

The Australian Mountain Running Association presents a running tour of nature park peaks in Canberra's Woden Valley, offering spectacular views of the Woden and Tuggeranong valleys and urban and rural landscapes.

# *Tour de Mountain*

**19 kms, 13.6kms + 3 person relay (6.5k, 5.3k, 7.2k)**

**6.30am**

(6am early start for slower 19km runners who want to start early)

**Sunday 18 December 2005**

Start and finish at Southlands Shopping Centre, Mawson Place, Mawson

Running surface: dirt fire trails in Canberra Nature Park and roads and footpaths in the early and final kilometres.

Drink stations at 6.5 kms, 11.8 kms, 17 kms.

Time limit 3hrs. Presentations 9.30am.

Relay changes: Long Gully Road 6.5kms, Athllon Drive 11.8kms.

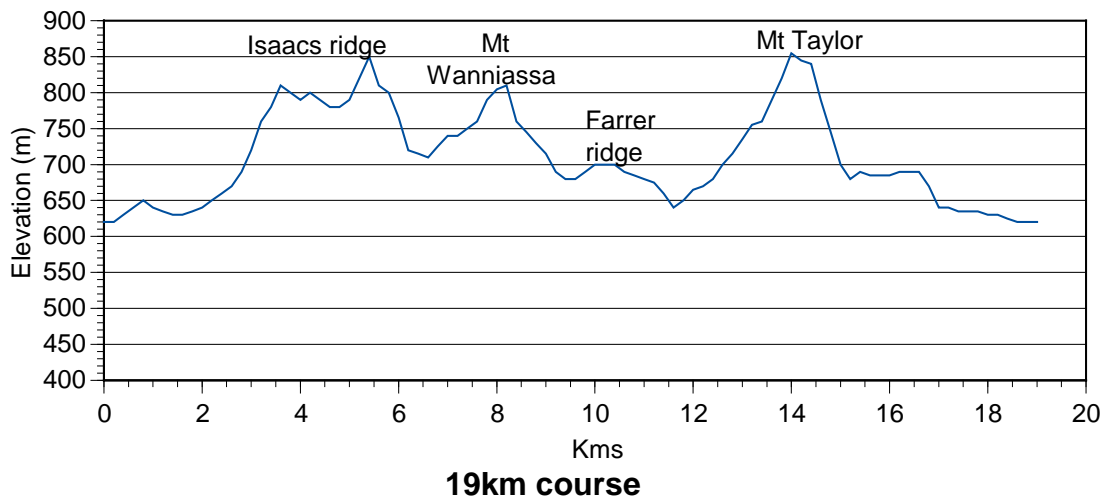
Gain in height over the 19 km course: 630 m.

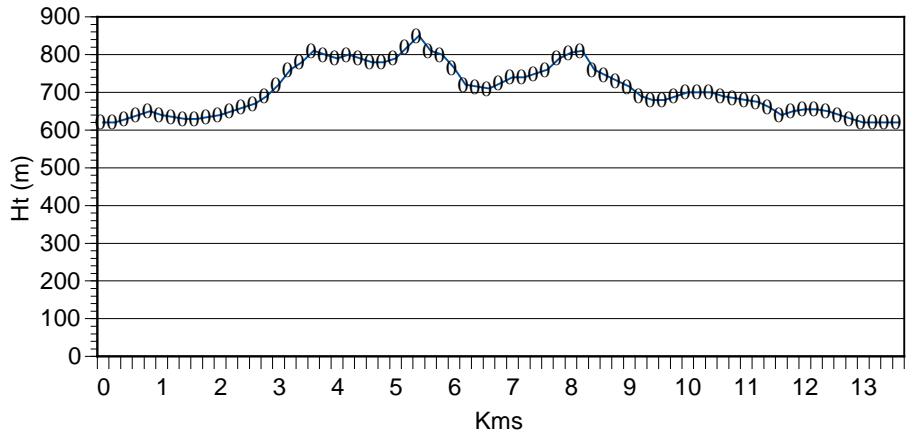
## **Awards** (maximum of one per competitor, Christmas theme)

1<sup>st</sup> three males and females, 1<sup>st</sup> male and female U20, M/F35, M/F40, M/F45, M/F50, M/F55, M/F60, M/F65; 1<sup>st</sup> all male, all female and mixed relay teams; barrel draws for others.

## **Race numbers**

Collect these on race day at least 15 minutes before start time.





**13.6km course**

# Entry form—2005 Tour De Mountain

AMRA members \$15 by 13 December; \$25 on the day.

Non-AMRA members \$20 by 13 Dec; \$30 on the day. Teams \$15 per person.

Contact: John Harding (02) 6248 6905 or Mick Corlis on (02) 6296 3969

Other info. and results on web-site <http://www.mountainrunning.coolrunning.com.au>

## ENTRY FORM

Given name ..... Surname .....

Address .....

..... Post code .....

Telephone ..... (home) ..... (work) Email .....

Male  Female Date of birth: ..... Age in years on 18 December .....

### EVENT:

19kms =>  6am early start  6.30am main start

13.6kms

Relay: name.....

Membership status:

AMRA member  Not a member of AMRA

Amount paid: \$.....

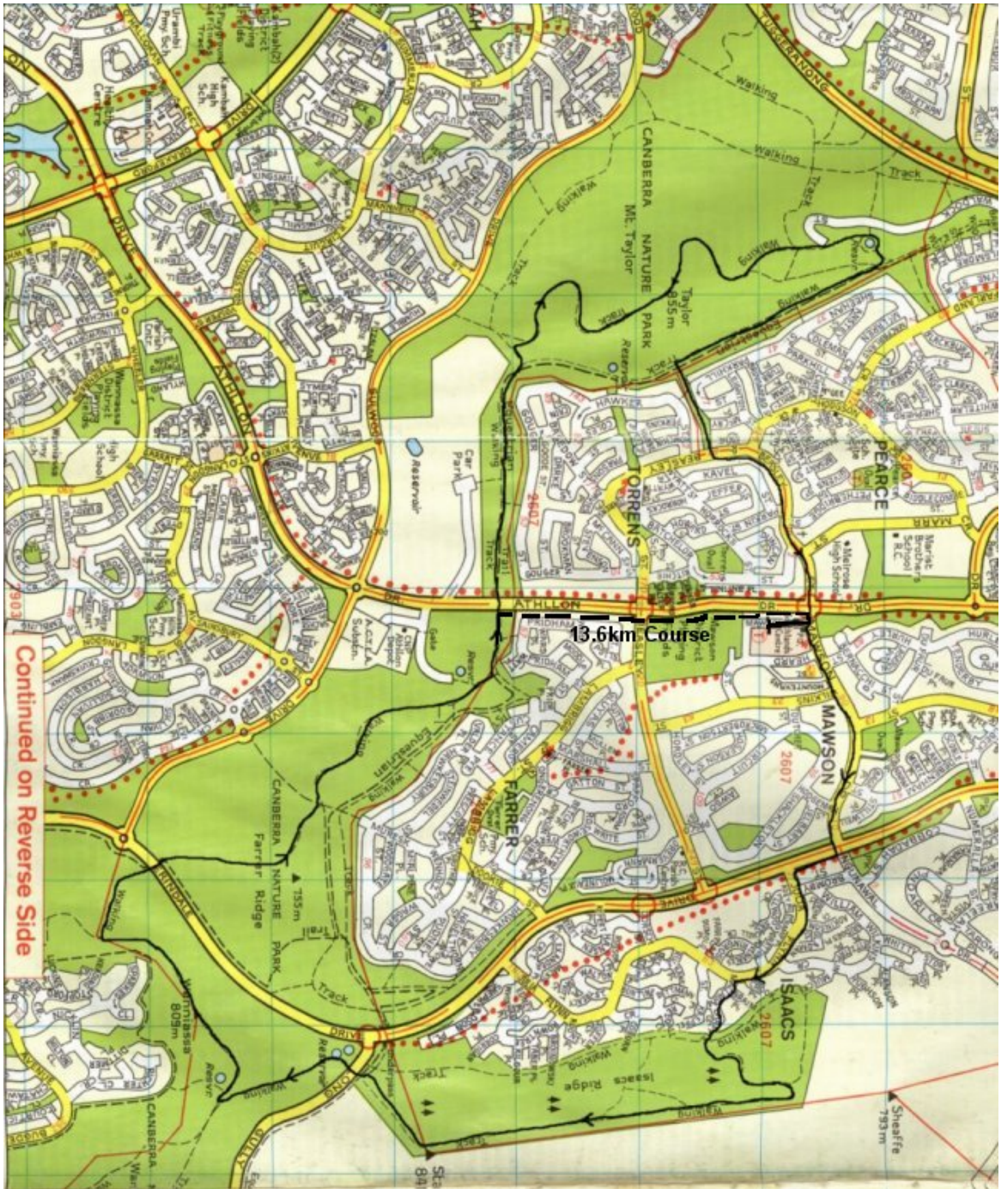
### Declaration: (all individual and team entrants must sign, and parent/guardian if under 18 years)

1. I, the undersigned, in consideration of and as a condition of entry in the Tour de Mountain 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:.....

Return completed form, with cheques to Australian Mountain Running Assn, to:  
Tour de Mountain, 64 Ragless Ct, Kambah ACT 2902

If you don't have a cheque book, post in your completed entry form and write above that you will pay cash on the day.



Continued on Reverse Side

13.6km Course