs station located after the bridge as you enter Glenoma Park. Cairns 50 participants are allowed to provide a single labelled bag **{clear reusable bags as shown below only}** and/or water bottle, OR a small cooler bag to be placed in this area (see examples in the images below). The personal needs station will be available for access every lap (portaloos also at this personal needs aid station).

Participants will need to drop their labelled personal needs bag/bottle in a box at the control tent which will be placed in order of race bib number at the Personal Needs station. This station will be unmanned. Two bins will be provided at Personal Needs - one for rubbish and the other for bottles/bags. Bottles/bags will be returned to the participant for recycling/reuse.



Labelled with your name and your bib number

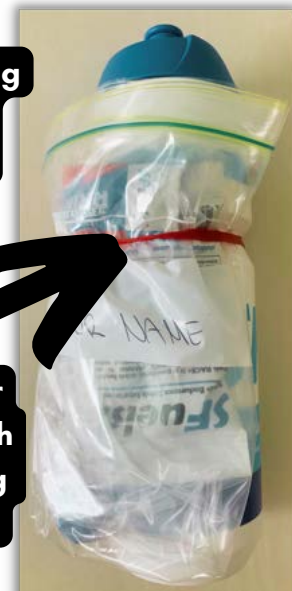
Clear reusable bag (no larger than "large" size)

Small cooler bag option - label with your name and bib number



If you are just using a bag or bottle, they can be provided on their own

Attach your bag to your bottle (if using both) with a rubber band, ensuring that your bib number is showing





# TOILETS - ON COURSE

## TOILETS ON COURSE

Toilets are available on course in 3 locations.

- The Rocks Aid Station (Cairns 50 and 30 only)



- Event Precinct  
Glenoma Park (portaloos)



- Goomboora Park (Cairns 50, 30 and 10 - you need to run approximately 500m off course, however, to access these toilets)



# TIMING & RESULTS

## **COURSE**

The course follows the Redlynch cycle pathways from Glenoma Park at the northern end to Gamberra Drive (for the 50k and 30k) to the south. **Detailed interactive course maps can be found at [www.cairns50.com.au/events/](http://www.cairns50.com.au/events/).**

## **LAPS**

The event timing system will be used, if required, to check that runners have completed the correct number of laps. It is the responsibility of the participants to be aware of how many laps they have completed and to complete the correct number of laps.

## **TIMING**

Timing services for Cairns 50 are provided by Barefoot Sports. The Cairns 50 course includes **five timing points;**

- Start line
- Goomboora Park Aid Station (all events)
- The Rocks Aid Station (50k and 30k events)
- Mary Parker Drive Aid Station (50k and 30k events)
- Finish Line

The **Family Fun Day** events will only have timing for the start and finish.

Live timing will be available for all Cairns 50 events. A link to this will be provided prior to race day.

# RECOVERY AREA

## RECOVERY AREA

When you finish your event, you will have the opportunity to relax in the shaded recovery area behind the finish line. Available in the recovery area will be water, ice and fresh fruit (eg. Watermelon, oranges etc.) The recovery area is also right next to Freshwater Creek if you fancy a cold swim!



**Again in 2024, we welcome Recovery Lab who will provide ice baths and other recovery services for you!**

**First Aid will be available in the recovery area for those that require it.**



**Wellness Embodied**



# FUNCTIONAL FITNESS



## ***FITKIDZ FNQ***

Our FitKidz functional exercise program is specifically designed for children ages 2-12 to improve in the areas of ;

- Balance
- Strength
- Coordination
- Flexibility
- Concentration
- Motor Skills

Most of all, our classes are fun and social!



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

0400 535 722

[fitkidz@nlta.com.au](mailto:fitkidz@nlta.com.au)



# PRESENTATIONS & AWARDS

## AWARDS

All participants at Cairns 50 will receive a medal to celebrate and commemorate their achievement.

There are also trophies for overall male and female places across events including;

- Cairns 50 1st, 2nd & 3rd male and female
- Cairns 30 1st, 2nd & 3rd male and female
- Cairns 10 1st, 2nd & 3rd male and female

In 2024, 1st, 2nd and 3rd male and female in the Colour for COUCH Family 5, and FitKidz 1 & 2 will receive a commemorative Cairns 50 water bottle



## PRESENTATION PARTY

Presentations of trophies and lucky door prizes will occur at the **Presentation Party 4:30pm Sunday April 7 at Cairns Harbourside Hotel.**

Come along and share your race day stories, have a drink and enjoy an amazing view of the ocean. Cairns 50 will be providing a selection of tapas like food for attendees, including gluten free, vegetarian and vegan options for those with dietary requirements.



# PHOTOGRAPHY

## 2024 PHOTOS

In 2024, we will be providing photos of the event thanks to some of our amazing local photographers at no extra cost to you!

All photos will be available asap in the week following the event. An email will be sent and an announcement made via social media when photos are available.



## #CAIRNS50

## #CAIRNS50ULTRA

Of course, we know your supporters will be out on course taking tonnes of photos and videos of your achievement. We would love for you all to share your photos and videos on social media using the hashtags #cairns50 and #cairns50ultra

And don't forget to tag @cairns50ultra in your posts too!!



# WEATHER & WILDLIFE

## WEATHER

The weather during April in Cairns is hot, humid and often wet. The average April **minimum temperature** is 22.5 degrees celsius and the average **maximum temperature** is 29.4 degrees celsius. The average **relative humidity** is between 72-78%. For our 2022 and 2023 events, we had severe heat and humidity - but it is just as likely to rain.

Participants need to be prepared for these hot and humid conditions and also be prepared for rain.

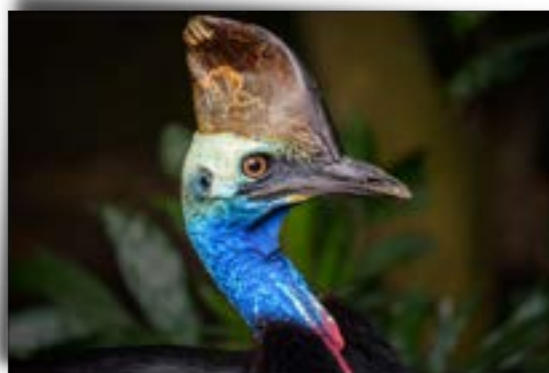


## INSECTS

The area in which Cairns 50 is held is prone to mosquitos due to being rainforest, being along a creek and the possibility of wet conditions. It is highly suggested that participants and spectators use insect repellent.

## WILDLIFE

Unfortunately, you are not likely to see a cassowary or crocodile!! But there is still wildlife in the area in which Cairns 50 is being held such as bush turkeys and lizards. Please take care if you come across wildlife during your run. As the path is open to the public, it is highly possible that people walking dogs will be on the path. Please take care when passing people with dogs (dogs are required to be on a leash on all areas of the course)



Wellness Embodied

# SUSTAINABILITY

## **CUPLESS**

Cairns 50 is a cup-less event. That means that no plastic cups will be provided at aid stations (but a small number of compostable bamboo cups will be available). Therefore, participants are required to provide their own hydration solutions (eg. hydration vest, soft flask). All competitors in the Cairns 50, 30 and 10 will receive a hydrapouch in their race packs which can be used during the event.

There will also be very limited compostable bamboo cups in the recovery area. We suggest you bring along your own collapsible cup (or similar) to use in the recovery area.

## **RACE PACK BAGS**

We are also working to minimise our footprint by not providing race bags for your race packs. Please bring your own bag to registration in which to put all of your race pack goodies.

## **RECYCLING**

Recycling receptacles will be provided where possible in the event precinct to recycle cans, bottles, paper and cardboard.

All bottles and bags provided by Cairns 50 competitors for Personal Needs will be returned to participants after their event for reuse or recycling.

## **LOCAL ENVIRONMENT**

It is incredibly important that events such as ours protect our local environment. Freshwater Creek, along which you will run, connects directly to the Great Barrier Reef and the rainforest environment in which we live and run is very sensitive. We all have a responsibility to race sustainably and do all we can to leave a minimal footprint. We ask that you assist us in minimising the environmental footprint of our event.

## **LITTERING**

As noted in the race rules, littering by participants will not be tolerated and will result in disqualification at the discretion of the Race Director. Bins will be located at aid stations and in the race precinct for your use.



# ADDITIONAL INFORMATION

## **VOLUNTEERS**

Our volunteers are an essential part of our team and without them, Cairns 50 simply does not happen. We ask all participants to thank all of our volunteers before, during and after your race. They are giving up their time to help provide you with a great experience. If a family member or friend of yours would like to help out and volunteer, we are definitely still happy to accept more help!

## **SPECTATORS**

Spectators are absolutely welcome to join us at the race precinct and along the Cairns 50 course. We simply ask that spectators also follow directions of course marshals and event staff when required, as well as observe our requests regarding littering, the environment and showing courtesy to others (particularly staff and volunteers)

## **EVENT TEAM**

A big thank you to all our team who have put in much time and effort to facilitate the first ever Cairns 50. Our event team includes;

- **Control Tent:** Salome Duff
- **Volunteer Manager:** Kalyra Thompson
- **Athlete Check-in Manager:** Peta Travers-Jones
- **First Aid Manager:** Baylie Fletcher
- **Aid Station/Recovery Manager:** Cynthia Villiger
- **Event Timing Manager:** Clifford Jones

THANK  
YOU

# CAIRNS 50 - QUICK GUIDE

## **RACE PACK COLLECTION**

Friday April 5, 2pm-6pm (12a Aplin St, Cairns City)

Saturday April 6, 4pm-6:30pm (Race Precinct Control Tent)

OR

Sunday April 7, before 5:40am, Race Precinct Control Tent

(We HIGHLY suggest Cairns 50 participants collect their race pack Friday or Saturday)

## **TRAVEL**

*Aim to arrive at the venue no later than 5:30am - If driving, arrive at Brinsmead Reserve Car Park at 5:15am to allow time to walk to the venue*

## **PERSONAL NEEDS/BAG DROP**

Drop Personal Needs at Control Tent on race morning prior to your run (no more than one bottle and/or one clear reusable - if both, attach with a rubber band - OR small cooler bag). Drop clearly labelled "Street Bag" at Control Tent on race morning prior to your run

## **RACE BRIEF**

Watch online during the week (distributed via the Cairns 50 website, email and Youtube) then at 5:50am race morning

## **RACE START AND CUTOFF**

6am. Cut off for last finishers is 1pm

## **COURSE**

3 x 16.7km Laps

<https://www.cairns50.com.au/cairns-50-ultramarathon/>

## **AID STATIONS/PERSONAL NEEDS**

3 aid stations accessed twice each lap (Goomboora Park, The Rocks, Mary Parker Drive). Personal Needs located just after the bridge as you enter Glenoma Park from the eastern side - available every lap (see course maps)

## **PRESENTATIONS/AWARDS**

4:30pm at Cairns Harbourside Hotel, Cairns City.

1st, 2nd and 3rd male and female overall in the Cairns 50

Lucky door prizes at the Presentation Party

# CAIRNS 30 - QUICK GUIDE

## **RACE PACK COLLECTION**

Friday April 5, 2pm-6pm (12a Aplin St, Cairns City)

Saturday April 6, 4pm-6:30pm (Race Precinct Control Tent)

## **OR**

Sunday April 7, before 6:10am, Race Precinct Control Tent

(We HIGHLY suggest Cairns 30 participants collect their race pack Friday or Saturday)

## **TRAVEL**

Aim to arrive at the venue no later than 6:00am - If driving, arrive at Brinsmead Reserve Car Park at 5:45am to allow time to walk to the venue

## **BAG DROP**

Drop clearly labelled "**Street Bag**" at Control Tent on race morning prior to your run

## **RACE BRIEF**

Watch online during the week (distributed via the Cairns 50 website, email and Youtube) then at 6:20am race morning

## **RACE START AND CUTOFF**

6:25am. Cut off for last finishers is 1pm

## **COURSE**

2 x 15km Laps

<https://www.cairns50.com.au/inspired-signs-cairns-30/>

## **AID STATIONS**

3 aid stations accessed twice each lap (Goomboora Park, The Rocks, Mary Parker Drive). Personal Needs located just after the bridge as you enter Glenoma Park from the eastern side - available every lap (see course maps)

## **PRESENTATIONS/AWARDS**

4:30pm at Cairns Harbourside Hotel, Cairns City.

1st, 2nd and 3rd male and female overall in the Cairns 30

Lucky door prizes at the Presentation Party

# CAIRNS 10 - QUICK GUIDE

## **RACE PACK COLLECTION**

Friday April 5, 2pm-6pm (12a Aplin St, Cairns City)

Saturday April 6, 4pm-6:30pm (Race Precinct Control Tent)

## **OR**

Sunday April 7, before 6:30am, Race Precinct Control Tent

(We HIGHLY suggest Cairns 10 participants collect their race pack Friday or Saturday)

## **TRAVEL**

Aim to arrive at the venue no later than 6:15am - If driving, arrive at Brinsmead Reserve Car Park at 6:00am to allow time to walk to the venue

## **BAG DROP**

Drop clearly labelled "Street Bag" at Control Tent on race morning prior to your run

## **RACE BRIEF**

Watch online during the week (distributed via the Cairns 50 website, email and Youtube) then at 6:40am race morning

## **RACE START AND CUTOFF**

6:45am. Cut off for last finishers is 1pm

## **COURSE**

2 x 5km Laps

<https://www.cairns50.com.au/life-chiropractic-cairns-10/>

## **AID STATIONS**

1 aid station accessed twice each lap (Goomboora Park - see course maps)

## **PRESENTATIONS/AWARDS**

4:30pm at Cairns Harbourside Hotel, Cairns City.

1st, 2nd and 3rd male and female overall in the Cairns 10

Lucky door prizes at the Presentation Party

# FAMILY 5 - QUICK GUIDE

## **RACE PACK COLLECTION**

Friday April 5, 2pm-6pm (12a Aplin St, Cairns City)

Saturday April 6, 4pm-5:30pm (Race Precinct Control Tent)

## **TRAVEL**

Aim to arrive at the venue no later than 5:00pm - If driving, arrive at Brinsmead Reserve Car Park at 4:45pm to allow time to walk to the venue

## **BAG DROP**

Drop clearly labelled "Street Bag" at Control Tent on race afternoon prior to your run

## **RACE BRIEF**

Watch online during the week (distributed via the Cairns 50 website, email and Youtube) then at 5:40pm race afternoon

## **RACE START AND CUTOFF**

5:45pm. Cut off for last finishers is 6:30pm

## **COURSE**

2 x 2.5km Laps

<https://www.cairns50.com.au/saturday-family-fun-day/>

## **AID STATIONS**

1 aid station with water at turnaround point

## **PRESENTATIONS/AWARDS**

Cairns 50 Commemorative water bottle for 1st, 2nd and 3rd female and male

# KIDS 2 - QUICK GUIDE

## **RACE PACK COLLECTION**

Friday April 5, 2pm-6pm (12a Aplin St, Cairns City)

Saturday April 6, 4pm-5:00pm (Race Precinct Control Tent)

## **TRAVEL**

Aim to arrive at the venue no later than 4:45pm - If driving, arrive at Brinsmead Reserve Car Park at 4:30pm to allow time to walk to the venue

## **BAG DROP**

Drop clearly labelled "Street Bag" at Control Tent on race afternoon prior to your run

## **RACE BRIEF**

Watch online during the week (distributed via the Cairns 50 website, email and Youtube) then at 5:10pm race afternoon

## **RACE START AND CUTOFF**

5:15pm. Cut off for last finishers is 6:30pm

## **COURSE**

2 x 1km Laps

<https://www.cairns50.com.au/saturday-family-fun-day/>

## **AID STATIONS**

1 aid station with water at turnaround point

## **PRESENTATIONS/AWARDS**

Cairns 50 commemorative water bottle for 1st, 2nd and 3rd male and female

# KIDS 1 - QUICK GUIDE

## **RACE PACK COLLECTION**

Friday April 5, 2pm-6pm (12a Aplin St, Cairns City)

Saturday April 6, 4pm-4:30pm (Race Precinct Control Tent)

## **TRAVEL**

Aim to arrive at the venue no later than 4:15pm - If driving, arrive at Brinsmead Reserve Car Park at 4:00pm to allow time to walk to the venue

## **BAG DROP**

Drop clearly labelled "Street Bag" at Control Tent on race afternoon prior to your run

## **RACE BRIEF**

Watch online during the week (distributed via the Cairns 50 website, email and Youtube) then at 4:40pm race afternoon

## **RACE START AND CUTOFF**

4:45pm. Cut off for last finishers is 5:30pm

## **COURSE**

2 x 500m Laps

<https://www.cairns50.com.au/saturday-family-fun-day/>

## **AID STATIONS**

1 aid station with water at turnaround point

## **PRESENTATIONS/AWARDS**

Cairns 50 commemorative water bottle for 1st, 2nd and 3rd male and female