

Important additional information for marathon walkers:

This year's route is challenging:

- It's longer than a true marathon at 44km (not 42.2km), so you can claim you have completed an ultra-marathon if you walk the entire distance!
- The terrain is quite rough in places, and has a few nasty hills.
- There is a 15.1km section between the start and CP1, then 13.4km to CP2, and a further 7.1km to CP3.
- We need to establish cut-off times for the first two checkpoints to ensure you can finish safely, in a reasonable time and our CP volunteers are not working into the night!

I do not want you to go into the marathon with the expectation that it will be easy – not that any marathon is ever easy!

That said, I managed the course last weekend, walking with a first-time marathoner. I wore standard running shoes and used hiking poles on the trail. So I don't want to put you off your goal of walking a marathon – it is achievable!

The checkpoint cut-off times are as follows:

CP1: 11.15am

CP2: 2.10pm

For those arriving at CP1 after 10.45am, we will have one or two vehicles available to shuttle you 2km down the road to the start of the Mulligan's Flat Reserve. This will take your total distance down to the official marathon distance. You may need to wait a short time until there are 4 walkers to fill the vehicle.

(This shuttle service is also available prior to 10.45am – just ask the CP volunteers if you would like assistance, noting that it will require a wait to fill the vehicle.)

For those arriving at CP1 after 11.15am (and after the second leg sweep has departed with the final group of shuttled walkers), you will be asked to wait to fill the car (or the final walker arrives) to be transported to CP2. If this eventuates, your walker record card will be amended accordingly, and you will be credited with 30km for the day, but unfortunately you will not qualify for the marathon medal.

I do not anticipate anyone arriving after 2.10pm at CP2, but if there is anything that does slow you down past that time, we will transport you back to the Control Centre (or to CP4 if you prefer) and you will be credited with 30km for the day.

These cut-off times will not get you back to the Control Centre by the 4pm finish time we advise to all walkers. We have allowed additional time for the marathoners, but want you to get to CP4 by 4.30pm, which is also when the café closes at the Australian War Memorial. The final sweep walker will be walking with the last of the marathoners to CP4, but does not continue back to the Control Centre.

At the Control Centre our AGM starts at 4.30pm and then we set up for Sunday, so are happy to wait until you arrive. We need to ensure that you finish safely – and can present you with your medal on completing the marathon.

In addition to these marathon-specific notes, you also need to carefully read the information provided to all registered walkers. The safety messages are particularly important and I recommend the **Emergency +** application for smart phone users given you will be passing through some areas that are not accessible by road.

Good luck and have a great walk!