



10KM WALK BRIEFING

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

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.

Board the free buses at 10.30am to the Tumbarumba Trailhead for the Briefing at 10.45am for the 10km Walk start at 11.00am.

When you start please stay on the left as you will meet some marathoners and half marathon runners and 10km 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 walkers 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 to borrow on the day to assist in their own recovery.

We hope you enjoy your 10km Walk on the First Rail Trail in NSW.

