

DYNAMIC RUNNING EVENT DESCRIPTIONS

January-December 2019

Dynamic Running offers a range of events that are open to everyone. You do not have to be a club member to compete or participate. Independent competitors pay higher race fees, so take advantage of the Early Bird discounts. LATE FEES and CUT OFF dates apply to ALL competitors, including Dynamic Running club members.

Selected events have training programs, group sessions and/or training runs included in the race fee. There is also coaching available for runners of all abilities and those doing their first half marathon, marathon or ultra. A fee applies. Training programs are available our website.

The information in this document is subject to change. Check our website and facebook page for the latest updates.

Not a member? Sign up today via our website <http://www.dynamicrunning.com.au/join/>

Types of events

- Road
- Fun Runs
- Trail
- Training
- Socials and fundraisers – no running involved

ROAD

There are various road races and runs on offer throughout the year. Road running include events on footpaths.

CLIFTON BEACH SERIES FOOT RACE/RUN

Deadman's Gully, Clifton Beach.

Online registration cut off is 12 hours prior to event. Registrations are accepted on race day.

Distances: 3km, 5km or 10km. There is a fee per series for the 10km distance.

Race director: Lorraine Lawson

Series #1

6.00am, 20 January and 10 February 2019

<https://regonline.activeglobal.com/10kseries2019n01>

Series #2

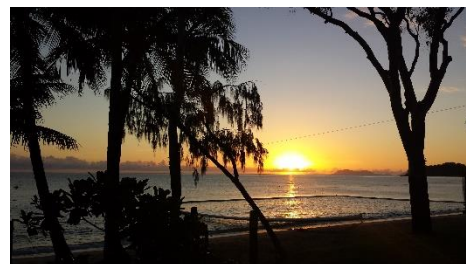
6.00am, 8 September and 13 October 2019

<https://regonline.activeglobal.com/10kseries2019n02>

Series #3

6.00am, 10 November and 1 December 2019

<https://regonline.activeglobal.com/10kseries2019n03>



★ *Signature event managed by Dynamic Running*

■ *Part of the race fees are donated to a charity*

◎ *Event supported by Dynamic Running* For more information, please visit www.dynamicrunning.com.au

Dynamic in a Dress Running Festival

31 March 2019. Redlynch State College (TBC), Redlynch Valley. ★■

Race director: Lorraine Lawson

<https://regonline.activeglobal.com/dynamicinadress2019>

Age restrictions apply to the races. The event supports a local charity/organisation that supports women. Early Bird entries end on 1 February. Late Fees apply from 9.00pm, 26 March.

The Dynamic in a Dress Running Festival is a female-focused event that celebrates female runners, their strength and their ability to use running as a means to connect with one another. Men are welcome to join in too. The festival hosts a half marathon, 10 km and 5 km. The entry fee includes a 12-week training program and face-to-face group training sessions for locals.



Great Barrier Reef Masters

24 and 26 May 2019.

Race director: Lorraine Lawson

<https://gbrmg.com.au/sports/running>



FUN RUNS

- Rare Diseases Fun Run/Walk, 24 February 2019
This is a Dynamic Running supported event.
<https://www.facebook.com/events/153065168690706/>
- Paws on the Path, 10 March 2019 ■
<https://regonline.activeglobal.com/pawsonthepath2019>



PARKRUN ☺

Event directors: Lorraine Lawson and Steve Betsta

7.00am, each Saturday. Fun ship on the Esplanade.

<http://www.parkrun.com.au/register/>

parkrun is a free, timed, 5km weekly event. Dynamic Running uses parkrun as a 'club run', monthly time trial and social catch up.



URBAN TRAIL

Weipa Running Festival, 21 July 2019

This is a Dynamic Running supported event.

<http://weiparunningfestival.org.au/>



TRAIL

We have various trail races and runs throughout the year over varied terrain. Strict guidelines apply to junior runners and they pay adult fees for most of the trail races.

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For more information, please visit www.dynamicrunning.com.au

Smithfield Trail Race

Online registration cut off is 12 hours prior to event. Registrations are accepted on race day.
5.00pm, 16 February 2019. McGregor Road, Smithfield Conservation Park.
5.5km, 8km or 11km.
<https://regonline.activeglobal.com/smithfield2019feb>



Tailwind Nutrition 3 Marathons in 3 Days (3M3D)

12-14 July 2019. Kuranda, Koah, Cairns. ★ ■

Race director: Lorraine Lawson

<https://regonline.activeglobal.com/3M3D2019>

The event supports a local organisation.

There are four races on the same weekend and over the same course, but with varying distances. There are training runs during May and June that cover parts of the route.



3M3D races

8th Grand Slam 3M3D (18+)

6.30am, 12-14 July 2019. Kuranda, Koah, Barron Gorge National Park, Dinden Forest, Cairns.

Early Bird entries end 19 April 2019. Late Fees apply from 22 June. Registrations close 28 June 2019.

The Grand Slam is a staged trail race run over three consecutive days over three different courses, mostly trail running. Competitors can opt to do 1, 2 or 3 marathons, but only those who complete all three receives the coveted 3M3D medal. Transport available.



8th Cairns Marathon (18+)

6.30am, 14 July 2019. Koah, Dinden Forest, Cairns.

Early Bird entries end 19 April 2019. Late Fees apply from 28 June. Registrations close 5 July 2019.

The Cairns Marathon is on Day 3 of the 3 Marathons in 3 Days. Transport available.



5th Kauri Half Marathon (16+)

6.30am, 12 July 2019. Kuranda, Barron Gorge National Park.

Early Bird entries end 19 April 2019. Late Fees apply from 28 June. Registrations close 5 July 2019.

A tough race through the tropical rainforest in Far North Queensland, Australia. Mostly on dirt and single track with steep ascent and descent sections. 23km. Transport available.



2nd Lake Morris Road Race (14+)

9.00am, 14 July 2019. Kuranda, Barron Gorge National Park.

Registrations close 10 July 2019.

A 16km road race on Lake Morris Road from Copperlode Dam to Goomboora Park. Competitors can opt to be pacers for Grand Slam 3M3D or Cairns Marathon runners coming through the Copperlode Dam checkpoint. Transport provided.

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9th Kuranda to Port Douglas (K2PD) Event

25 August 2019. ★

Race directors: Heidi Sweeting and Lorraine Lawson

<https://regonline.activeglobal.com/k2pd2019>

64km K2PD Ultra Trail Race (18+)

6.00am, 25 August 2019. Kuranda to Port Douglas.

Early starters set off at 5.00am.

Early Bird entries end on 31 May. Late Fees apply from 17 August. Registrations close 23 August 2019.

This point-to-point race is incorporated in the Mowbray National Park within the Wet Tropics World Heritage Area. It starts just off Kennedy Highway in Kuranda and follows Black Mountain Road through native rainforest, open eucalyptus forest, pine plantations and over picturesque creeks. The finish is on Four Mile Beach, Port Douglas. The tropical rainforest is home to the endangered southern cassowary, a flightless bird that can grow to two metres in height - you might see one! Transport available.

64km K2PD Trail Relay Race (16+)

6.00am, 25 August 2019. Kuranda to Port Douglas.

Early Bird entries end on 31 May. Late Fees apply from 17 August. Registrations close 23 August 2019.

Description as per the K2PD Ultra Race. Two to four runners are required per team. Juniors can only complete ONE of the four legs. Relay teams must provide their own transport.

16km Bump to Beach (B2B) Trail Race (14+)

9.00am, 25 August 2019. Top of the Bump to Port Douglas. Fast race where you can rub shoulders with the K2PD ultra runners for Leg 4 of their race.

Transport available to the start of the race.

3rd FNQ Summer Trail Running Series

Smithfield Trail Race

Online registration cut off is 12 hours prior to event. Registrations are accepted on race day.

7.00am, 15 September 2019. McGregor Road, Smithfield Conservation Park.

5.5km, 8km or 11km.

<https://regonline.activeglobal.com/smithfield2019sept>

Atherton Forest Trail Race

Online registration cut off is 12 hours prior to event. Registrations are accepted on race day.

8.00am, 3 November 2019. Mt Baldy walking track, Rifle Range Road, Atherton. 7km loop – complete as many as you like.

<https://regonline.activeglobal.com/atherton2019>

Black Mountain Trail Race

Online registration cut off is 12 hours prior to event.

7,00am, 24 November 2019. Black Mountain Road. 21.1km or 35km.

Transport available.

<https://regonline.activeglobal.com/blackmountain2019>



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TRAINING

Runners' Clinics 5 sessions over a 5 week period from Week 1-5 each school term.

<https://regonline.activeglobal.com/learn2run2019>

Tuesday & Thursday night training sessions, 5.30-7.00pm, Greenslopes Street.

Long runs Sundays. Check our facebook page for updates.

Squad Training

6.00am, Thursdays, November 2018 to April 2019, Various locations.

<https://regonline.activeglobal.com/squad2019>

SOCIALS & MEETINGS

Dynamic Running Annual Members Meeting & 5th Anniversary Dinner 5 September 2019.

3M3D Buffet Meal 11 July 2019.

Club socials including fundraisers Suggest a theme and date!

Club meetings Various times throughout the year.

Contact Information

Managing director (April 2014 to current): Lorraine Lawson

Mobile: 0417 798 444

Email: info@dynamicrunning.com.au

Websites:

- www.dynamicrunning.com.au
- <http://3marathonsin3days.com/>

Facebook pages:

- <https://www.facebook.com/dynamicrunningaustralia>
- <https://www.facebook.com/pg/3marathonsin3days>
- <https://www.facebook.com/kurandatoport/>

Twitter: @dynamicrunning



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