

Balance Knights Ultra Marathon – Sunday 25 July 2010

Who's in? You know you want to...

The Balance Knights Trailwalker team of AK, Iceman, Helmet & Goey are heading out for the longest run on their training program this weekend and we're looking for some friendly faces to join us either as running partners or as help for our super support crew chief KB.

The run will be on the Trailwalker course taking in Stages 1-4 leaving from Parsley Bay in Brooklyn and running all the way to the Sphinx Memorial at the National Park entry at the Turramurra end of Bobbin Head. A description of the stages can be found at the Trailwalker [website](#). It will be around 50.5km in total and will take anywhere from 8-9 hours to complete.

If you're just a little bit nuts you can join us for the whole run or otherwise you can come along for some of the stages along the way. If the idea of running through the bush is a bit too out-there for you we would be more than happy to see those friendly faces at the various checkpoints. Any time that you can spend with us will be very much appreciated.

Please remember that we are doing this run as part of our efforts to raise money for Oxfam to assist their work alleviating poverty around the world. You can see more details of what they are doing [here](#) and make a donation to our team at <http://www2.oxfam.org.au/trailwalker/Sydney/team/170>. We have pledged to raise \$5,000 and we're a fair way away from that target at the moment.

Where and when?

If you are keen to come along, there are some suggested stages below.

Stage 1

Parsley Bay to Cowan Station [Stage 1 map](#)

Approximately 15km

Start: Around 7am

Finish: Around 9:15am

This stage contains a number of hills, some of which turn the run into a rock-hopping bush walk but there is also some pretty amazing scenery along the way, particularly Jerusalem Bay towards the end of the stage. The run starts off with a 700m climb up into the hills. It is pretty tough but it is also quite short and worth the effort. The actual checkpoint is 1.5km further on from Cowan Station but it is not accessible as safely or as conveniently as the area at the station.

Stage 2

Cowan Station to Berowra Community Centre [Stage 2 map](#)

Approximately 14km

Start: Around 9:15am

Finish: Around 12:00

This stage is rated the hardest on the entire run, purely because there is a lot of climbing up and down hills. These parts will slow you to a walk/climb but they aren't as difficult as they may first seem. This stage takes a long time because of the number of areas where it is not possible to run. There is also some particularly nice scenery along the way including a couple of lookouts that are great if there is a mist in the valleys.

Stage 3

Berowra Community Centre – Mt Ku-Ring-Gai Station [Stage 3 map](#)

Approximately 10km

Start: Around 12:00

Finish: Around 2:00pm

This stage is another one that contains a fairly significant downhill followed by an equally significant uphill. It also contains a really nice section across the boardwalks in the Lyrebird Gully swamp lands. Like Stage 1 the actual checkpoint is actually in Apple Tree Bay near the bottom of Bobbin Head but this area isn't accessible without paying an entry fee to National Parks. You are more than welcome to join us till Apple Tree Bay if you don't mind paying for entry.

Stage 4

Mt Gu Ring Gai Station – Sphinx Memorial [Stage 4 map](#)

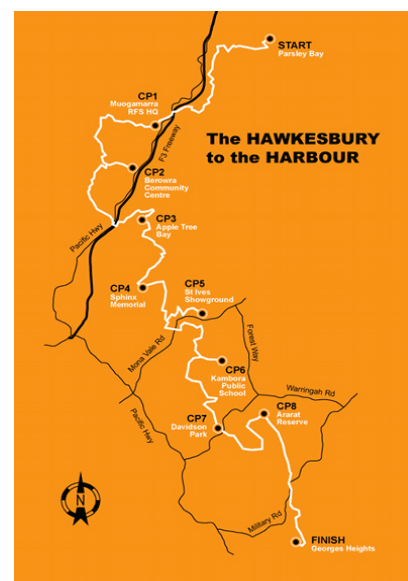
Approximately 11.5km

Start: Around 2:00pm

Finish: Around 4:00pm

This stage takes us down into Apple Tree Bay and into some really awesome scenery. If you're after a picnic then you can't go past Apple Tree Bay, it is a particularly nice spot. From there we cross over into Bobbin Head and then up the hill. After a bit of an uphill slog the track flattens out for a cruisy run into the finish (where Rob usually takes off to show how just easily he has been doing it up till that point of the run...)

Oxfam TRAILWALKER
100kms - teams of 4 - 48 hours



Please note that the times that we have given are approximate, they depend on what sort of a day we are having and may be out by anything up to an hour or more by the time we get into the afternoon.

Please also be aware that we won't want to stop and wait at the checkpoint for anyone that is running late. If we stop for too long everything will seize up and the run will turn into a bit of a disaster. We can be contacted out on the run or through our super support crew chief KB (0418 43 502) in order to help you plan ahead a little and we will have a list of those joining us so we can let you know if our timing is going to change significantly.



Logistics

How you get there and away is up to you. We'll be running so we won't be able to help out unless you're joining us for the whole run. Whichever stages you decide to do you will probably need to arrange a car shuffle or train trip in order to get you there and home again once you've finished.

At the start of the day we will be meeting at the southern entrance to the National Park at Bobbin Head at around 6:00am to leave a car for the finish of our run (unless some friendly volunteers offer to drop us back to our cars at the end of the day). We will then drive to Mt Ku Ring Gai station to leave a car and catch the 6:30am train to Brooklyn. At the end of the run we will be driving from Bobbin Head back to Mt Ku Ring Gai in order to pick up our cars and head home (unless we can get a friendly volunteer to bring our cars to us at the end of the run).

What do I need to bring?

Whichever stage you decide to do you will need to bring a copy of the stage map and directions, a camelback or water belt to carry sufficient water and any extra clothing that may be needed through the day. You may also need to consider a first aid kit. Above all else you need to bring a smile and some cheeryness, we're probably going to need it!



How do you sign up?

Easy, just call or email to let us know you're coming.
AK (0416 196 701, karin.a.kaehne@aexp.com),
Iceman (0450 705 528, dallas@cellbikes.com.au),
Helmet (0401 895 709, Robert.Lutz@boral.com.au)
Gooley (0419 449 906, mark@brentnall.com.au)

We'll keep a list so we can keep in touch with you through the day to let you know how we're tracking.