MT SOLITARY ULTRA

RACE DETAILS

Race Time/Date: 7am Sunday, 26th April 2014
Start Location: Old Queen Victoria Hospital
Kings Tableland Road,
Wentworth Falls

Finish: Old Queen Victoria Hospital
Race Entries Close: Upon receipt of 200 entries or 23/04/2014, whichever comes first.
There will be no waitlist or race day entries
Race entry member cost: $95
Race entry visitor cost: $105

45KM COURSE DESCRIPTION:

Runners will start at the old Queen Victoria Hospital. Runners will travel down fast open downhill trail on Kedumba Walls. Just past the 4km point all runners will make a right turn onto the old Maintenance Track. Approximately 500 metres along the track, the runners will take a left turn and descend on fast flowing single trail to Kedumba River (8km). After crossing the river, runners will make an arduous 3km ascent to the eastern col of Mt. Solitary (11km). This ascent is tough with the elevation change being in the region of 650m over the 3kms. After reaching the col, runners will continue to climb to the high point of Mt Solitary (950m). Runners will traverse the top of Mt. Solitary which is a glorious mix of single trail, with some rock climbing. From about the 14km point, runners will commence their descent of the western side of Mt. Solitary. This will require some scampering over rocky sections that must be done with due care. After descending the Koorowall Knife Edge ridge, runners will be greeted with some fast single trail to get the legs moving again. This single trail will continue for about 4km to the base of Golden Stairs. DON'T CLIMB THESE STAIRS.

Runners will continue travelling in a clockwise direction around the Valley. Keep a lookout for little known 'Rennies Tunnel' about 1km north of Golden Stairs. This tunnel was used in the 19th century to remove shale from Megalong Valley (yes you can still go through the tunnel for a shortcut between the two valleys, but that is for another day). Runners will continue past a rocky section of the course known as 'The Landslide' or 'Dogface Buttress' (23km), before passing the day tourists at the Scenic Railway (24km). Make sure you take the time to glimpse to your right to get a magnificent view of Mt. Solitary. Just past the Scenic Railway, runners will climb the signposted Furber Steps to the first checkpoint.

After refuelling and rehydrating, runners descend the stairs again and continue along Federal Pass and pass by the Giant Stairway - DONT CLIMB THESE STAIRS EITHER. This section is a great piece of single trail that leads over to Leura Forest (28km). Head through the forest and pick up the trail on the other side. A short distance past Leura Forest is Lila Falls. A common mistake by runners is to climb the stairs here. DONT CLIMB THESE STAIRS. Continue straight ahead and there is a single trail that heads past a creek crossing to the location of the now closed Sewerage Works. Runners will eventually link up with the old Maintenance Track that takes runners across Jamison Valley.

Runners will continue on a descent firstly to Leura Creek (33km) and then climb slightly before descending again to Jamison Creek (37km). Both of these creeks give runners a chance to wet the feet with some refreshing cold water (please don't drink from either creek). After Jamison Creek, runners will commence the long haul back up Kedumba Walls to the finish line.

QUALIFICATION STANDARD:

The course is run over rugged and at times isolated terrain. There are severe elevation changes that will test the climbing capacity of runners. There are rocky descents that will require caution and an

ability of runners to use their hands to manoeuvre over rocks for approximately 400m. Any runner that attempts the Mt. Solitary traverse has to bear in mind there are no exit points other than the course itself, nor any way for emergency services to quickly reach runners. Any injured runner will have to hike off Mt. Solitary to obtain medical assistance. **Running Wild strongly recommends that this is not attempted by someone transitioning to trail running.**

There will be time cuts on the course designed to have all runners completed within a 9hr cut off. Whilst this sounds generous for a 45km course, the terrain, particularly on the traverse over Mt. Solitary will slow most runners. The minimum standards that are in place have been calculated to ensure that all entrants have the best possible chance of completing the course within the 9hr cut. Any entrant should be in similar physical condition as to the qualifier they are using.

QUALIFIERS:

- Sub 4:00 road marathon in the past 3 years. If you are going to rely on a road course as a qualifier, please include any trail/bush experience. This can include orienteering or rogaining.
- Sub 6:00 Six Foot Track.
- Sub 4:30 Fitzroy Falls Fire Trail Marathon.
- Sub 4:30 Glenbrook Marathon.
- Bogong to Hotham finish within time cut - 35, 64km courses accepted.
- Sub 18:00 on any 100km trail course.
- Sub 13:00 in any Ironman Triathlon.

Willy to Billy or Costal Classic will not be considered under any circumstance.

Any other race can be submitted by a runner and will be assessed by the committee. All entries are subject to approval by the committee. The committee reserves the right to reject any entry. If an entry is rejected, the committee will contact the entrant and explain the reasons.

TIME CUTS IN PLACE:

The time cut is designed to ensure that all runners complete the course within the 9hr limit. This limit is designed to ensure that the race is completed in daylight hours.

- Furber Steps Aid Station - Runners will need to **leave** this aid station by 5:15 elapsed race time.

Any runners that do not make these aid station cuts will be retired from the race.

FIRST LOCAL HOME

From Lapstone to Lithgow, the Blue Mountains are home to some of Australia's finest runners. The trophy cabinet boast's some of the most prestigious races in the country. Here at Running Wild we love to see what our local runners can produce on their home trails. So for a little more than bragging rights continuing on last year's tradition we can't wait to see which local will lay it on the line!!

MANDATORY EQUIPMENT

This course will be completed over isolated trails with limited aid. Please see the Mandatory Equipment list for detailed description of Mandatory Gear and Supplementary Adverse Conditions Equipment. Please note it is the runners responsibility to have this gear, any runner without mandatory gear race day will not be allowed to race.

AID STATIONS:

There will be one full aid stations at 24km (Furber Steps) into the course. This aid station will have fruit, food, sports drinks, coke and water.

DROP BAGS:

Drop bags will be transported to Furber Steps for any runners who wish to use them. All drop bags will be returned to the start/finish area when the Furber Steps aid station is closed. Runners will be required to collect any items prior to 4pm.

TRANSPORT:

Parking at Furber Steps is extremely limited. We also have to be mindful of other park users. With this in mind, we are asking that no family/friends park at Furber Steps. If family or friends wish to spectate at Furber Steps, we ask that they park at Katoomba Falls or Scenic World and take the short walk to the checkpoint.

RUNNERS LEAVING THE COURSE:

The only time runners will come out of Jamison Valley during the race is at Furber Steps. If for any reason a runner leaves Jamison Valley by other stairs (Golden Stairs, Giant Stairway or Lila Falls) they must contact the Race Director and notify them of their position. We will then endeavour to and collect the runner. Note this option would be a last resort as it will take some time for the transport to divert to the runner's location.

The Committee
Running Wild