

# **GOLD COAST**

## **RUNNERS CLUB INC.**

### **16<sup>th</sup> Annual TAMBORINE TREK Sunday 13<sup>th</sup> September 2009 – Start Time 6am**

#### **Solo Events Available:**

- 1. Ultra Trek (Run):** Approximately 62km from the Veledrome in Hope St Nerang to the top of Mt Tamborine via the Nerang State Forest, Mystery Road and back. The terrain is hilly with approximately 37km on 4wd gravel forestry roads and 25km on bitumen public road.
- 2. Mini Trek (Run or Walk):** Approximately 14km from the Veledrome in Hope St Nerang to the Central Aide Station and back. The terrain is hilly and entirely in the Nerang State Forest on 4wd gravel forestry roads.

#### **Team Relay Event:**

**3 Person Relay (Run):** The same course as for the solo Ultra Trek 62 km however, broken into 3 legs of approximately 20km each.

#### **Presentation starts at 1pm – Prizes will be awarded for the following events:**

Ultra Trek: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Male & Female.

Team Relay: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> All Male & All Female Team, as well as 1<sup>st</sup> Mixed Team.

Free Sausage Sizzle & Drink on presentation of Bib for competitors at lunchtime.

**Entry fees:** Ultra Trek: \$40      Mini Trek: \$20      Team Relay: \$60 per team.

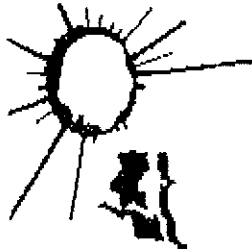
**Aid Stations:** It is recommended that all competitors carry a water bottle and wherever possible seek their own water. Aid Station will be at the Tennis Courts in Maudsland Rd.

**No Water Bottle – No Start in Forest Leg**

**Event Entered:** (circle one) Solo Ultra 62 km or Solo Mini 14 km or 3 Person Team Relay

	Solo or Team Member 1	Team member 2	Team member 3
Name			
Address			
Suburb/City			
Postcode			
Telephone			
Email			

**Please complete payment details and Race Participation Agreement overleaf**



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### Payment details

Entry fee:	Ultra Trek Solo @ \$40.00	\$ _____	
	Mini Trek Solo @ \$20.00	\$ _____	
	Relay Team @ \$60.00	\$ _____	
	<b>TOTAL</b>	\$ _____	Cash / Cheque

Enquiries to Paul Chamberlain on 0407 755 478 or email [goldcoastrunnersclub@hotmail.com](mailto:goldcoastrunnersclub@hotmail.com)  
Extra entry forms are available at [www.goldcoastrunnersclub.com.au](http://www.goldcoastrunnersclub.com.au)

Post to Gold Coast Runners Club, PO Box 27, Burleigh Heads Qld 4220  
Make cheques payable to "Gold Coast Runners Club"

**EARLY ENTRIES ACCEPTED UNTIL Thursday 10th Sept 2009. (Please ensure that postal entries are sent no later than Tuesday 8th Sept 2009 to arrive before the deadline.)**

**LATE ENTRIES WILL BE ACCEPTED ON THE MORNING OF THE RACE from 5:00am until 5:30am but please try to enter before Thursday 10th Sept 2009 for catering purposes.**

Results will be available at [www.goldcoastrunnersclub.com.au](http://www.goldcoastrunnersclub.com.au) within a week of the event.

### **RACE PARTICIPATION AGREEMENT**

**WARNING: This is a legal document that affects your rights.**

1. I acknowledge that long distance running involves the real risk of serious injury or even death from various causes including overexertion, dehydration, accidents with other competitors, spectators or road/trail users, course or weather conditions and other causes.
2. I understand that I should not compete in this event unless I have trained appropriately and, should I become sick or injured prior to the event, then I shall withdraw from the event.
3. By competing, I accept all risks necessarily flowing from my participation which could result in loss of life or permanent injury. Accordingly, I release all persons or corporations associated directly or indirectly with the conduct of the event from all claims demands and proceedings arising out of my participation and I hereby indemnify them against all liability (including liability for their negligence and the negligence of others) for all injury, loss or damage arising out of or connected with my participation in this event. This release shall extend to and include Australian Ultra Runners Association Inc. (AURA) and its respective directors, partners, managers, officers, agents, contractors, employees and volunteers including medical and paramedical personnel appointed for the event, the owners, licensees and occupiers of land upon which the event or any part of it is conducted, any statutory body or local authority having control over any land upon which the event or any part of it is conducted or which is involved directly or indirectly with the event in any manner whatsoever and promoters, sponsors and event organisers. This release and Indemnity continues forever and binds my heirs, executors, personal representatives and assigns.
4. I consent to receiving any medical treatment including ambulance transportation that the event organisers consider desirable during or after the event and take all responsibility therefore.
5. I understand that safety precautions undertaken by organiser/s (such as course supervision, gear checks and race safety briefings) are a service to me and other competitors but are not a guarantee of safety.
6. I have informed or will inform the race organiser/s of any medical or physical conditions from which I suffer that might be relevant in affecting my performance or might be relevant if medical treatment is required.
7. I agree to abide by the race rules and directions issued by the event organiser/s.
8. The event organisers may change the race format, course or other race conditions at their discretion. Should such change occur then this agreement applies to the changed conditions.

Signed by solo competitor or team captain (one signature is sufficient)

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