



Sunday 19 January 2020

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

New Year's Resolution Run

Location: Wamboin Community Hall, 112 Bingley Way, Wamboin

Facilities: Food, parking and toilets



All proceeds go to the Wamboin Rural Fire Brigade

Photo: Carolyn Young

Choose between a half marathon on a mix of forestry trails and single track with spectacular views of Canberra and surrounds, or a 12 km course with 8 km of continuous single track in the native forest. The half marathon course provides 680 metres of elevation, including an ascent of the formidable Mt Amungula, while the 12 km includes over 320 metres of climb.

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

Event Program

5:30 am	Registration/gear check opens
6:10 am	Pre-race briefing – half marathon
6:30 am	21.1 km half marathon start
7:10 am	Pre-race briefing – 12 km
7:30 am	12 km trail run start
9:30 am	Presentations

Entry Information

Entry Fee

21.1 km half marathon	Early Bird	\$40
	9 – 16 January	\$55
12 km trail run	Early Bird	\$30
	9 – 16 January	\$40

ENTRIES CLOSE MIDNIGHT THURSDAY 16^H JANUARY 2020



Photo: Bob Miller

Course and Entry Information

Running Surface

Sealed bitumen for 1.3 km at the start and finish of the half marathon and 12 km trail run. The half marathon consists of mostly dirt forestry trails with three sections of single track totalling 2.5 km, while the 12 km course comprises of 8 km of continuous single track in native forest.

Aid Stations

Aid stations are located 3 - 8 km apart. The half marathon has five aid stations and the 12 km has three aid stations. All aid stations have water and lollies. Participants must carry a water bottle or bladder which can be refilled during the event as there will be no cups provided. For more information on location of aid stations for each event please refer to the course map.

Time Limits

Time limits are necessary for personal safety. A four hour thirty minute time (4h30m) limit applies to the half marathon and 12 km events and persons not finishing within the time limit will be disqualified.

Mandatory Gear

All participants must carry the following mandatory gear for safety reasons. Everyone will participate in a mandatory gear check on the day, before they can collect their race number.

- **Water Container**
- **Mobile Phone** (with 0408 234 126 saved in case of an emergency)
- **Snake bandage** (compression bandage)

If an entrant does not have any of these mandatory gear items unfortunately, they will not be allowed to start the race for their own safety. It is the responsibility of the participant to ensure they have all the required gear at the event.

Race Numbers

Race numbers will be available for collection on the race day. Registration and gear check will open from 5:30 am Sunday. Participants are encouraged to arrive 40 minutes prior to their start time to ensure there is enough time for gear check and registration.

Post-Race Breakfast

Participants in all events will receive either a bacon and egg sandwich or a veggie sandwich following their event. Costs are covered in the entry. Please indicate your preference when entering online for catering purposes.

Prizes

Winners and placegetters (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, Mont Adventure Equipment pop-up store and first aid are available on the day.

Volunteers

If you are unable to enter, but would still like to be involved in this great community event, you can join the Kowen Trail Run volunteer army. If you're interested in volunteering, please contact us via email at kowentrailrun@gmail.com or through our [Facebook page](#). There are many different volunteer roles available and no offer to help is too small!

More Information

For more information check out our webpage at 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

Website: Kowen-trail-run.com

Directions

By GPS

Set your destination to 112 Bingley Way, Wamboin, NSW, 2620

From north Canberra

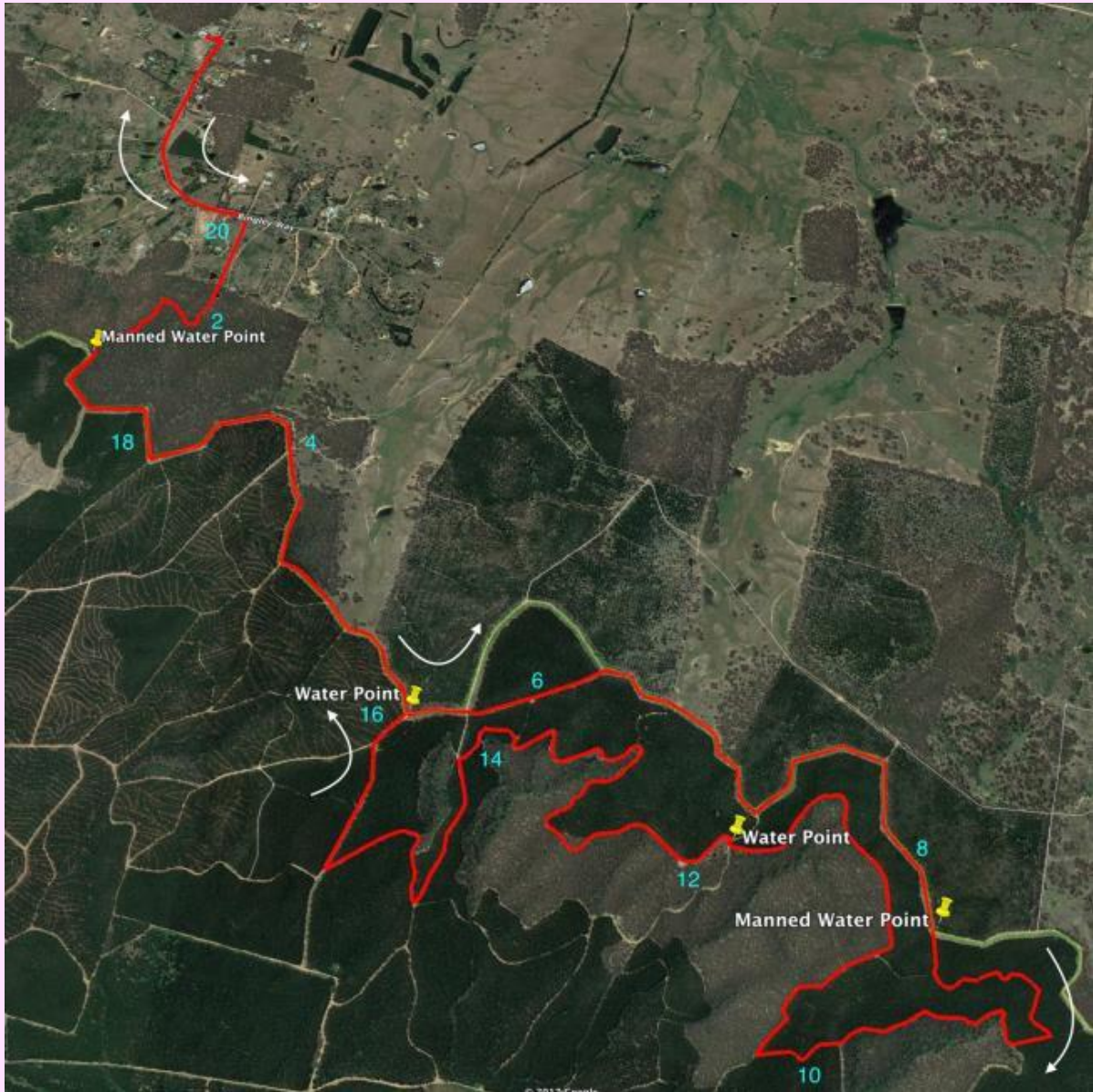
- Leave Canberra via the Federal Highway towards Goulburn and Sydney
- Take the Gunning exit, 7.6 km from the Majura Parkway underpass
- Turn right onto Sutton Road
- After 8.9 km turn left onto Norton Road
- After 4.2 km turn right onto Bingley Way
- After 1.1 km turn right into the Wamboin Community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

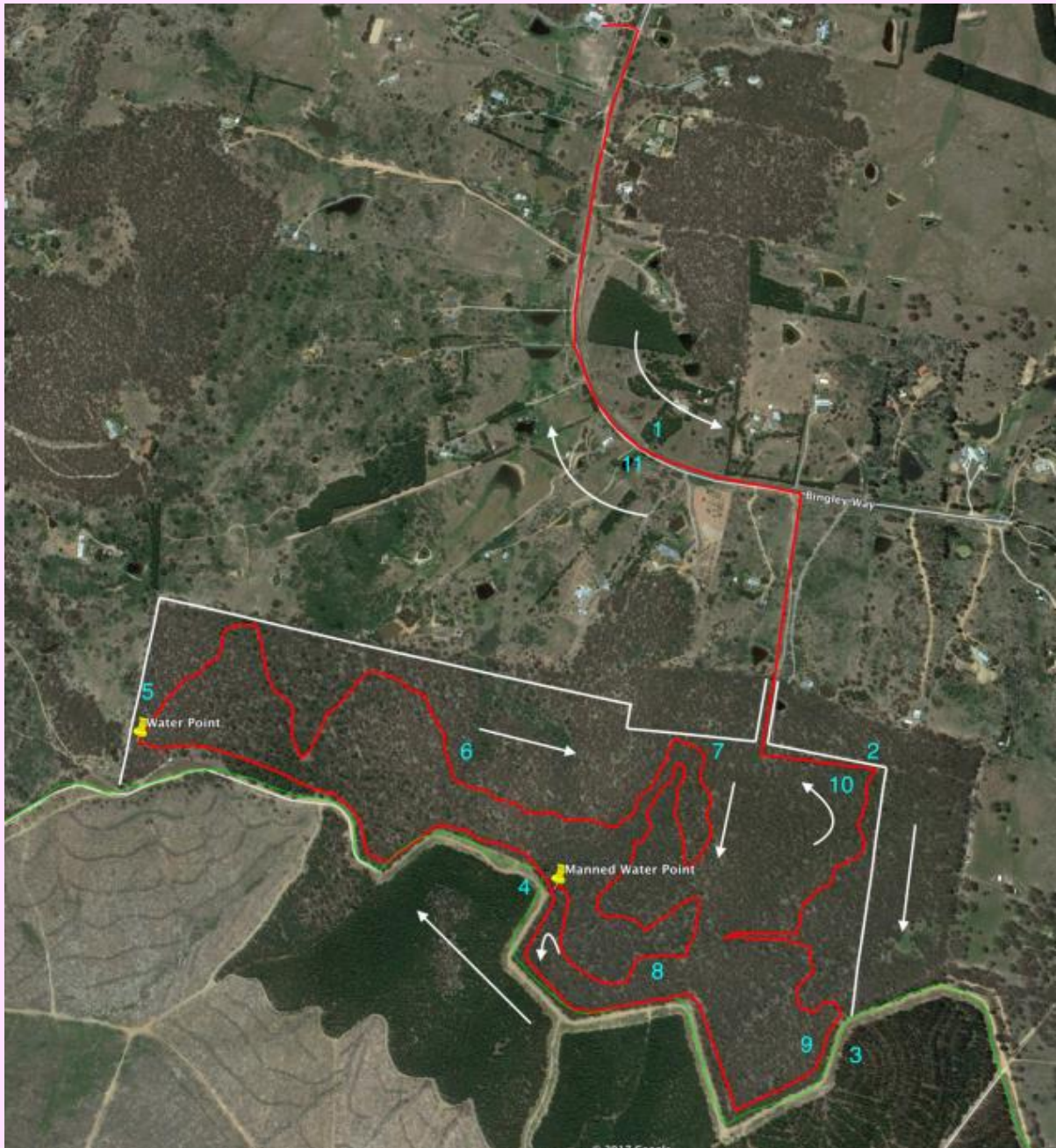
From south Canberra

- 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
- Marshalls will be available to assist drivers finding a suitable car park

Course Maps

21.1 km Trail Half Marathon





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 while entries are still open. Please email 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 entries close.

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 until entries have officially closed. 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. No refund will be given where the change is to a cheaper entry fee event.

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.

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:**.....