

Hello Trail Runners,

Thank you very much for signing up to the Paluma Dam Good Trail Run on Sunday 28<sup>th</sup> October. This is our final race in the Outer Limits Trail Running Series 2018.

We are very much looking forward to getting you all out on the beautiful rainforest trails in Paluma. To make sure race day runs as smooth as possible please read through the info provided below.

**Accommodation:**

The PEEC is opening their doors for us. If you would like to book a bed or room please visit our website for booking options.  
The Paluma Dam campground can be booked online as well.

**Adventure Centre Special:**

The Paluma Adventure Centre it's opening it's doors on Saturday, 27<sup>th</sup> October and after the Trail Run on Sunday, 28<sup>th</sup> October.  
We are offering an adventure special for the juniors: Climb in the clouds and get a FREE trail run entry to the Paluma Dam Good Trail Run on Sunday, 28<sup>th</sup> October.

Juniors only pay \$20 (under 16 years)  
Adults \$30

**Two session times:**

Saturday, 27<sup>th</sup> Oct 1-3pm | 3:30-5:30pm  
Sunday, 28<sup>th</sup> Oct 11-1pm | 1:30-3:30pm

Bookings essential. Limited availability

**Preparation for race day:**

- Make sure you have all your mandatory gear, there will be checks when you sign in
- If you own a race number belt please bring it along, otherwise we have safety pins you can use
- Mandatory gear list (for 10km and 20km only):
  - o 2x compression bandages
  - o Emergency space blanket
  - o Whistle
  - o Mobile Phone (fully charged)
  - o Hydration pack or water bottle
- Pack some chairs or picnic blankets for the post race BBQ

**Race day:**

- Please make sure you arrive with plenty of time to get yourself set up and signed in, allow at least 90 minutes travel time from Townsville.
- Race HQ is at the Village greens in Paluma
- Race starting times:

- 20km → 8:00am
- 10km → 8:30am
- 6km → 9:00am
- Sign in starts at 7:00am
- Parking: please follow the instructions of the parking marshals and park in an orderly fashion. Try to carpool if possible as parking space is limited in the village
- Toilets: There are public toilets at Race HQ and there will be Port-a-loos, all races start and finish at Race HQ
- We will be selling Outer Limits Merchandise and race nutrition

**After the race:**

- Presentation is around 10:30-11:00am
- The Paluma Community Progress Association is putting on a complimentary post race BBQ, so feel free to stick around and socialise with other runners
- The Precinct Fresh Market is providing fresh fruit for everyone
- Sally from The Feel Good Foodie is selling drinks and food

Last but not least a big Thank You to all our sponsors, make sure you support these great local businesses:

- The Athlete's Foot
- Salomon Trail Running
- The Physio Movement
- Foundation Podiatry
- The Rental Managers
- Grill'd Burgers Townsville
- Mercure Inn Townsville
- Revival Massage
- Lodgical Fitness
- Mass Nutrition
- The Precinct Fresh Market

We are looking forward to seeing you on Sunday!

Your Outer Limits Team