

## TROTTERS TRAIL RUNS/WALKS/MTB – 2019

For all trail runs/walks, participants are totally responsible for their own welfare. This means carrying sufficient fluids, food and safety gear, including maps and directions where available, and making wise decisions when risks are encountered. A list of recommended gear can be found [here](#).

Some courses, or alternative nearby routes, are suitable for mountain bike (MTB) riding, however, where bus travel is required, the MTB alternative will depend on a suitable way being found to transport the bikes.

For trail runs/walks involving bus travel, money must be paid two weeks before the event. If insufficient participants have paid by that date, the event will be cancelled.

A/C NAME: TERRIGAL TROTTERS BSB: 633000 A/C NO: 144881372 REF: 'SURNAME'RUN

### Wednesday, 26 December 2018

#### McPherson State Forest (34km/15km) [MTB-suitable]

Self-drive/carpool to Mangrove Mt (end of bitumen at northern end on Waratah Road)

Run starts 6:30am

Runners finish 9:00am to 11:00am

[Google Map](#) [GarminConnect GPX](#) [Printable Map](#)

### Sunday, 13 January 2019

#### Killcare Loops (8km/20km/28km/31km) [possible MTB routes]

[Google Map](#) [GarminConnect GPX](#) [Printable Map](#)

Self-drive/carpool to Hardy's Bay Wharf (at bottom of Killcare Rd hill).

Run starts 6:00am

Runners finish 8:00am to 12:30am

### Sunday, 27 January 2019

#### Brisbane Water Bush Bash (13km/35km/48km) [possible MTB routes]

[Google Map](#) [GarminConnect GPX](#) [Printable Map](#) (large file)

[Route may need to be amended due to closure of McMasters Firetrail]

Self-drive/carpool to Gertrude Place, Gosford, across the road from Tommy's Cafe.

Car shuttle from Gertrude Place to Woy Woy for 35km.

48km run starts 5:00am

35km run starts 5:30am

Runners finish 10:00am to 2:00pm

### Sunday, 3 February 2019

#### Megalong (34km)

[Google Map](#) [GarminConnect GPX](#)

DETAILS TO BE CONFIRMED.

Self-drive/carpool to bus pickup points then Bus to start.

Terrigal Pub 4:30am

Erina High 4:40

East Gosford 4:45

West Gosford 4:50

Kariong 4:55am

\$25pp (\$30pp non-Trotters)

Drop-off at Explorer's Tree, Katoomba, approximately 8:00am

Finish Black Range Camping Ground 12:00pm to 2:00pm

Bus returns to pickup points 6:00pm to 7:00pm.

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### Sunday, 10 February 2019

**The Orchard** (13km/21km/32km) [MTB-suitable]

[Google Map](#) [GarminConnect GPX](#) [Printable Map](#)

Self-drive/carpool to Palmdale Crematorium.

Run starts 6:00am

Runners finish 8:30am to 10:00am

### Sunday, 24 February 2019

**Dubbo Gully** (12km/25km/30km) [MTB-suitable]

[Google Map](#) [GarminConnect GPX \(25km\)](#) [GarminConnect GPX \(30km\)](#) [Printable Map](#)

Self-drive/carpool to Mangrove Mt (end of bitumen at northern end on Waratah Road)

Run starts 6:30am

Runners finish 9:00am to 11:00am

### Sunday, 24 March 2019

**Somersby/Mooney Creek to Staples** (29km/13km) [possible MTB routes]

[Google Map](#) [GarminConnect GPX](#) [Printable Map](#)

Self-drive/carpool to Staples Lookout by 6:15am, then carpool to start.

Carpools depart Staples Lookout for Somersby Store or Mooney Mooney Creek Bridge at 6:30am.

Both runs start at 7:00am.

Runners/walkers finish 10:00am to noon

### Sunday, 28 April 2019

**Congewai to Cedar Brush** (14km/17km/30km)

[Google Map](#) [GarminConnect GPX 14km](#) [GarminConnect GPX 17km](#) [GarminConnect GPX 30km](#)  
[Printable Map](#)

[DETAILS TO BE CONFIRMED]

Self-drive/carpool to Adcock Park, Gosford (first carpark) then Bus to start.

Bus departs Adcock Park at 6:00am. \$30pp (\$35pp non-Trotters)

Drop-off at Letter A (corner George Downes Drive and Brush Creek Road at 6:50am (14km/17km run/walk starts at 7:00am)

Drop-off at Congewai Trackhead at 8:00am (run starts at 8:10am)

Runners/walkers finish 11:00am to 2:30pm.

Bus returns to Adcock Park at 4:00pm

### Sunday, 5 May 2019

**Kincumba Mountain Triple Trail Team Race**

[DETAILS TO BE CONFIRMED]

A club trail race over the three loops - short, medium long. Trotters can enter as one, two or three-person teams splitting the three loops as they see fit.

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### Sunday, 26 May 2019

#### Popran (39km)

[Google Map](#) [GarminConnect GPX](#) [Printable Map](#)

[DETAILS TO BE CONFIRMED]

Self-drive/carpool.

Run starts 6:30am

Runners finish 8:00am to 12:30am

### Sunday, 2 June 2019

#### Trotters “Barkley Marathon”

[DETAILS TO BE CONFIRMED]

A run to emulate the Barkley Marathon. Five loops in Kincumba Mt area (distance TBA) one master map, find your books pages and finish before the clock runs out.

### Sunday, 30 June 2019

#### Patonga-Little Wobby Loop (12km/24km/44km)

[Google Map](#) [GarminConnect GPX](#) [Printable Map](#)

Self-drive/carpool to Patonga (jetty).

Run starts 6:00am and requires swimming across Patonga Creek near end (tide will be half-way out and receding).

Runners finish 9:00am to 12:00pm

### Saturday, 27 July 2019

#### Yarralong to Somersby Night Run (26km)

[Google Map](#) [GarminConnect GPX](#) [Printable Map](#)

Self-drive/carpool to Somersby Store then Bus to start.

Bus departs Somersby Store at 5:20pm. \$20pp (\$25pp non-Trotters)

Drop-off at Yarralong Store at 5:55pm (run starts at 6:05pm)

Runners/walkers finish 8:45pm to 11:30pm

### Sunday, 18 August 2019

#### The Orchard (13km/21km/32km) [MTB-suitable]

[Google Map](#) [GarminConnect GPX](#) [Printable Map](#)

Self-drive/carpool to Palmdale Crematorium.

Run starts 6:00am

Runners finish 8:30am to 10:00am

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### Sunday, 29 September 2019

#### Wisemans to Mangrove Mt (15km/21km/29km) [MTB-suitable]

[Google Map](#) [GarminConnect GPX 21km](#) [GarminConnect GPX 29km](#) [Printable Map](#)

Self-drive/carpool to Mangrove Mt (end of bitumen on Waratah Road)

Bus departs Mangrove Mt at 6:30am. \$20pp (\$25pp non-Trotters)

Drop-off at Sugee Bag Creek bridge on Oyster Shell Road at 7:10am (15km run/walk starts at 7:15am)

Drop-off at junction of Oyster Shell Road and Wisemans Ferry Road at 7:15am (21km run/walk starts at 7:20am)

Drop-off at Wisemans Ferry (Old Great North Road trackhead) at 8:00am (29km run starts at 8:10am)

Runners/walkers finish 11:15am to 2:30pm

### Sunday, 20 October 2019

#### Girrakool to Patonga (17km/25km)

[Google Map](#) [GarminConnect GPX 17km](#) [GarminConnect GPX 25km](#) [Printable Map](#)

Self-drive/carpool to Patonga (picnic pavilion) or West Gosford (bus stop outside Coles shopping centre) then Bus to start.

Bus departs Patonga at 5:30am and West Gosford at 6:00am. \$20pp (\$25pp non-Trotters)

Drop-off at Girrakool at 6:10am (25km run starts at 6:20am)

Drop-off at Staples Lookout at 6:35am (17km run/walk starts at 6:45am)

Runners/walkers finish 8:45am to 11:30am

### Sunday, 10 November 2019

#### Woy Woy - Spion Kop Loop (12km/25km/33km)

[Google Map](#) [GarminConnect GPX 25km](#) [GarminConnect GPX 33km](#) [Printable Map](#)

Self-drive/carpool to The Boulevard, Woy Woy (adjacent to Ferry Wharf).

Run starts at 6:00am

Runners/walkers finish 8:00am to noon.

### Sunday, 1 December 2019

#### Murrays Beach (32km)

[DETAILS TO BE CONFIRMED]

[Google Map](#) [GarminConnect GPX](#) [Printable Map](#)

Self-drive/carpool.

Run starts 6:00am.

Runners finish 9:00am to 11:00am

### Wednesday, 26 December 2019

#### McPherson State Forest (34km/15km) [MTB-suitable]

Self-drive/carpool to Mangrove Mt (end of bitumen at northern end on Waratah Road)

Run starts 6:30am

Runners finish 9:00am to 11:00am

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