



2024 Festival Booklet

*Everything you need to know as a runner,
support crew and festival-goer!*

Presented by

SALOMON

Image Credit: Ryan Slater

every step a story...

[#runwithkunanyi](#)

We acknowledge the Palawa people of lutruwita as the traditional owners of the land on which we live, work and run. We respect their culture and ongoing custodianship of the land. We pay our respect to all Tasmanian Aboriginal people, and Elders past, present, and emerging. It is with this respect in mind that all our run courses do not summit the highest point of kunanyi as it is an important Palawa spiritual place.



You're invited to "run with kunanyi" - the famous mountain on Hobart's doorstep that is rich in culture, history and incredibly diverse landscapes.

The Palawa (Tasmanian Aboriginal community) generously welcome and share kunanyi with trail runners - whether you're a seasoned ultra runner or reasonably new to running on trails.

When you move through wet ferny gullies, dolerite boulder fields, eucalypt forests, or under the famous Organ Pipes, you'll be invited to explore and create your own connection with the sacred mountain, and hear the stories of it too, across the 3-day festival with activities at the runHub.

In 2024, we are adding a new chapter to our kMR story. We've been handpicked to be part of the Golden Trail National Series; the first of its kind in Australia.

Thousands of runners, festival goers and supporters have started their own kMR stories. We're so glad you're joining us in 2024!



GENESIS

GET BACK OUTSIDE THE LINES

Challenge yourself, seek adrenaline and chase euphoria with the agile, supportive and grippy Genesis.



SALOMON

Welcome



Palawa welcome

kunanyi is a place of immense cultural and spiritual significant to the Palawa people of nipaluna. The diverse terrain of kunanyi is a prominent feature of our landscape, providing the divine background to our home.

Connection to Country is an essential element of the Palawa peoples' sense of community, with the site holding much history for my community. The people of this land cared for this beautiful country; hunting, trading, living, and celebrating our culture beneath the southern stars.

Today's Tasmanian Aboriginal community have a deep seated spiritual connection with Country; continuing the fight for recognition and justice. I would like to acknowledge and pay respect to our elders, whose spirits can be distinctly seen within kunanyi.

It is clear that involving Palawa community and culture has been integral to the kunanyi Mountain Run team throughout the planning process, with a large variety of cultural features lined up in the program in order to pay respect to the custodians of this land.

Nayri nina tu!

Aria Ritz



Tasmanian Minister for Stadia & Events | Minister for Sport and Recreation

There are few cities in the world with a backdrop that matches the natural magnificence of kunanyi. Towering at more than 1200 metres above Hobart, 'the mountain' is part of daily life for Hobartians as a place to walk, ride, reconnect with nature, or simply admire the breathtaking views of the city from the summit.

On behalf of the Tasmanian Government, I would like to welcome all those travelling to our state to immerse themselves in kunanyi's rich and varied trail-running environment.

From eucalypt forest to the dolerite boulder fields or alpine heath, this unique mountain course will challenge and reward you in equal measure.

I'd like to wish all participants the best of luck for a successful kunanyi Mountain Run Festival and invite you to stay on and enjoy all that Tasmania has to offer after the race.

If you are looking for a little more adventure, we have a few more trails to explore and if you are looking for a change of pace, maybe take a break and recharge by sampling some of our world renowned Tasmanian produce.

Enjoy the Run!

Nic Street



Message from the Lord Mayor of Hobart

I extend well-wishes to everyone participating in the 2024 kunanyi Mountain Run.

The City of Hobart is thrilled to support an event that showcases our beautiful mountain to locals and visitors in a way that's in harmony with the environment.

We recognise this location is a place of cultural and spiritual importance and continues to be a special place for Tasmania's first peoples.

Get ready to immerse yourself in the beauty of nature, breathe in the crisp mountain air, and experience the joy of walking and running amidst stunning landscapes.

On behalf of the Elected Members and the residents of the City of Hobart, I wish you a memorable time as you embark on a journey of serenity and adventure on the majestic kunanyi / Mount Wellington!

Councillor Anna Reynolds

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Ultra Relay
25km



Ultra Solo
25km



Mountain Run
25km



Vertical Kilometre
5km



Foothills
9km



Kids Run



Follow Us

@kunanyimountainrun



Where would we be without volunteers!

With their energy, dedication and expertise, **volunteers are the backbone of every running event, particularly trail running events with runners out on course for up to 18hrs!** kMR quite literally wouldn't happen without them!

We want to thank all the incredible vollies who will be out over #kMR2024 weekend, from course marshals and aid station crew, to the runHub crew and everyone else! Many of them will be wearing hi-vis and volunteer t-shirts, so when you see them, why not say g-day and thank you!

A huge thanks too, to the people who've helped in the lead up - especially our core team who have been working on kMR the past year. They have put in massive hours over that time, all because they believe in kMR and want to see you have the most epic experience. Thank you!

With such a large volunteer workforce required to put kMR on, we're still on the look out for vollies! So if you want to put up your hand (and you can run and still volunteer), go ahead and select a few shifts!

Join our volunteer crew!



Maybe you want to cheer people on at an aid station, spend some time out in the bush as a course marshal or be at the heart of kMR at our runHub - there's a role to suit everyone!



Sharing Stories Series

We've got a stellar line up of virtual QnAs that we'll be running in the lead up to #kMR2024!

From tips on nutrition, to preview chats on the Mountain Run 25km Course, and Ultra Solo (covering the full runner experience), and how we can better support Mum runners!

They'll be streamed live on our Facebook pages (and saved there too), 8pm Wednesday nights in February and March.

Head to our Facebook page for the info/to watch them.

Wednesday 7 February January | 8-8.30pm

Get your kMR2024 Nutrition right

Nutritional Coach Karen Hill

Wednesday 21st February

8-8.30pm

The Golden Mountain Run

A preview of our Mountain Run 25km | Stage 2 of the Golden Trail National Series Australia

Salomon runners Simone Brick and Brodie Nankervis

8.30-9pm

The Full Epic

A preview of our Ultra 66km course
Local Tassie legend Clinton Garrettv

Wednesday 6 March | 8-8.30pm

Mums run kunanyi

Juggling your love of running and family commitments can be tough. Signing up to events can be tricky - who looks after the kids? At kMR, we're doing what we can to help everyone #runwithkunanyi - but especially women - and we hear your stories.

Roxanne Wood from kMR's Bush Play (Drop-Off), mum runner Johanna Robertson and Lisa Counsell from Tread Running.

Wednesday 13th March | 8-9pm

Harnessing Our Mental Strength on the Trails

Salomon runner Simone Brick, 2021 Australian of the Year Grace Tame, and Run Director Lincoln Quilliam

Important dates in the lead up to kMR 2024

29 January

Mandatory gear checks open at [Find Your Feet](#) (Hobart and Launceston) and [Naked Trails](#) (Wynyard)

1 March

Bib name cut off

16 March (1.30-5.30pm)

"Our Mountain" Forum at Fern Tree Community Centre
Spend time on the mountain, hearing and sharing stories. The line-up includes musician [Dewayne Everettsmith](#), photographer [Peter Maarseveen](#), a film showing, native foods - and more!

20 March (6pm)

Community run with Hobart Trail Runners x kMR x Salomon

20 March (11.59pm)

Entries and transfers close (except for Foothills 9km)

21 March (5.30pm)

Pre-event mandatory gear check at [Find Your Feet](#) closes

22 March

Run briefings at runHub

22-24 March

Festival Weekend

TRACK RUNNERS LIVE HERE





Schedule

Friday 22nd March

	Vertical Kilometre	Ultra (Solo & Relay) Mountain Run	Culture Hub
	runHub opens 12noon		
12:00 PM	Runner check-in, bib collection, and mandatory gear check @runHub		
1:00 PM	Runner check in closes Buses to start line from Cascade Rd		
2:00 PM	Smoking Ceremony and VK waves start Wave starts every 10mins Male winner expected 2:45pm @Pinnacle Female Winner expected 3:05pm @Pinnacle	Runner check-in, bib collection, and mandatory gear check @runHub	Culture Hub open Free Cultural Activities & Games for the Kids (til 6pm) Immerse with Nature & Help Care for Nature (til 6pm)
3:00 PM			
4:00 PM			
5:00 PM	All finished		
6:00 PM	6:00 - 6:30PM Welcome to Country & official opening Runner check-in, bib collection, and mandatory gear check CLOSED		
	6:30pm VK presentations	Runner check-in, bib collection, and mandatory gear check re-opens	
7:00 PM		Ultra and Mountain Run MANDATORY BRIEFING	
8:00 PM	runHub closes 8:00PM		



Schedule

Saturday 23rd March

	Ultra (Solo & Relay)	Mountain Run - Golden Trail National Series	Walks With The Mountain	Culture Hub
	runHub opens 5am			
5:00 AM	Runner check-in, bib collection, mandatory gear check, and bag drop @runHub. Closes 6:10am			
6:00 AM	6:15AM Smoking Ceremony - Ultra Solo & Relay (all waves) Ultra Solo Wave 1 start 6:30am Ultra Solo Wave 2 start 6:45am	Runner check-in, bib collection, mandatory gear check, and bag drop @runHub. Closes 8:25am		
7:00 AM	Ultra Relay Start 7:00am			
8:00 AM		8:45AM - 9:00AM Smoking Ceremony - Mountain Run (all waves)		
9:00 AM		Mountain Run Wave 1 Start 9:00AM Mountain Run Wave 2 Start 9:15AM Mountain Run Wave 3 Start 9:30AM Mountain Run Wave 4 Start 9:45AM	Octopus Track 1.5 hours	Culture Hub open Free activities for the whole family, including Bush Bling, Weaving, kunanyi's Bush Food, Immerse in Nature, Help Care for Nature, Palawa Art & Kids Cultural Activities
10:00 AM				
11:00 AM				
12:00 PM				
1:00 PM	Ultra Relay Team winners expected around 3:15pm	Mountain Run male winner expected around 11:20am	Octopus Track 1.5 hours	
2:00 PM	Ultra Solo Male Winner expected around 2:20pm	Mountain Run female winner expected around 11:45am		
3:00 PM	Ultra Solo Female Winner expected around 3:30pm			
4:00 PM				
5:00 PM		Final Mountain Run finishers		
6:00 PM	6PM Presentations			
7:00 PM	SALOMON AFTER PARTY			
8:00 PM				
9:00 PM				
10:00 PM				
	Final Ultra relay team finisher expected around 10:30pm			
11:00 PM	GOLDEN HOUR - to cheer final Ultra finishers home			
12:00 AM	runHub closes			

Schedule

Sunday 24th March

	Foothills Run	Kids Run	Walks With The Mountain	Culture Hub
runHub opens 8am				
8:00 AM	Runner check-in, bib collection, mandatory gear check, and bag drop @runHub			
9:00 AM	Foothills Run Wave 1 Start 9.00am Wave 2 Start 9.10am Wave 3 Start 9.20am			
	Male and Female winners from 9.35am			
10:00 AM		Registration and bib collection open @runHub		Culture Hub open Free activities for the whole family, including Yoga (10.15am), Bush Bling, Weaving, kunanyi's Bush Food, Immerse in Nature, Palawa Art & Kids Cultural Activities
11:00 AM		Kids Run Age 5 - 7 start 11.00am Ages 8-10 start 11.10am Ages 11-13 start 11.20pm Under 15 start 11.35am	Octopus Track & Pinnacle 3.5 hours	
	12:00 PM	Foothills and Immersions presentations and closing ceremony		
1:00 PM				
runHub closes 1pm				

“ Absolutely loved every step! Blown away that this event was only in its second year. It was so professionally run, course marking was perfect and the course was world class! Hobart is an amazing location with kunanyi right on its doorstep. It was an honour to be in what I call trail running heaven! ”

- kMR2023 runner -



Mandatory gear

If we're lucky enough to have a repeat of the weather conditions of our last 2 years, and if you and the runners around you have no issues, you won't be taking any of the mandatory gear out of your run vest!

BUT, if we have cold, windy, wet, and/or snow and ice weather conditions (yes, all of the above can and do happen on kunanyi in March!), or if you or a runner around you has an injury that requires slowing to a walk or even stopping to wait for a rescue (which could be in the exposed alpine zone with windchill perhaps at minus 10 degrees), then you will know that this list is barely enough gear! That is true, this list is the minimum mandatory gear required to survive in the potential weather conditions whilst you wait for a rescue. You should survive ok, but you will not be comfortable!

[Mandatory Gear list for all KMR events](#)

[Buy mandatory gear](#)

[Watch RD Lincoln talk thru the gear](#)

You can get your **mandatory gear checked before the event at Find Your Feet in Hobart and Launceston, and at Naked Trails in Wynyard, until 21 March** (and pick up any items you don't have). We'll then check you off in Event Plusas having your gear checked, for quicker check-in and bib collection on the day.

If you're travelling, no stress! **You can have your gear checked at the runHub on the day!** There will be limited mandatory gear for sale at the runHub, thanks to Find Your Feet.



Adverse Weather Mandatory Gear ANNOUNCEMENT

KMR organisers will advise **by 7pm** the night before (on our socials) if the adverse weather gear is required.



Ultra Relay Teams

Relay teams require a minimum of one set of mandatory gear per team. Only one (complete) set needs to be checked off (although others in the team can, and should, get their gear checked if they want to have their own set!) Every team member must carry the full set of gear when they are on course.



Mandatory Gear Random Checks

Mandatory gear will be **checked randomly on course and the finish line**. If you are missing gear out on course, it is your responsibility to get the gear before continuing. **Penalties or disqualification may apply** for missing mandatory gear at the Run Directors discretion - typically starting with 20 minute penalty for each item of missing gear.

patagonia icebreaker Move to natural

ARC'TERYX THE NORTH FACE S

LA SPORTIVA g SUUNTO

COROS ALTRA

Normal

FIND YOUR FEET
RETAIL AND TOURS

Discount code
'kunanyimountainrun'
for 20% off

Rego/transfers

Run entries are open right up until 11.59pm 20 March (unless sold out). This is also the date that we will close off transfers. **But Foothills 9km entries will remain open up until 5pm Saturday 23 March!**

Go on, sign up! It's not too late!

Transfer to your mate

2024 Registration Policies

Insurance

KMR holds public liability insurance cover. This does not include personal accident insurance, nor travel insurance for runners. We recommend that you arrange your own personal accident insurance, travel insurance, and income protection insurance before participating in KMR to cover any unforeseen personal costs you may incur due to ambulance trips, medical expenses or time off work due to injuries sustained whilst participating in KMR.

Consider [Flip](#) for personal accident insurance.

Runner check-in & bib collection

Runners (or relay team representative) for **all runs** must check-in and collect your bib at [the runHub](#) prior to your event. Check [the schedule](#) for check-in timing for your run.

Note: only one bib and one timing chip is provided per relay team so you need to swap it between each team member. The timing chip is separate to the bib and a bib belt is very handy to attach both your bib and timing chip to. Bib belts (aka tri belts) are available for purchase at the Merch tent.

Drop bags

Drop bags can be used to hold spare clothes, extra socks (and even shoes), race fuel etc. But they should not contain your mandatory gear – that must be on you at all times.

They should:

- ✓ Be a robust fully enclosed bag (the Coles/Woolworths cooler bags make great drop bags!)
- ✓ Be clearly marked with your:
 - bib number (your bib number will be on your EventPlus registration page)
 - name
 - Drop bag location, eg, Myrtle, Finish, VK
- ✓ not contain dangerous goods, breakables or valuables
- ✓ be no larger than around 25L

Our volunteers will do their best to take care of your bags - but be aware, they remain your responsibility and KMR will not be liable for loss or damage.

If you leave a drop bag at the event, it can be picked up within 1 week from the KMR depot in Sandy Bay, or shipped at your cost +\$5 admin fee. Please contact hello@kunanyimountain.run to arrange.



They should:

- ✓ Be a robust fully enclosed bag (the Coles/Woolworths cooler bags make great drop bags!)
- ✓ Be clearly marked with your:
 - Bib number (your bib number will be on your EventPlus registration page)
 - Name
 - Drop bag location, eg, Myrtle, Finish, VK
- ✓ Not contain dangerous goods, breakables or valuables
- ✓ Be no larger than around 25L

VK finish line

To be dropped off as you get on the bus to the VK start at Cascade Rd

Ultra

Myrtle Forest and Cathedral Aid Station bags to be dropped off in the allocated vehicle at the runHub from 5.30pm Friday afternoon or prior to 5.30am Saturday.

Myrtle and Cathedral drop bags will be returned to the drop bag tent Saturday afternoon (after the aid stations close) for collection
Finish line bag to be dropped at the runHub gear check tent

Mountain Run 25km finish line

To be dropped at the runHub gear check tent

Foothills 9km finish line

To be dropped at the runHub gear check tent

Getting to the runHub & parking

Driving & Parking

If you're driving, please park at the free event parking on the Cascade Paddock. Please follow signage and marshals' instructions. Note it may be slippery when wet. It's then a 5-minute walk (see map) to the runHub. Our KMR FREE parking can be found [here](#) 📍.

Public buses

You can catch a bus, operated by Metro, to the runHub. They leave the city from Franklin Square or Davey Street and you're looking for **446, 447** (Friday) and **449** (on Saturday & Sunday). Get off at bus stop no.14 opposite the Badminton Centre on Cascade Road and it's a 3-minute walk up through the Badminton car park to Wellesley Park. You can plan your trip [here](#) 📍.

Walk, ride or scoot

Walk or ride to the runHub via the meandering **Rivulet track** 📍, which you can jump on in the city.

If you're confident on electric scooters, pick one up from most places around the city and inner suburbs and ride to the runHub. The two e-scooter hire operators in Hobart are **NEURON** 📍 & **BEAM** 📍.

Drop off including taxi or uber

Please get dropped off at the Badminton carpark (**101 Cascade Road**) 📍. Please do not access any other residential streets as they are old so very narrow and will cause traffic jams!

Interstate & International runners

If you are running in the Ultra 66km (Solo or Relay) and are looking for early transport to the runHub, we are offering a shuttle from the Old Woolstore in Macquarie Street. Please email register@kunanyimountain.run to register your interest and we'll be in touch.

Please **DO NOT** follow Google directions to Wellesley Park as it takes you on narrow residential roads to the sportsground - this is not the runHub.

Please do not park in any of the local and very narrow residential streets! However, there is an accessible drop off at the end of Wentworth Street.



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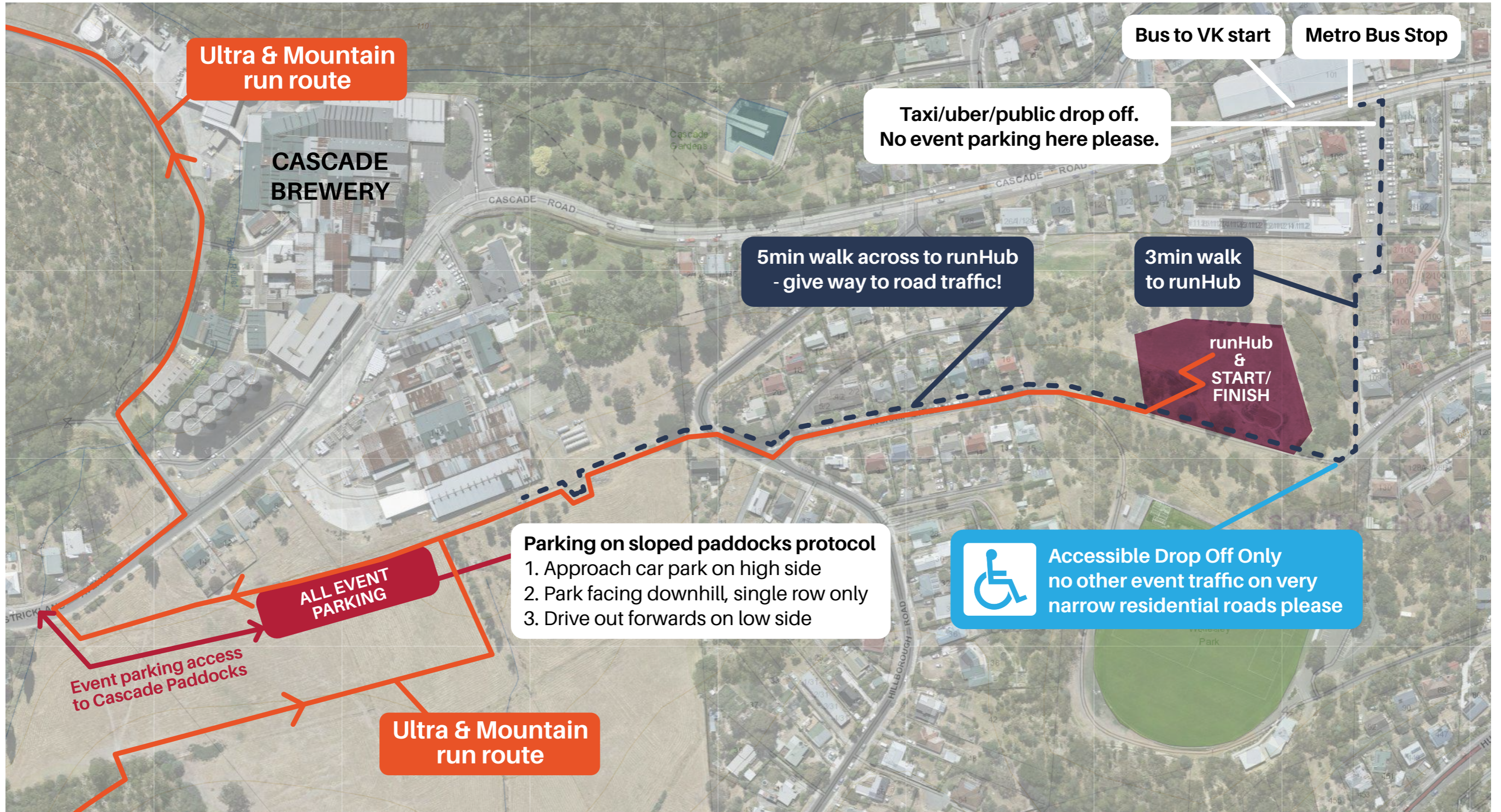
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ALSO ON **LISTNR**

TRIPLE M
107.3

Getting to the runHub & parking



runHub

Our runHub is the place to be (when you're not out on course, that is!). This is what happens at the runHub:

- Run Starts & finishes and everything else running (including recovery)
- Run Expo
- Mountain Culture hub
- Food vans and bar
- An awesome place to hang out and cheer runners home



runHub first aid, toilets, water

We have a **ProMed** first aid tent at the runHub for runners as they come across the line or anyone else who needs assistance.

There will be 2 water stations at the runHub. We're keen to cut down on our waste so please bring your own water flask/bottle. KMR cups will be available for purchase at the Cascade bar or the merch tent if you don't have one.

There will be plenty of toilets onsite at the runHub. Our Menstrual Partner **Tsunu** is helping us provide pads and tampons in the marked portaloos at the runHub and at each aid station.



kMR merch

Our merch will be available to purchase at the Info & Merch tent! We know you might be feeling some FoMo when you see others with their new kMR tech truckers or tees! Electronic payments only. And we've ordered some super small sizes for our tech tees, cotton tees and brand new hoodies - so they may just fit some trail kids!

Runners who have purchased merchandise prior to the event, and have not yet received it, can pick it up at the Merch tent. Just let the legend volunteers there know your name and order, and they will sort it out for you!

kMR cups will be available for purchase (\$5 to buy & \$4 if you return) at the Cascade bar or the merch tent if you don't have one.



runHub - Wellesley Park Playground



Food vans and bars

Come hungry (or get hungry!) and thirsty, because our runHub will have plenty of food and drinks available for purchase across the 3 days.

Get your carbs with wood-fired pizzas from **Robbie's Wood Fired Pizza** and **Jasmine Kitchen** will be on hand with tasty Asian-infusion treats, plus hot chips! **Bean and Leaf** has all your coffee (and other hot & cold drink) needs, and they'll have your sweet teeth covered too!

Our Cascade bar will be selling **Cascade lager**, plus **Willie Smith's Cider**, Tassie pinot grigio & pinor noir, coca-cola, and sparkling water.



Kids Bush Play (drop-off)

Do you want to run on Saturday of #kMR2024 but have no way of looking after the kid/s? We don't want that to stop you from having a #runwithkunanyi! We're so stoked to partner with 'Free to Be Bush Play And Learning', who'll provide Bush Play (drop-off), for our Mountain Run 25km. So while you play on kunanyi, the kids (ages 5-12) can play and explore nature too at our runHub; all under expert supervision!

Bookings are essential.

[Book here](#)



Kids Bush Play (Drop off) @ kunanyi Mountain Run

While you run with kunanyi, your kids play and explore nature too at the kMR runHub; all under expert supervision!

[Book here](#)



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Please quote booking code: KMR when you book!

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Mountain culture hub

kunanyi Mountain Run is not just a trail running festival, it's also a family-friendly mountain culture & community festival.

The Culture Hub will be at the heart of it and will busy right across the weekend. The whole family can drop into the Culture Hub and Run Expo as they please.



Welcome & Opening Ceremony

Friday | 6.00pm | Sand Circle

A Welcome to Country will officially begin the weekend's events. The Welcome will be given by a Palawa Elder and dance will be led by Truwana man Linton Burgess. The Tasmanian State Government and the City of Hobart Lord Mayor will also welcome runners, their support crew and the community to our festival weekend.



Smoking ceremonies

Friday, Saturday & Sunday
20 mins before each run start | Sand Circle

Smoking ceremonies help cleanse the area & people of bad spirits & to promote the protection and well-being of visitors. A smoking ceremony and dance will be performed by Linton Burgess and members from the Palawa community and will take place before each run event.



Weaving and Sensory Play

Saturday 10am-6pm & Sunday 9am-1pm | Culture Hub

Drop in as you please over the weekend! Join Nerissa Fenton, a proud wotjobaluk woman, basket weaver & knowledge holder of traditional bush foods and their healing qualities. She'll share her knowledge & help you weave your own basket with its own stories. Family friendly and free! No bookings required.



Recover & immerse in nature with TLC

Friday 4-6pm, Saturday 10am-4.30pm
& Sunday 10am-1pm | Culture Hub

Elevate your feet, pop on earphones and listen to bird songs heard on kunanyi and other protected nature reserves that are part of the Tasmanian Land Conservancy's network. A run with kunanyi is an experience of an inter-connected Tasmania! Drop in to learn how you can help protect threatened habitats in Tasmania.



Bush Bling

Saturday 10am-4pm & Sunday 10am-1pm | Culture Hub

Drop in as you please over the weekend! Artist **Takira Simon-Brown** comes from a strong line of Aboriginal makers. She is a niyanta of Chief Mannalargenna of the Plangermairemener Nation (Ben Lomond) & a luna of Paredareme Country. Join Takira in creating bush bling - handmade accessories from nature. Family friendly and free! No bookings required.



kunanyi's bush food

Saturday 10am-6pm & Sunday 9am-1pm | Culture Hub

Drop in as you please over the weekend to have a yarn with First Nations Elder Aunty Kris Shaffer, who is a resident and a holder of knowledge of kunanyi's unique flora. She's also an Indigenous horticulturalist, educator, consultant and artist and is passionate about sharing her knowledge by teaching how to grow edible native plants.



Kids Cultural Activities & Games

Friday 2-6pm, Saturday 10am-4pm & Sunday 10am-1pm
Culture Hub

Cultural activities and games will be run throughout the day, just for the young ones. Be sure to listen out for announcements and the kids can drop in and drop out as it suits, taking part in bush adventures, scavenger hunts, cultural games, activities and more.



Help care for nature

Friday 4-6pm & Saturday 10am - 4:30 pm | Culture Hub

Kickstart your habitat-making journey with a free native plant giveaway. Let your imagination bloom with drop-in nature-inspired creative activities and learn more about the [extensive network of tracks and trails](#). Drop in and meet the people who help protect and care for Hobart's bushland reserves and find out how you can get involved by joining the City of Hobart's biggest volunteer program, [Bushcare](#). Learn all about [Bush Adventures](#), an incredible outdoors activities program that takes people of all ages deep into the heart of Hobart's wonderful natural world. Discover how the City of Hobart helps protect the native wildlife that call Hobart home, including eastern barred bandicoots, platypuses and of course our beautiful birdlife. No bookings required.



Palawa Art

Saturday 10am-4pm & Sunday 10am-1pm | Culture Hub

Support local Palawa Artists and Craft makers by purchasing handmade jewellery, Paintings and more!

walks with the Mountain

Saturday 22 March (1.5hrs)
10.30am & 1.30pm

Sunday 23 March (3.5hrs)
10.30am

Saturday walks



Sunday walk



Learn how the Palawa people used (and still use) flora & fauna of the mountain & hear about cultural significance of the area, with experienced kunanyi tour guide & yorta yorta man Tasman Langford

Bring your family & tap into the magic of the mountain & its stories!

Photo: Robert Groom



kunanyitrailseries

kunanyi.trail.series



New for 2024!
A 'pram-able' 5km course at Tolosa!
A night run

- Courses from 5km to 21km -
- Short & longer course each event -
- Family friendly -
- Free BBQs -
- coffee van -
- Limited spots -

4 trail run events across the year

kunanyi Sunrise & Richea Ridge
February 10
14km & 9km

Organ Pipes Classic
May 5
14km & 5km

Tolosa Half & Tolosa Quarter
5 August
21km, 10km & 5km

Knockers Sport & Knockers
19 October
11km & 4km



HAMMER NUTRITION
ENDURANCE FUELS

“Less is BEST”

Fueling athletes since '87 | hammernutrition.com.au

Walks with the mountain



Saturday 10.30am & 1.30pm | Octopus Track

Learn how the palawa people used to live and survive on kunanyi and hear about the cultural significance of the area, in these very special walks with the mountain (which are being held especially for kMR!). Experienced kunanyi tour guide and yorta yorta man Tasman Langford will take you on an incredible walk, which will take your breath away, and share knowledge that spans thousands of generations. Approximately 1.5 hours return. Shuttle bus provided. *There are very limited spots, so please book your spot to avoid missing out.* \$55pp (adult)/\$25pp (kids)

[Book Your Spot](#)

Sunday 10.30am | Octopus's Track & kunanyi Pinnacle

Learn how the Palawa people used (and still use) flora and fauna of the mountain and hear about cultural significance of the area. Experienced kunanyi tour guide and yorta yorta man Tasman Langford will take you to the incredible Octopus Tree, before heading to the Pinnacle to take in in views and hear the creation stories of the Trowunna and Palawa peoples, as well as their history and timeline. Finish the walk with a cuppa and a traditional style muffin. Approximately 3.5 hours return. Shuttle bus provided. *There are very limited spots, so please book your spot to avoid missing out.* \$110pp (adult)/\$55pp (kids)

[Book Your Spot](#)

Run expo

Our Run Expo will be taking place right across the weekend. Here's what you can expect:

HOBART & BEYOND

hobartandbeyond.com.au

Discover where to eat, sleep and play in Southern Tasmania



Salomon

Join the team from Salomon for an action-packed weekend featuring Athlete Q&A sessions, Golden Trail National Series giveaways, other prizes and a Salomon Golden Trail National Series After Party (check out the detail [here](#)!) The crew from Salomon will also have demo fleets of the very latest trail runners to get you out on the spectacular kunanyi trails.

Bulk Nutrients

Try out Bulk's products and get their advice on your hydration setup.

Find Your Feet pop-up store

Find Your Feet will be at the runHub for your run with kunanyi. All the latest trail running advice from the friendly team at Find Your Feet. Meet them in store or at the runHub to gain the very best in trail running.

Kieser

Meet the [Kieser](#) team and get their advice on how you can improve your strength and conditioning. Just 2-3 x 30 minute sessions per week at Kieser, will see you improve your uphill speed, your recovery from long runs and steep descents, a reduction in cramping and a resilience to the rigours of trail and ultra running

Run recovery

Our run recovery zone might be the first place you beeline to! It is for runners' exclusive access only.



Ice baths

Saturday and Sunday | run recovery

Immerse yourself (quite literally) in icy cold water to alleviate those sore muscles and any inflammation you might have after your run with kunanyi. Please wear your bathers, stay for 1-3 minutes and take some deep breaths to settle the mind, and slow down! Free, but available for runners only, at a first come, first served basis.



Recovery massages by Kieser

Saturday and Sunday | run recovery

Release those tense muscles after your incredible run with kunanyi, thanks to the team at Kieser Hobart. Research shows that getting a massage straight after exercise can reduce muscle pain and weakness, and reduce the risk of swelling and inflammation.



Unwind & Untangle with Yoga

Sunday 10.15am | Culture Hub

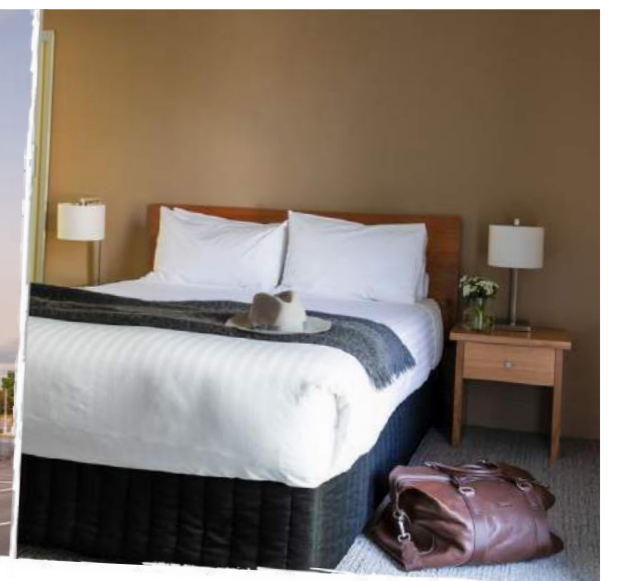
Take time out to stretch your body, and let go. Revitalize your heart and mind too as you're guided through gentle sequences. Free, no bookings required. Please bring a yoga mat if you have one, or feel Country beneath your feet.



THE FUTURE IS
IN OUR NATURE

Across Tasmania, the Tasmanian Land Conservancy protects precious native animals and plants on its own reserves and in partnership with landholders. Through science and community support, we're looking after Tasmania's wild places forever.

Support us, supporting nature
tasland.org.au/donate



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Run events

Wave starts

We're going with wave mass starts of up to 100 runners for all runs except for the VK which has waves of 10 runners. This is to manage congestion on the single track climbs in the early sections of the runs. We do have some road and fire trail at the start of each run, so the wave field can spread before hitting the single track.

The front of the start line is for both men and women. Fast blokes, support the fast ladies and allow space up the front of the start line for them too.

Aid/recovery stations provisions

The aid stations on the run and recovery station at the finish line of all runs will have shelter and emergency blankets, toilets & sanitary products/ disposal, first aid, sunscreen, and hydration/nutrition as follows:

	On course Aid Stations Ultra & Mountain Run	Recovery Station (runHub)
Water	✓	✓
Hammer Gels (various flavours)	✓	✗
Hammer Endurolytes Fizz (various flavours)	✓	✗
Bulk Nutrients BCAA Recovery	✗	✓
Coca-cola	✓	✗
Watermelon	✓	✓
Hansen's Huon Valley Apples	✓	✓
Oranges	✓	✓
Bananas	✓	✓
Muesli bars (Uncle Toby's various flavours & Home Brand Choc Chip)	✓	✓
Just Jam Sandwiches	✓	✓
Mixed Lollies	✓	✓
Potato crisps (range of flavours)	✓	✓
Milo, tea, instant coffee & powder chicken noodle soup	✓	✓
Tim tams	✓	✓
Hot soup	Fern Tree Aid Station only	✗
Sanitary products	✓	✓



Do you need to change your start wave? If you have a compelling reason to change your start wave, you can [email](#) us to request the change. We will always be able to move people competing in Golden Trail National Series (Mountain Run 25km) to wave 1, but may not be able to accommodate all requests.

Please use your own flasks or collapsible cups to fill up for cold drinks including coke. The single use cups at the aid stations are only for hot drinks.



Course Maps & Spectator Maps

Our run maps are provided by Capra. They are able to be accessed on your phone. The Capra app and run map is mandatory gear for all runs (except the VK, because the map is a secret! And also the Kids run).



Capra 101

Capra is a free mobile app available in both app stores. Capra is used by race directors to easily share important event information and provide highly detailed maps that can be used offline by competitors and event staff.

How to use the Capra app for the kunanyi Mountain Run festival

1. Save the kMR 'Collection' to your library screen in the app. This makes it easy for you to quickly access all the information for each race and relay leg. You can scan the QR code to automatically save the Collection if you don't have it already.
2. Individual races and map info 'pins' can be bookmarked for quick access via the Bookmarks screen. This is especially useful if you want support crew to focus on a particular point on the map.
3. Capra maps provide excellent detail even if offline but make sure you've looked at your race map before you set off as the app stores the map detail automatically for use offline. Mandatory gear check is a great time to ensure you've looked at your race map.
4. If you have an emergency tap the 'life ring' on the map to give you your exact lat/long details which can be shared easily if you have even a small amount of signal.
5. You can close the app and put your phone away, e.g. when you're racing, and when you pull it out the app will open to the screen you were on making it battery efficient to use as back up in a race.
6. Each race / relay leg map can be shared easily with friends and support crew via the menu option.
7. The app does not record your activity so there is nothing to start or stop.
8. The kMR collection also pinpoints festival partners the team would love you to support when you're in town and on the event weekend.



What is the Golden Trail National Series

Salomon is proud to present a unique opportunity for local elite runners to have a world class trail running series in their backyard. **Golden Trail National Series (GTNS)** exists to highlight local talent and presents a pathway for global recognition and competition. The overall winners of the twelve regional National Series will be presented with the opportunity to race the very best athletes from around the globe at the Golden Trail Series World Final to be held later this year – this is a first for our region and puts events like kunanyi Mountain Run on the global stage.

KMR is one of four races in the Australian series, with the final to be held at the Brisbane Trail Ultra event at the end of June. Athletes will need to compete in at least 2 series races, and the mandatory final, to decide who will be crowned our overall National Champion. GTNS will also reward the Under 23 Category winners with tickets to compete in the Global final!

Salomon is committed to growing the sport of trail running and whilst GTNS rewards the elites, the series is very much for the spectators, athlete crews and newcomers to the community of trail running. We look forward to seeing you there!



Salomon After Party

Saturday 7-8pm | Salomon Supporter Zone (KMR run expo)

You're invited to join the Salomon team, including athletes, as well as our kMR2024 placegetters and some of Scholarships Team, for the kMR Golden Trail National Series After Party! Runners get a complimentary Cascade beer or Willie Smith's cider (including non-alcoholic) just by showing your bib, and a DJ will be soundtracking the good times. It's the perfect opportunity to celebrate your run with kunanyi, and learn more about the Golden Trail National Series, Salomon's trail products, and just to have an all-round good time!



Vertical Kilometre

Day: Friday 22 March

Time: Run starts @ 2pm with waves of 10 runners every 10 minutes

Buses to start line:: Buses leave from Cascade Road starting 1pm (see below)

Start line: deep in the foothills of the mountain on Main Fire Trail. The VK is a point to point up the steepest route on the mountain, so kMR provides transportation from the runHub to the start line, and back to the runHub from the pinnacle.

Finish Line: kunanyi Pinnacle

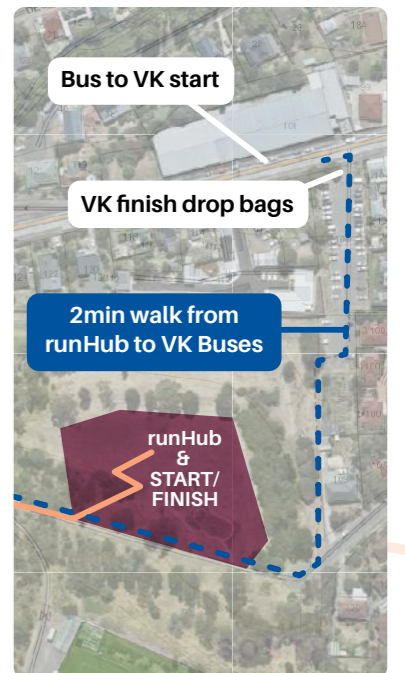
Drop bag: Yes for this finish line on the pinnacle – pack a dry shirt, warm pants, thick warm jacket, and a beanie.

Logistics:

To start line: Please get yourself to the runHub to collect your bib, then walk 2 minutes down to the Cascade Road bus stop, drop off your drop bag in the van next to our bus, and get on the kMR bus to take you to near the start line, then walk 1km on fire trails to the start line.

From Finish line: your drop bag will be waiting for you in the same van at the pinnacle. Hang out and enjoy the recovery station hydration and nutrition in the Observation Shelter, and our buses will take you back down once full.

Presented by



Where's the VK map??
The top section of the VK is a bit of a secret track, so we don't publish a map!

The first bus departs Cascade Road at 1pm, with the others leaving shortly after. Your wave and specified bus time will be updated to your Event Plus profile (on Monday 18 March) and at runner check-in.



Ultra Solo 66km

Presented by Bulk Nutrients

Day: Saturday 23 March

Time: Run starts @ 6.30am (with wave starts)

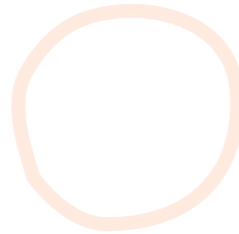
Start line: kMR runHub

Finish Line: kMR runHub

Logistics: See Ultra Logistics

Map: Check it out on Capra

Presented by



Ultra Relay 66km

Presented by Willie Smiths

Day: Saturday 23 March

Time: Run starts @ 7am (with wave starts)

Start line: kMR runHub

Finish Line: kMR runHub

Logistics: See Ultra Logistics

Map: Check it out on Capra

Presented by



COME & VISIT US AT THE RUNHUB

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RECEIVE 5% OFF
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OR REQUEST A SAMPLE ONLINE

AUSTRALIA'S BEST CIDER, IS MADE ON THE FARM.

At Willie's, we look after mother nature, and she looks after flavour. We're the original - Australia's first certified organic cidery, and we craft Australia's best cider* from 100% organic Tassie apples. Made on the farm, we let nature do the hard work with honest fruit flavours coming straight from the orchard.

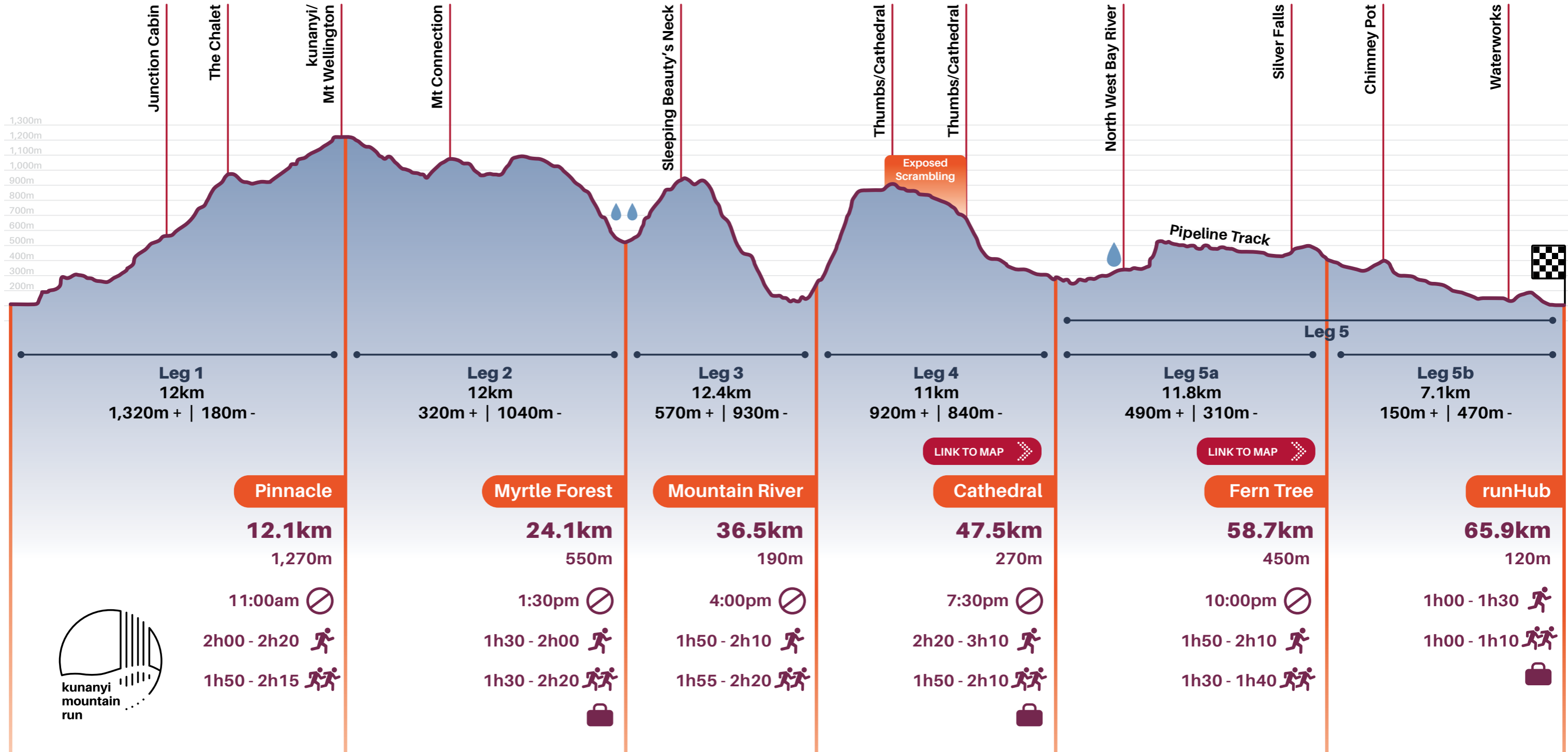
15% OFF online sales for race entrants, use code KMR24 by 31/03/24 at www.williesmiths.com.au.

*The only cidemaker to win Best in Show a record four times at the Australian Cider Awards.

Ultra logistics

There are narrow sealed and dirt roads to all our aid stations so please drive slowly and with care! Give way to vehicles departing the aid station.

Relay legs start/finish at the aid stations (except Fern Tree) and the relay time stops when the previous leg runner is over the timing mat and in the aid station. We do this so that speedy teams do not need to drive fast, and under pressure, to arrive before the runner (particularly between Myrtle and Mountain River). The timer starts again when the next leg runner leaves the aid station, so there is no issue if driving takes longer than running! The timer continues when in the aid station for all other runs.



Ultra Solo & Relay

Average Solo Runner Time
 Average Relay Team Time
 Bagdrop
 Cut-off time

Mountain Run 25km

Presented by Salomon

Day: Saturday 23 March

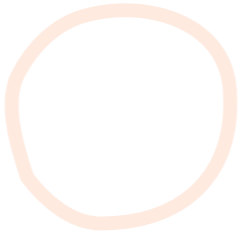
Time: Run starts @ 9am (with wave starts)

Finish Line: kMR runHub

Start line: kMR runHub

Map: Check it out on Capra

Presented by
SALOMON



Foothills 9km

Presented by Kieser Australia

Day: Sunday 24 March

Time: Run starts @ 9am (with wave starts)

Finish Line: kMR runHub

Start line: kMR runHub

Map: Check it out on Capra

Presented by
KIESER



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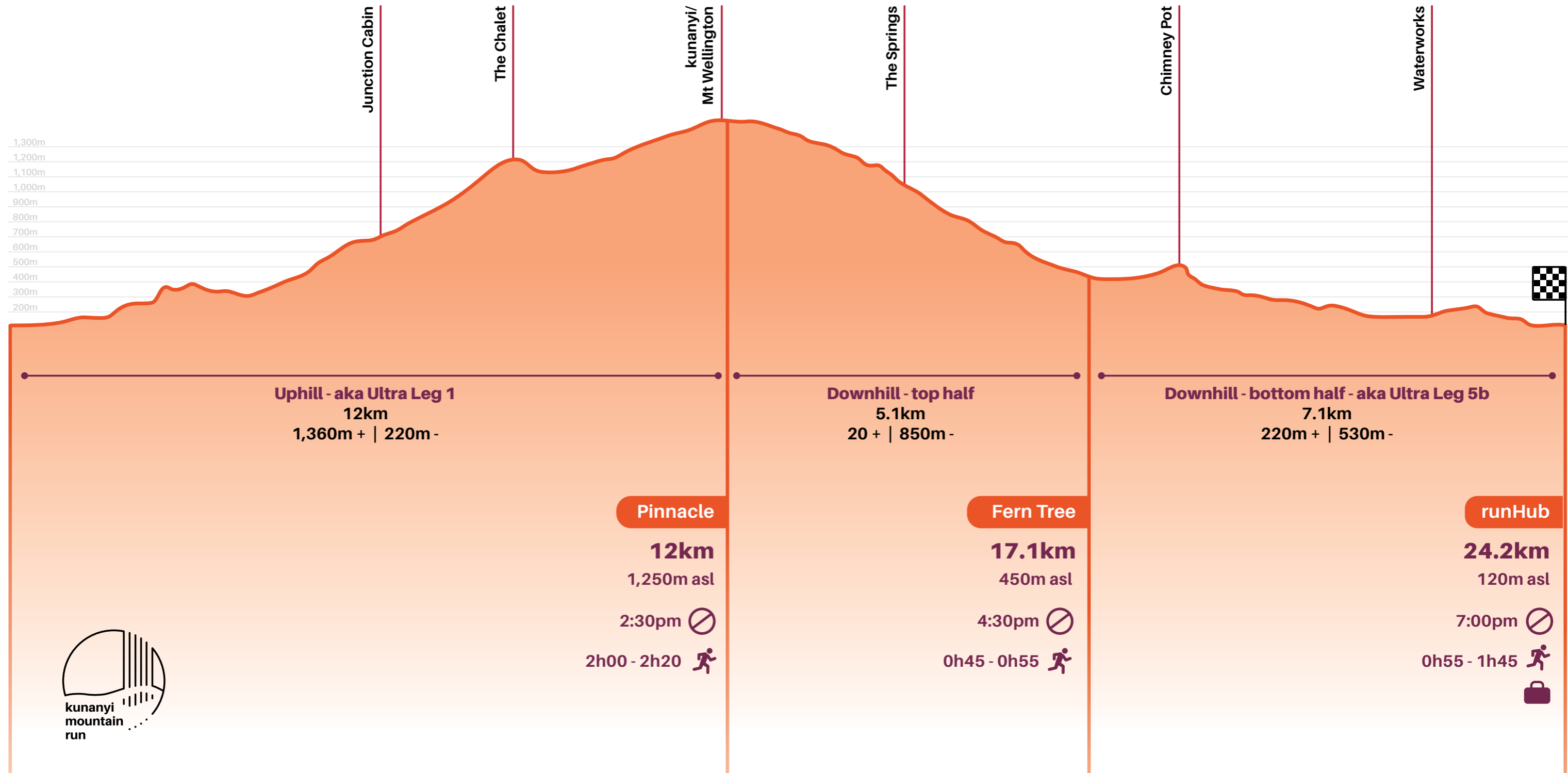
110 Argyle St, Hobart 7000

Phone: (03) 6142 3880

Email: hobart@kieser.com.au



Mountain Run logistics



Mountain Run

Average Runner Time

Bagdrop

Cut-off time

Kids Runs

Day: Sunday 24 March

Time: Run starts @ 11am

Start line: kMR runHub

Finish Line: kMR runHub

Map: Check it out on Capra

Key info:

- A Parent or Guardian must be present with the kid during registration and in Wellesley Park for the run - we have volunteer marshal positions open for your friends and family to help out
- A Parent/Guardian can run behind their kids if required but must avoid getting the way of other kids
- Register and pick up the bib from 8am on the day from the runners check-in tent at the runHub
- \$10 per kid to register after 25 Feb or on the day, no cost for parent/guardian
- The run is non-competitive and not timed
- Every kid receives a fresh Tasmanian apple from [Hansen Orchards](#) on finishing, as well as a cap, their bib and have created their own kMR story!
- First-aid station available at the runHub if required

Start time	Ages (at 24 March)	Distance & Laps
11.00am	5 to 7 years	900m - 1 lap
11.10am	8 to 10 years	900m - 1 lap
11.20am	11 to 13 years	1,650m - 2 laps
11.35pm	Under 15 years	2,400m - 3 laps



Runners emergency instructions and kMR on course medical

RUNNERS' EMERGENCY INSTRUCTIONS

**IF LIFE THREATENING EMERGENCY
CALL 000 IMMEDIATELY
then call kMR Emergency Response**

IF YOU'RE INJURED AND NEED TO RETIRE

1. Call kMR Emergency Response with your bib number, position on the course (eg, /// what.three.words, lat/long, or track name and distance from nearest intersection), and the nature of your injury.
2. Alert other runners that you need assistance - they will help you.
3. Walk to the nearest road or aid station if you can.
4. If you cant walk, remove wet clothing and put on all your mandatory gear and get in the emergency bag - a rescue team will come to you ASAP but still may be hours away.
5. If you do retire and get off course by your own means, call in your DNF to the kMR Emergency Response so we don't send a search party out for you unnecessarily.

**IF BUSHFIRE OBSERVED
CALL 000 IMMEDIATELY
then call kMR Emergency Response**

IF YOU FEEL LOST

1. STOP! Check you're still on course on the kMR Capra map.
2. Talk with other runners, if you think they're going the wrong way then stop and discuss/ confirm the correct way using the kMR Capra map.
3. If you still don't know which way to go, call kMR Emergency Response - move into reception if required, ridges better than gullies.
4. If your phone is dead, try to retrace your steps back to the last known course marking and follow the markings.
5. If completely lost, remove wet clothing, put on all your mandatory gear and use the whistle (three blasts repeated) to attract attention and follow tracks downhill or find shelter and wait for Search and Rescue.

DO NOT CROSS FLOODED CREEKS IF UNSAFE
Report the location to kMR Emergency Response and/or go back to the last course marshal for instructions on alternate route

KMR EMERGENCY RESPONSE PHONE -0447 794 198

A **LIFE THREATENING EMERGENCY** means the sudden and unexpected onset of a condition which threatens life, limb, or organ system and requires immediate medical intervention - such as: severe airway compromise, uncontrollable external bleeding, severe head injuries, multiple traumas (particularly to chest/abdomen), the onset of severe shock or significant long bone fractures (eg: fractured femur).

On Saturday, kMR will have three mobile medical response teams (Doctor and Wilderness First Aider) roving on course and Wilderness First Aiders strategically placed on the course ready to walk in to anywhere on the course to assist you. We will also have more ProMed medics at the Pinnacle on Friday (VK) and Saturday (Ultra and Mountain Run), as well as at the runHub (Saturday and Sunday).

Course marking style

Every event marks races slightly (or a lot!) differently - some races mark every 20m with 1m long tails, and some events have no markings at all.

- This is a fully marked course, runners shouldn't require navigation skills, just need to have eyes looking for markings, and be able to check the Capra map if in doubt
- The entire course is marked with pink flagging tape, including a reflective end when Ultra runners could be running at night
- Large banner arrows will be used when turning onto single track from fire trail
- Red arrow signs (reflective on night sections) will be at all intersections with a couple of pink tapes (approx. 10m & 20m) prior to and after the intersection
- Course marshals will be at all road crossings and will stop you if a car is approaching. They will let you through once safe. Please respect their decisions which are for your safety. Adhering to marshals instructions is also a run rule and there could be penalties for not following.
- Markings will be placed where runners are generally already looking, eg. lower when going uphill, higher when going downhill, dead ahead when have momentum moving fast
- As soon as you feel "there should be a marking around here somewhere", there should be a marking around 10-20m ahead
- Pink tape will have around 30-50cm tails
- Even on very well defined tracks or fire trails, comfort tape will be every 300-500m



Spectators and support crew

We love it - and we know runners do too - when they have their family and friends out on course, cheering them on and helping support!

Cheer them on!

You can really get into the spirit with cowbells from our mates at Salomon! If you're the family or support crew of a Mountain Run 25km runner (the Golden Trail National Series event, presented by Salomon), visit their van at our runHub on Friday afternoon or Saturday morning for your very own cowbell! There are limited numbers, so be quick!

These are just recommendations. Spectators are welcome to cheer anywhere on course that is safe and open to the public.

Where to cheer them on

We've got some recommended places to catch your runner while out on the course! Check out the relevant Capra course map to see these spots (and the map helps you navigate to them).

Please check in closer to the event for these.

We have a Spectator hang-out zone and dining area right next to the finish chute and the finish line, so you can relax there, soak up the atmosphere, have some food and drinks while you wait for your runner to complete those last few k's, and then you get to cheer them on and give them that sweaty hug!

Aid Stations & Parking

You can also cheer your runner on and support them at our aid stations. Please also take a look at the Ultra Logistics page to get familiar with the aid station locations and the parking situation at each.

Track a runner

Support crew, family and friends will be able to track Ultra and Mountain Run participants live! We will have live results as runners pass our timing points, so you can keep an eye on your runner, some of your other mates, the top runners etc!

This system has been improved from previous years! Just use their bib number or name to search. There will also be a map that shows your runner (as a dot). This system uses predictive mapping.

[Live Tracking](#)

Want to know when to be at the finish line? Check out our estimated arrivals!

	First male	First female	Middle 50% of runners
Mountain run 25km	Around 11.00am	Around 11.30am	between 12pm and 3pm
Ultra Solo	Around 2pm	Around 3pm	between 4.30pm and 7.30pm
Ultra Relay	First team - around 1.30pm		between 4.30pm and 6.30pm
Foothills 10km	Around 9.40am	Around 9.45am	Between 10am and 11.40am

We will be sharing across the weekend on our socials!

We will be sharing stories across the weekend on our socials! Follow our Instagram page for regular updates on the front of the pack runners in the Ultra Solo and Mountain Run. You can also like our Facebook page and YouTube. And you can tag us on socials too!
 @kunanyimountainrun #kMR #everystepastory #runwithkunanyi #kMR2024



What else to get involved in

If you're a family member or friend and worried about what to do when your loved one tells you they could be out on course for 14 plus hours, don't be!

Our runHub is going to be buzzing with activities! Check out what's happening and when as part of the Mountain Culture hub 📍 - these activities are all FREE and family friendly!

You could try your hand at weaving, or bush "bling", learn more about kunanyi's plants and wildlife from the Bushcare team, and much more!

Learn how the Palawa people used (and still use) flora and fauna of the mountain and learn about the timeline and history of the Palawa, in very special walks with the mountain 📍 (which are being held especially for kMR!). There are very limited spots on these unique walks (Saturday and Sunday), so please book your spot 📍 to avoid missing out!



Other important info

Run rules, withdrawals, and disqualifications
 What are the rules all runners have signed up to adhere to? [Check them out here](#)

Traffic Management and Planned Road Closures

This is preliminary advice which may be updated once final permits have been signed off.

Friday 22 March

- Pinnacle Road: pre-emptive closure at The Springs at 10pm

Saturday 23 March

- Pinnacle Road: closed at The Springs until approx. 11.30am
- Old Farm Road at Strickland Ave intersection: **closed** 6.30am to 7.15am, 9.00am to 10.00am
- Ingram St and Hillborough Rd at Ingram St intersection: **closed** 6.30am to 7.05am, 9.00am to 9.50am
- Strickland Avenue at Old Farm Rd intersection: Pausing traffic temporarily between 6.30am to 10.00am

Sunday 24 March

- Cascade Road near Cascade Brewery: Pausing traffic temporarily between 10.00am to 10.40am

At all other road crossings or running on public roads, runners are effectively pedestrians on public roads and must watch and listen out for traffic, obey road rules, and ensure they stay a safe distance from passing traffic.

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FIND YOUR FEET

[Find out more](#)

A community project
 Find a trail
 Enjoy the trail whether you run or walk it
 Collect your finisher badge!

Presentations and results

Presentations will be held at the approximate times shown in the schedule . Thanks to our awesome partners, we'll also have some incredible spot prizes to give away across the weekend!

Live results will be posted here .



Event photos

We'll have incredible volunteers out on course taking photos of you as you run with kunanyi! They'll be uploaded within a few days, for you to access and download. We'll let you know when they're ready, via our socials and email.



Trail Ventures Trail Maintenance Fund

Every year, we help maintain many of the tracks used in our courses on public and private land to enable safe and enjoyable days out on the trails - not only during kMR, but for all trail users for the years to come.

Trail Ventures (the small company owned by Lincoln & Cat which also operates kMR) is also a trail maintenance business which has worked clearing trails for Tasmania Parks & Wildlife Service (PWS) since 2020.

Trail Ventures hosts a Trail Maintenance Fund which operates on a high value community contribution model combining professional tools, safety & quality systems, supervision and training, with the opportunity for the trail community to volunteer their time to come out and learn how to care for and maintain the trails. Funding for the work is via runner and business donations, and grants.

For the inaugural kMR in 2022, an immense amount of work was required to clear and open many of the trails around the mountain for the Ultra and Plan B courses on PWS and eight private landowners land. We cleared 28km+ of often heavily overgrown trails in 4 months of Saturdays totalling 72 person days of hard work.

In 2023, there was only a handful of downed trees to clear and some encroaching vegetation to trim, which we sorted out in nine person days, and PWS cleared a couple of trees on one track.

For 2024, the fund was used to clear Richea Ridge for the **kunanyi Trail Series** event on 10 February, requiring 25 person days to clear, and a couple of days to work with PWS are scheduled for some trimming and a couple of downed trees.

Drainage issues have been noted since the early course scouting in 2020 on some trails which are exacerbating trail erosion. Whilst drainage work may not occur prior to kMR 2024, we will be working with PWS and the other landowners/managers to source funding and schedule the works arrest the erosion and stabilise the trails.

We run scheduled trail maintenance days in the months prior to kMR - check our volunteer sign up portal for days you can get involved in!

Thank you to our Corporate Donors



D & J Plumbing

The fund is always open for donations. Please reach out if your organisation is keen to contribute.

A big thanks to all our partners who help us bring you an epic event

Presented by

SALOMON

In support of



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Run Presenting Partners



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