

TUMBARUMBA TO ROSEWOOD RAIL TRAIL MARATHON 2022



10KM RUN BRIEFING

Welcome and thank you for entering the Tumbarumba to Rosewood Rail Trail 10km Run.

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

Please take the time to read this briefing.

You will need to be at the HUB, Mate Street from 8.00am and 9.30am to pick up your bibs.

At 9.55am board the free buses to the Tumbarumba Trailhead. Briefing at 10.15am for the 10km Run start at 10.30am.



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



When you start please stay on the left as you will meet some marathon and half marathon runners coming towards you. Please display your race number on your front at all times.

There are also some grids with gates beside them. You will use the gateways.

There will be 3 drink stations out and back and they will have water, Sports drink, Gu's, wrapped sweets and small packets of chips. Please put your wrappers in the bins.

All finishers will receive a medal, have a drink, chat with other runners and board the free bus back to the HUB for a free sausage sandwich and showers.

Presentations will be 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 hope you enjoy your 10km run on the First Rail Trail in NSW.

