



# Australian Outback Marathon

## 29 July 2023

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### Silver Package - Itinerary Overview

#### 4 Days / 3 Nights

#### Thursday 27 July 2023

- Arrive at Connellan (Ayers Rock) Airport
- Transfer to Ayers Rock Resort (for scheduled flights only)
- Hotel Check-In & Race Pack Collection
- Hosted Warm Up Run
- Exclusive Outdoor Welcome Dinner

#### Friday 28 July 2023

- 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 Ceremony
- Race Safety Briefing
- Australian Outback Marathon “Carbo Load” dinner

#### Saturday 29 July 2023

- **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
- Informal get-together at the Outback Pioneer Pub

#### Sunday 30 July 2023

- Hosted stretch class at Sails Poolside
- Additional merchandise sales and “lost property” collection at Sails Poolside
- Optional Tours Available (at own expense)
  - Sunrise Camel Ride (limited places available)
  - Sunrise Helicopter Tour
- Transfer to Connellan (Ayers Rock) Airport.
- Tour Ends



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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 (for scheduled flights only)
- Accommodation for 3 nights
- Breakfast daily
- Hosted warm up training run
- Outdoor Welcome Dinner
- Carbo Load Dinner
- 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 running top (if booked prior to 12 May 2023)
- Sunday morning poolside stretch class
- Uluru-Kata Tjuta 3 day National Park Pass
- 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 at the time of check-in**
- **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



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### Silver Package - Detailed Itinerary

#### 4 Days / 3 Nights

#### Thursday 27 July 2023

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 transferred to the resort 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-custom-made running top (if booked prior to 12 May 2023).

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.

**Please note that the standard check-in time is 3pm and there will be a luggage storage area available if required.**

At 4:15pm we will gather at the reception area of the Outback Pioneer Hotel for a hosted warm-up 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. Please make your way to the Outback Pioneer lobby by 4:15pm, otherwise we will meet you at **3:55pm** in the lobby of either Sails in the Desert or Desert Gardens to escort you to the start of the hosted warm-up run.

At 6:30pm we will all gather together for the first of your Australian Outback Marathon dining experiences, our exclusive Outdoor Welcome Dinner at the Sails in the Desert Hotel poolside. Set outdoors, this is a great way to relax and mingle with your fellow competitors who will be sharing your Australian Outback Marathon experience with you.

Please make sure to wear warm clothing

There will also be a bar at this function (credit card only). Drinks can be purchased at the main bar adjacent and charged to your room.

#### Included Meals: Dinner





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### Friday 28 July 2023

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. Please be in the lobby of your hotel by **6:15am** at the latest. A breakfast bag is included.

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 around, 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 custodians 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 and will be in your registration pack. Please remember to bring it with you and note that we are not able to provide you with your pass earlier and we are not able to replace it if you lose/damage it.

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. Both of these activities will take place on the grass by the Town Square beside the Amphitheatre, near the Sails in the Desert Hotel. This will be immediately followed by the mandatory Australian Outback Marathon Opening Ceremony and Race Briefing starting at 5:00pm. The merchandise will be available once again after the briefing for approximately 1 hour. To avoid queueing we recommend paying with cash rather than credit card. There is an ATM located approximately 100m away in the town square.

**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 6:30pm 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**







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### Saturday 29 July 2023

#### **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 (not applicable if you are camping or on a “No Accommodation” package). Our private fleet of coaches will pick you up from the lobby of your hotel at 6:30am 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 plenty of tables and chairs at the start/finish area and we will also be providing fruit, an assortment of sandwiches, muffins, and drinks as well as delicious hot soup for you once you have completed the race. There will also be a “gold coin donation” sausage sizzle, with 100% of all proceeds going to the Anangu Communities Foundation. All competitors are encouraged to stay until the end 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.

#### **OPTIONAL TOURS**

- *If you have booked the Sunset Camel Ride you will be collected from your hotel at 4:35pm. Please be in your hotel lobby at **4:25pm** ready to leave.*
- *If you have booked the Uluru Sunset Coach Tour you will be collected from your hotel at 5:20pm. Please be in your hotel lobby at **5:10pm** ready to leave.*
- *Afternoon or Sunset Helicopter flight (must be booked in advance) – you will be picked up from your hotel according to your flight time.*

In the evening all the runners are encouraged to head on over to the Outback Pioneer Pub for an informal get together, food and a few drinks. 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)**





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### Sunday 30 July 2023

Today your tour ends. Check out of your hotel to begin your journey either homewards (with a complimentary airport transfer) or on towards your next exciting adventure.

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, hosted stretch 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.

All “lost property” can also be collected from Sails Poolside between 9:00am and 10:00am and there will be an opportunity to also purchase any remaining merchandise. Please note that if any items that you have left either at the start or on one of the aid stations are not collected at this time, they will be donated to the Anangu Communities Foundation on your behalf.

You can also make additional shoe donations at this time.

### **OPTIONAL TOURS**

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

- *Sunrise Camel Tour - Departs 6:20am. Please be in the lobby of your hotel at **6:10am***
- *Helicopter Ride with Professional Helicopter Services (must be booked in advance)*

**Note that your transfer to the airport will leave the reception area of your hotel 2 hours prior to your flight – please refer to the signs in reception for more details.**

