



**Elevation Gain - 560m**

Leg	Distance	Cumulative
Start – CP1	5.5km	5.5km
CP1 – CP2	5.0km	10.5km
CP2 – CP1	5.0km	15.5km
CP1 - Finish	5.5km	21.1km

## **Half Marathon**

From the start at Phil Rogers Park, head up the steps and follow the trail markings to the Carlo Sand Blow.

Watch out for cars in the car park.

Continue across the sand blow and along the trail until you reach CP1.

From CP1 veer right and follow the trail towards Lake Poona. Take care when crossing roads.

Continue to CP2 where your number will be recorded.

Turn around and return to CP1 along the same route.

Continue along the trail back across the Carlo Sand Blow and on to the finish line.

Congratulations! You have just finished the Rainbow Beach Trail Festival half marathon.