

# TUMBARUMBA TO ROSEWOOD RAIL TRAIL MARATHON 2022



## HALF MARATHON BRIEFING

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

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

Please take a few minutes to read this briefing for the Half Marathon.

You will need to be at the HUB/Mate Street from 7.00am to pick up your bibs and usual toilet duties.

The free bus will leave the HUB at 8.15am bound for the start at Rosewood Trailhead. There are also toilets at the start.

The briefing will be at 9.00am at the Rosewood Trailhead for a 9.15am start.



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



You will go for about 1km and you will do a 430mtr loop and you are then bound for Tumbarumba Trailhead. Marshalls will direct runners at this section.

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

When you start you will meet some of the slower marathon runners coming towards you. Please keep to the left if possible. Please display your race number on your front at all times.

There will be 6 drinks stations on your run and they will have water, Sports drink, Gu's, wrapped sweets and packet chips. Please put your wrappers in the bins.

When you get to the finish, 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 the First Half Marathon on the First Rail Trail in NSW.

