

Dynamic Running: Long Runs and other events, May to August 2016

Date, 2016	Time	Name of Event	Distance/s	Event Type	Location	Registration link
Weekly	Various	Training sessions				Check in on the day at: http://goo.gl/forms/5qsgjvVPi5
Each Saturday morning	7.00am	Cairns parkrun	5km	parkrun	Fun ship parklands, Esplanade	
Sun, 01 May	6.00am	Lake Morris Road – up and down	10-30km	Training run	Base of Lake Morris Road	
Mon, 02 May	6.00pm	FREE Monthly Monday Magic Mile	1.6km	Road race	Muddy's Café, Esplanade	Check in on the day at: http://goo.gl/forms/5qsgjvVPi5
Sun, 08 May	6.00am	Kauri Half Marathon training run. Carpool to start.	15-21km	Training run, trail	Kuranda Visitor's Centre	Check in on the day at: http://goo.gl/forms/5qsgjvVPi5
Thurs, 12 May	6.00pm	Katoomba 3M3D get together		Social	Blue Mountains YHA	
Sun, 15 May	6.00am	CRR Black Snake Race - a fee applies	10-21km	Trail race	Lake Morris	
Tue, 24 May	7.30pm	Dynamic Running 2nd Anniversary Dinner	n/a	Social	Cairns Colonial Club Resort	Check in on the day at: http://goo.gl/forms/5qsgjvVPi5
Sun, 22 May	6.00am	Train Race - a fee applies		Trail race	Freshwater Railway Station	
Tue, 24 May	7.30pm	Dynamic Running AGM and 2nd Anniversary Dinner		Social	101 Lake Street, Cairns	Check in on the day at: http://goo.gl/forms/5qsgjvVPi5
Sun, 29 May	7.00am	FREE Training Run: Speewah to Cedar Park (Day 1 of 3M3D) training run. Carpool to start.	10km, 21.1km	Training run	Kuranda Visitor's Centre	Check in on the day at: http://goo.gl/forms/5qsgjvVPi5
Sun, 05 June	7.00am	FREE Training Run: Marathon 2 of 3M3D. Carpool to start.	35km	Training run	Cedar Park Road	Check in on the day at: http://goo.gl/forms/5qsgjvVPi5
Mon, 06 June	6.00pm	FREE Monthly Monday Magic Mile	1.6km	Road race	Muddy's Café, Esplanade	Register at the event
Fri, 10 June	7.00pm	Dynamic Running Social night – Plate of Origin		Social	Private residence, Edge Hill	https://regonline.activeglobal.com/social22016
Sun, 12 June	6.00am	Lake Morris Road – down. Carpool to start.	15-30km	Training run, road	Base of Lake Morris Road	Check in on the day at: http://goo.gl/forms/5qsgjvVPi5
Fri, 17 June	7.30pm	Townsville 3M3D get together		Social	Townsville. Venue to be confirmed	
Sat, 18 June	4.00pm	Mission Beach Race – a fee applies. Carpool.		Race, beach	Mission Beach	
Sun, 19 June	8.00am	FREE Training Run: Cairns Marathon (18+ only). Carpool to start.	42km +	Training run, Trail/Road	Clohsey River Road to base of Lake Morris	Check in on the day at: http://goo.gl/forms/5qsgjvVPi5
Sat, 25 June	6.30am	NQ Games	21.1km, 10km 5km	Road race	Cairns, http://nqsfadmin.wix.com/nqgames	https://northqldgames2016.eventdesq.com/
Sun, 03 July		No long run scheduled for this week			n/a	
Mon, 04 July	6.00pm	FREE Monthly Monday Magic Mile	1.6km	Road race	Muddy's Café, Esplanade	Register at the event
Thurs, 07 July	6.30pm	3M3D Pasta Party with Bruce Fordyce as guest speaker	n/a	Social	Cairns Colonial Club Resort	https://regonline.activeglobal.com/3M3Dparty (volunteers and others not in the 3M3D)
Fri, 08 July	7.30am	2nd Kauri Half Marathon (16+ only, conditions apply)	21.1km	Trail race, fundraiser	Coondoo Street, Kuranda	https://regonline.activeglobal.com/3M3D2016
Fri & Sun, 08 & 10 July	7.30am	2nd 1&1/2(18+ only)	63.3km	Trail race, fundraiser	Kuranda / Tablelands / Cairns	https://regonline.activeglobal.com/3M3D2016

Fri-Sun, 08-10 July	7.30am	5th 3 Marathons in 3 Days (18+ only)	126.6km	Trail race, fundraiser	Kuranda / Tablelands / Cairns	https://regonline.activeglobal.com/3M3D2016
Sun, 10 July	7.30am	5th Cairns Marathon (18+ only)	42.2km	Trail/Road race, fundraiser	Cedar Park, Cedar Park Road	https://regonline.activeglobal.com/3M3D2016
Wed, 13 July -17 Aug	5.30pm	Beginner Runners' Clinics	Up to 5km	Training	Greenslopes Street	https://regonline.activeglobal.com/learn2run2016
Sun, 17 July		No long run scheduled for this week			n/a	
Sun, 24 July	8.00am	Twin Bridges	21-35km	Training, trail	Black Mountain/Quaid Roads	Check in on the day at: http://goo.gl/forms/5qsgjyVPj5
Sun, 31 Aug	7.00am	Bump Track	8-20km	Training, trail	Base of the Bump Track	Check in on the day at: http://goo.gl/forms/5qsgjyVPj5
Mon, 01 Aug	6.00pm	FREE Monthly Monday Magic Mile	1.6km	Road race	Muddy's Café, Esplanade	Register at the event
Sun, 07 Aug		No long run scheduled for this week			n/a	
Sun, 14 Aug	9.00am	6th Kuranda to Port Douglas 64km Trail Race (18+ only)	64km or relay	Trail race	Black Mountain Rd/Kennedy Highway	https://regonline.activeglobal.com/k2pd2016
Sun, 14 Aug	9.00am	6th Bump to Beach Trail Race (16+ only, conditions apply)	16km	Trail race	Top of Bump, Black Mountain Rd	https://regonline.activeglobal.com/k2pd2016
Fri, 19 Aug	7.00pm	Club Social (theme to be announced)	n/a	Social	Edge Hill	https://regonline.activeglobal.com/social32016
Sat, 27 Aug	7.00am	Cairns parkrun, 3rd Anniversary	5km	parkrun	Fun ship, Esplanade	
Sun, 28 Aug	7.00am	Short & Middle Distance Series #2, Race 1 of 2	10km, 5km, 3km	Road race	Deadman's Gully, Clifton Beach	https://regonline.activeglobal.com/10kseries2016no2