



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

Kowen Trail Run

Winter Trails

Sunday, 21st June 2020

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

Facilities: Food, parking and toilets

All proceeds go to the Wamboin Rural Fire Brigade



Photo: Bob Miller

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

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

Event Program

5:30 am	Registration/Gear check opens
6:40 am	Pre-race briefing – Marathon
7:00 am	42.2 km Marathon start
8:10 am	Pre-race briefing – Half marathon
8:30 am	21.1 km Half marathon start
9:10 am	Pre-race briefing – 12 km
9:30 am	12 km trail run start
11:30 am	Presentations

Entry Information

Entry Fee

42.2 km Marathon	Early Bird	\$50
	9 – 18 June	\$70
21.1 km half marathon	Early Bird	\$40
	9 – 18 June	\$55
12 km trail run/walk	Early Bird	\$30
	9 – 18 June	\$40

ENTRIES CLOSE MIDNIGHT THURSDAY 18TH JUNE 2020



Photo: Richard Thorek

Courses Information

Our Marathon is a “Six Foot Track Marathon” Qualifying Race

The Kowen Trail Run – Winter Trails Marathon must be run under 6:30 to be receive your “Six Foot Track Marathon” qualifier.

Running Surface

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

Aid Stations

Aid stations are located three to eight km apart. The marathon has eight aid stations, half marathon will have five and the 12 km will have three aid stations. All aid stations will contain water to fill your container (no cups will be provided to ensure an environmentally friendly event) and lollies for that extra energy boost. All runner must carry a water bottle or bladder which can be refilled during the event. For more information on location of aid station for each event please refer to the course map.

Time Limits

Time limits are necessary for personal safety. A seven-hour time limit applies for the marathon event and a four-hour thirty minute (4:30:00) time 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. 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.

- **Water Container**
- **Mobile Phone** (with race director 0408 234 126 saved in case of an emergency)
- **Space Blanket**

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.

Race Numbers

Will be collected on the day. Registration and gear check will open from 5.30 am Sunday. Runners are encouraged to arrive 50 minutes prior to their start time to ensure there is enough time for gear check and registration.

Post-Race Muchies

Runners in all events will receive bacon and egg roll or a vegetable soup and bread following your event. Costs are covered by your entry. Please indicate your preference when entering online for catering purposes.

Prizes

Winners (Male and Female) for each event will receive goodies from our sponsors.

Facilities

Mont Pop Up store, race merchandise, great coffee, food, drinks will be available for purchase, parking, toilets (arrive early to avoid the rush), children's playground and first aid are 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 or on our [website](#) or [Facebook](#) page.

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

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 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 and 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

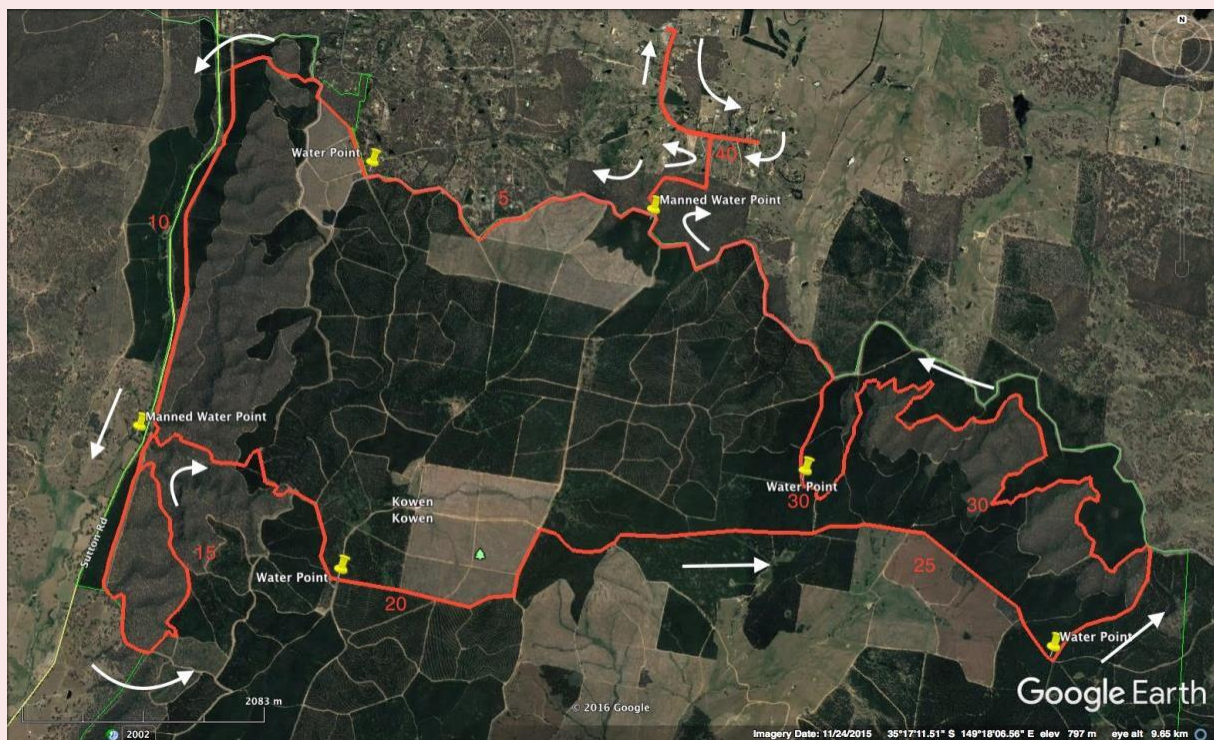
All requested to change the race distance must be emailed to kowentrailrun@gmail.com no later than midnight the Thursday before the race (close of registration). No refund will be given where the change is to a cheaper entry fee event (difference in cost is charged as an administration fee). If the change 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

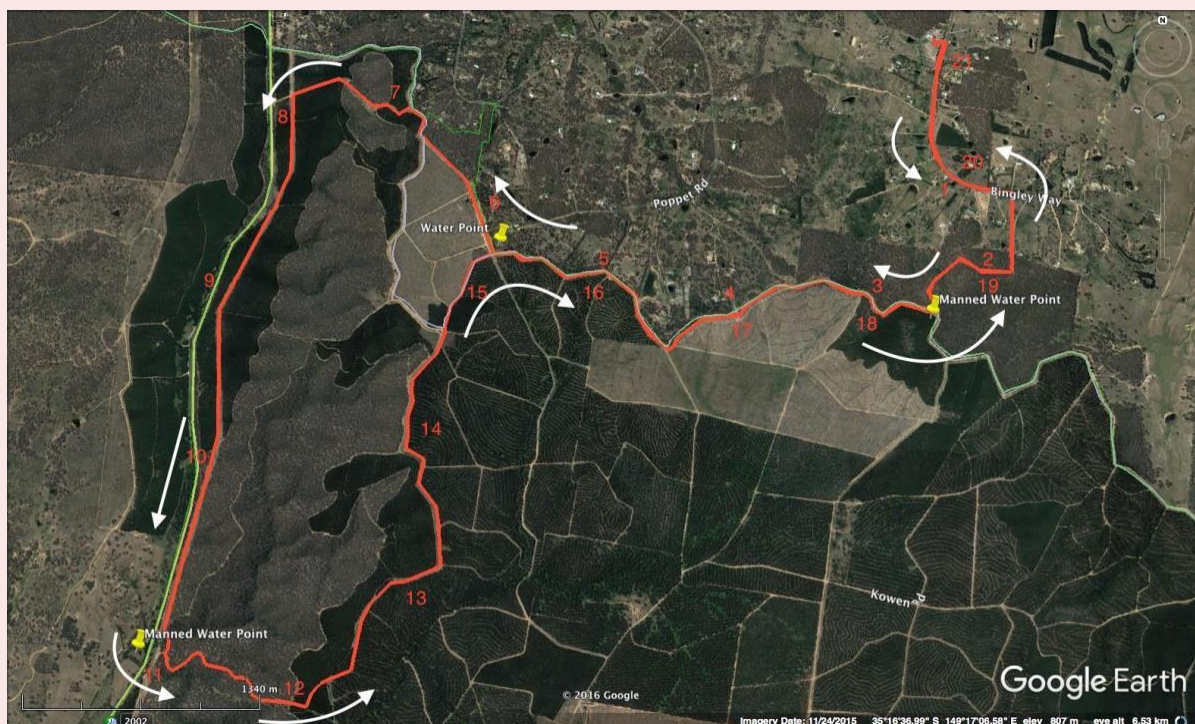
If the event is cancelled, for example in the case of extreme weather, you will receive a refund of 70% of your entry fee. The remaining funds will go towards some of the sunk costs that we cannot get refunded.

Course Maps

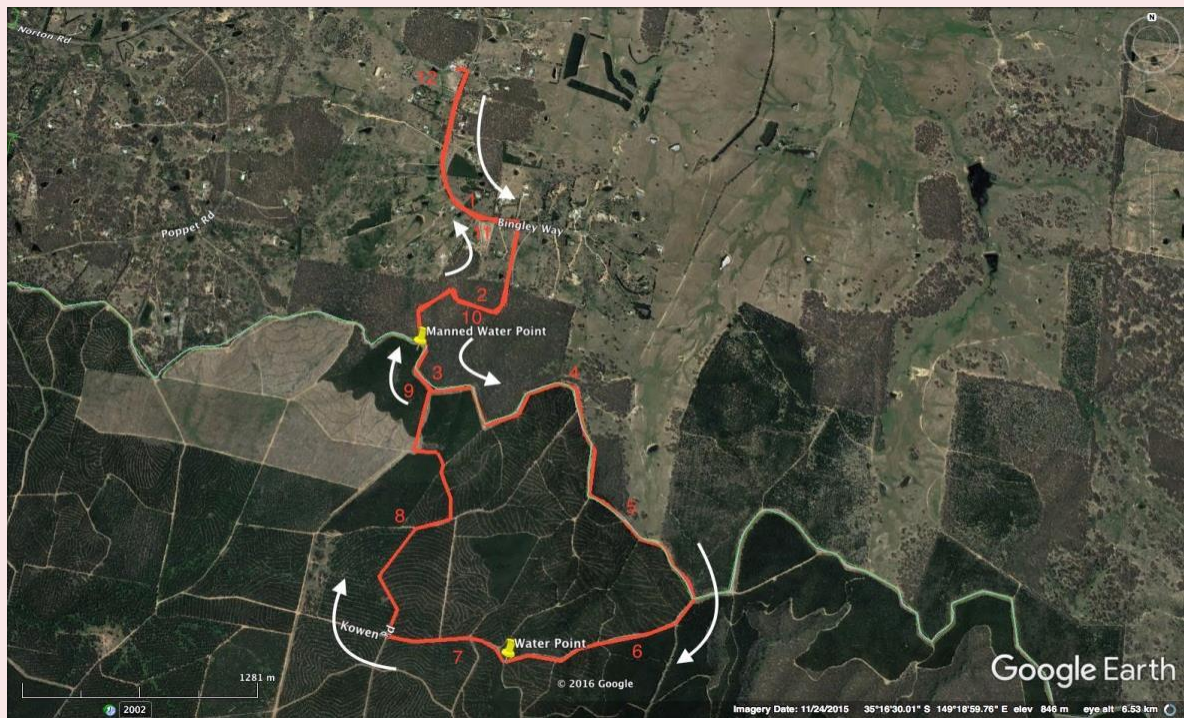
42.2 km Marathon



21.1 km Half Marathon



12 km Trail Run



Directions to the Wamboin Community Hall

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

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.