



The 54th 2022 Traralgon Marathon



Event Date:

Sunday 5th June 2022

Event Location:

The event hub will be based at Traralgon Vineyard.

The address is Burnet's Rd, Traralgon East VIC 3844 [Traralgon Vineyard - Google Maps](#)

Event Start Times:

Marathon – 8am

Half Marathon – 9am

10km – 10am

IMPORTANT: Race briefing for each event will occur 20 minutes prior to the start time. We encourage all runners to factor in parking and Burnet's Rd being temporarily closed to vehicles for a 15 minute period (5 mins before & 10 mins after each event start time).

A-Z Event Information

Aid Stations

1. 10km turn around point between Black Tank Rd & Bassetts Lane
 - Between 9 & 10kms for marathoners
 - 5kms for half marathon & 10km runners
2. Chappels Rd
 - 15kms for marathoners
 - 10.5km for half marathoners (turn-around point)
3. Main St, Toongabbie (General Store & public toilets across the road)
 - Between 19 & 20kms for marathoners
4. Anton's Lane (along Henderson's Rd)
 - 23.5km for marathoners (turn-around point)

All above stations will have Water and some fruit/lollies.

5. Traralgon Vineyard
 - Finish line for all events (water/electrolytes/fruit/lollies)

IMPORTANT: Please dispose of cups in rubbish bins provided (20m either side). Participants may consider to have a hydration pack to carry water with them. Any personal items for the aid stations such as drinks, gels, food etc. need to be placed in the baskets at bib collection area in the numbered baskets (1-4 above) and are clearly labelled with your name prior to 7:40am on Sunday. Drink station volunteers will have these on the tables awaiting your arrival.

Ambulance Cover

The Ambulance service is not a free service in Victoria. It's your responsibility to check your health cover and ensure you are covered for ambulance cover in the case of an emergency.

To arrange cover with Ambulance Victoria visit <http://www.ambulance.vic.gov.au/>

Bag Drop

For bags you want to leave while you are running this will be located at the marquee behind finish line area. Please attached label to easily identify your bag for event officials (*no bag tag supplied with bib*).

Bibs / Bib Collection

We will be using a disposable chip system that is stuck to the back of your race number or bib.

- **Blue** BIBs are for the **42km** Marathon event
- **Green** BIB numbers are for the **21k** Half Marathon event
- **Red** BIB numbers are for the **10k** Running event

Bibs are available to be picked up:

Saturday afternoon from 2-4pm at the Kay St Cenotaph Opposite the Post Office

Sunday from 7am at the Traralgon Vineyard – marquee behind finish line area

Please note that Bibs will not be posted out prior to the event.

Car Parking – **IMPORTANT**

Car parking at the Traralgon Vineyard, **with the majority located up the hill behind the winery - please follow directions provided by parking attendants upon arrival.** Once you are parked there will be no exit access on Burnet's Rd until 1pm to ensure safety of runners using this road for the start and finish of their run.

Car Pooling – **IMPORTANT**

Parking is limited at Traralgon Vineyard so we urge you to find a buddy (or four) and car pool to and from the event. There is not enough car parking spaces for everyone to travel solo and park nearby.

It's cheaper in petrol, better for the environment and you can share the pre-race nerves and the post-race runners high with someone else.

Course Maps

The Course Maps (.gpx files) for each event are available via these links

[Traralgon Marathon 2022](#)

[Traralgon Half Marathon 2022](#)

[Traralgon 10km 2022](#)

These can be uploaded to your compatible watch to assist with directions during the run or viewed beforehand. Questions on course can be asked at bib collection and on the morning of directed to RD Stephen Renehan.

COVID-19 Vaccination Requirements

Current Victorian State Government regulations DO NOT require event attendees to be fully vaccinated against COVID-19. We appreciate your understanding and please be kind to those involved.

Cut-Off Times

Not applicable for any of the 3 events, for any marathoners if you have concerns about finishing prior to planned presentations at 1:30pm please reply to this email or contact RD Stephen Renehan on 0408 800 711 and we will advise options available to assist you.

Given the terrain and elevation of the course we expect all runners to reach the turn point of each event by 11am:

Marathon: 3 hours - 24kms (pace is 7min/30sec per km)

Half Marathon: 2 hours - 10.6kms (pace is 11min/19sec per km)

10km: 1 hour - 5kms (pace is 12min/00sec per km)

Dangers

For the marathon the majority of the run is on flat gravel rail trail with approx. 7kms on public roads, all other events will only have road section on Burnet's Rd. Trail shoes are not required but recommended if you require additional grip/stability.

There are a number of 'back' road crossings where each runner will need to exercise personal responsibility to ensure safe passage across these roads that WILL NOT be closed. Vehicles have right of way so please be mindful of this and we encourage runners not to use headphones at these points.

Food

A part of entry fee you will be supplied a lunch pack (available inside Vineyard restaurant) upon completion of your event. These will be available from 10:15am onwards and there will also be soup & bread rolls available.

A BBQ & Coffee Van will be available for additional food purchases (*we cannot guarantee EFTPOS facilities so please bring cash just in case*)

Getting lost

The course will be well marked - follow the signs and look for PINK arrows on the ground. This is an 'out and back' course with multiple events so you should nearly always see other runners.

Familiarise yourself with your event course beforehand (*Please see 'C for Course Maps'*) as this could save you a lot of time on the day. Bring a mobile phone so you can contact for assistance. Contact details of RD & volunteers will be available to participants (before event) who may be able to help orientate you.

Event First Aid and Medical

St John's Ambulance will be available and located at the Traralgon Vineyard. If you notice a fellow runner injured or in distress we encourage you to at least notify the nearest aid station as you pass and they will advise the RD accordingly. In the event of an emergency we recommend you contact 000.

Leaving the Course

Entrants who leave the course during the event eg. for toilet stop, getting lost or meeting up with support people; must re-enter the course at the point they left the course. Lost entrants may use any legal method to get back to the course, but must re-enter where they left and resume running from that point.

Mandatory Gear – **IMPORTANT**

No mandatory gear is required but it is your responsibility to determine what will assist you completing your event given the expected weather conditions. For the marathon event we recommend the following:

- A charged mobile phone.
- Means of carrying at least 500ml of fluids and nutrition.
- Emergency space blanket
- Gloves & Buff/Beanie

For the half marathon & 10km events the above is still recommended but optional.

Medals

Are there medals? You bet! Every finisher will receive a medal when they cross that finish line. A worthy reward for your amazing effort and climbing that hill!!

Nutrition

It is advised to carry nutrition (fruit/muesli bars/gels etc) to get you through your event based on your own requirements. Aid stations will have water & some lollies only.

Photos

Photos on the day will be taken by official event photographer MDR Digital Images. Photos will be available to view and purchase at www.mdrdigitalimages.com.au

Presentations

Presentations are scheduled to commence at 1:30pm in the restaurant section of the Traralgon Vineyard. We encourage all runners to attend, show support for winners and appreciation for the event staff/volunteers.

Results

Will be available via [2022 Traralgon Marathon Festival, 05/06/2022](http://2022.TraralgonMarathonFestival.com.au) : : [my.race|result \(raceresult.com\)](http://my.race|result(raceresult.com))

Road Crossings

There will be a small number of road crossings. Speed limit reduction and warning signs will be employed in certain locations, but be aware you may be delayed briefly. Beware of vehicles, traffic Controllers will endeavour to assist you crossing but you should stay alert in these areas of the course. *(Please see 'D for Danger')*

Rules and Guidelines

Obey the direction of Race Officials and Volunteers. Entrants ignoring marshals at road crossings could result in disqualification.

Be courteous to all you encounter on the course. This includes staff, volunteers, traffic controllers and other users of the trail. Entrants must help fellow runners in distress.

Rubbish

We are fortunate to be allowed access to the trail to run our event, so please make sure you leave no trace of having been there. Take all rubbish with you or risk disqualification.

Entrants must not leave rubbish on the course. Carry it with you to the next aid station and deposit it there if there is a bin. Otherwise carry it in – carry it out.

Schedule for Traralgon Marathon & Running Festival 2022 *(subject to change)*

SUNDAY 5 JUNE 2022	ACTIVITY
7:00 am – 7:30 am	Bib Collection (all events) /Special drink drop off (all events)
7:40 am – 7:50 am	Race Briefing – Marathon
8.00 am	Race Start – Marathon
8:00 am – 8:30 am	Bib Collection (21km & 10km)
8:40am – 8:50 am	Race Briefing – Half Marathon
9.00 am	Race Start – Half Marathon
9:00 am – 9:30 am	Bib Collection (10km)
8:40 am – 8:50 am	Race Briefing – 10km
10.00 am	Race Start – 10km
10.15 am	First Finishers expected
10.15 am - 1.30pm	Finishers (all events)
10.30 am	Lunch packs available
1.30 pm	Presentations
2.30 pm	Event Close

Support Crew

Runners can have supporters meet them on course with food, drink and moral support so long as those supporters give way to runners, and obey all trail usage rules.

Using a bike to support runners is not allowed and may result in that runner being disqualified.

Sweepers

A sweeper will be deployed onto the course with the aim of ensuring there's no one left on the course unaccounted for and to advise race officials where the last athlete is on course.

If you leave the trail at any time, please be mindful of your position in relation to the sweeper, so they don't go past you.

Toilets

Available at the following locations:

- Traralgon Vineyard (start/finish)
- Glengarry township opposite railway café and after Cairnbrook Rd for Marathoners (10-11kms in) & Half Marathoners (6-7kms in)
- Toongabbie township behind general store for Marathoners (19-20kms in) – please resume from where you leave course

Trail/Road Marking

Pink arrows and additional signage will be present at key intersections/road crossings. This is an 'out and back' course so once you hit your turn point you just need to follow the same path back to the finish line. We recommend you study the course maps if you have concerns (*Please see 'C for Course Maps'*)

Volunteers

Remember that they are donating their time to support you in getting through your event and provide support where they can. Be kind and give them a thumbs up as you pass 😊

Weather – **IMPORTANT**

The expected forecast is for rain & wind reaching a max. 12degs, please consider this when preparing your race kit for the day (*Please see 'M for Mandatory Gear'*). Given the geographic location it is likely to be foggy with low visibility for most of the morning.

Withdrawing

If you wish to withdraw at any stage after starting your event, you need to do so at an aid station and notify the attendants of your intention to withdraw. We will then do what we can to get you away from the aid station as soon as we can, but given the length of the event calling friends or a taxi may be the faster option. If you do not start – you will be listed as a DNS with bib collection being deemed as your check-in prior to the event.