

CHISEL RUNNERS

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2011 Connecting Southern Gold Coast Tomewin Mountain Challenge

Currumbin Valley, Gold Coast, QLD

Sunday 28th August 2011

Event Organiser

This event is run by **Chisel Runners**. Contact Chris van Hoof 0439 040 580 or chris@chisel-fitness.com.au For more information please visit www.chiselrunners.com.au.

Race Day Program

6.30 am	Race precinct opens for competitors and spectators.
7.00 am	Race START
10.30 am	Race cut off time.
11.00 am	Presentations

Course Map and Profile

To view course map, including elevation profile visit:

<http://www.mapmyrun.com/routes/view/38236116>

Course Information

The **Tomewin Mountain Challenge** is a **22km** running race that can be done as **individuals** or in a **team of 2 or 3** people.

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The race starts with 1.9km of virtually flat road, before turning left onto Tomewin Mountain Road. This is the steepest part of the course and it pitches up to 14% for the next 800m – **hold on tight!!!** The course then undulates including a brief respite of approximately 500m downhill, before the end of the first leg, and first changeover for teams at 6.35km. Runners then have an ascent of 2.8km at approximately 7% to **Freemans Lookout**, before more undulation at the turn around point, just before the QLD/NSW border gates. Once you hit the turnaround it's **almost all downhill** so make sure you **take in the view and enjoy the run!**

There will be **changeovers at 6.35km and 15.65km**, creating **3 "legs"** of the race.

2 Person Teams: Team member 1 will complete Leg 1 and 3 (each 6.35km) and Team member 2 will complete Leg 2 (9.3km).

3 person Teams: Each member will complete one Leg only (Leg 1 – 6.35km, Leg 2 – 9.3km, Leg 3 6.35km).

Race Refreshment stations

Water will be available in the race precinct at the start of the race. Water stations will be located at 4.2km, 11km, and 17.8km along the course.

Entry fees and closing dates.

Individual competitors:	\$45 (Race day entry – \$60)
Team of 2:	\$80 (Race day entry - \$100)
Team of 3:	\$105 (Race day entry - \$135)

Secure online entries will close on Wednesday 24th August 2011. Race day entries will be accepted however they will incur a late entry fee.

Race Precinct

Toilets and refreshments will be available in the race precinct at the Eco Village. Competitors are encouraged to use these toilets before the race, as there is **NO TOILETS ON THE COURSE**. There is ample parking along Currumbin Creek Road for competitors and spectators, and there will be no parking inside the Eco Village.

Race Timing

The event will be timed and official times will be published on www.chiselrunners.com.au at the completion of the event.

Prizes

King and Queen of Tomewin Mountain will be awarded to the fastest male and female to complete the race. Prizes will also be awarded to 2nd and 3rd place male and female, as well as the first 3 teams home. All competitors are eligible for a random prize draw which will take place at the Presentation ceremony.

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Age Restrictions

All competitors must be 15 years of age as at the 28th of August 2011.

How to get there

From the M1 take the Stewart Road exit. Follow the signs to the Currumbin Valley. Turn left from Stewart Road onto Currumbin Creek Road and travel 5 minutes until you reach the Eco Village on the left.

Local Accommodation

With its diverse array of luxury resort rooms and apartments, spacious family style beachfront accommodation, cosy country B&B's and world class backpacker facilities, everything you need is on the Southern Gold Coast. Check out the following link for accommodation options so that you can make the most of your weekend at the Tomewin Mountain Challenge

<http://www.southerngoldcoast.com.au/accommodation/>

Local Restaurants

Why not enjoy some of the fantastic local food at one of the Southern Gold Coast's many restaurants and cafes. Whether it's a pre-race meal, or a post run celebration, the following food hot spots are sure to satisfy.

<http://www.southerngoldcoast.com.au/Things-To-Do/eating-out-on-the-southern-gold-coast.html>