



SARRC Trail Running 2010 Calendar

Please Note: The four trail runs highlighted in blue are formal SARRC events that require registration and an entry fee. All other runs are free and you do not need to register – you can just turn up on the day, run/walk and enjoy!

Sunday 3 January	Summit to Sea Trail Run	33.5 kms
Sunday 26 January	Australia Day Marion Coastal Trail Run	16 kms
Saturday 20 February	Goolwa to Murray Mouth Trail Run	27/15 kms
Saturday 20 March	Mylor Aldgate Bridgewater Trail Loop	TBA
Friday 2 April	Good Friday Bun Run	10 kms
Saturday 24 April	Para Wira Recreation Park Loop	25/15 kms
Sunday 2 May	Belair National Park Breakfast Run	12 kms
Sunday 30 May	Pioneer Women's Trail Run	26/19 or 12kms
Sunday 20 June	SA Trail Running Championship	
Saturday 3 July	Yurrebilla Training Run No 1 Belair to Eagle on the Hill	16.5 kms
Saturday 31 July	Yurrebilla Training Run No 2 Eagle on the Hill to Norton Summit	17.5 kms
Saturday 28 August	Yurrebilla Training Run No 3 Norton Summit to Ambers Gully	22 kms
Sunday 12 September	Sea to Summit Trail Run	32 kms
Sunday 3 October	Yurrebilla Trail 56km Ultra	56kms
Saturday 23 October	Federation Trail – Tunguillo to Mt Belvoir	TBA
Sunday 21 November	Waterfall Gully Trail Run and Brunch	14kms
Saturday 11 December	Chain of Ponds – Kersbrook Heysen Trail Loop	TBA

Notes on the 2010 Trail Calendar

In 2010, two trail runs that were organised in 2009, the **Pioneer Women's Trail Run** (Sunday 30 May) and the Sea to Summit (Sunday 12 September) will join the **Yurrebilla Trail 56km Ultra** (Sunday 3 October) as official events on the SARRC calendar requiring registration and an entry fee. As well as these events we will be organising a new event - the **SA Trail Running Championship** on Sunday 20 June. All other events listed on the Trail Running Calendar are free and do not require pre-registration - just turn up and run or walk and enjoy!

The pinnacle of the SARRC Trail Calendar each year is without doubt the **Yurrebilla Trail 56km Ultra** - the event of all events where mere mortals turn into ultramarathon champions! In 2010 we will repeat the three Yurrebilla Training runs especially for those people who are unfamiliar with the course but also for people looking to condition themselves up and down the Yurrebilla Trail. Last year these training runs were added as extra runs but were so popular we have built them into the calendar in 2010.

In 2010 we have also included in the Trail Running Calendar some of the other SARRC events that involve trail running such as the **Good Friday Bun Run** (Friday 2 April); the **Belair National Park Breakfast Run** (Sunday 2 May); and the **Waterfall Gully Trail Run and Brunch** (Sunday 21 November). These are all great social / trail events not to be missed!

Which leaves us in 2010 with five completely new runs. The first of these is the **Goolwa to Murray Mouth Trail Run** on Saturday 20 February. Last year over 40 people traveled to Victor Harbor for an extraordinary run across the Newland Heads cliffs. This run, organised by George Bennett, is the furthest run from Adelaide but promises to be a unique opportunity to see the Murray Mouth and well worth the trip.

On Saturday 20 March we will be starting the **Mylor Aldgate Bridgewater Trail Loop** from Mylor Hostel and doing a loop through Aldgate and Bridgewater with a diversion to the Mt Lofty summit and back through the Mt Lofty Botanical Gardens. Lynn Smythe has already sent out an email about the possibility of staying overnight on the Friday night at the hostel. If you are interested in coming up on the Friday night and sharing a meal then email Lynn using the subject Mylor at lynnsmythe@hotmail.com.

Saturday 24 April sees us heading up to **Para Wirra Recreation Park Loop** for the run that was cancelled in November last year due to the heat. Be assured that this will be one of the highlights of 2010 with some great trails through the historic Barossa Gold Mines.

Once again after Yurrebilla we will be heading back to Tanguillo on Saturday 23 October for the **Federation Trail – Tanguillo to Mt Belvoir Run**. Last year we struck a stunning day and could see forever across the rolling hills down to the Murray River. This year we will head south from Tanguillo along the Federation Trail to Mt Belvoir.

And finally on Saturday 11 December we will head up to Chain of Ponds for the **Chain of Ponds – Kersbrook Heysen Trail Loop**. And any luck we might even find ourselves back at The Cudlee Cafe for an end of year bash.

Any questions about any of these trail runs please email Terry Cleary at clearyt@bigpond.net.au or SMS/call on 0411 723 677.

For details of the starting location, start time, maps and course notes, please refer to the SARRC website, www.sarrc.asn.au.

Alternatively join the Trail Running Group's email list and be sent the detail within the week of the run, go to www.sarrc.asn.au/trailrunning.html and follow the link in the registration box.

IMPORTANT: Prior to joining in on any of the Trail Runs we strongly recommend you familiarize yourself with the General Notes on Trail Runs, downloadable from www.sarrc.asn.au/forms/yt_generalnotes.pdf

Also during the summer and fire season, runs may be cancelled in the event of extreme weather and/or due to a total fire ban in the area. Should a Trail Run be cancelled every effort will be made to post details on the website and e-mail all those on the e-mail Trail List at least 24 hours beforehand.

SARRC thanks the Department of Environment and Heritage and Forestry SA for their continuing support of these trail runs. Please make sure you leave the trail as you found it and observe all park/forest rules.

For further information about any SARRC event or club membership, phone the SARRC office on (08) 8232 7644 during office hours Monday to Fridays (10 am to 3 pm), send an e-mail to: office@sarrc.asn.au or visit the website at www.sarrc.asn.au.