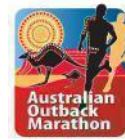


# Australian Outback Marathon

## 30<sup>th</sup> July 2016

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### Silver Package - Itinerary Overview

#### 4 Days / 3 Nights

#### Thursday 28<sup>th</sup> July 2016

- Arrive at Connellan (Ayers Rock) Airport
- Transfer to Ayers Rock Resort
- Check-In and Race Registration
- Hosted Warm Up Run
- Exclusive Outdoor Welcome Function

#### Friday 29<sup>th</sup> July 2016

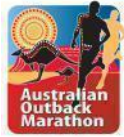
- Uluru Sunrise Tour
  - Includes viewing of the sunrise over Uluru and a breakfast backpack for all guests. Following on is a self-guided base walk of Uluru and a visit to the Cultural Centre
- Free Time in the Afternoon
- Race change (change of event if required)
- Merchandise Sales
- Opening address and “Welcome to Country” ceremony
- Race Safety Briefing
- Australian Outback Marathon “Carbo Load” dinner

#### Saturday 30<sup>th</sup> July 2016

- **RACE DAY - AUSTRALIAN OUTBACK MARATHON**
- Optional Tours Available (at own expense)
  - Uluru Sunset Tour
  - Sunset Camel Ride (limited places available)
  - Afternoon or Sunset Helicopter Tour
  - Sky Diving (limited places available)
- Informal get-together at Outback Pioneer Pub

#### Sunday 31<sup>st</sup> July 2016

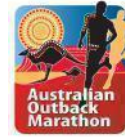
- Optional Tours Available (at own expense)
  - Uluru Sunrise Tour
  - Sunrise Camel Ride (limited places available)
  - Sunrise Helicopter Tour
  - Sunrise Sky Diving (limited places available)
- Transfer to Connellan (Ayers Rock) Airport. Tour Ends



# Australian Outback Marathon

## 30<sup>th</sup> July 2016

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### Silver Package - Inclusions

#### 4 Days / 3 Nights

#### Packages include:

- Guaranteed entry to the Australian Outback Marathon (or shorter event)
- Return airport transfer between Connellan (Ayers Rock) Airport and your hotel
- Accommodation for 3 nights
- Breakfast Daily
- Hosted Warm Up Run (Thursday 28<sup>th</sup> July)
- Outdoor Welcome Dinner (Thursday 28<sup>th</sup> July)
- Carbo Load Dinner (Friday 29<sup>th</sup> July)
- Other Meals as specified in the itinerary
- Race Day transfers
- Finishers Medal and certificate
- All race day photography (including finishing line photos and video)
- All included Tours/Sightseeing/Activities as specified in the itinerary
- Limited edition Australian Outback Marathon 2XU running top (if booked prior to 13<sup>th</sup> May 2016)
- Sunday morning Yoga stretch class
- Ayers Rock Resort backpack
- Travelling Fit representatives on site
- Discounted rates on specific tours/activities (refer to optional tours or ask us for details)

#### Packages exclude:

- Flights
- Meals where not specified
- Optional Tours which must be booked in advance
- Travel Insurance
- Tourist Visas (if applicable)

#### Notes:

- **Child rate is for all children aged between 3 and 12 years inclusive**
- **Children 2 years and under are FREE OF CHARGE**
- Adults who are not participating in one of the Australian Outback Marathon events receive \$100 discount off the price of the adult package
- Race entry to the Australian Outback Marathon is only available as part of a package and cannot be purchased separately
- All prices are quoted in Australian Dollars (AUD)
- Itineraries and prices are subject to change at any time

# AUSTRALIAN OUTBACK MARATHON

## 30TH JULY 2016

Silver Package - 4 Days/3 Nights						
	Thursday, 28 July 2016	Friday, 29 July 2016	Saturday, 30 July 2016	Sunday, 31 July 2016	Monday, 1 August 2016	Tuesday, 2 August 2016
Morning	Arrive @ Ayers Rock Resort  Coach Transfer to Resort (if required)	6:45am Coach Transfer From Hotel to Race Start	7:45am AUSTRALIAN OUTBACK MARATHON HALF MARATHON  8:30am 11km Fun Run 6km Fun Run	Optional Tours  6:25am Uluru Sunrise Coach Tour  6:30am Sunrise Camel Tour  Uluru Helicopter Tour Ayers Rock Sky Diving	9:00am Optional Activity Poolside Yoga @ Sails	10:00am Hotel Check-Out  See You Next Year
Afternoon		6:25am Uluru Sunrise & Base Walk  Cultural Centre Tour		Free Time		
Evening	4pm Optional Hosted Training Run @ Outback Pioneer	4pm Merchandise & Race Change @ Amphitheatre	7:30pm Optional Get-Together @ Outback Pioneer Pub	Please Note:  <b>Transfers to the Airport</b>  Transfers typically leave from your hotel 2 hours before the scheduled departure time.  Please check with reception in your hotel for exact transfer times		
	Free Time	5:00pm Opening Ceremony  5:35pm Safety Briefing  5:50pm Closing Address				
	6:30pm Welcome Dinner @ Sails in the Desert Poolside	6pm Carbo Load Dinner @ Conference Centre or @ Gekko's				

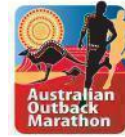




# Australian Outback Marathon

## 30<sup>th</sup> July 2016

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### **Silver Package - Detailed Itinerary**

#### **4 Days / 3 Nights**

#### **Thursday 28<sup>th</sup> July 2016**

Today is your arrival day at Yulara and the Ayers Rock Resort. You will be met at the airport by a member of the Australian Outback Marathon team and escorted to your hotel on one of the complimentary Airport Shuttles which will drop you off right at the door of your hotel.

Once you arrive you will be guided to our dedicated check-in area where you will get your room key as well as your race registration pack that will contain, amongst other things, your race bib and exclusive Australian Outback Marathon 2XU running top (if booked prior to 13<sup>th</sup> May 2016).

Depending on when you arrive, there is plenty of time to relax by the pool, explore the resort or simply head to the Town Square for a bite to eat and a little souvenir shopping.

At 4:15pm we will gather at the reception area of the Outback Pioneer Hotel for a hosted training run which is your first opportunity to sample the “red earth” of Central Australia. The run will be fully guided and will last for approximately 45 minutes; just enough time to shake the cobwebs from your legs.

At 6:30pm we will all gather together for the first of your Australian Outback Marathon dining experiences. Our exclusive welcome dinner is set outdoors at Sails in the Desert Resort and is a great way to relax and mingle with your fellow competitors who will be sharing your Australian Outback Marathon experience with you.

#### **Included Meals: Dinner**

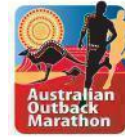




# Australian Outback Marathon

## 30<sup>th</sup> July 2016

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### Friday 29<sup>th</sup> July 2016

You will be up before dawn today and escorted on a private coach departing from your hotel at 6:25am to see one of the many wonders of the area; the sunrise over Uluru. A breakfast box is included and you will also get a souvenir backpack to carry your belongings so there will be no need to bring along an extra bag.

Once you have witnessed the sunrise you will start your self-guided tour of the base of Uluru, allowing you to see “up close and personal” what makes this such a special and spiritual place. If you don't want to walk all the way round, fear not as your private coach will pick you up at the 6.5km viewing area and take you to the Cultural Centre. The full circuit of Uluru is just less than 10km. Tea and Coffee will also be available.

On the way back to the resort a visit to the Indigenous Cultural Centre is a must and this is your next stop. There is plenty of time to learn more about the local culture and the Anangu people, the traditional owners of the land. The tour returns to your hotel at around 1:00pm but if you wish to leave earlier we will also have coaches departing from the Cultural Centre throughout the morning.

**Note:** your 3 day Uluru/Kata Tjuta National Park entry pass is included in the tour.

At 4:00pm there will be the opportunity to purchase your very own limited edition Australian Outback Marathon merchandise and you will also be able to change your chosen event, should you wish to. This will all take place beside the Amphitheatre near the Sails in the Desert Resort, followed by the Australian Outback Marathon Opening Ceremony and Race Briefing starting at 5:00pm.

***Note:** the Opening Ceremony and Race Briefing are mandatory as there will be a safety briefing at this time and it is also our last opportunity to pass along any additional information prior to the race itself.*

At 6:00pm the traditional Carbo Load dinner will commence where you will get plenty of opportunity to mingle with your fellow competitors and also to fully “carbo load” should you wish to.

**Included Meals: Breakfast, Dinner**

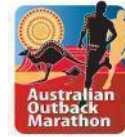




# Australian Outback Marathon

## 30<sup>th</sup> July 2016

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### Saturday 30<sup>th</sup> July 2016

**TODAY IS THE DAY!**

You will need to get up bright and early today but for those with a healthy appetite a full breakfast will be served from 5:00am at your hotel. Our private fleet of coaches will pick you up from the lobby of your hotel at approximately 6:45am to take you to the race start so please don't be late! **Note: it can get very cold in the mornings in the Australian Outback so please be sure to bring something warm to wear prior to the race start.**

Sunrise is approximately 7:30am and this is another excellent opportunity to see the first rays of the sun splash across the mighty Uluru which forms the back-drop of the start/finish area. Toilets will be provided for those needing to quell those last minute nerves and at 7:45am the Australian Outback Marathon (and Half-Marathon) will begin. For those participating in the 11km Fun Run and the 6km Fun Run, your start time will be 8:30am.

There will be tables and chairs at the start/finish area and we will also be providing fruit, an assortment of sandwiches, muffins, hot and cold drinks as well as delicious hot soup for you once you have completed the race. All competitors are encouraged to stay and cheer in your fellow runners but for those that wish to leave once your race has been completed there will be a shuttle bus circulating all day between the finishing area and the resort. You may want to head on back, have a shower and then return to the finishing line to cheer on the last runners as they complete their journey.

#### **SATURDAY AFTERNOON OPTIONAL TOURS** *(Please see end of Itinerary for full details)*

- *Uluru Sunset Tour*
- *Sunset Camel Tour*
- *Helicopter Ride with Professional Helicopter Services (must be booked in advance)*
- *Uluru tandem Sky Diving (must be booked in advance. Spaces are limited)*

In the evening all the runners are encouraged to head on over to the Outback Pioneer Hotel pub at around 7:30pm for an informal get together, a few drinks and some dancing. This is a great way to end your day (food and drinks at own expense).

**Included Meals: Breakfast, Brunch/Lunch (at the Race Start/Finish area)**





# Australian Outback Marathon

## 30<sup>th</sup> July 2016

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### Sunday 31<sup>st</sup> July 2016

Today your tour ends. After breakfast, check out of your hotel to begin your journey home with a complimentary airport transfer.

Note that if you are leaving on an afternoon flight you are invited to join your fellow competitors at 9:00am around the swimming pool at Sails in the Desert for a relaxing Yoga session with our fully qualified instructor. This is a great way to take any unwanted aches and pains out of your legs and it is also a fun way to wind down.

#### **OPTIONAL TOURS** *(Please see end of Itinerary for full details)*

*There are four optional daytime tours available to you should you wish to take advantage of them (at own expense);*

- *Uluru Sunrise Tour*
- *Sunrise Camel Tour*
- *Helicopter Ride with Professional Helicopter Services (must be booked in advance)*
- *Uluru tandem Sky Diving (must be booked in advance. Spaces are limited)*

#### **Included Meals: Breakfast**





# Australian Outback Marathon

## 30<sup>th</sup> July 2016

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### Optional Tours – Uluru Sunset Coach Tour – 30<sup>th</sup> July

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#### Cost per Person- \$55

This is a great opportunity to make the most of your 3 day park pass!

Our exclusive coach will depart from your hotel at 5:20pm to the Uluru sunset viewing area. Enjoy complimentary canapés and sparkling wine as the sun sets over the western horizon and the evening sky brings out the many shades of colour for which Uluru is famous.

The coach will return to your hotel at approximately 7:20pm.

**IMPORTANT:** Don't forget your park pass and your camera!







# Australian Outback Marathon

## 30<sup>th</sup> July 2016

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### Optional Tours – Sunset Camel Ride – 30<sup>th</sup> July

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#### Cost per Person - \$129

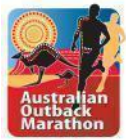
Begin your peaceful 1 hour camel ride over the big red sand dunes at sunrise or sunset. A ride through this spectacular desert region brings you closer to nature and offers great views of Uluru - Kata Tjuta National Park World Heritage Area.

Skilled guides will describe the flora and fauna along the trail. A refreshing glass of sparkling wine or beer and tasty snacks wait at the end of the trail.

The tour departs from your hotel at 4:50pm and returns at 7:20pm (times are approximate).

- Children under 5 years are **NOT** permitted to ride camels.
- Please advise if any guest travelling weighs more than 100kg.
- **Places are extremely limited and are allocated on a first come/first served basis.**

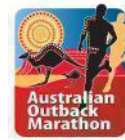




# Australian Outback Marathon

## 30<sup>th</sup> July 2016

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### Optional Tours – Uluru Sunrise Coach Tour – 31<sup>st</sup> July

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#### Cost per Person - \$55

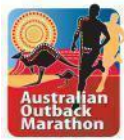
**This is a great opportunity to make the most of your 3 day park pass!**

Today you'll be up early to drive to Talinguru Nyakuntjaku – the Uluru sunrise viewing area. During the journey your experienced Driver Guide will share some history on the numerous sacred sites that you'll pass along the way. These stories form part of what is known to the local Anangu people as Tjukurpa – the foundation of Anangu life and culture.

Once at Talinguru Nyakuntjaku you'll be served tea and coffee and an assortment of sweet biscuits while you begin to familiarise yourself with the beautiful surroundings. You can just relax and take a seat or wander around the viewing area in search of your own personal place to watch the sunrise. The tour departs from your hotel at 6:25am and returns at 8:25am (times are approximate).

**IMPORTANT:** Don't forget your park pass and your camera!

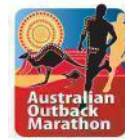




# Australian Outback Marathon

## 30<sup>th</sup> July 2016

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### Optional Tours – Sunrise Camel Tour – 31<sup>st</sup> July

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#### Cost per Person - \$129

Breathe in the cool morning air as you ride your friendly camel for one hour through the desert landscape as dawn breaks over Uluru and Kata Tjuta. Watch the desert come to life and learn about the flora and fauna along the trail from your knowledgeable cameleer.

After the ride enjoy freshly baked beer bread damper with quandong jam and a cup of tea or freshly brewed coffee. Explore the camel museum and gift shop before we return you to your hotel. The tour departs from your hotel at 6:30am and returns at 9:00am (times are approximate).

- Children under 5 years are **NOT** permitted to ride camels.
- Please advise if any guest travelling weighs more than 100kg.
- **Places are extremely limited and are allocated on a first come/first served basis.**





# Australian Outback Marathon

## 30<sup>th</sup> July 2016

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### Optional Tours – Professional Helicopter Services – 30<sup>th</sup> & 31<sup>st</sup> July

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#### Professional Helicopter Services are offering Discounted Rates for All Australian Outback Marathon Participants

Your choice of four amazing flights, all at a discounted rate when booked in advance.

- **15 Min Flight over Uluru - \$135 (save \$15)**
- **30 Min Uluru and Kata Tjuta Flight - \$260 (save \$25)**
- **36 Min Grand View Tour - \$290 (save \$30)**

Make sure you see it all while you are here on this once in a lifetime trip by combining the beauty of Uluru and Kata Tjuta in one unforgettable flight. Professional Helicopter Services will pick you up from your hotel, driven to the Helicopter base and taken on a 30 minute aerial tour.

These tours can be booked at any time prior to your arrival at Ayers Rock Resort.

Note: Bookings are essential so as to ensure you get the departure time that suits you.





# Australian Outback Marathon

## 30<sup>th</sup> July 2016

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### Optional Tours – Uluru Sky Dive

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#### Cost per Person – from \$ 399

See the majesty of Uluru like never before – from the air as part of a tandem skydiving experience.

The sky dives are ideal for couples (please contact us if you are a solo skydiver and we will endeavour to match you up with another person).

- \$ 399 per person when booked in a pair
- \$ 499 per person when booked as a single (if we are unable to match you with another person)

Each skydive **MUST** be booked in advance and the available times are:

8:30am, 10:30am, 12:30pm, 2:30pm, 4:30pm

Sunrise and sunset skydives are also available for an additional \$100 per person.

In addition, every Australian Outback Marathon skydiver can purchase the video package for only an additional \$100 (normally \$124).

**You will be picked up from your hotel approximately 1 hour before your scheduled skydive**

**Note: Only 2 spots are available for each timeslot – don't miss out**

