

The Australian Mountain Running Association (AMRA) presents a spectacular run through farmland and sub-alpine forest run to the summit of Mt Rob Roy. Run up; walk down enjoying Canberra's best views.

Mt Rob Roy 4.7km Uphill Challenge

6pm Saturday 14 February 2004

incorporating

the ACT Mountain Running Championships for Junior Women (U16, U18, U20); U16 Men; W50, W55, W60 women; M60 and M65 men

Start: Jane Sutherland Street, Conder, near intersection with Tom Roberts Ave.

Finish: Yellow posts on the track near the summit of Mt Rob Roy. Runners will make their own way back down the mountain on foot.

Running surface: Four wheel drive road. Rough and steep in places. Please wear shoes with good traction.

Age rules: Runners must be at least 15 years of age (new WMRA rule) and age will be on the day for age categories.

Awards: ACT championship medals for first three in each age category above. Barrel draw awards from all finishers.

Drink stations: Water and Gatorade at the start, after 2.6kms and at the finish.

Entry fee: if a current member of the Australian Mountain Running Association, the ACT Cross Country Club, or an Australian athletics club (incl. the ACT Veterans)

Juniors: \$8 by 10 February; \$10 on the day

All others: \$10 by 10 February; \$15 on the day

Entry fee if a not a member of one of the above: a one day membership fee of \$2 must be added to the above for insurance purposes.

Contact: John Harding (02) 6248 6905 or Steve Appleby (02) 6291 4853

ENTRY FORM

Given name **Surname**

Address

..... **Postcode**

Telephone (home); (work) **Email**

Sex (male/female) **Date of birth** **Age in years on 14 February 2004**

Please tick if you are a current financial member of any of the following:

AMRA; ACTCCC; ACTVAC; Registered athletics club (specify):

Declaration: (all individual and team 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 Mt Rob Roy Challenge 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 trained for this event, have no medical impairment which may be detrimental to my health, and will withdraw from the event if I suffer a viral complaint during the last seven days before the race.

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

Cheques to Australian Mountain Running Association

Return completed form to: John Harding, 42 Stanley St, Hackett ACT 2602