



Elevation Gain - 935m

Leg	Distance	Cumulative
Start – CP1	5.5km	5.5km
CP1 – CP2	5.0km	10.5km
CP2 – CP3	6.7km	17.2km
CP3 – CP4	9.5km	26.7km
CP4 – CP5	4km	30.7km
CP5 – CP1	7.3km	38km
CP1 - Finish	5.5km	43.5km

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.

From CP2, follow the trail towards Teewah Beach past Freshwater Lake Camp Ground and CP3.

From CP3 continue along the trail towards the beach. Upon reaching the beach turn left and head north towards Double Island Point.

CP4 is at the bottom of the ramp leading to the lighthouse. (This is water only)

From the lighthouse, follow the markings to the southern end of Rainbow Beach. Head north along the beach. **(Keep left, close to the land. Do not go out onto the sand bar.)** After approx. 3kms, exit the beach at the toilet block and CP5.

Continue along the trail (crossing the Leisha Track) until you come to CP1.

From CP1 follow the trail back across the Carlo Sand Blow to the finish line.

Congratulations! You have just finished the marathon.