

# TUMBARUMBA TO ROSEWOOD RAIL TRAIL MARATHON 2022



## MARATHON BRIEFING

Welcome and thank you for entering the Tumbarumba to Rosewood Rail Trail Marathon,

This Rail Trail was many years in the making and as you will see it was well worth the wait.

Please take a few minutes and read this briefing.

Marathon: You will need to be at the HUB/Mate Street by 6.00am to pick up bibs, toilet duties and board the free bus by 6.30am to be taken to the start line. There are also toilets at the start.

The briefing will be at the Tumbarumba Trailhead start line at 6.45am for a 7am start.



The Marathon, Half Marathon and the 10km Run have now been officially AIMS Certified.



There will be 12 drink stations out and back along the course.

The drink stations will have sports drink, water, Gu's, wrapped sweets and small packet chips. Please put your wrappers in the bins.

We have added a 430mtr loop 1km before Rosewood and on your return to round out the distance. Marshalls will direct runners at this section. Please keep to your left as much as possible. Please display your race number on your front at all times.

The course has several grids and each grid has a gate beside it, you will use the gateways.

When you finish the race, have a drink, a chat with other runners, board the free bus back to the HUB for a free sausage sandwich and showers.

Presentations will also be held at the HUB.

Tim Sempf from Greater Potential Physio, is pleased to be able to help all in need, with their recovery and will be offering massage to assist for cash on the day and will have a supply of trigger balls and muscle rollers people can borrow on the day to assist in their own recovery.

We really are so proud to be part of the First marathon on the First Rail Trail in NSW

