



## ITINERARY

### Saturday 13 April 2013

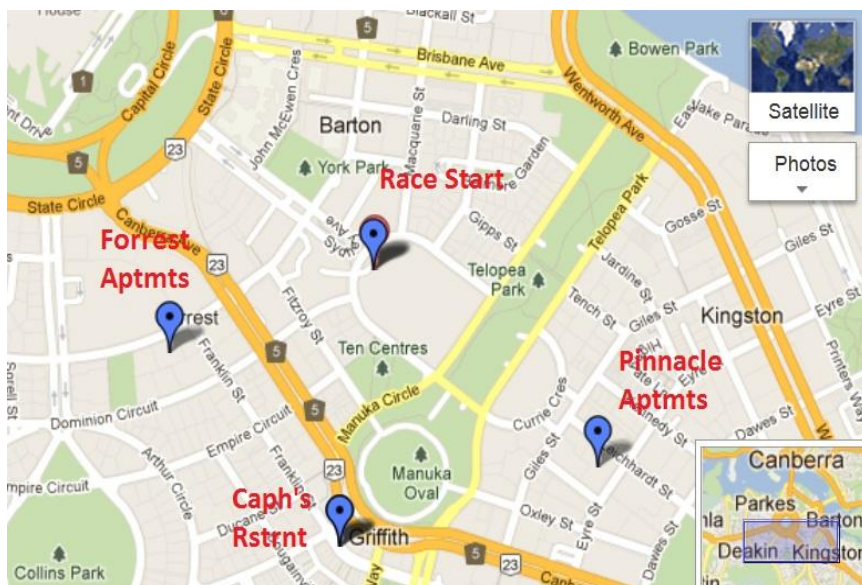
- 11:30am** Meet Joe & Theresa Ayoub's - **20 Woodlands Rd, Ashbury** to load bus
- 12:00pm** Depart
- 2:30pm Rest break & short lunch stop at Goulburn
- 3:00pm Back on the road
- 4:30 - 5pm Arrive Canberra check in to accom
- 5:45pm Walk to dinner
- 6:00pm Dinner booking at Caphs Restaurant  
Franklin St, Manuka (Between Furneaux St and Flinders Way)



Woodies 2011 start line superstars....

### Sunday 14 April 2012

- 6:20am Pinnacle Apartment people meet at front gate ready to walk to race start area
- 6:30am All meet at race start area for pre-race warm-ups, to talk tactics and best wishes
- 7:00am Start of Half-Marathon, Marathon and Ultra-Marathon races.
- 2pm (ish) Bus departs Canberra – late lunch & wine tasting at Lerida Winery.
- 8pm (ish) Arrive back and Joe & Therese's



### Team Accommodation

Pinnacle Apartments  
11 Ovens St  
Kingston ACT  
Tel: 02 6239 9799  
<http://www.pinnacleapartments.com.au/>

### Saturday Night Team Dinner

6pm - Caph's Restaurant  
Franklin St  
(Between Furneaux St & Flinders Way)  
Manuka ACT Tel: 02 6295 9783  
Modern Australian. Vegetarian and  
Gluten Free available.  
Licenced or BYO (\$3.50 corkage pp)

### Sunday Morning Luggage/Post Race Shower Arrangements

**Pinnacle Apartments** – I have requested late check-out but cannot get confirmation until day of check-in.

- **Half Marathoners:** Assumed to be finished by 9:30am, regardless of availability of late check-out, there should be enough time to walk back to the rooms for quick showers, pack up and then get back to the finish line to cheer in our marathon/ ultra runners.
- **Marathoner/Ultras:** The room the marathon/ultra people are in has been booked for an extra day so all will be able to leave gear in room and go back for QUICK showers post race.



## **What to Bring**

Without stating the obvious... bring running gear & race nutrition.

Bath towel & toiletries

Race Bib

Wet weather gear

Sat afternoon tea (as Sat lunch may be early)

Sunday pre-race breakfast

Post-race / bus snacks & drinks

4 bedroom apartments have a fully equipped kitchen, lounge/dining & 2 bathrooms, 1 with laundry.  
All apartments have linen, blankets & pillows.

## **Helpful Contact Numbers**

Angela Haynes – 0419 444 010

[angpegasus@gmail.com](mailto:angpegasus@gmail.com)

Joe Ayoub – 0419 373 326

