



# Competitor Welcome Pack

---

Thank you for entering our new Run Tasmania Stage Race taking place this November around Hobart and the Tasman Peninsula. We are SO EXCITED about this new race and the opportunity to show this magnificent part of the world to you and other runners.

Run Tasmania has been designed to not only challenge your limits, but take you on an unforgettable journey through Tasmania's wild heart – visiting the alpine, the rainforest, the seaside and the cliff top landscapes that makes Tasmania so diverse and beautiful. Combine that with an AMAZING GROUP OF RUNNERS who have entered from all over Australia and I think it's safe to say - this will be the adventure of a lifetime!

This WELCOME PACK has been written to welcome you to the event, summarize a few details that are on the website and give ideas on how you can best prepare for the fun to come. Read it over a cuppa and give us a call to discuss any questions or ideas.

*From the team at Rapid Ascent.*



---

## Event schedule – key times

**DAY 0: Tuesday 24<sup>th</sup> November** – the day before racing starts!

We recommend you arrive in Hobart today so you have time to 'acclimatize' and get comfortable before day 1.

- 6:00pm Meet and greet drinks at the Wrest Point Hotel, Hobart (optional)

**DAY 1: Wednesday 25<sup>th</sup> November**

It is also possible to catch an early flight and arrive in Hobart this morning with enough time to register and race, all in the same (rather tiring) day. Stay in Hobart tonight.

- 8:00 – 11:00am Competitor registration - Wrest Point, Hobart
- 11:00am Competitor briefing
- 1:00pm Devil Long course race START – Kingston
- 1:15pm Quoll Short course race start – Tarooma Beach

**DAY 2: Thursday 26<sup>th</sup> November**

We race in the Hobart region again today so we suggest you stay in Hobart tonight

- 8:00am Devil Long course race START – Waterworks Reserve
- 8:45am Quoll Short course race START – The Springs
- 6:30pm Presentations and mid-event Dinner at Wrest Point, Hobart

**DAY 3: Friday 27<sup>th</sup> November**

Racing moves to the Tasman Peninsula today so we suggest you stay on the Tasman Peninsula tonight

- 8:00am Buses depart Wrest Point for the Tasman Peninsula
- 11:00am Devil Long course race START – Fortescue Bay
- 11:15am Quoll Short course race START – Fortescue Bay

**DAY 4: Saturday 28<sup>th</sup> November**

We race on the Tasman Peninsula again today so we suggest you stay on the Tasman Peninsula tonight

- 8:45am Devil Long course race START – Cape Raoul Lodge
- 10:15am Quoll Short course race START – Cape Raoul Lodge
- 12:30pm Final Presentations and BBQ at Cape Raoul Lodge
- Approx 6:30pm Our appointed accom partners on Tasman Peninsula will host post race dinners for guests and others. Details tba.

There will be sufficient time to travel to Hobart and even fly out after racing on Saturday if you are time poor.

Note, there are no shuttle buses back to Hobart or the airport on Saturday afternoon/evening. Our recommendation is to linger a little longer and stay on the Tasman Peninsula tonight and celebrate with the other runners!

**Sunday 28<sup>th</sup> November** – the day after racing!

We will run a shuttle bus from appointed accom partners on Tasman Peninsula back to Hobart (drop off at either Hobart airport, CBD or Wrest Point)

- **View Full Detailed Schedule on the event website [Here >>](#)**

## Accommodation and travel logistics

### Accommodation

The event is based in Hobart for 2 days and then on the Tasman Peninsula for day 3 and 4 of racing. It is approximately 1hr15min to drive from one area to the other.

We recommend that runners stay:

- **in Hobart** on day 0, day 1 and day 2
- **on the Tasman Peninsula** on day 3 and day 4.

It is certainly possible to stay in Hobart for all nights, it just means you'd have a 1hr15min drive at the start and end of the Day 3 and 4. Or you could stay half way in between Hobart and the Tasman Peninsula and drive ~40 mins every day.

- We have appointed **accommodation partners** in Hobart and on the Tasman Peninsula as listed on the [accommodation page of the website](#). Check them out as a starting point.

### Race Transfers

Many stages start and finish at different locations and all stages start / finish some distance away from the appointed event hotels. You can either drive yourself to / from each stage or catch the Race Transfer bus.

Buses will operate between the partnered event hotels and the start / finish line each day. These are optional but allow you to do the event without a support crew and without your own rental car (although both these are OK if you have them as well).

- The **race transfers** are fully explained on the [Competitor Services and logistics page](#) and can be booked on the merchandise page if you need to add this to your entry.

## Training plan

Preparation for this event is absolutely vital so we strongly encourage all attendees to follow a good training plan and commit some time and effort to preparing beforehand.

### Hanny Allston's FREE Training Plan

We are excited to partner with Hanny Allston who is a local Hobart trail running legend, an accredited coach and someone who knows every stage pretty much like the back of her hand. Hanny has prepared a training program that is 100% customised to the Run Tasmania event.

- **Hanny's FREE training plan – [DOWNLOAD THE TRAINING PLAN HERE](#)**
- Use the following discount code to access it for free: **rapidascent**

## Connect with others via the [Run Tasmania Facebook Group](#)

We've created a dedicated Facebook Group for participants in Run Tasmania and we encourage all competitors to join up. This is a great place to connect with others before, during and after your event; ask questions about the race that others can help answer; share your tips and ideas; compare experiences and get to know one another before your race takes place (and stay in touch afterwards).

- Join the dedicated [Facebook Group HERE](#)

## Participant Dashboard

You can log in to your participant dashboard in our entry system at any time to review your entry details, check orders, add/amend merchandise and other items such as transfers and first aid kits. If you entered in a rush why not check your details now (like DOB, emergency contact and e-mail address...)

- [Entry DASHBOARD Here](#)

## Merchandise and first aid items

Add some official event merchandise or first-aid gear to your entry so you're sorted for race day. All merchandise **must be pre-ordered by early October** (we only order what is needed) and will be distributed at race registration

- [View and order merchandise here](#)



## Equipment and mandatory gear

It's good to get organised with your equipment early so there are no surprises closer to the event. In particular, we encourage you to be prepared for all conditions, from sunshine to wind and rain (this is southern Tasmania after all!) and train with your equipment in the lead up, so it's familiar.

All runners, single stage or 4-stage Devil and Quoll runners must have your mandatory gear checked off during event registration.

- [View the list of Mandatory Gear items – HERE >>](#)

## 20% discount off storewide at Find Your Feet

We are very happy to partner with Find Your Feet as our official retailer for Run Tasmania, and they are providing all competitors with a 20% discount off all items in their store (in Hobart) and online.

Find Your Feet is an independent, Tasmanian company owned and operated by Hanny Allston and Graham Hammond. They are devoted to providing an exceptional retail experience and quality education to empower the community to 'find their feet'. They love and respect the outdoors, and are constantly striving towards assisting others to find their wildest selves.

- Use this code to receive a 20% discount at checkout: **RUNTASMANIA**

## Linger a little longer – Tourism things to do and see

*“Down here, the real magic happens when you linger a little longer.”* – the famous words of travelling in Tasmania and we encourage you to stay a few extra days either side of the event to do just that!

Southern Tasmania has a way of surprising people. One moment you're sipping coffee by the waterfront, the next you're climbing a mountain, wandering a vineyard, or spotting seals off Bruny Island. Within a short drive, you can chase waterfalls, taste world-class produce, explore heritage towns, and meet locals who'll happily share their favourite spots.

We recommend visiting the Discover Southern Tasmania website which provides plenty of things to see and do, travel tips, dining suggestions, car hire links and heap of regional highlights to run past.

So slow down, take a breath and let Southern Tasmania weave it's magic! @Tasmania #DiscoverTasmania

- Visit the [Discover Southern Tasmania Website HERE >>](#)

## Download the Discover Tasmania App

When planning your extra time in Tasmania we encourage you to download the [Discover Tasmania app](#) which is another handy way to discover things to do in and around the event dates with tourist activities, places to eat and drink, and more!

Download here:

- [GooglePlay link](#)
- [Apple App Store link](#)

**Thank you** ...again for your entry into the

2026 Run Tasmania Stage Race . We hope your

training is running along nicely and you're as excited about the event as we are. If you have any questions, then contact us at any time via [info@rapidascent.com.au](mailto:info@rapidascent.com.au) or (03) 5261 5511.

The Rapid Ascent Team.

The world's #1 app for salt sommeliers and glowing marsupials. Probably.

Find more near you with the Discover Tasmania app.

GET IT ON Google Play Download on the App Store

TASMANIA  
COME DOWN FOR AIR

# TASMANIAN

