

DYNAMIC RUNNING EVENT DESCRIPTIONS

January-December 2023

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.

Read through our [Dynamic Running Ltd. Waiver/Participant Agreement](#), last updated on 29 September 2022.

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

Race directors: TBC

Popular local race on the footpaths in Clifton Beach. 2 races in each series; 3 series events each year Deadman's Gully, Clifton Beach. [MAP](#)

Distance: 5km or 10km.

Series #2: Race 1 & Race 2

6.00am, [8 January](#) and [12 February](#) 2023

Series #3 Race 1 & Race 2

6.00am, 10 September and 15 October 2023

Series #2 Race 1 & Race 2

6.00am, 12 November and 10 December 2023

Dynamic in a Dress Running Festival

5.30am, 12 March 2023

Race director: Anthony Ralph

Dress up in your tutu (yes, the boys do that too!) and run on footpaths adjacent to Freshwater Creek. Redlynch State College, Redlynch Valley ★■ [MAP](#)

Distances: 10km and 21.1km. *Age restrictions apply to the races.*

[Register Now!](#)

★ *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

FUN RUNS

- **DOUGLAS DASH**, Sunday, 21 May 2023. ■ [MAP](#)

Race director: TBC

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

[Register Now!](#)

- **CHRISTMAS LIGHTS RUN**, Thursday, 21 December 2023

Join us for this fun FREE event! If you can't make it, you can register for the virtual option. [MAP](#)



PARKRUN ☉

7.00am, each Saturday. Cairns or Glenoma

<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.

3 MARATHONS IN 3 DAYS

7-9 July 2023. Kuranda, Koah, Cairns ★ ■ [MAP](#)

Race director: Lorraine Lawson

Start/Finish line manager: TBC

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 18 April 2023.

[Register Now!](#)



3M3D races

12th 3M3D Grand Slam (18+)

6.30am, 7-9 July 2023. 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.

12th Cairns Marathon (18+)

6.30am, 9 July 2023. Koah, Dinden State Forest, Cairns.

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

★ = Signature event managed by Dynamic Running

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

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

3rd Fig Tree Half Marathon or 10km (16+)

6.30am, 8 July 2023. 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.

5th Lake Morris Road Race (14+)

9.00am, 9 July 2023. 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.

13th KURANDA TO PORT DOUGLAS (K2PD)

30 July 2023. ★

Race directors: Heidi Sweeting and Lorraine Lawson

[MAP](#)

Early Bird entries end on 24 May 2023.

[Register Now!](#)



60km 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.



60km 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.

TRAINING

Tuesday & Thursday training sessions

5.30-6.45.00am and/or 5.30-7.00pm, Greenslopes Street.

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

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SOCIALS & MEETINGS

Dynamic Running Annual Members Meeting & 8th Anniversary Dinner Date TBC.

3M3D Buffet Meal 6 July 2023.

Club socials including fundraisers Suggest a theme and date.

Club meetings Various times throughout the year.

Contact Information

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Email: info@dynamicrunning.com.au

Websites:

dynamicrunning.com.au

3marathonsin3days.com

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Facebook pages:

<https://www.facebook.com/dynamicrunningaustralia>

<https://www.facebook.com/3marathonsin3days>

<https://www.facebook.com/kurandatoport/>

Twitter: @dynamicrunning

Instagram: @dynamicrunning



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