**RACE REPORT: Misty Mountain Trail Run, Sun 30th august 2015**

<http://www.summerofcycling.com/misty_mountain_trail_run.htm>

by Sorrell Millis

Event Details: **11, 20, 30 or 50km trail run**

**Race Description :**

About 100 runners attended the misty mountain event, it started off as a cool morning but as the day progressed the sun came out and it was glorious.

This was a fantastic 20km trail run, it had a little bit of everything – grunting hills that only the fittest could run up, stunning views, beautiful dams, gooey mud to make those trail shoes look pro, fast technical down hills to fly on. For anyone wanting to try a trail run, this is a great one to start on, it’s a real taste of what trail running can offer – the solitude of running through the bush with nothing but the sounds of nature and the chatter inside your head.

**Summary of results :**

Sorrell 2nd place on the 20km, Colette 2nd place on the 11km, fantastic finishing times for the other BBR’s.

**Strengths of the event, and who should consider participating in it, if not run this event before.**

This is a great event for anyone considering giving trail running a go. There is a distance for everyone. It’s well organised with fantastic trail markers, so for the novice who’s worried about getting lost, you can leave those worries at home. A huge bonus is that it’s only a 1hr drive from Byron with a respectable 9am start. It was joy to not have the alarm go off at 5.15am for our usual Saturday morning runs!