



Wamboin Trail Runners Inc. in association with the Australian
Mountain Running Association present the

Kowen Trail Run

Sunday, 17 June 2018

Start and finish at the Wamboin Community Hall
112 Bingley Way, Wamboin, NSW
Facilities: food, parking, toilets



Photo: Bob Miller

Proceeds from the event go to the Wamboin Rural Fire Brigade

Event Program

6:00 am	Registration opens
7:00 am	Marathon
8:00 am	21.1 km half marathon
9:00 am	12 km trail run
11:30 am	Presentation

Run through native forest and on groomed forestry trails with spectacular views of Canberra and surrounds. Over 400 m of elevation gain in the 12 km, 600 m in the half marathon and 1400 m over the marathon course. Support the Wamboin community and take in the rural atmosphere.

Running surface: Mostly dirt forestry trails in Kowen Forest. Sealed bitumen for approximately 1.3 km at the start and finish of the marathon, half marathon and 12 km events. Each event has some single track and 500 m of fast downhill approximately 8 km into the marathon and half marathon courses.

Water stations: Water points are located 3-8 km apart. Marathon: eight water stations. Half marathon: five water stations. 12km: three water stations. Refer to course maps. All water stations will contain water to fill your water bottles. All runners should carry a water bottle/bladder which can be refilled during the event. **No cups will be provided at aid stations.**

Post-race munchies: Runners in the marathon, half marathon and 12 km trail run receive a cup of soup or a sausage sandwich following their event. Costs are covered by your entry. Please indicate your preference on entry for catering purposes.

Mandatory gear: All participants must carry a water container, mobile phone and space blanket for safety reasons. Runners competing in the marathon must have the capacity to carry 1 litre of water as a minimum. Please check weather conditions and pack gear accordingly.

Race numbers: Will need to be collected on race morning. Registration will open from 6.00 am Sunday, 17 June. Runners are encouraged to arrive at least 40 minutes prior to their start time to enable collection of race numbers.

Prizes: Winners (male and female) of each event receive a voucher for a free lunch from our sponsor, local vineyard and restaurant, Contentious Character. All Placegetters will receive their choice of a bottle of wine or chocolate.

Time limits: Time limits are necessary for personal safety and out of consideration to event helpers who volunteer from very early in the morning to help on the day. A seven hour time limit applies to the marathon and a four hour thirty minute time limit applies to the half marathon and 12 km events. Persons not finishing within the time limit will be disqualified.

Facilities: Food and drink, parking, toilets (arrive early to avoid the rush!), children's playground, first aid.

More information: For additional information such as elevation profiles, course descriptions etc, check out our web page at kowen-trail-run.com and join us on Facebook (search Kowen Trail Run) for regular race updates.

Volunteers: If you are unable to enter the event, perhaps you'd like to join the Kowen Trail Run volunteer army. If so, let us know via the web site's contact page at <https://kowen-trail-run.com/contact-2/>

Contact: Pam Muston 0408 234 126, Jessica Robson 0402 303 676 or Peter Komidar 0407 760 083

Entry fees

	AMRA Member		Non-AMRA	
42.2 marathon	Early bird	\$45	Early bird	\$50
	6-15 June	\$63	6-15 June	\$70
21.1 km half marathon	Early Bird	\$36	Early bird	\$40
	6-15 June	\$50	6-15 June	\$55
12 km trail run	Early bird	\$27	Early bird	\$30
	6-15 June	\$36	6-15 June	\$40

Additional donations can also be made to support the Wamboin Rural Fire Brigade during registration.

ENTRIES CLOSE ON 12 NOON FRIDAY, 15 JUNE.

Cancellation, Refund, Entry Transfer and Change of Distance policies

The Kowen Trail Run applies the Australian Mountain Running Association model policy in relation to the cancellation, refund, entry transfer and change of distance as set out below.

Event cancellation: If the event is cancelled, for example in the case of extreme weather, you will receive a refund of 70% of your entry fee. The remaining funds will go towards some of the sunk costs that we cannot get refunded.

Partial refund due to illness/injury/family or work commitment: Entrants who wish to cancel their registration due to illness/injury/family or work commitment may apply to receive a refund of the entry fee less an administration fee of \$10 up to 6:00 pm on Friday, 8 June. The application should be emailed to admin@kowen-trail-run.com and include your name, your email address, the name of the event, and your Registernow registration number (emailed to you when you entered). No refunds will be given for applications sent after 6:00 pm on 8 June.

Transfer of your entry to another participant: Sorry, we are unable to do this. You will need to cancel your own entry (see above) and the other participant can sign up as normal if the event registration deadline has not yet passed. If the event registration deadline has passed, the entry will be forfeited. For safety reasons you cannot give your bib to another participant.

Transfer of your entry to a different Kowen Trail Run event in the future: Sorry, we are unable to do this. You will need to cancel your entry and register for the future event.

Changing your event distance: Any requests to change race distance must be emailed at the latest by midday on Friday 8 June to admin@kowen-trail-run.com. No refund will be given where the change is to a cheaper entry fee event. If the change is to a more expensive entry fee event, there will be a fee applicable of the additional cost which must be provided in cash when collecting your race bib on race day.

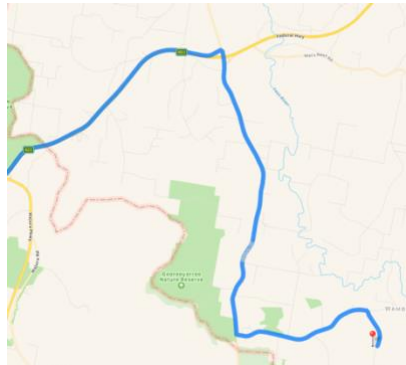
Directions to Wamboin Community Hall

By GPS

- Set your destination as 112 Bingley Way, Wamboin, NSW, 2620.

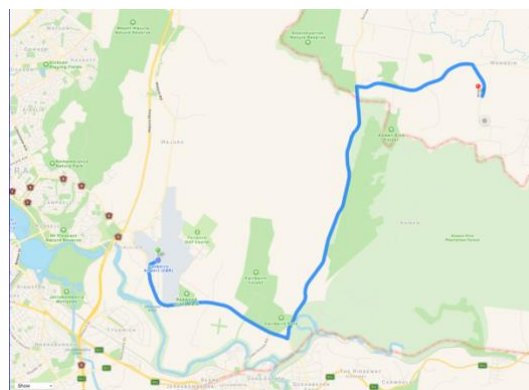
From the North

- Exit Canberra via the Federal Highway towards Goulburn and Sydney
- Take the Gunning exit 7.6 km from the Majura Parkway underpass
- In 600 metres turn right onto Sutton Road
- In 8.9 km turn left onto Norton Road
- In 4.2 km turn right onto Bingley Way
- In 1.1 km turn right into the Wamboin Community Hall car park
- Marshalls will be available to assist drivers finding a suitable car park.



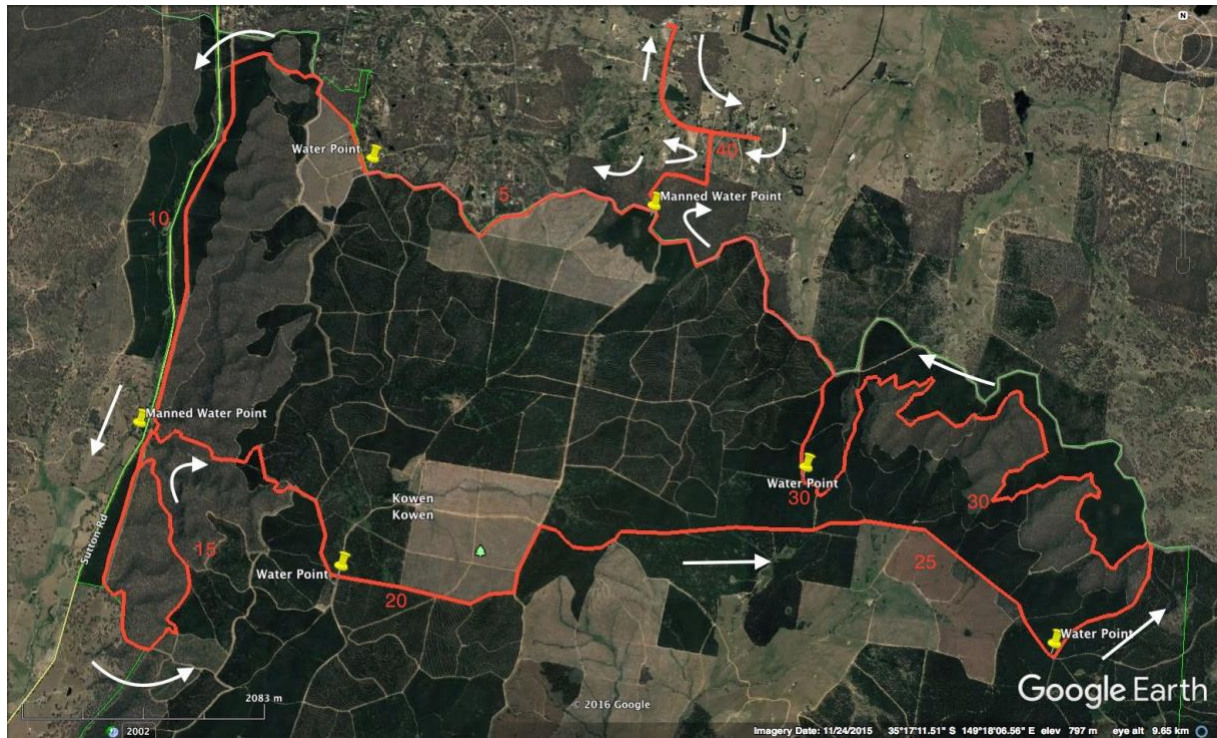
From the South

- Drive to Canberra Airport and proceed along Pialligo Road past the Airport, towards Queanbeyan
- In 5.9 km turn left onto Sutton Road
- In 9 km turn right onto Norton Road
- In 4.2 km turn right onto Bingley Way
- In 1.1 km turn right into the Wamboin Community Hall car park
- Marshalls will be available to assist drivers finding a suitable car park.

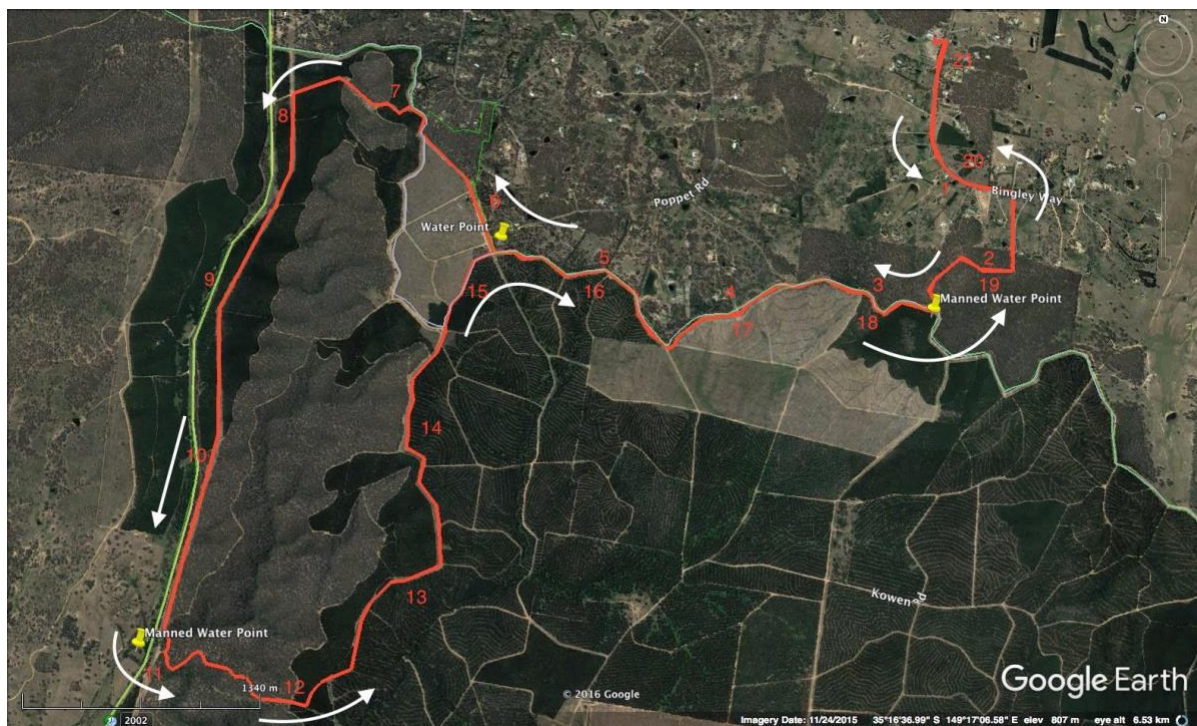


COURSES

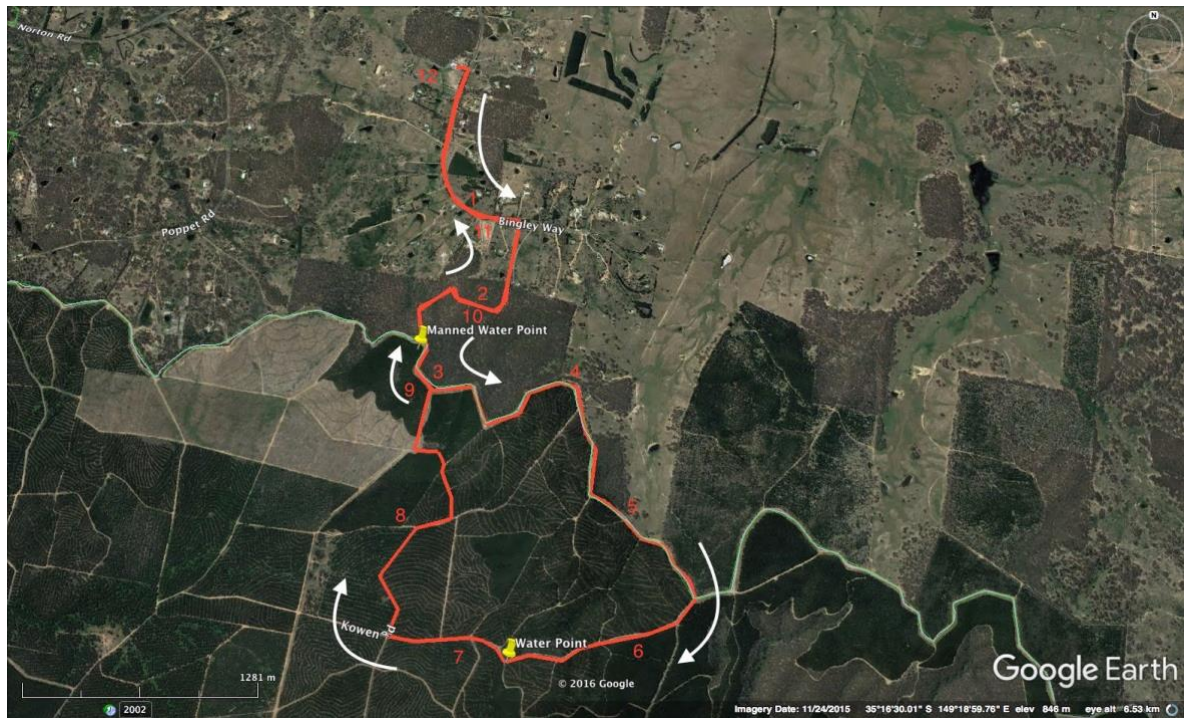
42.2 km marathon



21.1 km half marathon



12 km trail run



Sample Entry Form – Kowen Trail Run
Sunday 17 June 2018

Enter securely online with credit card at kowen-trail-run.com

Online Entries Close on MIDDAY FRIDAY, 15 June 2018

Given name Surname

Address

..... Post code

Telephone (home) (work)

Email (write clearly in block letters)

☐ Male ☐ Female Date of birth: Age in years on 17 June

EVENT (please tick):

☐ 42.2 km marathon ☐ 21.1 km half marathon ☐ 12 km trail run

Australian Mountain Running Association membership status: ☐ **AMRA member** ☐ **Not a member**

Post event food – marathon, half marathon and 12 km – choose one

Vegetarian soup and roll ☐ Sausage Sandwich ☐

Voluntary donation to the Wamboin Rural Fire Brigade \$.....

Total amount paid: \$.....

Risk statement

When entering online, you will be required to acknowledge the following risk statement.

In entering this mountain running event you should recognise that mountain running is a recreational activity that may involve a small risk of physical harm. Included in these risks are injury due to: steep or rough terrain and obstacles; the effects of heat, cold or other adverse weather conditions; dehydration or over-hydration.

You should be aware that there is no personal accident insurance on your participation and you participate at your own risk.

Declaration: (all entrants must sign, and parent/guardian if under 18 years)

1. I, the undersigned, in consideration of and as a condition of entry in the Kowen Trail Run and supporting events, for myself, my heirs, executors and administrators, hereby waive all and any claim, right or cause of action which might arise out of loss of my life or injury or damage consequent upon my entry or participation in the said event. This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging this event.
2. I have downloaded and read the event information, including the risk statement, especially in respect of the time limits and cancellation, refund and transfer of entry policies, and I agree, in entering, to comply with all race rules.
3. I have trained for this event, have no medical impairment which may be detrimental to my health, and I will withdraw from the event if I suffer a viral complaint during the last seven days before the race, or I feel unwell on the day.

Signed:..... **Date:**.....

If under 18 years, signature of parent or guardian approving participation of the above in the event:

Signed:..... **Date:**.....