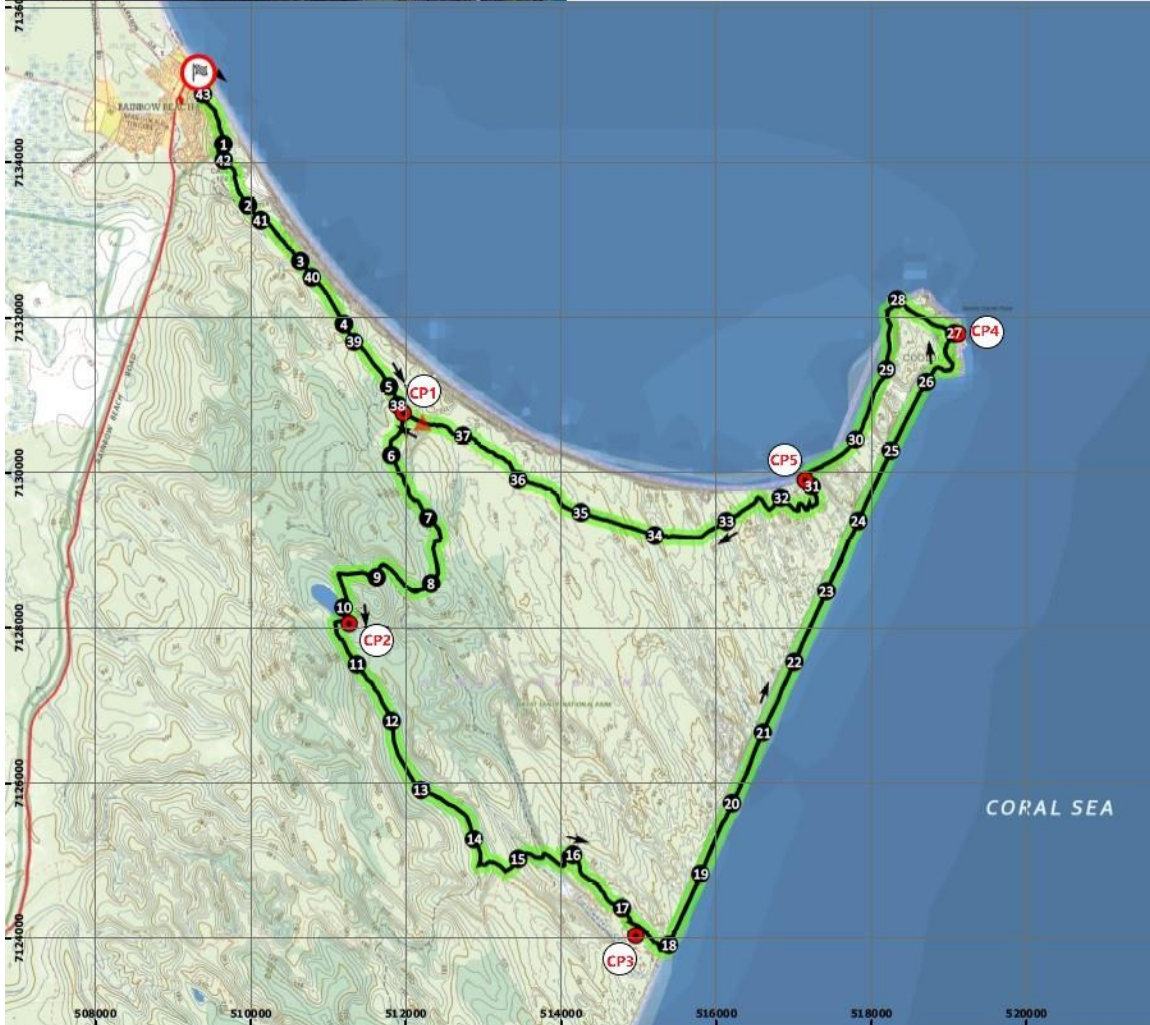




# the marathon

## Rainbow Beach Trail Festival



### Legend

- Start / Finish
- Check Point
- Cumulative Distance
- Gate
- Course



1:50,000 at A3

Map Grid Australia - Zone 56 (GDA94) - EPSG:28356

### COURSE OVERVIEW



Topographic data © State of Queensland (Department of Natural Resources and Mines) 2016

rb\_2016\_the\_marathon\_v02.mxd | Mic Zatorsky | 6/08/2016

## FULL MARATHON RAINBOW BEACH TRAIL FESTIVAL

Starting at Phil Rogers Park, head up the steps to the trail head and on to the footpath which leads to the Carlo Sand Blow.

Cross the sand blow and follow the marked trail until you reach the turn to Lake Poona and CP1. Veer right and continue along the trail to Lake Poona and CP2. This trail crosses Freshwater road.

Please take care when crossing any roads, watch out for vehicles.

From CP2 continue along the marked trail, crossing Freshwater Road once again before arriving at Freshwater and CP3.

Continue onto Teewah Beach. At the beach turn left and head north along for 8km to Double Island Point.

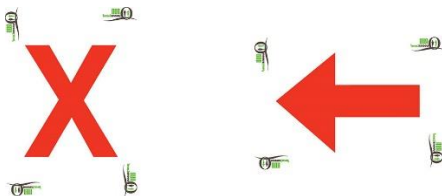
Please take care along the beach section, vehicles use this as well.

Make the climb up to the light house (CP4) and follow the trail down to the south end of Rainbow Beach.

Continue north along the beach until you reach the toilet block and CP5. Turn left off the beach and follow the marked trail (crossing the Leisha Track). This trail will take you back to CP1

Head for the finish along the route you headed out on.

Leg	Details	Distance	Cumulative
1	START – CP1	5.5km	5.5km
2	CP1 – CP2	5km	10.5km
3	CP2 – CP3	6.7km	17.2km
4	CP3 – CP4	9.5km	26.7km
5	CP4 – CP5	4km	30.7km
6	CP5 – CP1	6.8km	37.5km
7	CP1 – Finish	5.5km	43km



#### COURSE MARKINGS

The course will be marked

- Red arrows secured to trees
- Crosses marked on trees indicating this is not the course.
- Orange flagging tape.



There will also be additional signage where necessary, at key intersections.