

Media Release: Warrumbungle Marathon 2005
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The ultimate athletic challenge - Warrumbungle Marathon 2005

Entries are now open for the third Warrumbungle National Park Marathon to be held in Coonabarabran on **Sunday 31 July**. This marathon is gaining a reputation as being one of the few ultimate marathon challenge events in Australia and has even attracted overseas attention.

Races include the Ultra Marathon (50 km), Marathon (42.2km), a Half Marathon (21.1 km), and for those short distance athletes a 10 km and 5 km fun run. Each race ends in Canyon Picnic area in the Warrumbungle National Park, where BBQ's will be operating from the early hours for breakfast and into the day for lunch. The Coonabarabran Volunteer Rescue Association and local Rural Fire Service manage and organise this marathon providing volunteers required for drink stations, first aid and course marshals.

Entry fees start at \$5 for under 16's for the fun runs, to \$45 for the Ultra Marathon. Early bird rates of \$30 for Ultra Marathon, \$25 for Marathon and \$15 for Half Marathon are available for those wishing to book in early. Early bird deadline is 24 July. This is a rewarding marathon in a spectacular setting - the course utilises designated fire trails in the National Park, and covers a good part of the southern and northern tracks, so you will see some amazing scenery as along the way.

The program kicks off on Saturday evening at 6.00 pm for a carbohydrate boosting dinner, where competitors and supporters can eat all the homemade pasta they want for \$15 each. This is also an opportunity for National Park Rangers to explain the map, runners to drop in special drinks or requirements and general catching up with old friends before the challenge. Late entries will be accepted at the Pasta Party.

The Warrumbungle Marathon is in its third year, and it has the reputation of being an extreme event for the ultra marathon to an easier grade for the half marathon. The 10 km and 5 km fun run tracks start from the Canyon Picnic area meandering around the Camp Blackman camping ground. The views are stunning and the wildlife in abundance.

Don't miss this opportunity to run with the roo's for the run of your life! For event and accommodation enquiry's call 1800 242 881 or visit the Warrumbungle Marathon website <http://www.coonabarabran.com/marathon> for a complete program, course map and entry forms.