

2026

Cairns 50



Community Running Festival

#C50 Australia

**ATHLETE
GUIDE**



PRESENTED BY

Smurf

Endurance Sports Pty. Ltd.

WELCOME!!! FROM THE RACE DIRECTOR

We are excited to welcome you to what is shaping up to be the biggest Cairns 50 yet with record numbers and events sold out. Cairns 50 continues to grow as Far North Queensland's premier ultra-marathon with athletes travelling from far and wide to test themselves against the course, the weather and themselves. This year is no different with more hot and humid conditions likely.

I would like to take this opportunity to thank the many people and groups who have helped to put this event together. In 2026, we extend our thanks to the sponsors who are on board and help to make this event happen. In particular, **Inspired Signs** have now been on board with us since the beginning of this event, and continue to be the sponsor of the 30k. 5 years of consistent support from the team has been amazing!

Wellness Embodied is on board again for the third year in a row, and in 2026 they are again the 10k sponsor. Suzanne and her team are the premier physio and wellness space in not just Cairns, but Far North Queensland.

Luke and Kalyra from **Sea State Consulting** are supporting all of our volunteers again in 2026 also for the third year in a row. Our volunteers are the lifeblood of this event and the support of Luke enables us to support our volunteers. And then Kalyra will be again leading out volunteer team in 2026.

Alex and the team from **Pulse Nutrition** are back again in 2026 as our nutrition partners. This year, their new watermelon endurance fuel will be on course. A great tasting, not overly sweet mix which is perfect for our conditions with 20g carbohydrate and 500mg sodium per serve.

We are also excited to welcome aboard **Studio Pilates Cairns** as a bronze sponsor for the first time in 2026. Thank you to Jo and the team for their support. I know the benefits of Pilates myself having completed almost 150 sessions with the Cairns team who I have always found welcoming and encouraging.

Special thanks goes to all our volunteers, without whom, this event simply doesn't occur - and that is not hyperbole! **Peta** is again leading our check-in team, **Salome** is again managing our aid stations and we have many returning volunteers who have been helping us for the last 5 years including **Studio A, the Ball Family, Clifford, Christine** and many others who have been here year after year.

And finally as always, thank you to 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! And both of our girls love spending time with people like you and will be out running in the Kids 1k this weekend too!

Race day is nearly here. So it is over to you to challenge yourself and achieve something great. Welcome to Cairns 50, 2026!

Josh (Smurf)
Race Director



SCHEDULE OF EVENTS

FRIDAY MARCH 27

3pm-6pm: Race Pack Collection - *THE GOOD RUN* (Cnr Lake & Aplin Streets, Bailey Crystalbrook, Cairns City)

SATURDAY MARCH 28

4pm - 6:30pm:

- Race Pack Collection - *Event Precinct (Control Tent)*
- Shuttle Buses from Cairns City (Crystalbrook Bailey) 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: FAST 5 Race Briefing - *Start Line*

5:45pm: FAST 5 Race Start

SUNDAY MARCH 29

4:30am - 1:00pm: Shuttle Buses Cairns City (Crystalbrook Bailey) to Glenoma Park and Return (pre-booked)

4:45am - 6:30am: Race pack collection available - *Event Precinct (Control Tent)*

5:20am: Cairns 50 Race Brief - *Start Line*

5:30am: SMURF ENDURANCE SPORTS Cairns 50 Start

5:50am: Cairns 30 Race Brief

6:00am: INSPIRED SIGNS Cairns 30 Start

6:20am: Cairns 10 Race Brief

6:30am: WELLNESS EMBODIED Cairns 10 Start

12:30pm: Cairns 50 Cut Off/Event Expo Closes

4:30pm - 6:30pm: Presentation Party - *Pachamama's (Crystalbrook Bailey)*

RACE PACK COLLECTION

WHEN/WHERE?

Race packs for all events are available for collection on;

- **Friday March 27** between 3pm and 6pm @ The Good Run (Cnr Lake & Aplin Streets, Bailey Crystalbrook, Cairns City)
- **Saturday March 28** between 4pm and 6:30pm @ Control Tent (Event Precinct, Glenoma Park)
- **Sunday March 29** 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 - FAST 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

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

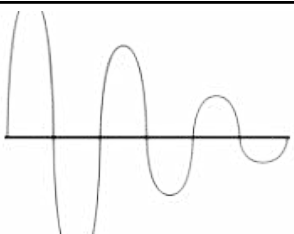
Yes. However, to do so you will need to provide a copy of their email confirmation (electronic OR paper). This is also the case if you are collecting the race pack of children who do not have photo ID

WHAT IS IN MY RACE PACK?

Everyone receives a race bib to be worn on race day. You can also pick up pins for your bib. Cairns 10, 30 and 50 runners will also receive a Cairns 50 soft flask

MERCHANDISE

If you purchased merchandise, it can be picked up with your race pack. There will also be some merchandise for sale (including hats, run singlets, casual shirts etc.)

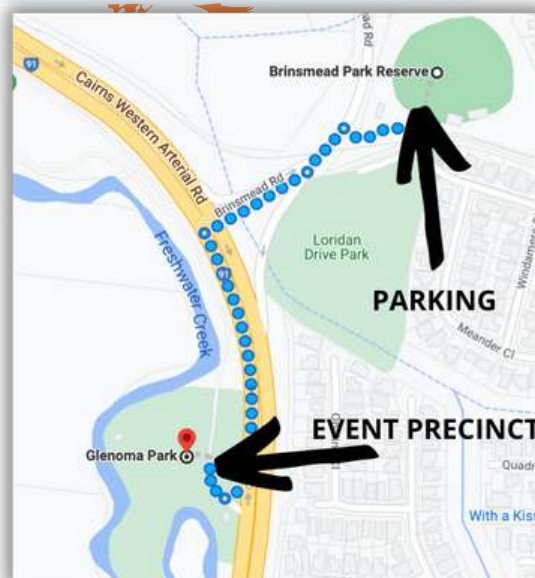


SEA STATE

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. There is also **overflow parking available another 500m down the road at Freshwater Christian College**.
(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.



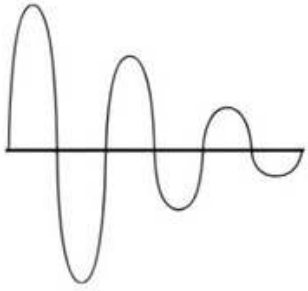
SHUTTLE BUSES

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 (Crystalbrook Bailey) 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/

SATURDAY TRANSPORT	
BAILEY CRYSTALBROOK -> RACE VENUE	RACE VENUE -> BAILEY CRYSTALBROOK
3:30pm	
4:20pm	4:50pm
5:10pm	5:40pm
	6:30pm

SUNDAY TRANSPORT	
BAILEY CRYSTALBROOK -> RACE VENUE	RACE VENUE -> BAILEY CRYSTALBROOK
4:30am (Cairns 50)	
5:00am (Cairns 30, Cairns 10)	
5:30am (Cairns 10, Spectators)	
	9am
	10am
	11am
	12pm
	1pm



SEA STATE

✓ 18 years of Naval and Maritime Project Management experience

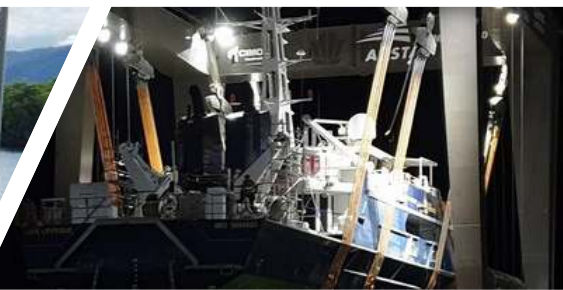
✓ Sea State excels whether that be sea trials, basin trials or material condition assessments for all types of vessels

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

✓ 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



EVENT PRECINCT

EVENT SERVICES

The Cairns Endurance Sport Expo will be held at the event precinct on Saturday and Sunday March 28 & 29. 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
- Smoke 'n' Steel
- Mr Dairywhipp

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
- Portaloos will be located on the southern side nearby the Personal Needs Aid Station
- 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/.



Wellness Embodied

EVENT PRECINCT MAP



CAIRNS ENDURANCE SPORT EXPO

EXPO

The Cairns Endurance Sport Expo will run alongside the 2026 edition of Cairns 50 and feature a range of local businesses and endurance sport clubs/events.

Currently, organisations confirmed for the expo include;

- Pulse Nutrition
- Maple Movement
- The Good Run

PULSE NUTRITION

KIDS ACTIVITIES

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

- Great Barrier Reef Jumping Castles
- Face Painting
- 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 shirts
- Cairns 50 visors
- Soft flasks



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



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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**. 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 5:30am). 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. **This includes storing personal nutrition at aid stations**
- **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

MANDATORY GEAR

FAST 5, KIDS 1 & 2

There is no mandatory gear as such for the Family Fun Day events, but all participants do need to wear enclosed shoes appropriate for their event and appropriate clothing for their running event.

CAIRNS 10

There is no mandatory gear as such for the Cairns 10, but all participants do need to wear enclosed shoes appropriate for their event and appropriate clothing for their running event. **It is also important to note that the event is CUP-LESS.** This means that participants in the Cairns 10 need to carry a collapsible cup, soft flask, bottle or similar to be able to access fluids at the aid stations and the recovery area.

CAIRNS 30

All participants in the **Cairns 30 must carry a hydration solution** of some kind. **This event is CUP-LESS.** This could be;

- Hydration vest
- Soft flask/s
- Collapsible cup

CAIRNS 50

All participants in the **Cairns 50 must carry a hydration solution** of some kind. **This event is CUP-LESS.** This could be;

- Hydration vest
- Soft flask/s
- Collapsible cup

All participants in the **Cairns 50 must also use a head torch for the first 30 minutes until sunrise** (the 5:30am start time means you start in the dark). **You can then drop your head torch at The Rocks Aid Station to be picked up again later** in the recovery area.

FIRST AID

FIRST AID TEAM

Cairns 50 first aid will be provided by First Aid Academy. The first aid team will consist of a minimum;

- 2 First Aid Officers at the race precinct/recovery area
- 1-2 Roaming First Aid Officers with bikes/vehicles to access far reaches of the course
- Ambulance

A qualified doctor will also be available in the Control Tent and roaming on course

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.

INSPIRED
SIGNS

INSPIRED
WRAPS

SIGN PRINT
DESIGN WRAP

WRAP
IT UP
WITH A CUSTOM
CAR WRAP

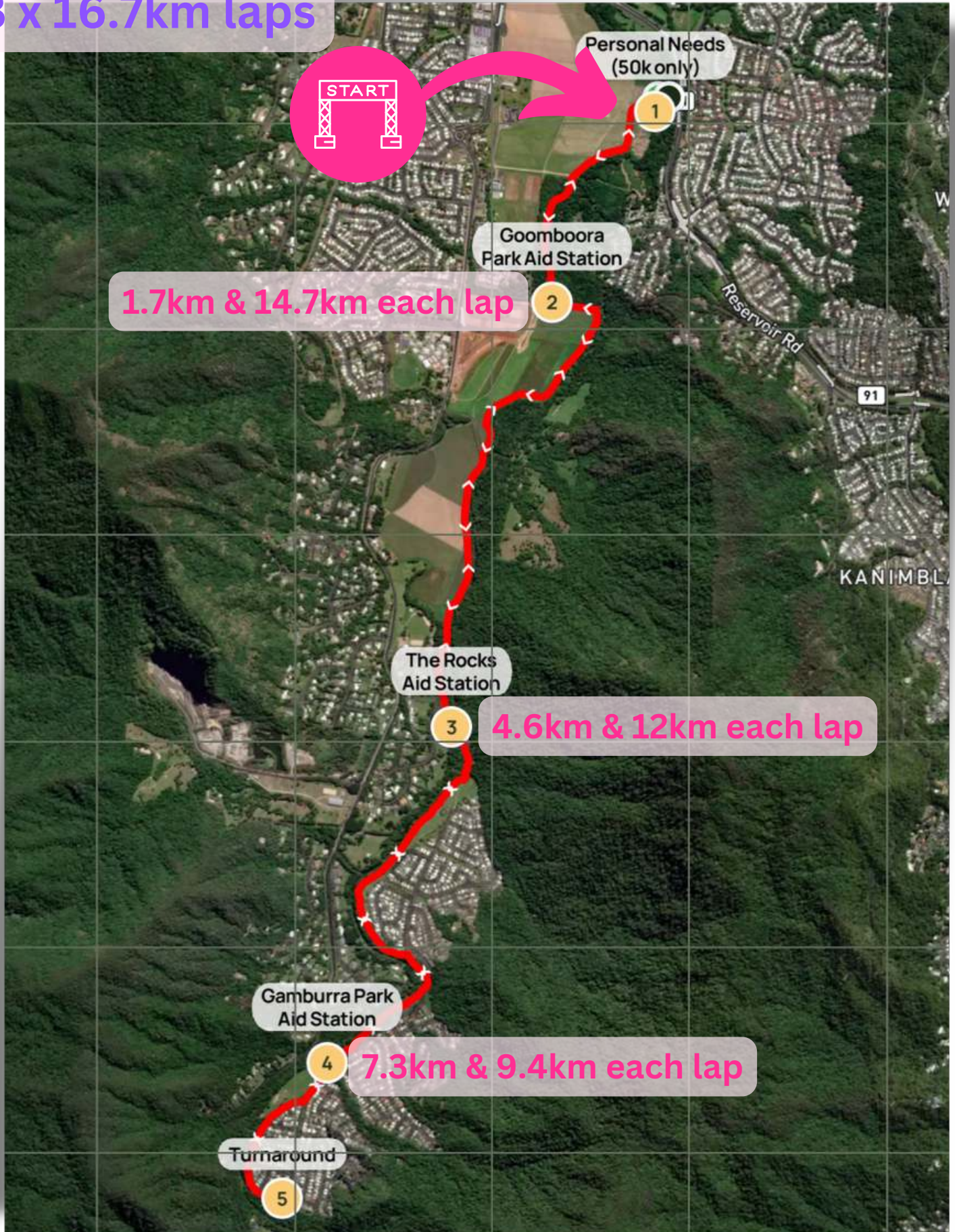


Ph: (07) 4041 0409 Em: sales@inspiredsigns.com.au



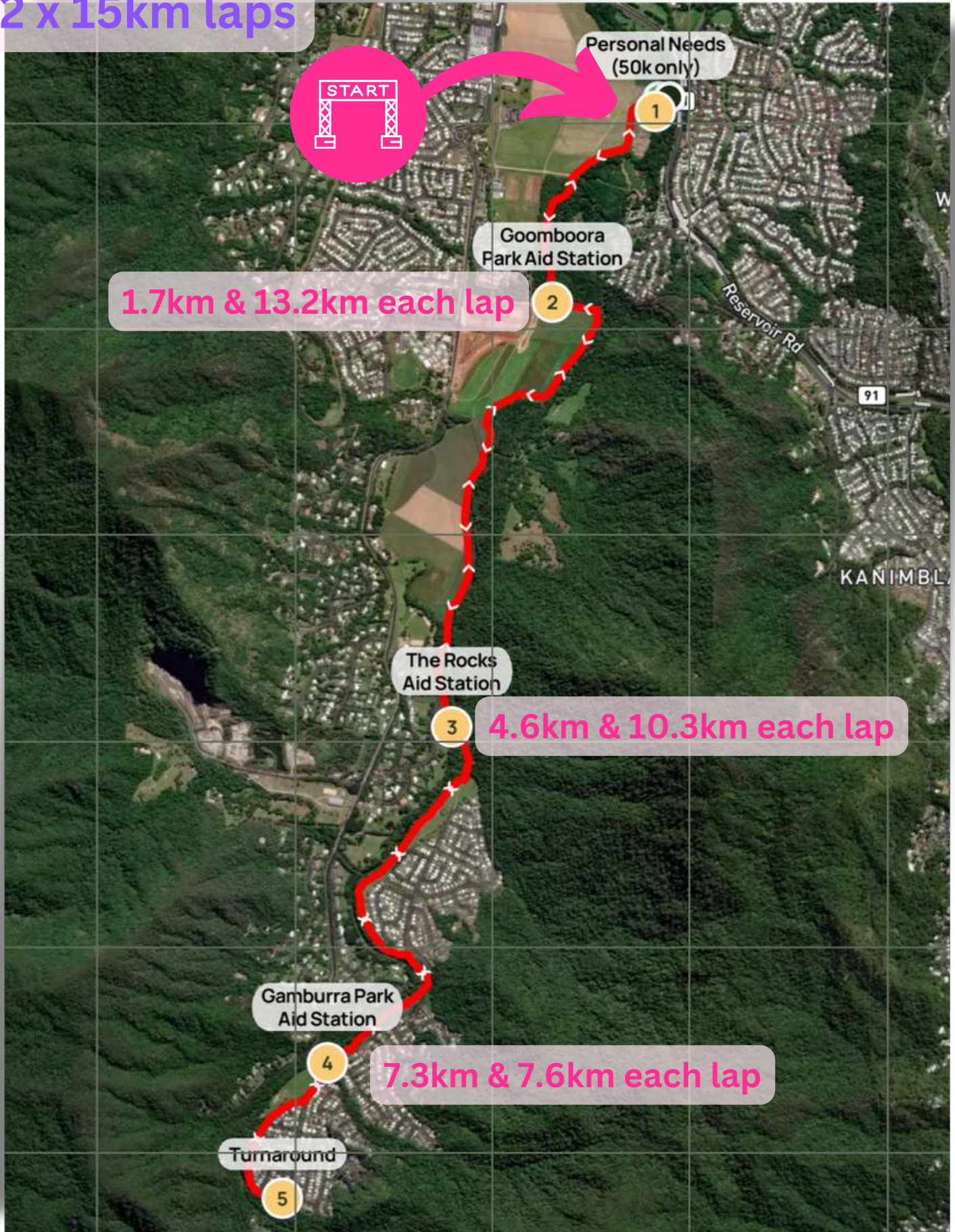
COURSE MAP - CAIRNS 50

3 x 16.7km laps



COURSE MAP - CAIRNS 30

2 x 15km laps



COURSE MAP - CAIRNS 10

2 x 5km laps



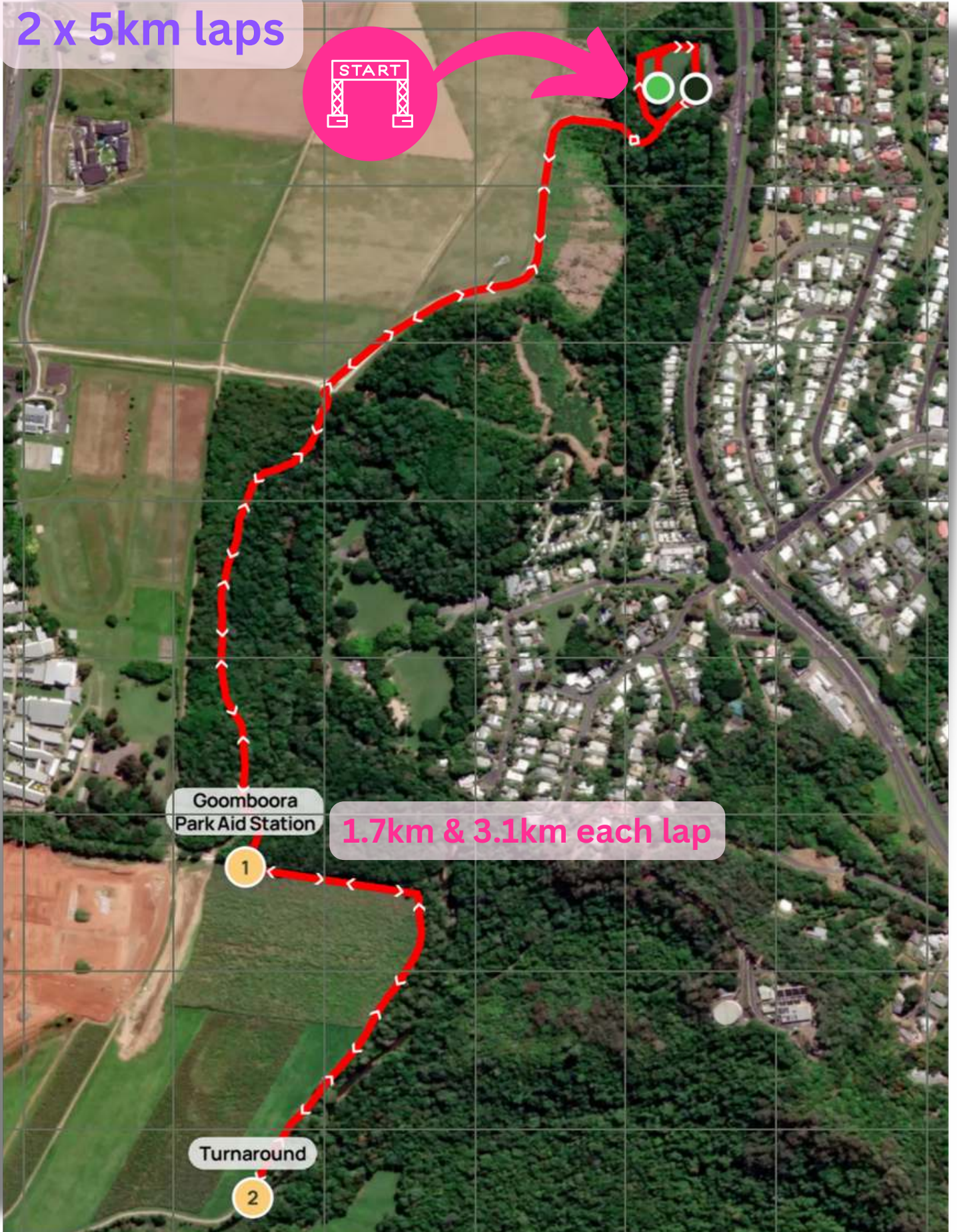
Goomboora
Park Aid Station

1.7km & 3.1km each lap

1

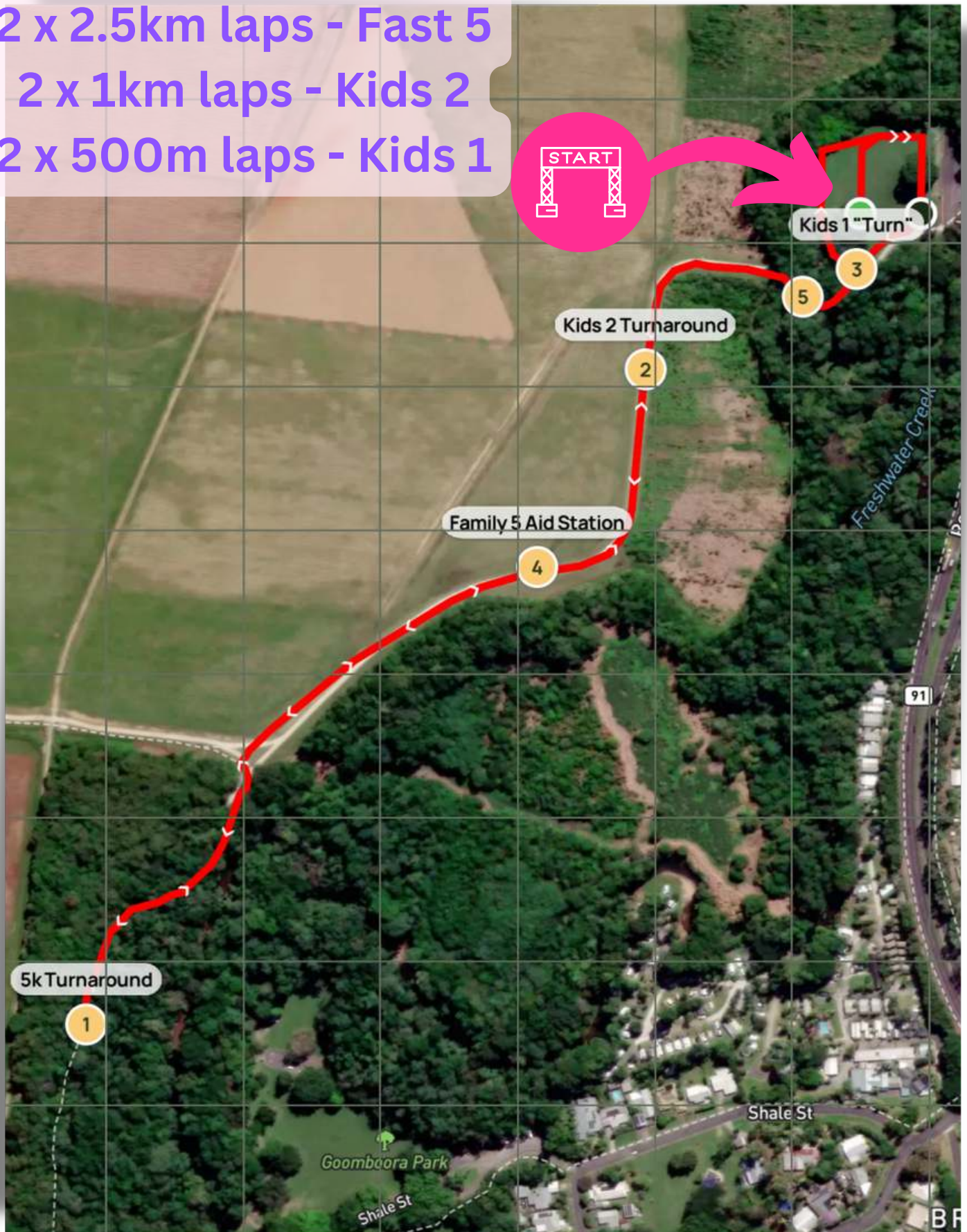
Turnaround

2



COURSE MAPS - FAMILY FUN DAY

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





Wellness Embodied

Wellness Embodied provide excellence in Allied Health services. They have experienced personnel including physiotherapists, occupational therapists, exercise physiologist, a naturopath, provisional psychologists, myotherapist and massage therapists.



- Level 2, 80-86 Abbott Street – above the Mantra Trilogy
- 30 Scott Street, Parramatta Park, Cairns
- 32 Helen Street, Cooktown QLD

- <https://www.wellnessembodiedcairns.com/>
- 07 4231 9777
- admin@wellnessembodiedcairns.com

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 Pulse Endurance Fuel (watermelon flavour), water, fruit, and lollies. Cola/potato chips will be 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 Pulse Endurance Fuel (watermelon), water, fruit and lollies.

FAST 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 soft flask as part of their entry)**.

**WE ARE
A CUP-LESS
EVENT**

AID STATIONS CONT.

CUP-LESS AID STATIONS

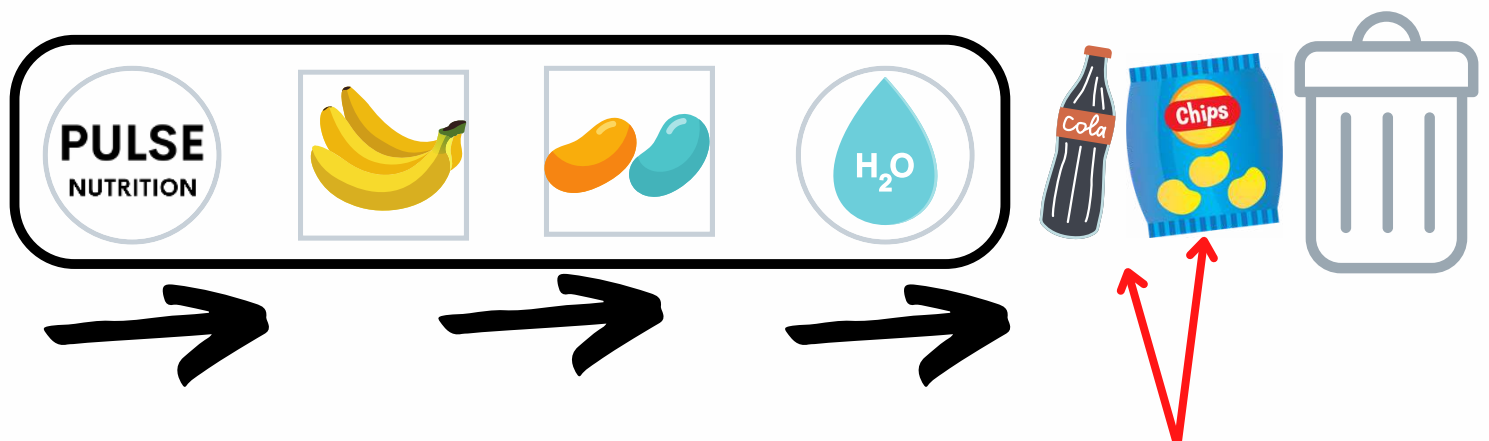
To enable athletes to perform at their best and minimise their time through aid stations, the following strategies are in place at aid stations;

- Provision of some compostable bamboo cups at aid stations (these will be limited ONLY for emergency)
- Provision of a 250ml soft flask 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 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.

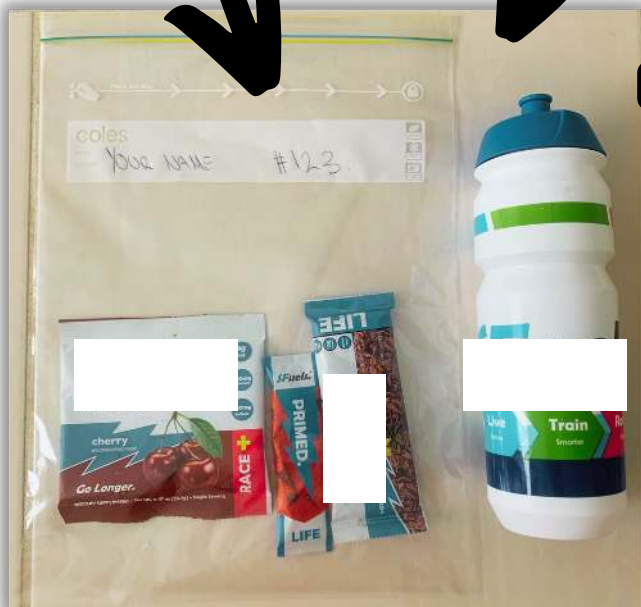
This is the ONLY spot where outside assistance is allowed for 50k runners ONLY



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

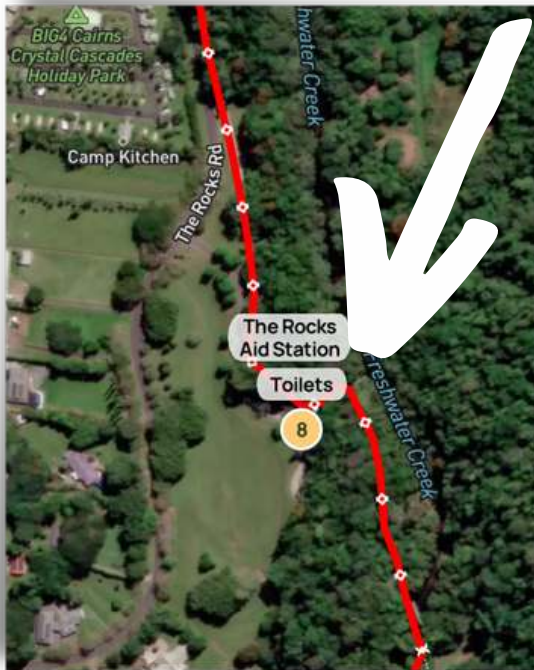


TOILETS - ON COURSE

TOILETS ON COURSE

Toilets are available on course in 3 locations.

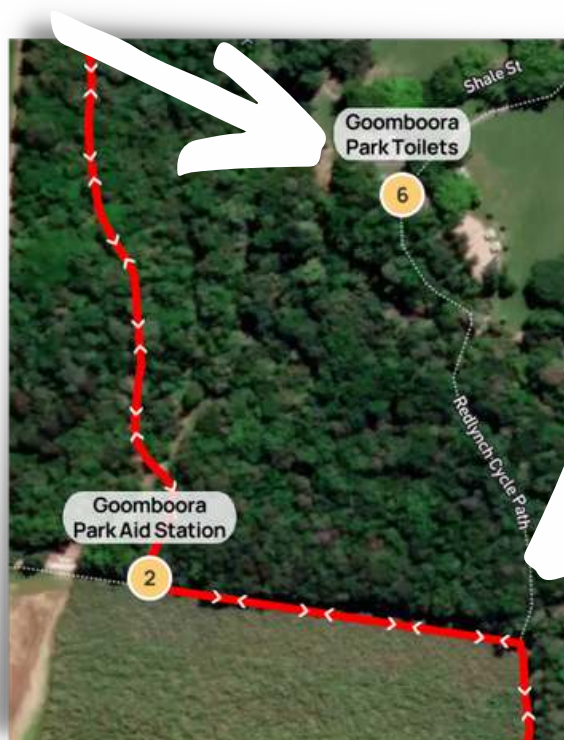
- The Rocks Aid Station (Cairns 50 and 30 only)



- 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)





Get your best body ever with the Studio Pilates Cairns high energy reformer classes.



**INTRO OFFER:
GET 6 CLASSES FOR \$60!**

Studio Pilates International delivers transformative 40-minute Reformer Workouts suitable for all ages and fitness levels.

Our classes are designed by Physiotherapists with scientifically-sequenced exercises to increase your strength, muscle tone, posture and overall fitness from head to toe.

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/.**

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 **Timing Wizards**. The Cairns 50 course includes **four timing points**;

- Start line
- Goomboora Park Aid Station (all events)
- The Rocks 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.



Wellness Embodied

RECOVERY AREA

RECOVERY AREA

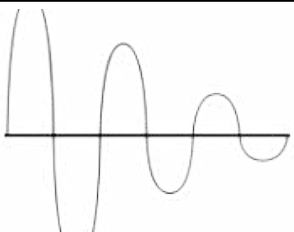
When you finish your event, you will have the opportunity to relax in the shaded recovery area behind the finish line. Available in the recovery area will be water, ice and fresh fruit (eg. Watermelon, oranges etc.) The recovery area is also right next to Freshwater Creek if you fancy a cold swim!



Wellness Embodied

In 2026, we welcome Wellness Embodied who will provide massage, ice baths and other recovery services for you again!

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



SEA STATE

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
- FAST 5 - Prizemoney for mens and womens 1st to 5th place



PRESENTATION PARTY

Presentations of trophies will occur at the **Presentation Party 5pm Sunday March 29 at Pachamama's (Crystalbrook Bailey).**

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



Pachamama

PHOTOGRAPHY

2026 PHOTOS

In 2026, 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!!



Wellness Embodied

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 previous events, we have 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)



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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:** Peta Travers-Jones
- **Volunteer Manager:** Kalyra Thompson
- **Aid Station/Recovery Manager:** Salome Duff

THANK
YOU