

# 24th Thredbo National Running Week

**THREDBO ALPINE VILLAGE, KOSCIUSZKO NATIONAL PARK  
SATURDAY, JANUARY 10 TO SATURDAY, JANUARY 17, 2004**

## **Saturday, January 10**

- 11am-12noon NRW Registration at Valley Terminal. No registration fee. Complete NRW disclaimer and obtain tags for running events. No entry fee for runs.
- 2pm - 3pm You must be registered before obtaining your Chairlift/Activities Ticket. Enter for Crackenback Challenge at Valley Terminal (free). Obtain Chairlift/Activities Ticket from Thredbo Activities Centre. (Family Pass \$194, Adult \$60, Child under 15 \$45, Seniors \$45. Family Pass covers two adults and a maximum of 4 children under 18. All NRW registrants **MUST** have a Chairlift/Activities Ticket). Prices include GST.
- 3pm Ludwig Rabina's Crackenback Challenge. 2km/600m climb. Start at rear of Valley Terminal. Course follows chairlift to Mt. Crackenback summit. Children under 15 **NOT** permitted to compete. Event only suitable for healthy, experienced and well-prepared runners. Definitely **NOT** for fun runners. Sponsor: Kosciusko Thredbo. If you have been sick during the week **DO NOT** under any circumstances start in the event. Day competitors (who will not have purchased a NRW chairlift/activities ticket) will need to purchase a one-way chairlift ticket (\$18.00)
- 7pm Crackenback Challenge presentation at Bistro.

## **Sunday, January 11**

- 11-12am NRW registration. Day participants enter for Thredbo Fun Run/Walk (free) at Valley Terminal.
- 12noon Margaret O'Donovan Physio Fun Run/Walk - 6km, flat course, two laps of Thredbo Village. All prizes barrel draw. Start/finish Village Green. Please bring your own drinks as none will be provided.
- 1pm Presentation on Village Green. Participants must be present to be eligible for barrel draws. Sponsored by Margaret O'Donovan and Kosciusko Thredbo.
- 6-7pm Bistro Happy Hour.
- 7pm NRW Tennis (Jeff Tayler), Golf (Gerard Ryan) and Volleyball (Fran Dorey) registration at Bistro (outdoors). Please present your chairlift ticket (which has your name printed on it) when registering for these events. Tennis, golf & volleyball **RESTRICTED** to NRW chairlift/activities ticket holders.
- 8-10pm New Balance Canberra Marathon Quiz. Organiser: Armstrong family. Venue: The Keller Bar. Supporting Sponsor: Wagga Wagga Road Runners.

### Monday, January 12

- 9-3pm Kosciuszko Walk, 13km. Depart at your convenience. Ideal family outing.  
5pm Alfresco Pizza Mixed Relays - teams of 5 'selected' by Brian.  
Relay legs 1km. Village Green.  
Pizza prizes for first across the line plus three other winning teams.  
6-7pm Bistro Happy Hour.

### Tuesday, January 13

- 11am Armstrong 'Andicap (3km yacht handicap - one lap of fun run course).  
Sponsor: Ira and Chad Armstrong. Start/finish: Village Green.  
Timekeeper: Warwick Armstrong. All prizes barrel draw. You will be  
required to present your chairlift/activities ticket in order to claim a prize.  
~12 -12.30 Stretching with Noel Harris. Village Green, after above presentation.  
12 -5pm Dave Hobson Grand Slam Tennis preliminary rounds (pairing:  
male/female - experienced/inexperienced). Sponsor: Kosciuszko Thredbo.  
4 courts - 5 hours. Director: Jeff Tayler. Supervisor: Tony Greenwell.  
Rules - first to 6 (possible 11 games). Killer point on deuce.  
NRW ticket holders **ONLY**.  
5pm The Runners Shop Canberra Thredbo Invitational Mile - Village Green.  
Sweep facilities. Handicapper: Bernie King.  
5.04pm The Runners Shop Canberra Thredbo Fun Run Mile.  
Everyone most welcome. Sponsor: Brian Wenn. Village Green (3 laps).  
Prizes restricted to NRW chairlift/activities ticket holders.  
6.30-8pm Complimentary drinks party courtesy of Thredbo Chamber of Commerce.  
NRW participants **ONLY** (admission by Chairlift/Activities ticket).  
The Keller Bar. No admission before 6.30pm.

### Wednesday, January 14

- 10am Desie Dazzler Dynamic Dash. Village Green. Kids/teenagers fun  
run/walk (1-3km). Sponsor/organiser: Desie Joannides.  
11am The Women from Snowy River Jog/Walk (4km yacht handicap).  
Start/finish: Village Green. Organiser: The Man.  
~12-12.30 pm Stretching with Noel Harris. Village Green, following above event.  
1pm 'Cave Dundee' Thredbo Sprint Gift preliminary rounds (U/18  
boys/girls, 18-39 men/women, 40+ male/female). Village Green.  
Repechage heats. Sponsor: Dave Cundy (Cundy Sports Marketing).  
2-6pm Dorey Alpine Volleyball. Village Green. Organiser: Fran Dorey.  
Sponsor: Dorey family.  
7pm Gift final (12 competitors over 100m). Handicapping based on  
Stawell Gift. Village Green. Sweep facilities.  
Prizes restricted to NRW ticket-holders.  
7.30pm NRW Dinner.  
Details to be announced.

### Thursday, January 15

- 8am Col Browne NRW Golf Masters. Sponsor: Kosciusko Thredbo.  
Organiser: Gerard Ryan.
- 11am Terrigal Trotters 60min Dingo Jog/Walk (sponsored by Terrigal Trotters).  
Start/finish: Cascade Track (5km south of Thredbo).  
Organisers: Terrigal Trotters. Bus transport available (departs Information  
centre 10.50am).
- 5pm Thredbo Biathlon (run/swim) at Friday Flat Lake. Organisers: Ken  
Uren/Chris Toohey. Sponsor: Triathlon ACT. All prizes barrel draw.  
Incorporating the Thredbo Open Swimming Championships.
- 6-7pm Bistro Happy Hour.

### Friday, January 16

- 11am Eric and May Fazackerley 3km Fun Run/Walk for Veterans (males 0/40  
and females 0/35). Sponsor: Eric Fazackerley. Start/finish: Village Green.  
All prizes barrel draw. Please have NRW ticket ready to claim a prize.
- 6-10pm Dave Hobson Grand Slam Night Tennis (third round, quarter, semi and  
final: 4 courts/4hrs) at Valley Terminal. Sponsor: Kosciusko Thredbo.  
NRW ticket holders **ONLY**.

### Saturday, January 17

- 10-10.30am **Enter at Rawson Pass** for Ludwig Rabina's Kosciuszko Classic (5km)  
by completing entry form and receiving race number. If you have been  
sick during the week **DO NOT** under any circumstances start in the  
event. Competitors not part of NRW will need to purchase a return  
chairlift ticket (\$23). Allow a minimum of 1hour for the walk to Rawson  
Pass. Catch chairlift by 9.15am at the latest. Running is **NOT**  
permitted on the metal walkway. The start at the Snowy River Bridge is  
a 15 minute downhill jog or a 30 minute downhill walk from the Rawson  
Pass registration point. NPWS participation limit 60.
- 11am Kosciuszko Classic, 5km, along the Old Summit Road. Start at Snowy  
River Bridge. Finish at top of Mt Kosciuszko. Sponsor: Kosciusko  
Thredbo. Children U/15 **NOT** permitted to compete. Event only  
suitable for healthy, experienced and well-prepared runners. Definitely  
**NOT** for fun runners. Remember you are racing at high altitude in very  
changeable weather conditions. Ensure you take plenty of warm  
clothing, simple carbohydrates and drinks for post-race recovery and the  
demanding return journey to the chairlift. This event involves a tiring  
20km of walking/jogging/racing.  
\*\*\*Please note the unpredictability of mountain weather means the  
Classic could be **CANCELLED** at very, very short notice.
- 6pm Kosciuszko Classic presentation at Village Green. BYO picnic.

## IMPORTANT

1. NRW sporting events (tennis, volleyball, golf) are **RESTRICTED** to holders of the NRW Chairlift/Activities ticket. Thredbo mid-week running events (Tues, Wed, Thurs, Fri) will require the production of your chairlift ticket to claim any barrel draw or cash prize.
2. There are no entry fees for runs. **NO REGISTRATION FEE.**  
Brian Lenton is the Honorary Director. NRW is **NOT** a business venture.
3. Thredbo Village is in the Kosciuszko National Park and there is a \$15 per day car entry fee or \$80 for an annual permit, obtainable on entry from NSW or at Thredbo Newsagency. Fines for non-compliance are rigorously enforced.
4. **CHAIRLIFT/ACTIVITIES TICKET.** All NRW participants will be able to purchase a ticket allowing unlimited chairlift rides over the 8 days. It covers green fees any time you play golf during the week, but please note that normal green fees apply on the weekend (i.e. \$16/round). Tennis court hire is covered only at the specified NRW booking times.  
Costs are:  
Family Pass.....\$194 (covers 2 adults and  
a maximum of 4 children under 18)  
Adult..... \$60  
Child Under 15..... \$45  
Seniors..... \$45

**ALL prices include GST**

Please note that the Chairlift/Activities Ticket is *not transferable* and all NRW participants must have one. Take care of the ticket as it will not be replaced if lost or stolen. By way of comparison, normal charges for one return chairlift ride in 2004 are: Family \$49, Adult \$23, Child U/15 \$11.50 and Senior \$15.50. Green fees per game \$16, tennis court hire \$17 per hour.

5. Presentations will immediately follow all running and sporting events whenever possible.
6. Entry to any or all NRW events is conditional on the completion of a disclaimer. All NRW participants must be registered before a Chairlift/Activities Ticket can be obtained.
7. Please note that NRW participants must organise their own accommodation at Thredbo Village.
8. Brian Lenton reserves the right to postpone, substitute or even cancel events due to adverse conditions (or circumstances beyond his control) without giving advance notice.
9. Please note that if NRW participants wish to play tennis at times other than the NRW program bookings, then normal hire fees apply. The Chairlift/Activities ticket covers green fees on weekdays only, **NOT** weekends. Have your ticket ready for inspection while playing golf.
10. It is the responsibility of participants to provide their own drinks/refreshments at all runs and races.

Program enquiries: Brian Lenton, PO Box 7205, Duffy ACT 2611

General accommodation enquiries: **THREDBO RESORT CENTRE**  
**Phone Toll Free 1 800 020 589**  
**FAX (02) 6457 6470**  
**[www.thredbo.com.au](http://www.thredbo.com.au)**

**10th Thredbo Blues Festival January 16-18, 2004**