



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

# Kowen Moonlighter

**Saturday, 7<sup>th</sup> September 2019**

**Location:** Wamboin Community Hall, 112 Bingley Way, Wamboin, NSW

**Facilities:** Food, parking and toilets

**All proceeds go to the Wamboin Rural Fire Brigade**

**Enter securely online at <https://kowen-trail-run.com>**



*Photo: Caitlin Curtis*

The Kowen Moonlighter gives runners the chance to experience the wonderful Kowen trails at night for up to 12 hours. There is a choice of six events in the Kowen Moonlighter.

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

### Event Program

The **12 hour solo ultra marathon** where individuals will run the 7.55 km loop from 6:00 pm to 6:00 am.

The **12 hour relay ultra marathon** where teams of two to four runners will run the 7.55 km loop from 6:00 pm to 6:00 am.

The **6 hour solo ultra marathon** where individuals will run the 7.55 km loop from 6:00 pm to 12:00 am.

Three shorter distance races are also available:

- A **Single loop** of 7.55 km or
- A **Double loop** totalling 15.10 km or
- A **Triple loop** totalling 22.65 km.

5:00 pm	Registration/Gear check opens
5:40 pm	Pre-race briefing – Triple loop and ultra marathons
6:00 pm	Start - Triple loop and ultra marathons
6:10 pm	Pre-race briefing – Single and double loop
6:30 pm	Start - Single and double loop
9:00 pm	Presentations - Single, double and triple loop
12:00 am	Finish - 6 hour ultra marathon
12:30 am	Presentation - 6 hour ultra marathon
6:00 am	Finish – 12 hour ultra marathon
7:00 am	Presentation – 12 hour ultra marathon

## Entry Information

### Entry Fee

12 hour solo	Early Bird	\$120
	26 August – 5 September	\$160
12 hour relay	Early Bird	\$150
	26 August – 5 September	\$200
6 hour solo	Early Bird	\$75
	26 August – 5 September	\$90
Triple Loop (22.65 km)	Early Bird	\$40
	26 August – 5 September	\$55
Double Loop (15.1 km)	Early Bird	\$30
	26 August – 5 September	\$40
Single Loop (7.55 km)	Early Bird	\$20
	26 August – 5 September	\$27

**ENTRIES CLOSE MIDNIGHT THURSDAY 5<sup>TH</sup> SEPTEMBER 2019**



*Photo: Richard Thorek*

## Cancellation, refund, entry transfer, change of distance

### **Partial refund**

Entrants who wish to cancel their registration due to illness/injury/family or work commitments may apply to receive a refund of the entry fee less an administration fee of \$10 up to close of registration (midnight Thursday before the race). The application should be emailed to [kowentrailrun@gmail.com](mailto:kowentrailrun@gmail.com) and include your name, the event you have entered, and your RegisterNow registration number (emailed to you when you entered). No refunds will be given for applications after close of registration.

### **Transfer of entry to another participant or another event**

Sorry, we are unable to transfer entry to another person or change your entry to another Kowen Trail Run event. You will need to cancel your entry (as above) if you are unable to participate in the event.

### **Changing your event distance**

All requests to change the race distance must be emailed to [kowentrailrun@gmail.com](mailto:kowentrailrun@gmail.com) before registrations close. 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 before the race day.

### **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.

## Courses Information

### **Running surface**

Starting and finishing at the Wamboin Community Hall, the 7.55 km loop has 230 metres 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 gates) and at the Wamboin Community Hall. All runners must carry a water container which can be refilled during the event. No cups will be provided at the aid stations.

### **Race numbers**

Race numbers will be available for collection on the day. Registration and gear check will open from 5:00 pm Saturday. Runners are encouraged to arrive 40 minutes prior to their start time to ensure there is enough time for gear check and registration.

### **Post-race munchies**

#### Short distance

Runners in all events will receive sausage sandwich, steak sandwich or a vegetable soup and bread following the event. Costs are covered by the entry. Please indicate preference when entering online for catering purposes.

#### 6 hr ultra marathon

Runners in all events will receive sausage sandwich, steak sandwich or a vegetable soup and bread during and following the event. Costs are covered by the entry. Please indicate preference when entering online, required for catering purposes.

#### 12 hr ultra marathon

Runners will be provided some hot food (vegetable soup, sausage or steak sandwiches) and hot drinks (tea, coffee or hot chocolate) overnight. Breakfast in the morning will be provided (toast, porridge or egg and bacon roll). Costs are covered by the entry. Please indicate preference when entering online, required for catering purposes.

## Mandatory gear

All participants must carry the following mandatory gear for safety reasons. There are extra items that the ultra marathon runners (solo or relay) must have access to in case of bad weather. All entrants will participate in a mandatory gear check on the day of the event to show they have all the required gear before being allowed to register and collect their race number.

### Short events (Single, double and triple loop)

- **Water container**
- **Mobile phone** (with race director 0408 234 126 saved in case of an emergency)
- **Space blanket**
- **Head lamp or torch** (to be carried at all times)
- **Hi vis reflective safety vest** (to be worn at all times)

### Ultra marathon runners (6 and 12 hour)

- To be carried at all times
  - **Water container** (to be carried at all times)
  - **Mobile phone** (to be carried at all times)
    - (with race director 0408 234 126 saved in case of an emergency)
  - **Space blanket** (to be carried at all times)
  - **Head lamp or torch** (to be carried at all times)
  - **Hi vis reflective safety vest** (to be worn at all times)
- Either carry or have access to in a drop bag
  - **Spare torch/head lamp or batteries**
  - **Gloves**
  - **Long sleeve thermals**
  - **Beanie/buff**
  - **Rain jacket**
  - **Rain pants**

If an entrant does not have one of these mandatory gear items they will not be allowed to enter the race for their own safety. It is the responsibility of the runner to ensure they have all the required gear at the event.

## Prizes

Winners (male and female) for each event will receive goodies from our sponsors.

## Facilities

Food and drink will be available for purchase. Parking, toilets (arrive early to avoid the rush), children's playground and first aid are also available on the day.

## Volunteers

If you are unable to enter the event, perhaps you would like to join the Kowen Trail Run volunteer army. If so, let us know via email at [kowentrailrun@gmail.com](mailto:kowentrailrun@gmail.com) or on our [website](#) or [Facebook](#) page.

## More information

For more information check out our webpage at [Kowen-trail-run.com](http://Kowen-trail-run.com) and join us on Facebook for race updates.

## Contact

**Phone:** Pam Muston (Race Director) 0408 234 126.

**Email:** [kowentrailrun@gmail.com](mailto:kowentrailrun@gmail.com)

**Website:** <http://kowen-trail-run.com/>

## Directions

### By GPS

Set your destination to 112 Bingley Way, Wamboin, NSW

### From north Canberra

- Leave Canberra via the Federal Highway towards Goulburn and Sydney
- Take the Gunning exit, 7.6 km from the Majura Parkway underpass
- Turn right onto Sutton Road
- After 8.9 km turn left onto Norton Road
- After 4.2 km turn right onto Bingley Way
- After 1.1 km turn right into the Wamboin Community Hall car park
- Marshals will be available to assist drivers to find a suitable car park

### From south Canberra

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





## 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:**

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.
4. I understand that in the event I am injured the Kowen Trail Run Team may call an ambulance on my behalf if they think its required and I am unable to make that decision myself.
5. I understand photos taken during the event may be used for publicity in future and on Facebook.