

Dynamic in a Dress Running Festival Half Marathon, 31 March 2019

Forecast for race day

For an updated forecast of the weather on race day, visit the BOM site closer to race day.

<http://www.bom.gov.au/qld/forecasts/cairns.shtml>

Course description

The race starts at 6.00am at Redlynch State College (water, rubbish bins and toilets). Start on Jungara Road adjacent to the Junior School campus. After a short run down the hill, the competitors head up the hill and turn right onto Michaelangelo Drive (*marshal*). STAY ON THE FOOTPATH AT ALL TIMES, except to cross over a few roads on this section of the course. At the bottom of the hill by the traffic lights, turn right and continue to the underpass (*marshal*). Use the underpass to other side of Redlynch Intake Road (*marshal*). Turn right and continue along the footpath. Follow the footpath until the signpost that leads to Goomboora Park (water station #1, rubbish bin and toilets). Do a loop in Goomboora Park on the footpath.

Back on the main footpath turn LEFT and continue towards The Rocks area. ***The 10km turnaround is along this section before you get to The Rocks Return exactly the way you came – including the Goomboora Loop*.***

Once the 21.1km runners reach The Rocks Picnic area (water station #2, rubbish bin and toilets), continue over the bridge and follow the main footpath to Redlynch Valley Estate and pass under Mary Parker Drive (water station #3 and rubbish bin, toilet at the café). Continue to the end of the footpath at William Hickey Close (water station #4 and rubbish bin). Turn around here and return the same way, including the out and back section in Goomboora Park. When you get to the finish*, run a loop on the school oval and collect your medal.

***NOTE to 10km and 21.1km competitors:** When you return to the finish, you will not do the short down hill section again, instead you will run through the gate into the primary school and onto the grass. There is a loop around the grass oval.

Roads affected:

Elkhorn Close/Jungara Road
Jasmine Street/Michaelangelo Drive
Lomatia Close/Michaelangelo Drive

Water stations (and rubbish bins):

1. Goomboora Park
2. The Rocks Picnic Area
3. Redlynch Valley Estate Café
4. Footpath at most western end of the course.

There will also be water at the start/finish.

Toilets:

1. Start/Finish at Redlynch State College school grounds
2. Goomboora Park
3. The Rocks Picnic Area
4. Café at Redlynch Valley Estate

You can view a copy of the map here:

https://www.google.com/maps/d/viewer?mid=zHQBv2_wlpdE.kNoDMTu_xCjs





At the ? sign, go into Goombora Park to complete the loop – do this on the way out AND on the way back for both the 10km or 21.1km courses.