



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

Kowen Moonlighter

Saturday, 1 September 2018

Start and finish at the Wamboin Community Hall
112 Bingley Way, Wamboin, NSW



Photo: Carolyn Young

Proceeds from the event go to the Wamboin Rural Fire Brigade

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

Entries Close on Midnight Thursday, 30 August 2018

Welcome to the inaugural Kowen Moonlighter ultra marathon where you can run in the Kowen moonlight for up to 12 hours.

There is a choice of five races in the Kowen Moonlighter.

The **12 hour solo ultra marathon** where individuals will run the 7.55 km loop from 6:00 pm until 6:00 am. Prizes will be awarded to the first three males and females covering the most miles over the 12 hour period.

The **12 hour relay ultra marathon** where teams of two to four runners tackle the entire 12 hours. Teams can switch runners at the 7.55 km lap point (at the Wamboin Community Hall) as often as desired. There are three categories of teams, all male, all female or mixed.

The three shorter distance races are also available:

- a **single loop** of 7.55 km
- a **double loop** totaling 15.10 km
- a **triple loop** totaling 22.65 km.

Prizes:

A total of 33 prizes will be awarded with prizes:

- Single loop (7.55 km) – first three male and female place getters
- Double loop (15.10 km) – first three male and female place getters
- Triple loop (22.65 km) – first three male and female place getters
- Relay ultramarathon - all female team – first three place getters
- Relay ultramarathon – all male team – first three place getters
- Relay ultramarathon – mixed team – first three place getters
- Ultra marathon – solo runners – first three male and female place getters

The winners (male and female) in solo ultra marathon will receive a free entry to the 2019 Kowen Moonlighter.

Event Program

5:00 pm	Registration opens
5:40 pm	Pre-race briefing – triple loop and ultra marathon
6:00 pm	Ultra marathon and triple loop race start
6:10 pm	Pre-race briefing – single loop and double loop
6:30 pm	Single loop and double loop race start
9:00 pm	Presentation single loop, double loop and triple loop
6:00 am	Ultra marathon finish
7:00 am	Ultra marathon presentation (solo and relay)

Running Surface: Starting and finishing at the Wamboin Community Hall, the 7.55 km loop has 230 m of elevation gain and consists of 2.64 km of bitumen (including Hall), 1.25 km of dirt road and 3.66 km of single track in native forest.

Aid stations: Aid stations are located at the 3.94 km mid-way point (horse gate) and at the Wamboin Community Hall (7.55 km start/lap/finish). All runners must carry a water container which can be refilled during the event. **No cups will be provided at aid stations.**

Mandatory gear: For safety reasons, all participants must carry the following mandatory gear:

- a water container
- mobile phone
- space blanket
- head lamp or torch (to be carried at all times)
- 'hi vis' safety vest (to be worn at all times).

In addition, ultra marathon runners will also need to either carry the following items or have them stored in a drop bag for access if needed:

- spare torch/headlamp or torch/headlamp batteries
- gloves
- long sleeve thermal top
- beanie/buff
- rain jacket
- rain pants.

Please check weather conditions and dress accordingly.

Race numbers: Will need to be collected on race day. Registration will open from 5:00 pm Saturday, 1 September. Runners are encouraged to arrive at least 40 minutes prior to their start time to facilitate collection of race numbers (bibs).

Post-race food for short distance events: Runners in the single, double and triple loop events will receive either a cup of soup and bread, a sausage sandwich or a steak sandwich. Costs are covered by your entry. Please indicate your preference when entering for catering purposes.

Ultra marathon food: From 10:00 pm warm food (soup and sausage sandwiches) and hot drinks will be provided to ultra marathon runners at the Wamboin Community Hall. A post-race breakfast will also be available for ultra marathon runners (solo and teams). Costs are covered by your entry. Please indicate your preference on entry for catering purposes. The warm food, hot drinks and breakfast will also be available for purchase by crew and supporters.

Ultra marathon bag drop: Drop bags can be stored at the hall and/or at the mid-way point aid station. Drop bags for the mid-way point aid station must be dropped off at the collection point (in the hall) by no later than 5:30 pm to enable transport to the aid station in advance of the race.

Ultra marathon crews: Solo and team ultra marathon runners are encouraged to bring support crew. Support crew must remain at the Wamboin Community Hall. Tables will be available for crew both inside and outside the hall. Floor space is available for crew and runners to rest in the hall. Crew are not permitted to accompany their runner on the course.

Facilities: Hall (with a wood fire inside), parking, flush toilets (arrive early to avoid the rush!), fire pits, water, electricity (charging station), lit children's playground, first aid, table/chairs for ultra marathon runners and their crew; and food/drink sales for crew and supporters.

Race Rules:

1. Runners are to stay on the course.
2. For the 12 hour ultra marathon races, at 12 hours, results will be recorded as the number of complete half laps ran. A countback will be used for runners with equal number of half laps. The countback will be the earliest time of completion of the last half lap.
Note: The half lap recording point will be 3.94 km mid-way aid station.
3. Relay team changeover. The change can be at the end of any full lap. The current runner will need to complete the lap they are on by passing the timing mat. That runner is to tag the next team member and hand over the Team Baton in the changeover transition zone. The next runner will then start the next lap.
4. Pacing is not allowed.

Entry fees:

Ultra marathon solo	Early bird	\$120
	23-30 August	\$160
Ultra marathon team	Early bird	\$150
	23-30 August	\$200
Triple loop - 22.65 km	Early bird	\$40
	23-30 August	\$55
Double loop – 15.10 km	Early bird	\$30
	23-30 August	\$40
Single loop - 7.55 km	Early bird	\$20
	23-30 August	\$27

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

ENTRIES CLOSE AT MIDNIGHT THURSDAY, 30 AUGUST.

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 may apply to receive a refund of the entry fee less an administration fee of \$10 up to midnight on Friday, 24 August. The application should be emailed to admin@kowen-trail-run.com. No refunds will be given for applications sent after Friday 24 August.

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 registration deadline has not yet passed. If the registration deadline has passed, the entry will be forfeited. For safety reasons you cannot give your bib to another participant.

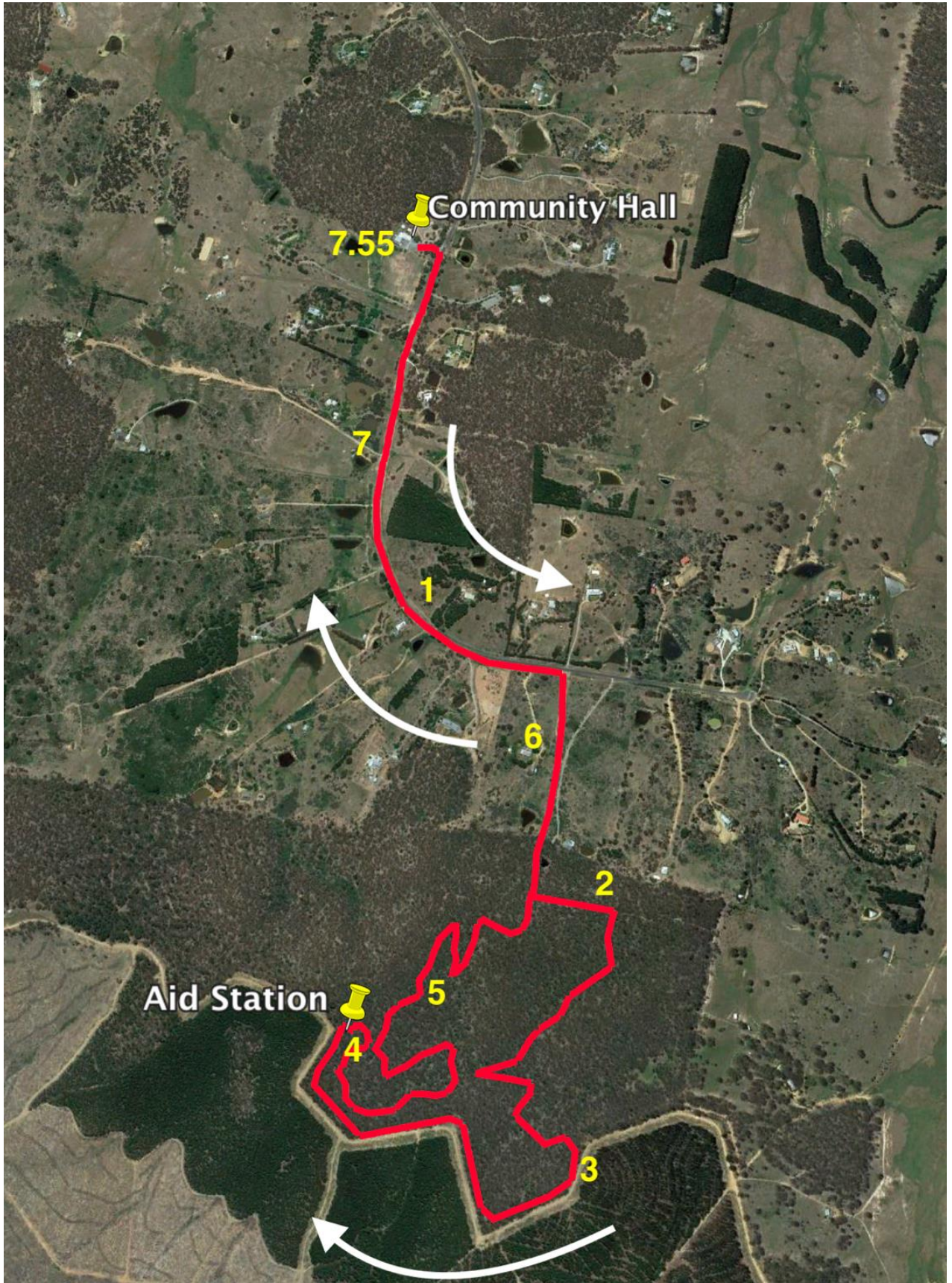
Transfer of your entry to a different Kowen Trail Run event in the future: Sorry, we are unable to do this. You will need to cancel your entry and register for the future event.

Changing your event distance: Any requests to change race distance must be emailed at the latest by midnight on Friday 24 August 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.

More information: For additional information such as elevation profile, course description etc, check out our web page at kowen-trail-run.com and join us on [Facebook](#) regular race updates.

Contact: Pam Muston 0408 234 126 or Peter Komidar 0407 760 083.

COURSE



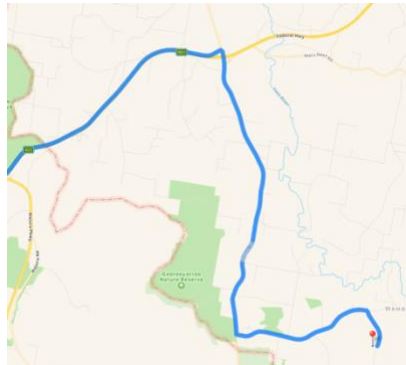
Directions to Wamboin Community Hall

By GPS/Mobile

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

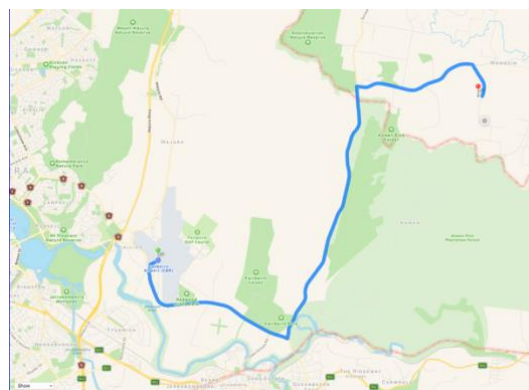
From the North

- 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.



Risk statement

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

In entering this Kowen Trail Run event you should recognise that trail 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: Kowen Moonlighter 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:**.....