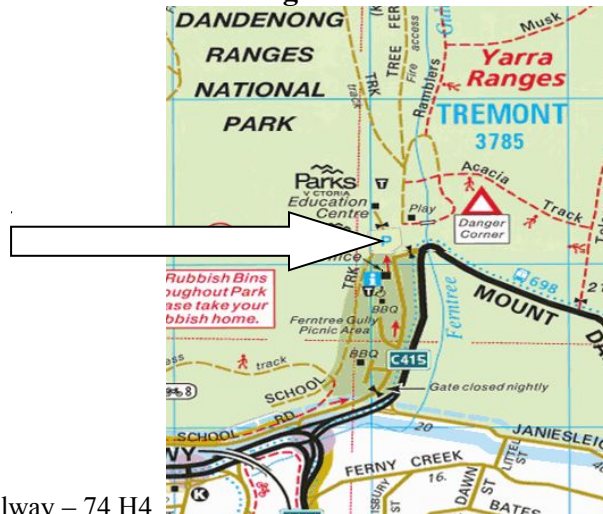


## DVAC XCR EVENT MANAGEMENT

### FERNY CREEK PACK RUN – 12 K

Saturday 12 June 2010, 9:00 AM

**EVENT MANAGER:** Robin Broberg **CONTACT DETAILS:** 0412 550 042



**WHERE:** Melway – 74 H4  
Meet at – Tremont Picnic Area (access off Mt Dandenong Tourist Road)

**TRANSPORT:** car pooling can be arranged from Willinda Park, check at training!

#### DESCRIPTION:

**Short course:** Commence at the picnic area and run up the Lyrebird Track to top. Turn left onto Link Track to the water tank then veer left onto Bellview Tce and wind down to the picnic area. This is the Mountain Run course of 4.1k. If this is not enough do it twice.

**Long Course:** Start as per Short Course (up Lyrebird Track and Link Track). At the water tank keep to the right and take the Macedon Track north. Veer right onto View Track for 200m and then left (north) onto Chandlers Track. Follow this to end to Phillipa Road then Hansen Road. Return by Hansen Road, Hansen Track, Mystic Track, Outlook Road, right onto Ramu Avenue at right angle bend, and from water tank take Bellview Tce back to picnic area. About 12k.

The course is hilly with some significant climbs.

**PERSONAL REQUIREMENTS:** Appropriate running gear including wet weather gear, mindful that it is winter and you are in an elevated forest area. Dry clothes for afterwards.

**FACILITIES:** Toilets, Water Taps, car parking, shelter and barbeque all available at start/finish area. Consider carrying water for during the run.

**FIRST AID:** DVAC KIT

**REFRESHMENTS POST RUN:** BYO thermos, cakes and barbeque items.

