

# DYNAMIC RUNNING EVENT DESCRIPTIONS

January-December 2021

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.

The information in this document is subject to change. Check our websites and Facebook pages for the latest updates.

Online registration cut off is 12 hours prior to **each** event.

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

Popular local race on the footpaths in Clifton Beach. 2 races in each series; 3 series events each year

Deadman's Gully, Clifton Beach.

Distances: 3km, 5km or 10km.

Race directors: Lorraine Lawson, Colleen Harisson, Kalyra Thompson

**Series #1:** [Race 1](#) & [Race 2](#)

6.00am, 17 January and 14 February 2021

**Series #2** [Race 1](#) & [Race 2](#)

6.00am, 12 September and 10 October 2021

**Series #3** [Race 1](#) & [Race 2](#)

6.00am, 14 November and 12 December 2021



## GREAT BARRIER REEF MASTERS GAMES – Road

23 May 2021

Race director: Leigh Howser

Cairns Botanical Gardens

Distances: 5km, 10km, 21.1km and 42.2km

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

★ Signature event managed by Dynamic Running ■ Part of the race fees are donated to a charity

For more information, please visit [www.dynamicrunning.com.au](http://www.dynamicrunning.com.au)

## Dynamic in a Dress Series

Dress up in your tutu (yes, the boys do that too!) and run on footpaths adjacent to Freshwater Creek.

Redlynch State College, Redlynch Valley ★■

Distances: 5km, 10km and 21.1km. Race directors: Lorraine Lawson, Kalyra Thompson.

### [Race 1 of 3](#)

6.00am, 18 April 2021

### [Race 2 of 3](#)

6.00am, 20 June 2021

### [Race 3 of 3](#)

6.00am, 15 August 2021

*Age restrictions apply to the races.*



## FUN RUNS

- [RARE DISEASES FUN RUN/WALK](#), 28 February 2021

*This is a Dynamic Running supported event.*

- [PAWS ON THE PATH](#), Sunday, 28 March 2021 ■

Great morning out with your fur baby/babies whilst you support our local animal shelter, YAPS. Race director: Leigh Howser.

- [DOUGLAS DASH](#), Saturday, 22 May 2021. ■

Urban trail run. The event is part of the Port Douglas Carnival and a fundraiser for TARC.

- [CHRISTMAS LIGHTS RUN](#), Thursday, 23 December 2021

Join us for this fun FREE event! If you can't make it, you can register for the virtual option.



## PARKRUN ☉

Event director: Lorraine Lawson

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.





## TRAIL

We have various trail races and runs throughout the year over varied terrain. Strict guidelines apply to junior runners.

### GREAT BARRIER REEF MASTERS GAMES - trail

21 May 2021

Race director: Leigh Howser

Smithfield Conservation Park

Distances: 5.5km, 8km or 11km

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

### 3 MARATHONS IN 3 DAYS

9-11 July 2021. Kuranda, Koah, Cairns ★ ■

Race director: Lorraine Lawson

*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. Transport is available at a nominal fee.

Early Bird entries end 19 April 2021. Late Fees apply from 28 June.

### 3M3D races

#### 10<sup>th</sup> 3M3D Grand Slam (18+)

6.30am, 9-11 July 2021. Kuranda, Koah, Barron Gorge National Park, Dinden National Forest, Cairns.

Premium 3-day staged race in tropical Far North Queensland, Australia. Hope you like hills! Competitors can opt to do 1, 2 or 3 marathons, but only those who complete all three marathons receive the coveted 3M3D medal. There is also the option to compete as a TEAM.

#### 10<sup>th</sup> Cairns Marathon (18+)

6.30am, 11 July 2021. Koah, Dinden State Forest, Cairns.

Original and the best Cairns Marathon in tropical Far North Queensland.

#### Inaugural Fig Tree Half Marathon or 10km (16+)

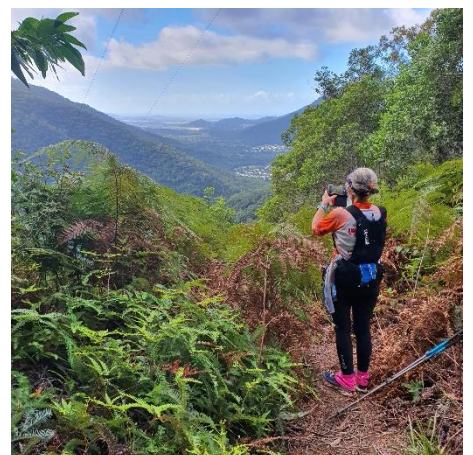
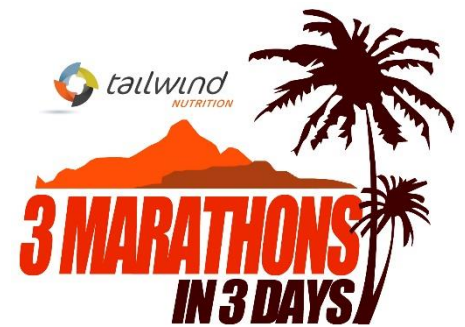
6.30am, 10 July 2021. Kuranda, Barron Gorge National Park.

The Fig Tree Half Marathon replaces the Kauri Half Marathon because there has been a change in the course for Marathon 1 and Marathon 2. It is going to be a tough race through the tropical rainforest in Far North Queensland, Australia. On dirt with steep ascent and descent section.

#### 3<sup>rd</sup> Lake Morris Road Race (14+)

9.00am, 11 July 2021. Lake Morris to Cairns.

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.



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■ = Part of the race fees are donated to a charity/local organisation

For more information, please visit [www.dynamicrunning.com.au](http://www.dynamicrunning.com.au)

## 11<sup>th</sup> KURANDA TO PORT DOUGLAS (K2PD)

3 October 2021. ★

Race directors: Heidi Sweeting and Lorraine Lawson

Early Bird entries end on 30 June. Late Fees apply from 24 September.

### 64km K2PD Ultra SOLO Trail Race (18+)

6.00am. Kuranda to Port Douglas.

Early starters set off at 5.00am.

This longest standing premier trail running event 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 (16+)

6.00am. Kuranda to Port Douglas.

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.

### 17km Bump to Beach (B2B) Trail Race (14+)

9.00am. 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 is available from Port Douglas to the start of the race.

## DYNAMIC RUNNING MOUNTAIN TRAIL SERIES

### Saddle Mountain Trail Race

7.00am, 1 August 2021. McGregor Road, Smithfield Conservation Park. Various distances on offer, depending how high you want to go up the mountain.

### Mt Baldy & Widow's Peak Trail Race

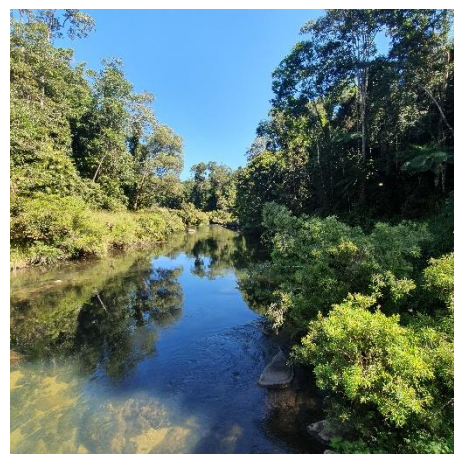
7.00am, 29 August 2021. Mt Baldy walking track, Rifle Range Road, Atherton. Looped course that includes a hike up to Mt Baldy and an out and back section to Widow's Peak.

### Mt Edith Trail Race

7.00am, 26 September 2021. Davis Creek area.

### Misty Mountains Trail Race

7.00am, 24 October 2021. Misty Mountains. 10km, 21.1km or 42.2km



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## TRAINING

### Runners' Clinics

Arguably the most popular technique training program on the Dynamic Running schedule. A 5-week program with group dynamics that provides the ideal conditions to meet training buddies.

Held in the first five week of each Qld school term: [Term 1](#); [Term 2](#); [Term 3](#); [Term 4](#)



**Tuesday & Thursday training sessions**, 5.15-6.45am ([Squad members only](#)) and 5.30-7.00pm, Greenslopes Street.

**Long runs** Sundays. Check our [Facebook page](#) for updates.

## SOCIALS & MEETINGS

**Dynamic Running Annual Members Meeting & 7th Anniversary Dinner** 26 July 2021.

**3M3D Buffet Meal** 8 July 2021.

**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

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

Websites:

- [www.dynamicrunning.com.au](http://www.dynamicrunning.com.au)
- <http://3marathonsin3days.com/>
- <https://info014874.wixsite.com/kurandatoportdouglas>

Facebook pages and groups:

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

Twitter: @dynamicrunning

Instagram : @dynamicrunning



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