

GLOW WORM TUNNEL ATHLETE EVENT GUIDE



Glow Worm Tunnel Marathon
June 16th - 17th 2023, Glen Davis NSW
www.glowwormtrail.com



CONTENTS

Introduction and Welcome	3
Culture & History	3
Tailwind Nutrition	4
Registration.....	4
Event Schedule	4
Friday, June 16th: Glen Davis Campground	4
Saturday, June 17th: Glen Davis Campground	4
Venue Information & Parking	5
Catering	5
Toilet Facilities	6
Mandatory Gear and Equipment Checks	6
The ALL-NEW La Sportiva Jackal II Boa	8
Compulsory Briefings.....	9
Check Points and Aid Stations.....	9
Marathon Aid Stations	9
Half Marathon Aid Stations	9
30km Race Aid Stations	9
Course Maps and Descriptions.....	10
Marathon Course 2023	10
Half Marathon Course 2023	11
30km Race 2023	11
6km Bolt	11
Pipeline Dash - FRIDAY 16 th June 2023	12
Race Rules and Cut Off Times.....	12
Marathon:	12
30km Race	12
Half Marathon:.....	12
Race Rules.....	12
Volunteers	13
Merchandise	14
PHOTOGRAPHS	15
Prizes and Presentations.....	15
30Km Race.....	15
La Sportiva.....	16
Special Acknowledgement to all our Valued Sponsors.....	19

INTRODUCTION AND WELCOME

Welcome to the Glow Worm Tunnel Marathon, it has been a struggle with the landslides in the Wolgan Valley but we managed to get there, and we really appreciate the athletes who have made the commitment to come and have an amazing event with us starting at Glen Davis Campground. 2023 brings a lot of changes but the race is still awesome, and the landscapes are breath taking

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. In 2023 the Marathon course starts in Glen Davis and that takes you to the heights of Pagoda Lookout and then down to the beautiful Newnes Campground where 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 but breathtaking. The marathon takes you all the way to the 400m long Glow Worm Tunnel which you pass through before making the return journey back to Newnes, over the Pagoda lookout and back to Glen Davis Campground. Glen Davis is a beautiful location with plenty of camping and great facilities. 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 The Pipeline Dash for those who like the steep stuff on Friday and then a 1km kids run, the 6km Bolt, a half marathon, a new 30km race and the full marathon on Saturday. Alongside these events we will great food and coffee, 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 mandatory requirements of the 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.

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: 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: 20L Labelled Tailwind Nutrition drums premixed with the Correct Dosage of Rebuild Recovery. Dosage will be at 1 Serving/500mls.

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: GWTMTW15% valid until 3rd July 2023.

REGISTRATION

Registration is where you will be required to pick up your race bib and timing chips, event bags and any pre ordered merchandise.

There a set times for registration as per the schedule below

EVENT SCHEDULE

FRIDAY, JUNE 16TH: GLEN DAVIS CAMPGROUND

- 2:00pm to 9:00pm Registration opens for all events.
- 3:45pm - Race Brief - Pipeline Dash
- 4:00pm Pipeline Dash -1km up and 1km back

SATURDAY, JUNE 17TH: GLEN DAVIS CAMPGROUND

- 6.30am to 9:00am Registration opens for all events
- 7.45am Marathon Race Briefing
- 8.00am Marathon start
- 8:20am 30km Race Briefing
- 8:30am 30km race start
- 8:50am Half Marathon Race Briefing
- 9.00am Half Marathon race start
- 1:00pm Glen Davis Kids Race
- 2.00 pm Pipeline 6km race start
- 2.30pm Presentation for Half Marathon and 30km
- 3.00pm Presentation for Marathon
- 6.00pm - Marathon Race Finish and Cut off

VENUE INFORMATION & PARKING

To get to Glen Davis Campground turn right off the Castlereagh Highway at Capertee onto Glen Davis Road and then it is approximately a 35km drive to the end where the campground is located. The Campground facilities are:

- No bookings, first in best dressed
- Flushing toilets
- Fires allowed in built fire places
- Some picnic tables.

Camping is also available at Canyon Country Camping - <https://canyoncountrycamping.com.au/>

CATERING

We will have catering at the Event Hub for Friday Evening and all day Saturday provided by Snax on Trax Cafe



A sample food and drinks menu is provided below

The Original Outback Barista
SNAX ON TRAX



SNAX MENU

BACON & EGG ROLL	\$ 8.00
BEEF BURGER & SALAD	\$ 8.00
SAUSAGE SANDWICH	\$ 6.00
HALOUMI BURGER	\$10.50
WITH EGG/SPINACH/SUNDRIED TOMATOES	
VEGETARIAN BURGER & SALAD	\$ 8.00
TOMATO & LENTIL SOUP	\$ 6.00
FRESH MUFFINS W/- REAL FRUIT	\$ 5.00
HOMEMADE BROWNIES	\$ 6.00
HOMEMADE CAKES	\$ 7.00

EXTRA BACON \$1.00 - EXTRA CHEESE \$1.00

BEVERAGES BY SNAX ON TRAX

BARISTA MADE COFFEE

CAPPUCCINO	MOCHA COFFEE
MACCHIATO	LONG BLACK
FLAT WHITE	PICALLO
LATTE	BABY CHINO

LGE \$5.00 - REG \$4.50

CHOICE OF TEA

BLACK - GREEN - PEPPERMINT

LGE \$5.00 - REG \$4.50

CHAI LATTE & DIRTY CHAI

LARGE \$6.50

HOT CHOC THICK SHAKE

LGE \$5.00 - REG \$4.50 LGE \$7.00

FLAVOURS - \$1.00

VANILLA - CARAMEL - HAZELNUT

EXTRAS - \$0.50

EXTRA SHOT - EXTRA CHAI - DECAF COFFEE
SOY MILK - ALMOND MILK

SOFT DRINKS

ALL CANS	\$3.50
POWERADE	\$6.50

TOILET FACILITIES

In addition to the Glen Davis Campsite toilet facilities, the Glow Worm Tunnel Marathon will provide additional portable toilets at the event hub. On course, there are operational toilets at Newnes Campground and at the Newnes Hotel.

MANDATORY GEAR AND EQUIPMENT CHECKS

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

There is only one list of mandatory gear in 2023. All gear must be taken no matter the weather. Things change quickly out there, and you are going to some remote locations. We will be doing random checks prior to the event and on the course. Failure to have any or all the mandatory gear will result in at a minimum a 30min time penalty or disqualification all together.

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

Random Gear Checks will be done either on course and disqualification or time penalties will be applied if you don't have the required gear.



- 500ml Hydration
- Whistle
- Headlamp - **Must support red Light to go through the Glow Worm Tunnel**
- Snake Bandage

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

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

THE ALL-NEW LA SPORTIVA JACKAL II BOA

I've been training for UTMB this year - the Super Bowl of trail running events. This has meant a lot of time in the Victorian Alps and the Blue Mountain's - Gross Valley to train for the technical running and the vertical elevation that comes with what could be one of the most challenging milers you can compete in. Based on this training I have selected my favoured shoe for the event - the La Sportiva Jackal II Boa. Whether it's for race day or the most demanding trail runs, this shoe provides you with the comfort and stability that makes you want to push the limits on the technical stuff and weighing in at only 300grams - it is one of the lightest technical running shoes on the planet.

The Jackal II BOA is a performance-oriented Mountain Running® shoe designed to take on any distance but built with Ultra-Long-distance adventures in mind. The Jackal II BOA is a game-changer for trail runners. These shoes come with an extended upper gaiter that wraps higher around the ankle and a super sticky rubber outsole, along with a pair of BOA dials. The BOA lacing system is the standout feature here and creates a hard-to-beat fit that's quickly adjustable as the terrain changes. The Jackal II Boa is equipped with Infini™ cushion technology for superior energy return and shock absorption. The protective upper with a precise and secure fit ensures stability even on the most technical sections of trail while the double BOA® Fit System makes heel/forefoot volume adjustments a breeze while on the move.



Check it out at <https://summitgear.com.au/collections/footwear-1/products/la-sportiva-jackal-ii-boa-yellow-black> - Rob Inshaw, Owner Summit Gear - Katoomba

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

Athletes will encounter 4 Aid Stations at two locations on the Marathon course. The aid stations will have Water, Tailwind, Chips, Lollies, Fruit and Coke.

Aid Station 1: Newnes Campground, Distance: Approx 10.5km

Water, Tailwind, Coke, fruit, chips, & lollies

Aid Station 2: 4 Ways/Old Coach Road Intersection: Approx 18kms

Water, Tailwind, Coke, fruit, chips, & lollies

Aid Station 3: 4 Ways/Old Coach Road Intersection: Approx 24 kms

Water, Tailwind, Coke, fruit, chips, & lollies

Aid Station 4: Newnes Campground, Approx 31kms

Water, Tailwind, Coke, fruit, chips, & lollies

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 certain food/drink etc - please provide this yourself to ensure you have the best event possible.

HALF MARATHON AID STATIONS

Aid Station 1: Newnes Campground, Distance: Approx 10.5km

Water, Tailwind, Coke, fruit, chips, & lollies

30KM RACE AID STATIONS

Aid Station 1: Newnes Campground, Distance: Approx 10.5km

Water, Tailwind, Coke, fruit, chips, & lollies

Aid Station 2: Newnes Campground, Distance Approx 20.5kms

Water, Tailwind, Coke, fruit, chips, & lollies

Finish at Event Hub - Tailwind Nutrition Rebuild Recovery Tent

COURSE MAPS AND DESCRIPTIONS

MARATHON COURSE 2023

Distance: 43km

Ascent: 1710m

Date: Saturday 17th June 2023

Map and Profile: [GWTM Marathon 2023](#)

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 has diverse terrain 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 course is the same as previous years with the only change being that it starts and finishes at Glen Davis Campground. Runners get straight into it with a steep mountain trail up the Pipeline Track that take athletes to the inspiring Pagoda Lookout. Runners then make the steep descent down to Newnes. After grabbing some refreshments, the runners then start the railway grade up trail, skirting the cliff line through to 4 ways. At 4 ways runners turn left up the Old Coach Road then onto the Pagoda Track, through the Glow Worm Tunnel before returning the way they came back to Newnes. Runners should leave plenty in reserve as they again take on steep terrain of Pipeline Track via the Pagoda Lookout and back to the start/finish at Glen Davis Campground.



HALF MARATHON COURSE 2023

Distance: 21.9km

Ascent: 1031m

Date: Saturday 17th June

Map and Profile: [GWTM Half Marathon 2023](#)

The 2023 Half Marathon course presents a new challenge to our runners. It Starts and finishes at the Glen Davis Campground and provides some challenging but very exciting terrain single track terrain with amazing views and vistas at the top of the Pagoda Lookout. After taking some awesome photos at the top, our runners continue on the Pipeline Track and start a quad smashing downhill into the serene Wolgan Valley and Newnes Campground. At the Newnes campground athletes can refuel and hopefully you have left something in the tank for the return journey back up the steep slopes to Pagoda lookout before taking on the technical single track back to the Start Finish line at Glen Davis Campground.

30KM RACE 2023

Distance: 30kms

Ascent 1205m

Map and Profile: [GWTM 30km 2023](#)

The Glow Worm Tunnel 30km course is a challenging event that takes runners on an amazing journey along a course that takes in the best sights of Newnes and old ruins that are contained in the Wolgan Valley. Runners will encounter creek crossings, sections of long single trail, old industrial ruins and some long-forgotten railway easements. The terrain is exciting and challenging but incredibly satisfying. The first half of the 30km course is steep mountain trail starting from Glen Davis Campground, athletes will head up Pipeline track to the amazing Pagoda Lookout, and then do a quad smashing downhill to the Newnes Campground. From there the runners do a river crossing where you will get wet and do an awe-inspiring loop of the old industrial ruins were abandoned almost 100 years ago and are now being reclaimed by the forests of the Wolgan Valley. From there the athletes return the way they came back through Newnes, over Pagoda Lookout and down to Glen Davis.

6KM BOLT

Distance:6km

Ascent: 240m

Map: [GWTM 6km Bolt 2023](#)

The 6km Bolt is a little different in 2023 with a more technical single-track event that starts and finishes at the Glen Davis Campground and sends the athletes up and back the challenging Pipeline track. The 2023 course offers runners some amazing scenery but don't look too long as

you need to concentrate on the more technical terrain that you will be traversing on this challenging little course.

PIPELINE DASH - FRIDAY 16TH JUNE 2023

For those mountain goats who like a hill climb, the Pipeline dash is just what you are seeking. Athletes start at the bottom of the Pipeline trail (Glen Davis Campground End) and run up a gnarly single track for 1km. Runners turn around at the logbook and then showcase your technical downhill skills for a winner takes all dash for cash - \$150 winner's prize for first male and female to complete the dash.

RACE RULES AND CUT OFF TIMES

MARATHON:

Halfway Cut off- 5 Hours, 1.00pm - Glow Worm Tunnel

Return Cut off - Newnes aid station at 4.00pm

If you look like you are unlikely to make the cut off a Newnes you will be transported from 4 Ways to news to make up time.

Completion, 10hrs, 6.00pm - Glen Davis Campground

30KM RACE

Newnes Campground return leg cut off 4.5 hrs, 1.00pm

Completion - 9 hrs, 5.30pm - Glen Davis Campground

HALF MARATHON:

Halfway Newnes Campground 4.0 hrs, 1.00pm

Completion - 8 Hrs, 5.00pm - Glen Davis Campground

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 misrun 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.

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. 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.

Note it is a National Parks requirement to have a head torch that supports a red Light to be used in the Glow Worm Tunnel.

Trail etiquette is paramount in this event. - 1) Keep to your left, 2) Uphill runners give way to downhill runners.

Pacers are not allowed.

Compulsory Briefing - Each Race starts with a Briefing; you must be at the event hub for the briefing.

Timing is electronic - please make sure you step ON 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)

Poles are allowed. Please be careful and aware when using poles or next to someone using poles.

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 2022. 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 a priority entry to GWTM 2024, free GWT merchandise and a meal/coffee voucher.

It's not too late to volunteer at GWTM. Check out this [link](#) for more information and Registration.



MERCHANDISE

A range of merchandise was offered via Race Roster 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 ever Glow Worm T8 Shorts - the best running shorts that are on the market.



PHOTOGRAPHS

Gilbert from Outer Image will be on site with his crew to take plenty of awesome photos.

PRIZES AND PRESENTATIONS

The following prize allocations will be made in both the men's 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 18-29 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

30KM RACE

1st Female/Male Overall: La Sportiva Shoe Voucher

2nd Female/Male Overall: Sponsor Prizes

3rd Female/Male Overall: Sponsor Prizes

1st Female/Male 18-29 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:

1st Female/Male: La Sportiva Shoe Voucher

2nd: Female/Male - Sponsor Prizes

3rd: Female/Male - Sponsor Prizes

1st Female/Male 16-18 Age Category Award

1st Female/Male 19-29 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

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

Under 15 years - male/female

16 - 18 years - male/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

MYSTERY MOUNTAIN DASH

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

KIDS

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

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

PROUDLY SUPPORTED BY



OR OUTDOOR RESEARCH



For those runs that are a little cooler or hotter or just generally unpredictable, Outdoor Research's Echo Long Sleeve Tee makes life better.

runner @henry.hugman

photographer @phillipsage