

GLOW WORM TUNNEL ATHLETE EVENT GUIDE



Glow Worm Tunnel Marathon
June 18th - 20th 2021, Wolgan Valley NSW
www.glowwormtrail.com



CONTENTS

Introduction and Welcome.....	3
CultURE & History	3
COVID Safe Event	4
Self Supporting Event	4
Refill Protocol.....	5
Tailwind Nutrition	5
Set Registration Time.....	6
Registration Desk Schedule	6
Friday 18 th June	6
Saturday 19th June	6
Sunday 20th June	6
Schedule of events	7
Friday 18th June 2021	7
Saturday 19th June 2021	7
Sunday 20th June 2021	7
Venue Information & Parking.....	7
Catering	11
Toilet Facilities	12
Mandatory Gear and Equipment Checks	12
DROP BAGS.....	14
Compulsory Briefings	14
Check Points and Aid Stations.....	14
Marathon Aid Stations.....	14
Half Marathon Aid Stations.....	15
Course Maps and Descriptions	16
Marathon Course	16
Half Marathon Course	17
Ted English Bolt	18
Old Coach Mountain Mile	18
Race Rules and Cut Off Times.....	19
Volunteers	20
Additional Entertainment	20
Merchandise	22
Prizes and Presentations	22
La Sportiva.....	24
Special Acknowledgement to all our Valued Sponsors	26

INTRODUCTION AND WELCOME

Welcome to the Glow Worm Tunnel Marathon, we are glad to bring the event is back after a tumultuous 2020 with the region suffering significantly from the bush fires in January and great uncertainty of the COVID Pandemic. In fact as you run the course this year you will traverse areas that were heavily impacted by the fires and so we are taking extra caution this year to tread lightly on our beautiful National Park. The Glow Worm Tunnel Marathon course takes runners on an amazing journey along a course that takes in the best sights of Newnes and the Wolgan Valley. The course is the tale of two halves and runners will encounter creek crossings, sections of long single trail, old mine cuttings, ruins and some long-forgotten railway easements. The terrain is exciting, challenging and you may find it hard to keep the smile from your face. The first half of the marathon a steep mountain trail and the second half is a railway grade up trail skirting the cliff line and making its way up through the Glow Worm Tunnel and returning to Newnes. The event starts and finishes in Newnes and from the moment you arrive in “town” you will revel in the serene surroundings. We at the Glow Worm Tunnel Marathon aim to create an amazing weekend of trail running in the beautiful Wolgan Valley. To this end we have created a schedule of events for the whole family including a 1km kids run, the 6km Ted Bolt, the Old Coach Road Mountain Mile for those who like a vertical climb, the half marathon which is run on both the Saturday and the Sunday and the full marathon on Saturday. Alongside these events we will have live music, food, coffee an outdoor cinema, sponsor stalls all with the aim to create an experience like no other. So, thank you for signing up to the event - bring you passion and enthusiasm we will strive to make it the most enjoyable experience possible. More than anything we want to create a safe event, so we request that you help us to comply with the requirements to host a COVID safe event.

The purpose of this guide is to ensure that all participants are well informed for the Glow Worm Tunnel Event. We have made every effort to ensure the information contained in this guide is accurate up to date at the time of publishing. Late changes are possible, and we will do our best to communicate these to you in a timely fashion via the website www.glowwormtrail.com or our Facebook and Instagram pages.

CULTURE & HISTORY

Evidence of the First Australians dates back some 40,000 years with ancient artefacts and stone tools unearthed in the valley. Today, the territory is shared by four Aboriginal nations; although it is thought that the Wiradjuri are most likely to have been predominant through the ages. The name Wolgan Valley is derived from the Aboriginal word 'wolga' used for the vine commonly known as Old Man's Beard, found across the area.

The Ruins is part of a major oil shale mine that was started construction in 1906. The ruins consist of retorts, various distillation areas, oil storage tanks and washers, plant for the refining of the various finished products, a power station, and workshops. They were built in a substantial manner, as attested by the extensive ruins that stand to this day. A 50km railway line was constructed to the site which includes the 400m-long Glow Worm Tunnel. The mine was problematic over its lifetime changing hands on several occasions before being abandoned in 1932. The Glow Worm Tunnel is now home to thousands of glow worms that cling to the dark, damp walls. Switch off your torch, keep quiet, and wait for the worms to light up the tunnel with pinpricks of blue light.

COVID SAFE EVENT

The Glow Worm Tunnel Marathon will be registered as a COVID safe event. All staff, participants and spectators will be required to scan in with your smart phone prior to registration and show the staff that you have done so. Due to the lack of mobile coverage in the area we will also have a manual sign in form that maybe required to be used if the QR Codes don't work.

Also if you are experiencing any symptoms associated with COVID 19, please stay at home and get a COVID test and we will provide a credit to you for the event as per the refund policy.

Symptoms include:

- fever (37.5 ° or higher)
- cough
- sore throat, runny nose
- shortness of breath (difficulty breathing)
- loss of taste, loss of smell.

Other reported symptoms include:

- fatigue
- acute blocked nosed (congestion)
- muscle pain, joint pain
- headache
- diarrhoea

The Glow Worm Tunnel Marathon will also provide hand sanitisation stations around the event hub and the toilet areas. Please sanitise before your hands prior to entry to the event hub for registration, race marshalling, toilets and before any water refill areas.

SELF SUPPORTING EVENT

COVID 19 is spread by micro-droplets generated from heavy breathing, sneezing and coughing. Also via direct physical contact when a person touches a surface where live Virus exists. As a result we have to implement a Self-Support Strategy where athletes should take responsibility for their own nutrition and hydration. The Glow Worm Tunnel Marathon will have:

- Water Refill Stations and Pre-mixed Tailwind Nutrition that will be located around the course and at the finish line where athletes will have their flasks/cups refilled by aid station attendants - no touch policy.
- Athletes should carry their own nutrition of a sufficient quantity to complete the course.
- We will not be providing any takeaway cups

REFILL PROTOCOL

Please maintain 1.5m distance from all other competitors at the refill station



Sanitise your hands at the sanitisation station prior to refilling your container with water



Refill Container



Move away quickly



TAILWIND NUTRITION

As a major sponsor - Tailwind Nutrition Australia will be providing their endurance fuel at the aid stations during the race and their Rebuild Recovery product at the event hub for after the race.

ENDURANCE FUEL: 40 X 20L Labelled Tailwind Nutrition drums filled and premixed with the correct dosage of Endurance will be distributed around the course at the refill stations. Dosage will be at a ratio of 200 Calories/500mls. Flavour will be Mandarin Orange (non-caffeinated product).

REBUILD RECOVERY: 8 X 20L Labelled Tailwind Nutrition drums premixed with the Correct Dosage of Rebuild Recovery. Dosage will be at 1 Serving/500mls. Flavours provided will be both Chocolate and Vanilla (non-caffeinated products)

COVID Safe:



Drums are prepared in a COVID safe environment and once closed, no further contact with the ingredients are made. Hand sanitisation is required coming into the aid station if you want to refill your water or Tailwind.





SPECIAL TAILWIND NUTRITION AUSTRALIA OFFER FOR REGISTERED GLOW WORM TUNNEL ENTRANTS: 15% off all non-discounted product simply go to www.tailwindnutrition.com.au and use the promo code: **GlowTailwind** valid only from the 17th May - 5th July 2021.

SET REGISTRATION TIME

Registration is where you will be required to pick up your race bib and timing chips. Also, event bags and any merchandise that was not collected or posted out prior can be collected here. Transfers can also be done at the registration desk.

Due to COVID the following is required:

- Set times for registration at each event
- Hand sanitise before entering registration area
- maintain social distancing of 1.5m
- Avoid touching surfaces
- Move quickly away after service

REGISTRATION DESK SCHEDULE

FRIDAY 18TH JUNE

5.00pm to 7.00pm Registration for Sat Half Marathon and Full Marathon only

SATURDAY 19TH JUNE

6.30am - 8.15am - Registration Sat Half Marathon and Full Marathon Only

1.00pm - 2.30pm - Registration Ted English Bolt

4.00pm-5.00pm - Registration opens for Sunday Half Marathon

SUNDAY 20TH JUNE

7am - 8.15am - Registration for Sunday Half Marathon

11.30am-12.00 noon - Registration Kids 1km Race

12.00 noon - 12.30pm - Registration Mountain Mile

SCHEDULE OF EVENTS

FRIDAY 18TH JUNE 2021

5pm - 7pm Registration open for Sat Half Marathon and Full Marathon

SATURDAY 19TH JUNE 2021

6.30 to 8.15am Registration open for Sat Half Marathon and Full Marathon

8.00am Full Marathon (42.2km) + Leg 1 of 2 Day Marathon (21.1km)

8.30am Half Marathon (21.1kms)

1.00pm - 2.30pm Ted English Bolt registration opens

1.30pm Presentation - Saturday Half Marathon

2.00pm Presentation - Marathon

3.00pm Ted English Bolt (6km)

4.00pm Presentation Ted English Bolt

4.15pm Outdoor Cinema - short movie event

5.30pm - 8.00pm Jack's Avenue Live Band

SUNDAY 20TH JUNE 2021

7am to 8.15 am Registrations open for Sunday Half Marathon

8:30am Half Marathon (21.1km)

11.30am to 12.00pm Registration open for Kids 1km

12.00 noon - 12.30pm - Registration Mountain Mile

12.15pm Kids 1km

12.30pm-1.00pm Presentations (Half Marathon & Double)

1.30pm Mountain Mile

2.30pm Presentations (Mountain Mile, Triple Crown & Grand Slam)

NOTE: There are two Half Marathon Races in 2021. You can run the half marathon on the Saturday or Sunday (or both if you are keen!). Each event has its own prize pool and each event is considered an individual event. If you want an even greater challenge enter the 2 Day Marathon - Leg 1 of Full Marathon on Day 1 and 2nd Leg on Day 2.

VENUE INFORMATION & PARKING

The Newnes campground is on the western side of Wollemi National Park. To get there: Turn off the Castlereagh Highway at Lidsdale, 7km west of Lithgow. Newnes is 35km from the turnoff. The road is unsealed for the last 8kms but is accessible with a 2WD vehicle. This is part of the Wollemi National Park and contains very sensitive flora and fauna. As a result, we ask that you observe all the National Park requirements that include:

- No pets
- No gathering of firewood - Firewood will be **for sale** at the Event Hub
- Park only is designated parking areas
- No littering and please don't leave anything on the trails.
- Use provided toilets only



The actual Event Hub is on Lithgow City land and hence we are able to use this to offer facilities that are not permitted on National Parks Property

There is limited parking at the Glow Worm Tunnel Marathon and we strongly encourage people to car pool as much as is possible.

There are 4 car parking areas. These are colour coded for ease of marshalling and parking.

Parking is free with no charge.

PINK CARPARK

Location: Day Use Area - just outside the entry to LCC (on the right)

CAPACITY: APPROX 40 CARS

YELLOW CAR PARK

Location: Little Capertee Campground

CAPACITY: APPROX 50 CARS

BLUE CAR PARK

Location: LCC Firetrail - to the left of the Wolgan Rd prior to entering LCC.

CAPACITY: APPROX 50 CARS

WHITE CAR PARK CAMPING

Location: Little Capertee Campground

At present 80 Sites are available in the National Parks Camp Sites

5 people maximum per site. We estimate 2 cars max per site.

CAPACITY: 160 CARS MAXIMUM (WITH 400 CAMPERS @ max campers 80 sites x 5 campers per site) spread over the Little Capertee Campground and the Cricket Pitch Camp Ground. Event usage **120 CARS MAXIMUM**.

NEWNES CABINS CAMPSITE

The camping and car parking is being controlled by the Newnes Cabins at this site.

At present it is 3 vehicles maximum per site.

Estimating 20 sites x 3 cars = **60 Cars** managed by Newnes Cabins.

GREEN CAR PARK- "Park and cycle"

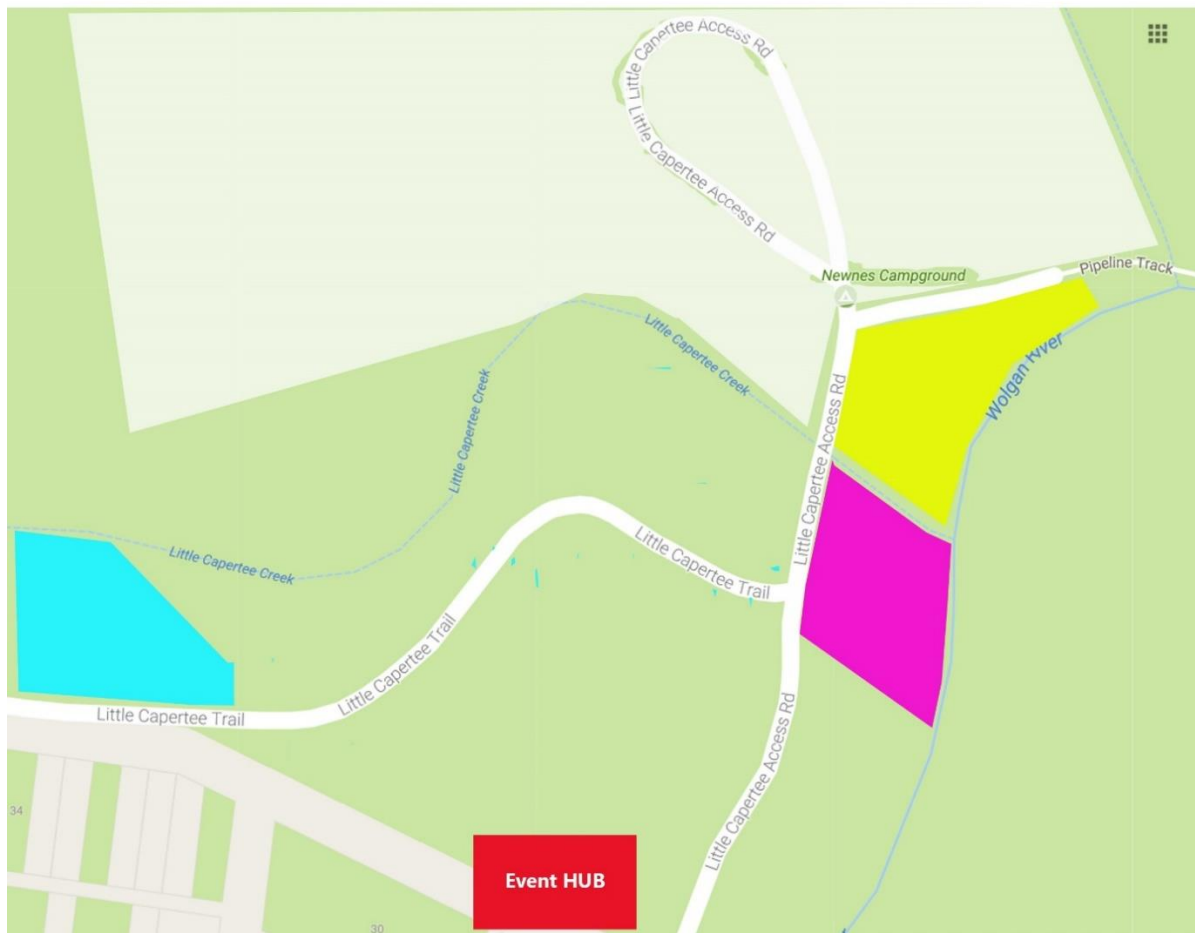
Location: Koopartoo - 6km from event hub.

For anyone that wants to park and cycle to event

This car parking will also be utilized for the Old Coach Road Mile Event on Sunday at 1.30pm. We expect traffic to be parked from 1pm to 3pm.

CAPACITY: APPROX 30 CARS

Please do not park just anywhere. Cars that are parked in non approved areas are subject to removal.



Key

- Pink - Day Use Area
- Blue - Little Capertee fire Trail
- Yellow - Little Capertee Campground
- White Shaded - Camping Area
- Red - Event Hub

CATERING

We will have catering at the Event Hub for both Saturday Lunch and Dinner as well as Sunday Lunch.

Catering options include:

8 THINGS: Nasi Goreng, Tacos etc ...

WWW.8THINGS.COM.AU



THE MINT BREW AND TIN SHED: Coffee and Wholesome food options



VOLKSWURST: Kransky, Pretzel and Beer



TOILET FACILITIES

Toilet facilities will be provided close to the event hub. The Glow Worm Tunnel Marathon will also provide some additional portable toilets at the Capertee campground. Additional Hand sanitiser will be provided for people to use before and after use to ensure COVID safe practices

MANDATORY GEAR AND EQUIPMENT CHECKS

Mandatory Gear is there purely for the safety of runners. As the name suggests - it is mandatory.

There are two lists of gear:

FINE WEATHER GEAR

This is the minimum you will be required to run with on any day regardless of the weather.

Mandatory Gear

Fine Weather Gear Kit



500ml Hydration



A Light



A Whistle



- 500ml Hydration
- Whistle
- Light
- Snake Bandage

NOT SO FINE WEATHER GEAR

This may be required in addition to the Fine Weather Kit if the weather is ... Not So Fine!



- Beanie or Buff
- Gloves
- Space Blanket
- Thermal (Merino or Polypro)
- Waterproof Jacket (Taped seams)

From the Race Directors perspective - the aim is to allow runners to run the event with as little gear as possible without compromising their safety.

In the interest of getting the kit down to a bare minimum on the day - the call for "Fine Weather" or "Not so Fine Weather" Kits will be announced at 6am on the morning of the event. You need to have both kits ready!

We suggest you have your "Not so fine" weather kit packed into a hydration pack or similar.

For safety reasons we have to have a no kit no start policy!

Gear checks will be done at some of the Aid Station along the way as well as at the finish. If you do not have all the gear at either - you will either get a time penalty or a disqualification

DROP BAGS

There will be a sticker in your event pack to identify your drop bag. There will be a drop bag tent run by the GWT volunteer team at the Event Hub which you will go past several times during the race.

COMPULSORY BRIEFINGS

The Glow Worm Tunnel Marathon value the safety of our athletes and aim to ensure they enjoy the best experience at our events. For this reason, it is compulsory for all athletes to attend the event briefing prior to the race at the event hub. Please ensure that your warmup is completed before the briefing and while the briefing is taking place please continue to observe social distancing of at least 1.5m.

The Race Director reserves the right to refuse entry to the start to any competitor that does not attend the briefing, as it includes important safety and course information that is essential for athletes to enjoy a safe and fair race. The briefing also includes any last-minute changes to the course or event details. No compensation is applicable if a competitor is refused entry to the start for this reason.

CHECK POINTS AND AID STATIONS

MARATHON AID STATIONS

Check Point 1 - Pagoda Track turnaround of out and back

Check Point 2 - Starlight Canyon turnaround of out and back

Check Point 3 - Petries Gully turnaround of out and back

Check Point 4 - Wolgan River "Koopartoo" at bottom of out/back from 4 ways

Aid Station 1:

Location: Event Hub

Distance: Approx 12 km

Water & Tailwind Nutrition, Lollies, Chips - Drop bags can be left here.

Random Gear Check here.

Aid Station 2:

Location: Event Hub following loop of Ruins Loop

Distance: Approx 18.5km

Water & Tailwind Nutrition, Lollies, Chips - Drop bags can be left here.

Aid Station 3:

Location: Penrose Gully - 4 Ways

Distance: Approx 26km

Water & Tailwind Nutrition, Lollies, Chips

** Random Gear Check here.

Check Point 4: Marathon Only

Wolgan River “Koopartoo” at bottom of out/back from 4 ways

Distance: Approx 27kms

Water / Tailwind Nutrition / Coke

Aid Station 4:

Location: Penrose Gully - 4 Ways

Distance: Approx 35km

Water & Tailwind Nutrition, Lollies, Chips

Finish at Event Hub - Tailwind Nutrition Rebuild Recovery Tent

It is always hard to determine the needs at an Aid Station, we will always do our best to supply the above to you at the designated Aid Stations. If you have a condition which requires you to need a certain food/drink etc - please provide this yourself to ensure you have the best event possible.

HALF MARATHON AID STATIONS

Aid Station 1:

Location: Penrose Gully

Distance: Approx 7km

Water & Tailwind Nutrition, Lollies, Chips

** Random Gear Check here.

Aid Station 2:

Location: Penrose Gully

Distance: Approx 15km

Water & Tailwind, Lollies, Chips

It is always hard to determine the needs at an Aid Station, we will always do our best to supply the above to you at the designated Aid Stations. If you have a condition which requires you to need a certain food/drink etc - please provide this yourself to ensure you have the best event possible.

Finish at Event Hub - Tailwind Rebuild Recovery Tent

COURSE MAPS AND DESCRIPTIONS

MARATHON COURSE

Distance: 42.9km

Ascent: 1610m

Map and Profile: [HERE](#)

Date: Saturday 19th June 2021

The Glow Worm Tunnel Marathon course takes runners on an amazing journey along a course that takes in the best sights of Newnes and the Wolgan Valley. The course is the tale of two halves and runners will encounter creek crossings, sections of long single trail, old mine cuttings, ruins and some long-forgotten railway easements. The terrain is exciting, challenging and you may find it hard to keep the smile from your face. The first half of the marathon is a steep mountain trail and the second half is a railway grade uphill, skirting the cliff line and making its way up through the Glow Worm Tunnel and returning back down to Newnes. The event starts and finishes in Newnes and from the moment you arrive in “town” you will revel in the serene surroundings.



Course Description

Leg 1: Start - Pipeline - Pagoda - Starlight Turn around - Petries Turn Around and back to Event Hub Distance→ 0 - 12km

Description: Starting at the Event Hub, runners make their way towards the campground and do a quick lap before heading down into the Wolgan valley on the riverside trail. Here runners ascend the Pipeline Pass to the awesome views at Pagoda Lookout. An out and back through the ferny gullies to the amazing Starlight Canyon entry point is next before turning around and visiting the Pagoda Lookout again. The steep descent of Pipeline Pass will lead you to back down to the valley floor. This year runners will explore the old logging trail up Petries Gully, another lap of the Campground before returning to the event hub and aid station at 12km.

Leg 2: Event Hub - Ruins Loop - Event Hub → Distance 12-19kms

Description: Runners will then loop the 6km Ruins Trail and return to the Event Hub for the second time.

Leg 3: - Event Hub to Tunnel via Koopartoo out/back - Event Hub → Distance 19km - 42.3km

Description: After hydrating and grabbing some refreshments, runners cross the Wolgan River and make their way onto the Wolgan Valley Rail Trail. After 7km at the 4 Ways intersection of the Old Coach Road and Wolgan Valley Rail Trail at Penrose Junction there will be an aid station. At this point marathon runners will head down the Old Coach Road to the Wolgan River at the Koopartoo causeway (approx. 1km) where they will find checkpoint 4. Then just for laughs we send you back up the hill to 4 ways where you will turn right and head toward the Glow Worm Tunnel. Runners will follow the old rail embankment for 3km under the cliffs around to the opening of the Glow Worm Tunnel. Runners are then required to walk through the Glow Worm Tunnel and upon exiting the tunnel make their way onto the Pagoda Trail, Old Coach Rd and down to the 4 Ways Penrose Junction aid station. It is then a fast 7km back down the Wolgan Valley Rail Trail towards the finish line at the Event Hub.



HALF MARATHON COURSE

Half Marathon Course

Distance: 21.1km

Ascent: 690m

Date: Saturday 19th June and/or Sunday 20th June 2021

Map and Profile: [HERE](#)

The Glow Worm Tunnel Half Marathon course takes runners along the Wolgan Valley rail Trail up to and through the Glow Worm Tunnel - a 600m tunnel filled with Glow Worms. The journey begins at Newnes, right in front of the old Newnes Hotel and runners encounter creek crossings, sections of long single trail, old mine cuttings, ruins and some long forgotten railway easements along the way. The course is in the shape of a lollypop with the final 10km being a gentle but well deserved downhill run into the finish line.

The terrain is exciting, and scenic and you may find it hard to keep the smile from your face. The township of Newnes is now just the old Newnes hotel and some holiday cabins at the end of the Wolgan Valley in the serene shadows of Mystery Mountain.



Course Description

Leg 1: Newnes - Penrose Gully 4 Ways; Distance: 0-7kms

Description: Starting in front of the old Newnes hotel, runners make their to the Wolgan River Causeway and cross it just 300m from the start line. Runners then turn right and follow the river as they make their way onto the Wolgan Valley Rail Trail and begin the gentle ascent to Penrose Gully and the 4 ways junction. This is where the first aid station is.

Leg 2: Penrose Gully 4 Ways to Penrose Gully 4 Ways; Distance: 7-14.1kms

Description: After leaving Penrose Gully - runners continue around the rail trail, hugging the cliffs and making their way into the Glow Worm Tunnel. The tunnel is 600m long and runners must walk through the tunnel. Its a great chance to turn your light off and check out the Glow Worms. They are truly amazing. After exiting the tunnel at the other end - runners turn left onto the Pagoda Track and left again onto the Old Coach Rd and the downhill begins as runners approach Penrose 4 Ways again at 15km.

Leg 3: Penrose Gully 4 ways to Newnes; Distance 14.1 - 21.1kms

Description: After hydrating and grabbing some refreshments, runners leave the Penrose Gully 4 ways junction and head back along the Wolgan Valley Rail Trail, cross the Wolgan River and run up to the finish line at the Event Hub.

TED ENGLISH BOLT

The Ted English Bolt is a 6km Fun Run through the ruins of the old Newnes Industrial area. Stretch the legs, get to know your surrounds. This run crosses the Wolgan River at the Causeway and heads toward the old Industrial Ruins. Along the way runners pass the old railway platform and the old Newnes Cricket ground. A quick tour past the old ovens and through the old ruins and return to the Event Hub for a fast finish along the flat.

Distance: 6.7km

Elevation: 200m, a few small hills - mostly flat. Definitely fun.

Map and Profile: [HERE](#)

History of the Run...

Wednesday 3rd April 1907, records show that on this very evening the police at Newnes apprehended a man named Ted English, a local resident who was running through the bush stark naked, declaring he was Jesus Christ and he had come to deliver justice to the residents of Newnes. Senior Constable Guerin took Ted into custody, but he refused to stay, again bolting through the bush, and delivering his message with gusto. Eventually he was arrested and transported to Lithgow on Thursday evening, insisting he was indeed Jesus Christ. We consider Ted a prime example of a pioneer of Trail Running in the Newnes area at the turn of the century and in honour of his first documented run, there will be a leisurely 6km fun run in the afternoon. The Ted English Bolt will tour the old industrial ruins and the Newnes Township and is a great opportunity to stretch your legs and see the sites.

Note: This run is suitable for the whole family. If your kids want to run - this is a great run for them. Kids of primary school age or younger with limited running experience should be accompanied by a parent or guardian.

OLD COACH MOUNTAIN MILE

Distance: 1600m

Ascent: 225m

Map and Profile: [Here](#)

This is pretty simple - start at the Wolgan river "Koopatoo" run up hill as fast as you can for 1 mile. Winner takes all for \$150 prize 😊

RACE RULES AND CUT OFF TIMES

Marathon: Marathon runners will need to cover the first half of the course in 4 hours to be allowed to continue on. The course closes at 4pm. This allows 8 hours on the course for the bulk of the field.

Half Marathon: Half Marathon Runners need to be finished by 3.30pm. This allows 7 hours on the course making the event an ideal first trail run for new runners.

Race Rules

- The course is to be run in the order in which it is advertised.
- Any changes to the course before the start of the event need to be adhered to.
- Runners who mis-run the course or mis run the order of the course or make any deviation will not be considered for prizes. If you make a mistake on the course - you need to return to the place you left the course on foot and then resume along the proper and correct route. There will be tags on the race bibs that are recovered by Marshalls at key out and back check points. Make sure your tag is taken at these points as we will use this to verify that athletes have completed the full course.
- Glow Worm Tunnel Marathon Pty Ltd is very strict about the "Leave no trace" policy. Please bring all rubbish you take out on the course with you. People seen littering, impact our natural environment, jeopardise the future of the event and will be removed from the event.
- All runners must start at the correct time with the correct field of runners to be considered for prizes. Runners starting late will be credited with a time but not a finish place.
- Mandatory gear is mandatory! no exceptions. You must carry the mandatory gear for the entirety of the event. Come prepared to take either the fine weather gear or the bad weather gear. The weather can quickly change and the mandatory gear is the minimum we ask you to be prepared with. Always consider your own personal needs and pack extra if necessary.
- Random Gear Checks will be done. Time penalties or disqualification will be given for failure to abide by mandatory gear rules.
- Gear Dumping - anyone caught dumping gear will be disqualified from the event.
- Walking in the Glow Worm Tunnel. The Glow Worm Tunnel is a special place and to be allowed to host an event in the area - we put strict rules on this section of the course. ALL runners MUST WALK through the tunnel a 30 minute penalty will be given by Marshalls for running through the tunnel.
- Trail etiquette is paramount in this event. - 1) Keep to your left, 2) Downhill runners give way to uphill runners.
- Pacers are not allowed.
- Aid on the course - aid is only at designated aid stations. Runners are not permitted to stash any items on the course.
- Compulsory Briefing - Each Race starts with a briefing, you must be at the event hub for the briefing.
- Timing is electronic - it is your responsibility to secure the chip properly and to ensure you step through the timing mats to trigger your timing chip.
- For those who are compelled to run with music, a single ear bud is allowed only (you need to keep one ear free to hear course marshals and other athletes)
- If you step off the trail for any reason - please leave your pack or bottle on the track side where you stepped off. It will help us to find you if you get lost!

VOLUNTEERS

Events like the Glow Worm Tunnel Marathon Weekend do not go ahead without the help of the many volunteers. Thank you very much for all those that have registered to volunteer already and thanks in advance for anyone helping this event go ahead in 2021. We have volunteer roles for everyone, from being the first person a runner meets at check to the medal presenter at the end of their race. Roles include Check in desk, On Day Registration Desk, Aid Station Attendants, Drop Bag Tent Supervisors, Sweepers, Forerunners, Medal Presenters, Parking Marshalls, Traffic Marshalls, Event Set Up and Pack Up Crew. All volunteers will be given priority entry to GWTM 2022, free GWT merchandise, a meal voucher. For those doing extra long shifts of volunteering we will offer discount promo codes for GWTM 2022. For those wanting to volunteer for a minimum of 4 hours on the Saturday of the 2021 event we will offer a free Sunday Race Entry.

It's not too late to volunteer at GWTM. Check out this link for more information and Registration - <https://www.registernow.com.au/secure/Register.aspx?E=43289>



ADDITIONAL ENTERTAINMENT

Saturday 19th June - Evening 5.30pm - 8.00pm Live Band - Jack's Avenue

LOCATION: Event Hub



LOCATION: Event Hub

Saturday 19th June 4.15pm Outdoor Cinema, Local Content and La Sportiva Short Film Event →
brought to you by:



MERCHANDISE



A range of merchandise was offered via register now when you signed up. For those who missed out we will have a range of merchandise available at the event which includes Hoodies, long and short sleeve shirts, caps, arm warmers, buffs and the first even Glow Worm T8 Shorts - the best running shorts that are on the market.

PRIZES AND PRESENTATIONS

The following prize allocations will be made in both the mens and women's events.

MARATHON:

1st Female/Male Overall: La Sportiva Shoe Voucher

2nd Female/Male Overall: Sponsor Prizes

3rd Female/Male Overall : Sponsor Prizes

1st Female/Male 18-19 Age Category Award

1st Female/Male 20-29 Age Category Award

1st Female/Male 30-39 Age Category Award

1st Female/Male 40-49 Age Category Award

1st Female/Male 50-59 Age Category Award

1st Female/Male 60-69 Age Category Award

1st Female/Male 70+ Age Category Award

HALF MARATHON SATURDAY:

1st Female/Male: La Sportiva Shoe Voucher

2nd: Female/Male - Sponsor Prizes

3rd: Female/Male - Sponsor Prizes

1st Female/Male 16-19 Age Category Award

1st Female/Male 20-29 Age Category Award

1st Female/Male 30-39 Age Category Award

1st Female/Male 40-49 Age Category Award

1st Female/Male 50-59 Age Category Award

1st Female/Male 60-69 Age Category Award

1st Female/Male 70+ Age Category Award

HALF MARATHON SUNDAY:

1st Female/Male: La Sportiva Shoe Voucher

2nd: Female/Male - Sponsor Prizes

3rd: Female/Male - Sponsor Prizes

1st Female/Male 16-19 Age Category Award

1st Female/Male 20-29 Age Category Award

1st Female/Male 30-39 Age Category Award

1st Female/Male 40-49 Age Category Award

1st Female/Male 50-59 Age Category Award

1st Female/Male 60-69 Age Category Award

1st Female/Male 70+ Age Category Award

1st Female 70+ Age Category Award

TED ENGLISH 6KM BOLT

1st, 2nd, 3rd - Podium Prizes will be awarded to the top 3 finishers (Female and Male) in the Ted English Bolt.

Age Group Prizes will be awarded to the top finisher in each age group for Male and Female

12 years and under (top 3 awarded sponsor or GWT prizes - male and female)

13 - 15 years (top 3 awarded sponsor or GWT - male and female)

16 - 18 years (top 3 awarded sponsor or GWT prizes - male and female)

1st Female/Male 19-29 Age Category

1st Female/Male 30-39 Age Category

1st Female/Male 40-49 Age Category

1st Female/Male 50-59 Age Category

1st Female/Male 60+ Age Category

THE 2 DAY MARATHON

1st Female - wine glass

1st Male - Tankard

THE DOUBLE

1st Female - wine glass

1st Male - Tankard

TRIPLE CROWN

1st Female - wine glass

1st Male - Tankard

OLD COACH ROAD MOUNTAIN MILE

\$150 plus a Sponsor Prize - First Female and Male

GRAND SLAM

1st Female - wine glass

1st Male - Tankard

All finishers get a trophy

KIDS

No particular prizes - everyone gets to feel good about the run

LA SPORTIVA

La Sportiva is a major sponsor of the Glow Worm Tunnel Marathon. La Sportiva is an amazing technical outdoor brand, over 90 years old, originating in the dolomites in Italy, specialising in mountaineering, climbing, hiking and trail running. The technical contents of each La Sportiva model are the fruit of in-depth research and development, originating from the constant exchange of information between the R&D department at Ziano di Fiemme and some of the world's best athletes. Each shoe is developed using different construction techniques, technologies and technical details which makes each product unique and irreplaceable. Summit Gear Katoomba has one of the best ranges of La Sportiva trail running shoes and apparel in Australia as the shoes perform so well in the great variety of terrain offered in the expansive Blue Mountains.



La Sportiva showcase at Summit Gear - Katoomba





FREE LA SPORTIVA SHOE TRYOUT - As a major sponsor La Sportiva will be providing a range of shoes that athletes can try out during the Glow worm Tunnel Marathon weekend. This is an amazing offer and will enable you to experience the amazing performance of the La Sportiva range where it counts - out on the trails

SPECIAL ACKNOWLEDGEMENT TO ALL OUR VALUED SPONSORS

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CHANGE,
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