

GOOGONG OFF ROAD HALF MARATHON and RELAY - SATURDAY 12 JULY 2008

START TIME 11 am. – Allow plenty of time to get there; e.g. it's a 50 km drive from Gungahlin via Queanbeyan. Continue past the main entrance to Googong to Burra Rd. Web site has full details.

It can be run as a 2 person relay, ~11 km and ~10 km legs. Organise your own transport to/from changeover. It's about a 20 km drive from the start to the changeover.

This is a normal Cross Country Club run. Free to Members, one day memberships will be available at \$5.

There will be a 1 km run at 11:15 am for under12's and a shorter run of 4.2 km at 11:30 am.

START- FINISH – Tin Hut Car Park Googong Foreshores - South – Toilets, Shelter and BBQ's available. There are no rubbish bins so take your rubbish with you and NO DOGS are allowed.

COURSE – Undulating out and back on a dirt service road. See profile below.

A 1.1 km loop beside Tin Hut Dam, then 10 km along the Weston Foreshores Walk (the walk is rated as moderate) to the gate at Googong Road just before it goes down to the Foreshores car park & toilet. This will be the relay change point. Then return to Tin Hut.

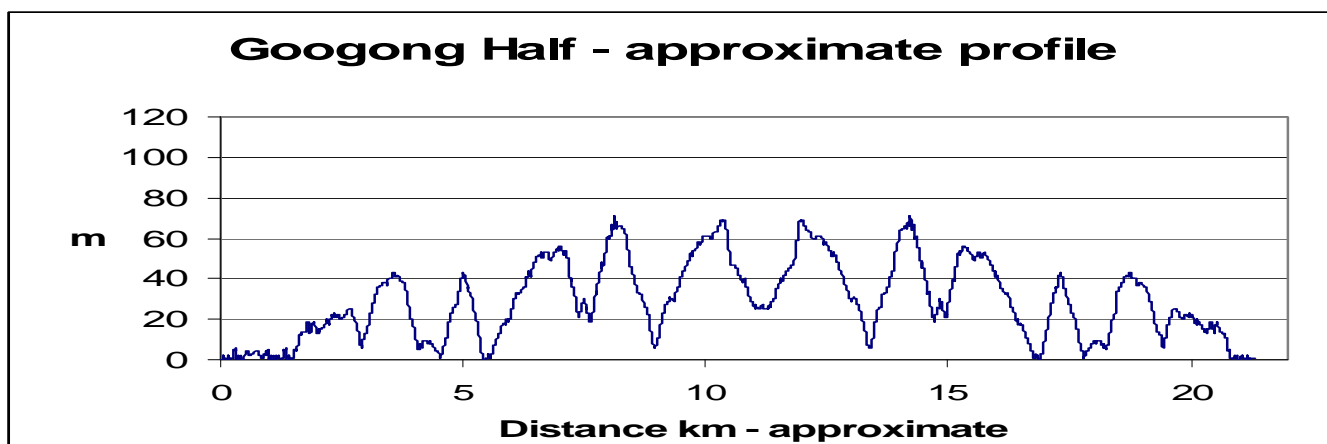
More Googong details at;

http://www.tams.act.gov.au/play/parks_forests_and_reserves/recreation_in_act_parks_forests_and_bushland/s/googong_foreshores

DRINK STATIONS - will be at Well's Inlet about half way along the track and at the turn.

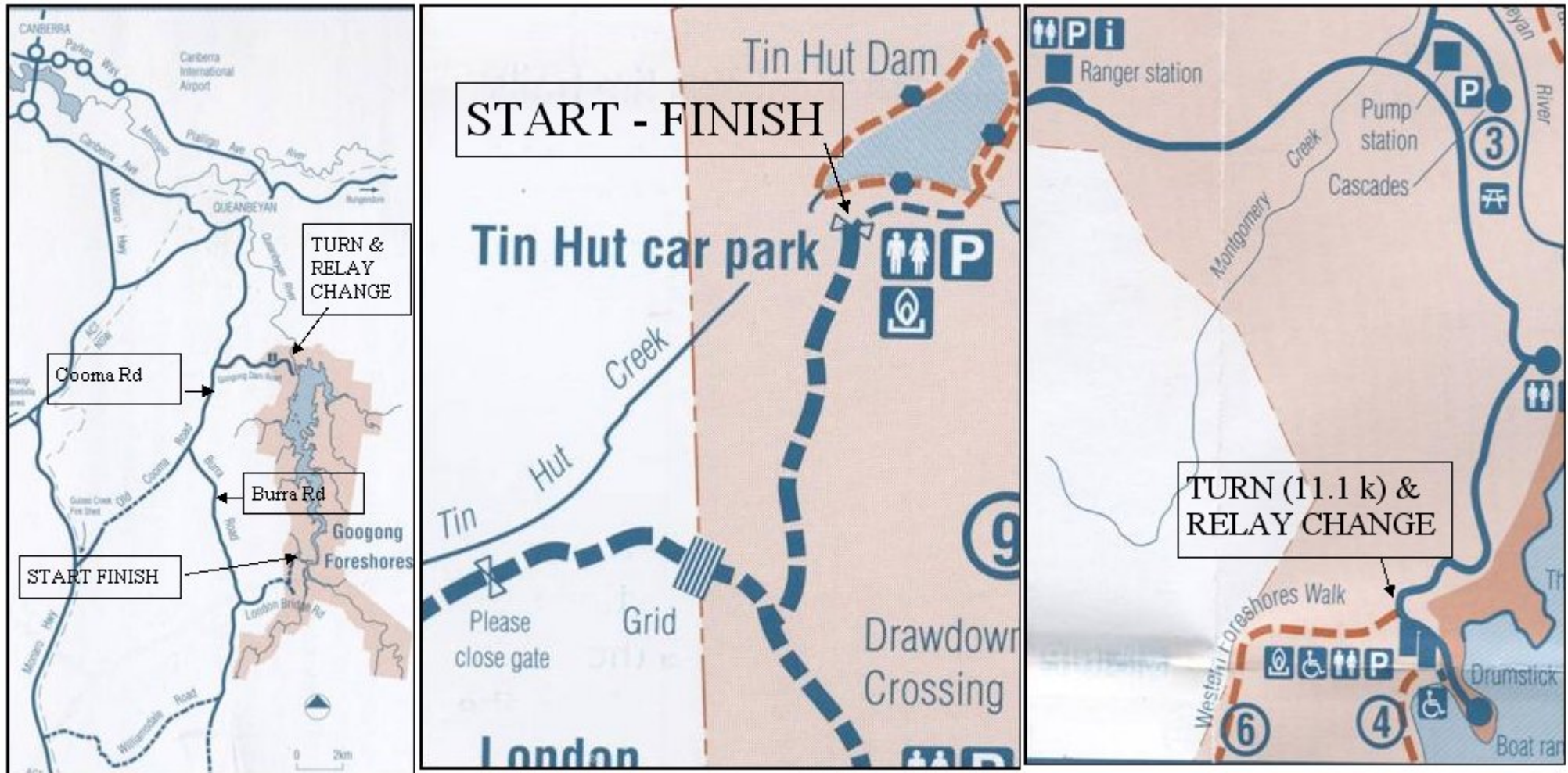
CUT OFF - There will a cut off of about 90-100 minutes, depending on weather conditions etc. at the turn, you must withdraw. This is for safety reasons so we can all get out before the park is locked at 5 pm.

The club will provide free tea, coffee and sausage sizzle.



GOOGONG HALF MARATHON AND RELAY - MAPS

Start/Finish is at Tin Hut, Googong South and follows the Western Foreshores track out and back.



DIRECTIONS:-Head south from Queanbeyan along Cooma Street (becomes Cooma Road at Googong Road also called Old Cooma Road), from the traffic lights at Karabar shopping centre (Southbar Road) its 6.2km to the main entrance to Googong Dam. Continue along Cooma Road for another 4.0 km. Turn left into Burra Road then after another 7.8 km (Total from Karabar 18.0 km). Turn left into Googong Dam South Road also called London Bridge Road on some maps. Proceed another 2.1 km to a closed gate; the gate has LAIMICS on it. Go through the gate and close it after you. Follow the signs to Tin Hut 1.7 km on. Total distance from Karabar is 21.8 km; allow plenty of time to get there. Its about a 20 km drive from start to relay change.