

TRAILRUN

AU/NZ

TRAIL RUN GUIDE SERIES CONTRIBUTOR PRO FORMA

NAME OF TRAIL RUN: if it has one OR make one up! Be creative!

NEARBY TOWN/CITY (+DISTANCE TO TRAILHEAD IN KM & TIME): <<name>>

EXACT LOCATION: <<park or place/nearby town/state or region/country>>

TOTAL ROUTE DISTANCE: <<in km>>

TOTAL ASCENT/DESCENT:

TIME TO RUN:

TYPE OF TRAIL RUN: <<loop or point to point?>>

DIFFICULTY: <<easy>><<moderate>><<hard>><<masochistic>>

DEFINING CHARACTERISTICS: <<mud, jungle, ascents, descents, single track, fire track, scree, rocks, roots etc etc – name no more than three>>

FEATURES OF INTEREST: <<views, historical points, geographical interests>>

START GPS: preferred

FINISH GPS: preferred

ONLINE REFERENCE: <<if you can, a Google Earth / Google Map or similar 'link' for people to visit online>>

BEST MAP/S: <<name of best physical map/s (can be in print or clickable online (i.e parks maps))>>

RUN IT: <<300-400 words. This is a pure by the numbers how to run the route. Start here, run for x km, turn left at x, watch out of the dummy path, cross a creek, check the view, you should be on a ridge now etc etc. Best if you can break down into numbers as per this EXAMPLE:

1. Start at the x car park where you will find the X trail leading off to the west/right of the toilet block.
2. Run along the fire road for approx 2km before veering left on X track, which will be signposted.
3. It's a twisty bit of single track strewn with roots, so place carefully, keeping the mind and foot coordination sharp for about 6km before the trail open up to a grassy knoll.
4. Look up hill to the east where a fire trail shoots up the ridge. Take it and puff your way to the summit of X. Enjoy the view.
5. Take the single track down the west face. It's pretty well marked until you hit a creek at the bottom of the valley. Take on water here if needed as there are no more water points until the finish.
6. To the downstream side there is a single track called X, not sign posted, but you'll know you're on the right track about 100m in as there will be a huge rock, taller than you, all on its own. Pass it and enjoy the wonderfully weaving single track that occasionally slaps you with a fern frond but otherwise is a good rhythm section. Mind the leech interlopers.
7. This trail will loop its way around the base of Mount X and back to the car park.

POST RUN GOODNESS: a few notes about where to go post race for the BEST coffee/cake/breakfast/brunch/beer. MUST be high quality, must have ambiance, or be a local secret foodie haunt. Note the name of the place (cafe etc), location (address), phone #, weblink if possible, and why it is worth a visit post race (“The best double shot latte in the Dandenongs, friendly crew”)

IMAGE: <<we’ll need at least one GOOD image taken of the route, preferably with a trail runner in shot and preferably an image that gives a real sense of the run. Can be shot on a point and shoot (as we’re an emag, we can get away with lesser resolution images) BUT needs to be a good shot, in focus, good colours etc. Supply numerous examples if possible to give us choice>>

<<Email the completed guide pro forma + IMAGES to: trailrunmag@gmail.com