

## 8th 16km Bump to Beach Race Competitor Information Pack, 2018

*In its 8<sup>th</sup> year this point-to-point race starts at the Top of the Bump on Black Mountain Road finishes on Four Mile beach in Port Douglas.*

Date: Sunday, 26 August 2018

Length: 16km

Email: [racedirector@dynamicrunning.com.au](mailto:racedirector@dynamicrunning.com.au)

Event Organiser: Dynamic Running Ltd.

Race Director: Heidi Sweeting and Lorraine Lawson

Mobile: 0417 798 444

### IN BRIEF

The K2PD event consists of three different races, all run over the same course, on the same day, but varying in distance and start times:

- 64km Kuranda to Port Douglas Ultra Trail Marathon (K2PD)
- 64km Kuranda to Port Douglas Relay. 4 legs, a minimum of 2 competitors are required.
- 16km Bump to Beach Race

This information pack contains details on the 16km B2B race.

Condition of entry: 14 years or older on race day. There are strict rules for junior competitors (14-17 year olds). The decision to approve registrations is at the race director's discretion.

Your entry fee includes:

- Race fees for the selected event
- Personalised race bib (unless you are a late entrant)
- Finisher's medal
- Training sessions over the course for those living in Cairns
- Basic first aid
- Refreshments after the race
- A fun, safe and professional activity
- Public liability insurance.

Mandatory gear for B2B:

- Race bib to be worn on your front and visible at all times (supplied by event organiser)
- 2 x Elastoplast or Handy's heavy crepe bandages (10cmx2.3m). *DON'T turn up with anything else, you will not be allowed to compete without the correct gear.*
- 1 x whistle
- 1 x set of maps and course description in zip lock bag (provided by event organiser)
- A hydration system with a capacity of at least 600mL
- Nutrition to sustain running for the event

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*There is a gear check at registration.*

Race Kit: There is no race kit to be collected, only a race bib at registration.

Start location: Top of the Bump, Black Mountain Road.

Finish location: On Four mile beach at the Port Douglas Surf Life Saving Club.

Registration: 8.30 – 8.45am.

Mandatory race briefing: There will only be a brief mention of safety precautions and race conditions each race day. All competitors are expected to have read and understood the race rules, course, etc. as set out in this document.

**Start of Race: 9:00am.**

Estimated race finishing times: The race record was set in 2012 Laurie Green in a time of 1:07:09; Jacinta O'Neill broke the female record in 2013 in a time of 1:19:36. There are no cut offs as the K2PD competitors will still be coming up at about 4pm!

Merchandise: You can order a t-shirt when you register. Merchandise will be handed out at check in on race day.

Terrain: Dirt roads, bitumen, hard sand, and a shallow creek crossings. It is an undulating course with one steep, short descent section on the Bump Track.

Water is provided *approximately* every 5km. There are no cups on the course.

Refreshments: Water, buns and fruit will be available at the finish each day.

Toilets: There are public toilets at the finish. There are no toilet facilities at the start.

Remember:

- If another competitor is in trouble, you must stop to help them.
- **DO NOT LITTER.**
- It is your responsibility to get your name ticked off at all designated checkpoints.
- No roads are closed for this event. Obey all road rules and give way to all other traffic.
- Headphones are not allowed.
- Pets/Dogs anywhere along the course are prohibited.
- Study the maps and read the course description PRIOR to race day
- Stay on the marked course. Short cuts are not permitted. If you think course markers are missing or you have gone the wrong way, check your map, wait for another competitor or go back.
- Mobile coverage over the course is limited.

*(Read all the event rules on page 7).*

Volunteers: Know someone that can help out? Let us know on [racedirector@dynamicrunning.com.au](mailto:racedirector@dynamicrunning.com.au)

Photos can be accessed free of charge from the Kuranda to Port Douglas Facebook page.

The race results will be published on the Dynamic Running website, and in The Cairns Post in the week following the event.

## OTHER USEFUL INFORMATION

Be happy and smile a lot. Make new friends.

## RACE FEES, AGE RESTRICTIONS, ENTRY DATES AND REFUND DATE CUT OFF

Race & Date 2018	Category	Race Fees			
		BLITZ	Early Bird	Standard	Late Entry
<b>B2B (14+ only) , Singlet extra</b>			Ends 12.00am, 31/5/2018	Ends 12.00am, 23/8/18	Registration closes 12.00am, 23/8/18
	Independent	n/a	\$20.00	\$35.00	n/a
	AURA/ANQ member	n/a	\$20.00	\$20.00	n/a
	DR club member	n/a	\$15.00	\$26.25	n/a

No refunds after 26/6/18

Late entrants will not be allocated personalised Race Bibs.

## ACCOMMODATION

We encourage all competitors to stay at the Cairns Colonial Club Resort at 18-26 Cannon Street, Manoora, Cairns. To make a booking, please contact our Reservations Department and quote: "Dynamic Running"  
Phone: 07 4053 8862 Email: [reservations@cairnscolonialclub.com.au](mailto:reservations@cairnscolonialclub.com.au)



## ENTRY REQUIREMENTS

You must be at least 14 years old on race day to participate in the race. There are strict rules for junior competitors (14-17 year olds).

You must be sufficiently skilled and have trained to undertake the event. The course is reasonably demanding with remote sections that can result in slower first aid / rescue response times. You must be in good health to compete in this event.

## CANCELLATIONS AND REFUNDS

We appreciate that circumstances arise where you may no longer be able to participate in the event. Your registration is not transferable to other people. A request for refund of the registration fee must be submitted to the organiser at least one month prior to race day. A 10% administration fee applies to all refunds. PLEASE cancel your registration or inform the race director if you can no longer compete.

*Should the event be cancelled for any reason whatsoever entry fees in full or part may not be refunded and no liability of any kind will attach to any person, corporation or body involved or otherwise engaged in promoting or staging the event. In the event that the course is, in the opinion of the event organiser, unsafe (for example due to heavy rains or bushfires), organiser may attempt to re-route the course, find an alternative shortened course or cancel the event. Due to travel and commitment involved by competitors, it is not practical to re-schedule the event to any other weekend.*

## INSURANCE

Event organiser, Dynamic Running Ltd. has \$20 million public liability insurance cover. This does not include travel and personal accident insurance for competitors or volunteers. We recommend that you arrange your own personal accident insurance before participating in the event to cover any unforeseen personal costs you may incur due to travel, medical expenses or time off work due to injuries sustained whilst participating in the event.

## COURSE MARKING

There will be course markings at all track junction and road intersections. The course is marked with bright yellow or pink directional arrows '→', crosses 'X' and blue & orange flagging tape. You do not need to navigate your way along the course, but for safety reasons you are required to carry the maps provided and be familiar with the terrain and directions as signs are occasionally removed off the course, despite our best efforts.

## MEDICAL ADVICE

Ensure that you are in good health and that you do not have any illness that will hinder your ability to complete the event. It is your responsibility to monitor your health and condition during the event and to withdraw from the event if you are no longer fit enough to continue. Whether you have a medical condition or not, if you feel unwell on race day - don't race.

*If you have any known medical condition (such as diabetes, asthma, allergy to penicillin, etc.) please ensure you have written all your medical details including any medication on the back of your race bib, include your Medicare number, next of kin and emergency contact details. This is not just an administrative request, it could be a matter of life and death in an emergency.*

## FIRST AID

Apart from staying hydrated, competitors must take responsibility for their own nutritional needs and safety during and between stages. Read the document 'Running Safely on Trails in the FNQ'. **Ensure you know how to deal with a snake bite. Carry two compression bandages\* and a whistle. The SES may be in attendance at the event, but they may be a considerable distance from you.** A basic first aid kit and a satellite/mobile phone are available at each checkpoint. If you get injured, you must attract the attention of others out on the course. Check the map for the designated escape route.

*\*The compression (snake) bandages must be an Elastoplast or Handy's Heavy Crepe Bandage (10cmx2.3m) for strong, secure bandaging. Triangular bandages, small crepe bandages, etc. are of little use in treating snake bites.*

## VOLUNTEERS AND RACE SUPPORT

Races like these don't just happen. It takes a lot of effort before, during and after a race to make it a successful and enjoyable experience. The more people that are involved, the easier it is on individuals and the stronger the sense of community we build. Here is a list of "positions" and jobs that, if filled, will ensure a memorable race. Please contact the race director via email at [info@dynamicrunning.com.au](mailto:info@dynamicrunning.com.au) if you are able to help with any of the following:

- Set up/pull down. Course markers are normally put up the day before the event. A great opportunity to go over the course prior to race day.
- Registration, Timekeeping and Recording at the start and finish. We need two people here. These are simple tasks requiring you to hand out race bibs, check mandatory gear or some buttons on the stopwatch and scanner.
- Checkpoint marshal. A great job where you set up a food/drinks table and wait for the runners to come past. Tick off everyone to ensure we've not lost someone!
- Race Sweeps. These important people ensure that all the runners make it to the finish line. This is a great opportunity to use the race as a training run over the course.
- Photographer. Most runners openly (or secretly) love to see action photos of themselves on race day. Fancy yourself as a photographer? Please let us know.

Volunteers are provided with fluorescent safety vests.

Support crews are not required, nor necessary. Your family and friends will be better off helping at a checkpoint, as a marshal or at the finish line for the day. If you do choose to have a support crew, they are permitted to assist runners anywhere along the course where vehicle access is available. Read the support crew information document sent in your confirmation email for more details.

## BUS PICK UP LOCATIONS

### How to get to the start

The 16km Bump to Beach race starts at the top of the Bump on Black Mountain Road. It takes about 1 hour to drive to Port Douglas from Cairns and another 45 minutes to get to the Top of the Bump from Port Douglas.

From Port Douglas drive 10km north-west towards Mossman on the Captain Cook Highway and turn left onto the Rex Range (Mossman-Mt Molloy Road). Follow this windy pass for 20.5 km turn left onto Euluma Creek Road, after 280 m take the 1st left to stay on Euluma Creek Road. Stay on Euluma Creek Road and follow the signs to Black Mountain Hideaway, the Top of the Bump is about 1km past the Black Mountain Hideaway turnoff. See map at <http://goo.gl/maps/zg76E>

Those who paid for transport as part of their registration will be picked up at 7.30am at the Port Douglas Surf Live Saving Club on Mowbray Street. DON'T be late, the bus can't wait for you.

If you require transport from Cairns, please contact the race director via email ([info@dynamicrunning.com.au](mailto:info@dynamicrunning.com.au)).

### Return journey

The event ends in Port Douglas. Competitors must find their own way back home from the finish line. If you require transport to Cairns, please contact the race director via email ([info@dynamicrunning.com.au](mailto:info@dynamicrunning.com.au)).

## LEFT LUGGAGE

There will be a vehicle at the start location to take competitor gear to the finish. Secure any valuables as the event organiser takes no responsibility for theft or loss of property.

## COURSE DESCRIPTION, MAPS AND PROFILE

**Terrain:** Dirt roads, single tracks, bitumen. Steep descent section and beach.

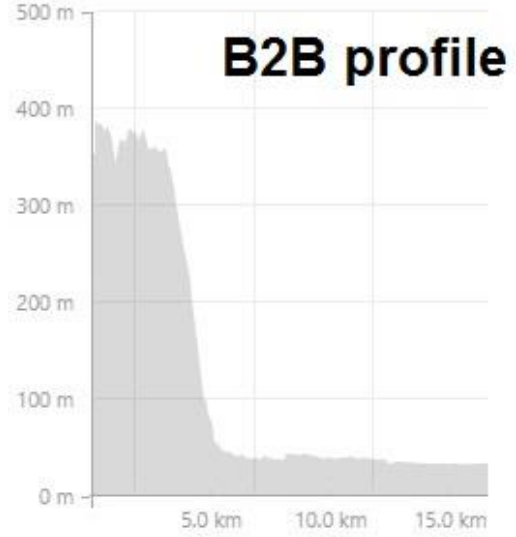
*Competitors can view large maps of the course and speak to the race director on Saturday, 13 August from 8.00am to 9.30am at Muddy's Café. A good idea is to participate in the training runs over the course. Refer to the Kuranda to Port Douglas Facebook page for updates.*

### 16KM BUMP TO BEACH

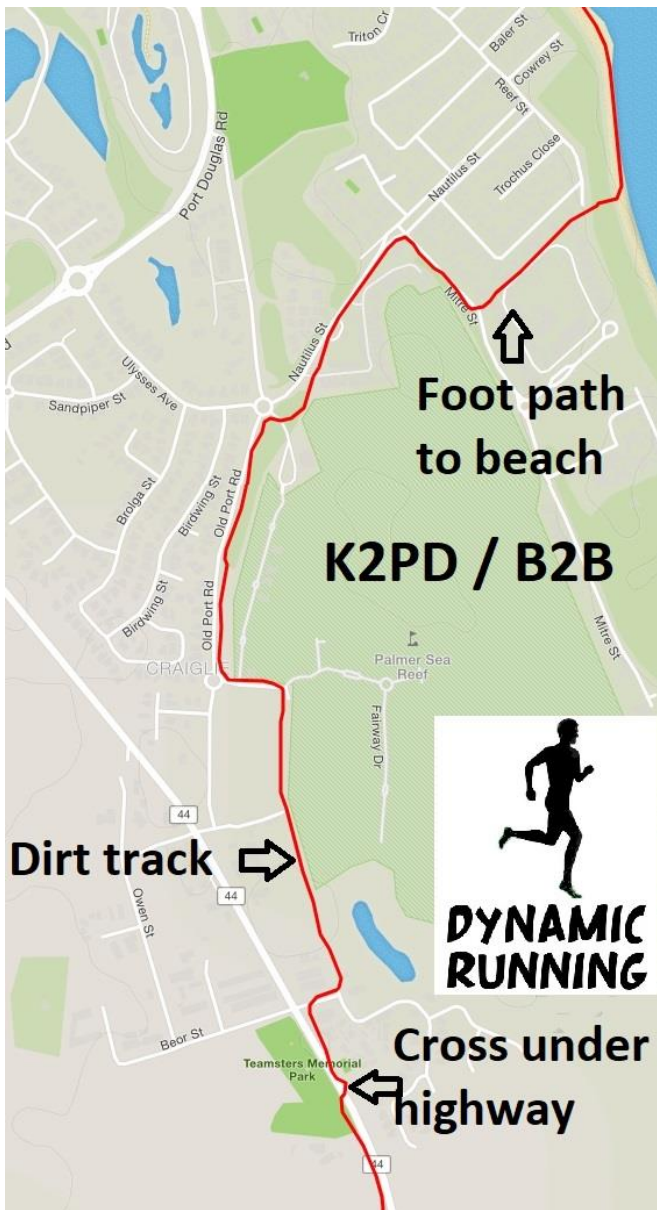
The historic 6km Bump Track offers views of the Mowbray River valley where the Mowbray River drops through a gorge carved into the forested foothills of the Macalister Range. It was blazed in 1877 by Christie Palmerston, a prominent bushman and pathfinder of the times and was the main access from the Hodgkinson Goldfield to the port facilities at Port Douglas. The Bump Track was infamous for its steepness. Passengers on the horse-drawn coach service had to get out and walk when going up or coming down the section known as Slatey Pinch – a cutting through slate rock at a steep 1 in 3 grade, about 1 kilometre from the bottom of the track.

From the bottom of the bump, follow dirt and sealed roads leading onto the southern end of Four Mile Beach. One of the many attractions of Port Douglas, this fine hard beach is considered to be one of the best in far north Queensland. The sand is so firm that the beach has been used for horse races and mountain bike races and also as a landing place by Kingsford Smith and by C.T.P. Ulm en route to New Guinea with the first official air mail. (Low tide is at 10.34am)

More details on the 64km K2PD can be found at [http://www.everytrail.com/view\\_trip.php?trip\\_id=992251](http://www.everytrail.com/view_trip.php?trip_id=992251).



Section from the Highway underpass to the beach.



## CHECKPOINT

The purpose of the checkpoint is to ensure the safety of the competitors. **Make sure the marshal records your time and race number** when you come through the checkpoint. Failing to pass through a checkpoint or failing to stop to get your race number recorded will result in disqualification.

### CHECKPOINT LOCATION

**Captain Cook Highway. No option for a competitor gear drop at this checkpoint.**

'Comfort foods' such as salty chips, some Healthy Slice, fruit, **water** and Tailwind will be provided at the checkpoint(s) and Finish.

## EVENT RULES

- You must complete the marked course on foot under your own power. Trekking poles are permitted.
- You must stay on the marked course. Short cuts are not permitted. If you think you have gone the wrong way, check your map, wait for another competitor or go back.
- Your race bib must be visible at all times on the **front** of your body.
- You must carry the Mandatory Gear for the entirety of the event – you must produce the gear on request from a race official.
- The use of iPods or other music players with headphones are **NOT allowed**. You must remain aware of your surroundings at all times.
- It is your responsibility to get your name ticked off at all designated checkpoints.
- If you need First Aid help on the course you must attract the attention of another runner, track user, motorist or go to the nearest checkpoint or to the finish line.
- If you withdraw from the event, report to the closest checkpoint or finish line and hand in your race bib. Please **Do NOT leave without informing someone!**
- If another competitor is in trouble, you must stop to help them.
- You must obey all directions of race officials.
- All competitors will be allowed to finish the race in their own time – within reason. Race officials can and will withdraw competitors from the course, as required.
- Use of profanity or aggression towards race officials or other competitors will result in immediate disqualification from the event. The volunteers/marshals on the course are NOT the people to talk to or abuse if you have a problem, speak directly to the race directors.
- No roads are closed for this event. Obey all road rules and give way to vehicles, trail bikes, mountain/road bikes, horses, pigs and cassowaries.
- **Do Not Litter** - Put your rubbish in the bins provided at the checkpoints and the start/finish.
- Pets/Dogs anywhere along the course are **prohibited** – this applies to competitors, volunteers and support crew.
- If you need to go to the toilet, either get well off the track and use "leave no trace" principles or use a toilet, a "go anywhere toilet kit" or similar.
- Leave gates as you find them.
- Support crews must follow the instructions of race officials.
- The event organisers are not responsible for the safety or whereabouts of support crew.
- For safety reasons, and due to the terrain, wheelchairs are unable to compete in this event.
- All decisions of the race directors are final. The race directors are the sole judge of fact, there is no right of appeal regarding any decision made by the race directors.

*Breaking any of the rules may incur a time penalty or disqualification. Any such penalties are at the event directors' discretion and are final.*

## DYNAMIC RUNNING WAIVER (PARTICIPANT AGREEMENT)

Please read this waiver carefully. Your ability to participate in the event is subject to your acceptance and agreement to the terms of the waiver below.

An 'event' includes races, training runs, training programs such as the Beginner Runners' Clinics or Squads, social activities, or any other activities organised by Dynamic Running Ltd.

**WARNING:** This is a legal document that affects you and your family's rights.

1. I acknowledge that running and walking involves the real risk of injury or death from various causes which may include but is not limited to overexertion, dehydration, heart problems, disorientation, accidents with other participants, spectators, volunteers or road users, equipment failure, unforeseen events, the course, or the weather conditions.

2. I have read the conditions of entry for this event and I attest that I am sufficiently fit and have sufficiently trained for the exercise associated with the event I have chosen. I understand that I should not participate in the event unless a medical practitioner has verified my physical condition.

3. I am not aware of any medical condition or impairment that will be detrimental to my health if I participate in this event. In the event that I become aware of any medical condition or impairment or am otherwise sick or injured prior to the event, I will withdraw from the event.

(Optional) I will inform the organiser of my medical and/or physical conditions from which I suffer that might affect my performance or be relevant. I accept the risk of participating, despite these conditions.

4. By participating, I accept all risks necessarily flowing from my participation that could result in injury or death. Accordingly, I release all people associated with the conduct of the event from, and will indemnify them against, all liability (including liability for their negligence) for any and all injury, loss or damage arising out of or connected with my participation in these activities. For clarification, the people released include board members, coaches, organisers, sponsors, managers, government and public authorities, contractors, volunteers and medical and paramedical personnel supporting the event. This release and indemnity is perpetual and binds my heirs, executors, personal representatives and assigns.

5. I consent to receive any medical treatment that organisers or medical or paramedical personnel believe is necessary for my health because of illness or injuries suffered by me before, during or after the event.

6. I understand that the organiser does not provide health insurance for me, and I will bear all financial responsibility for all and any medical treatment arising from my participation in the event; including but not limited to ambulance, doctor, and hospital fees. I understand that I should have my own personal accident and ambulance cover (if applicable).

7. The organisers cannot be held responsible for lost or stolen valuables. I am fully responsible for the security of my personal possessions at the event.

8. I acknowledge that safety precautions undertaken by the organisers (such as event briefings, trail maps and signage, drink stations) are a service to me and the other participants but are not a guarantee of safety. I agree to abide by the conditions of the event as stated in the race rules and as directed by any volunteer or official involved with the event.

9. Entry information is to be collected into a database which is and shall remain the property of Dynamic Running Ltd. The database will be used in the management of Dynamic Running Ltd. and for the purpose of conducting the event.

10. I consent to the publication and/or use in any form of media whatsoever of my name, image, voice, statements or otherwise, before, during or after the Event whether for broadcast, telecast, advertising, promotion, or otherwise, without payment or compensation.

11. The organisers reserve the right to delay, alter or cancel any activities in the event of dangerous weather conditions or other unforeseen circumstances.

12. Should the event be cancelled for any reason whatsoever I understand that entry fees in full or part may not be refunded and that no liability of any kind will attach to any person, corporation or body involved or otherwise engaged in promoting or staging the event.



13. My registration is not transferable to other people. If I am unable to compete, a request for refund of the registration fee must be submitted to the organiser at least one month prior to race day. A 10% administration fee applies to all refunds.

14. The organiser reserves the right to reject or disqualify any participant whose conduct is inappropriate to the spirit of Dynamic Running Ltd. It is expected each participant participates in the appropriate spirit.

15. The organisers reserve the right to make additions, changes or clarifications of these terms and conditions without prior notice to participants. The organisers will endeavour to advise participants of any changes, but any such change shall be considered effective for all participants whether or not the participant has received notice of the change prior to participation.

16. I acknowledge that the information on the online registration form or otherwise provided by me (or my parent/s or guardian/s, if Under 18) to Dynamic Running Ltd. is true and correct.

17. I have read the Terms and Conditions and the rules applicable to the event and I Agree (or I Agree on behalf of my child or ward) to comply with them.

18. By progressing with my registration and payment I accept the rules and conditions listed above.

## PRIZES AND PRESENTATIONS

Ribbons are distributed to all category winners at the end of the race. Categories are: U18; 18-29; 30-39; 40-49; 50-59; 60+ (Age as on race day). Collect your medal and ribbon (if applicable) when you cross the finish line. Certificates will be emailed out, on request.

The overall male and female winners receive a gift from Dynamic Running.

There is a random draw prize for a lucky volunteer.

There will be a brief presentation at approximately **11.30am**. Not all competitors will be in at that time, we apologise to those competitors in advance, but as many people need to travel to get home, we cannot delay the presentation too long. If you are eligible for a prize, but cannot wait for the presentation, please collect it before you leave.

## PAST WINNERS

### 2017 with 22 competitors

Male: 1<sup>st</sup> Adam Fox (1.16.34); 2<sup>nd</sup> David Obrien (1.27.55), 3<sup>rd</sup> Calvin Deacon (1.30.57)

Female: 1<sup>st</sup> (2<sup>nd</sup> overall) Billie Fincham (1.20.53) 2<sup>nd</sup> Carmel Moran (1.30.56); 3<sup>rd</sup> Michelle Scott (1.40.04)

### 2016 with 11 competitors

Male: 1<sup>st</sup> Sean Cooper (1.42.42); 2<sup>nd</sup> Dea Mitchell (1.49.00)

Female: 1<sup>st</sup> (1<sup>st</sup> overall) Billie Fincham (1.30.00) 2<sup>nd</sup> (2<sup>nd</sup> overall) Jodie Henley (1.34.24); 3<sup>rd</sup> (3<sup>rd</sup> overall) Jodi Brown (1.38.10)

### 2015 with 15 competitors

Male: 1<sup>st</sup> (5<sup>th</sup> overall) Paul McDowall (1:25:12); 2<sup>nd</sup> (8<sup>th</sup> overall) Dimos Kotzambasis (1:40:47); 3<sup>rd</sup> Marc Davis (2:21:39)

Female: 1<sup>st</sup> Julie Wilson (1:38:03); 2<sup>nd</sup> Billie Fincham (1:41:36); 3<sup>rd</sup> Elizabeth Reeves (1:56:59)

### 2014 with 26 competitors

Male: 1<sup>st</sup> Cam Mckay (1.22.53); 2<sup>nd</sup> Logan Vickers (1.30.37), 3<sup>rd</sup> Scott Hudson (1.35.11)

Female: 1<sup>st</sup> (2<sup>nd</sup> overall) Shaynee Filmer (1.27.47); 2<sup>nd</sup> Jodie Henley (1.30.56), 3<sup>rd</sup> Jessica Houlahan (1.33.37)

### 2013 with 42 competitors

Male: 1<sup>st</sup> David Stevenson (1.13.33); 2<sup>nd</sup> Jeremy Lebeuf (1.27.11), 3<sup>rd</sup> Alan Gordon (1.35.21)

Female: 1<sup>st</sup> Jacinta O'Neill (1.19.36, course record set in 2013); 2<sup>nd</sup> Lynley Vains (1.25.37); 3<sup>rd</sup> Jessica Houlahan (1.33.15)

## 2012 with 26 competitors

Male: 1<sup>st</sup> Laurie Green (1:07:09, course record set in 2012); 2<sup>nd</sup> Stevo Francis (1:07:38), 3<sup>rd</sup> Gavin Fee (1:11:16)  
Female: 1<sup>st</sup> Angel Hayes (1:36:22); 2<sup>nd</sup> Sam Fifield (1:36:35); 3<sup>rd</sup> Chelsea Mee (1:41:58)

## 2011 with 14 competitors

Male: 1<sup>st</sup> Paul Ryan (01:20:11); 2<sup>nd</sup> Stewart Green (01:26:22), 3<sup>rd</sup> Tim Read (01:28:03)  
Female: 1<sup>st</sup> Lucy Forbes (1:25:18); 2<sup>nd</sup> Shearer Margie (1:33:01); 3<sup>rd</sup> Danielle Read (1:44:48)

## FREQUENTLY ASKED QUESTIONS

**Where is the race?** The race starts at the Top of the Bump on Black Mountain Road. Competitors run down the Bump Track. From the Bottom of the Bump runners utilise bitumen, dirt and Four mile beach to the finish at the Port Douglas Surf Life Saving Club.

**What are the prerequisites?** 16 years or older on race day. Strick conditions apply to junior runners. The expectation is that competitors would have followed a training program leading up to the event to cope with the demands and distance of the course.

**What is the terrain like?** It is an undulating course allowing the competitors to run the entire course. There is a very steep (but short) descent on the Bump Track. There is one creek crossing, but you may be able to rock hop to prevent wet feet. The 3.6km section on the beach to the finish is on hard sand.

**Where can I stay?** During the event you can stay with the group at the **Cairns Colonial Club Resort**. Alternatively you can arrange other accommodation in Cairns or Port Douglas.

**Can I camp?** No.

**Can I have a support crew?** This is tricky – especially if you don't know the region. You will need a 4WD or AWD. There are section where there is no vehicle access. Read the document: 'Support Crew Information'.

**Are there toilets along the way?** No. Public toilets and showers are only available at the finish. If you need to go to the toilet out in the bush, do so far away from any water courses. You can also buy a 'Go Anywhere Toilet Kit' ([www.ferno.com.au](http://www.ferno.com.au)).

**Is there a cut off time?** All competitors will be allowed to finish the race in their own time – within reason. Race officials can and will withdraw competitors from the course, as required.

**What do I need to look out for?** The Weather - early mornings on the Tablelands can be cool at this time of the year (down to -3°C), however it soon warms up to about 24-26°C for the rest of the day. It can be very hot and humid – even in winter.

Watch out for snakes, wild pigs, cassowaries, Golden Orb spiders, ticks and leeches, stinging trees, Wait-A-While (Lawyer Vine), loose gravel, slippery rocks and slippery boardwalks. Read the document: '**Running Safely on Trails in the FNQ**'.