

2012 Mt Helena 40 MILER ENTRY FORM (TAX INVOICE)

Entrants must be 18 years by 31st December for FULL EVENT.
ONE ENTRANT PER FORM – WAIVER MUST BE SIGNED

| Race No. | 40 MILER | RELAY | |
|--|----------------|----------------|-----------------|
| | SOLO | TEAM A (2) | TEAM B (4 to 8) |
| | \$20.00 | \$40.00 | \$70.00 |
| W A M C | | | |
| EVENT ENTERED | | | TOTAL |
| 40 MILER <input type="checkbox"/> RELAY <input type="checkbox"/> | | | \$ |

All prices are GST inclusive. (WAMC ABN 69 519 274 762)
CHEQUES to be payable to 'WA MARATHON CLUB' Please note, the
ENTRY FEE IS NON-REFUNDABLE once the entry has been processed.

FOR THE RELAY 40 MILER COMPLETE FOR THE 1st LEG RUNNER

SURNAME

FIRST NAME

ADDRESS

POSTCODE

DATE OF BIRTH AGE GENDER (M or F)

TELEPHONE - HOME

TELEPHONE - WORK / MOBILE

TEAM NAME:

CREDIT CARD PAYMENT Visa MasterCard

Expiry Date

Cardholder's Signature

RELAY 40 MILER – ADDITIONAL TEAM MEMBERS

FOR ADDITIONAL MEMBERS AND ACCEPTANCE OF WAIVER OVERLEAF.

| | SURNAME | FIRST NAME |
|---------------|----------------------|--|
| LEG 2 RUNNER | <input type="text"/> | <input type="text"/> |
| DATE OF BIRTH | <input type="text"/> | SEX (M or F) <input type="checkbox"/> SIGNATURE _____ |
| LEG 3 RUNNER | <input type="text"/> | <input type="text"/> |
| DATE OF BIRTH | <input type="text"/> | SEX (M or F) <input type="checkbox"/> SIGNATURE _____ |
| LEG 4 RUNNER | <input type="text"/> | <input type="text"/> |
| DATE OF BIRTH | <input type="text"/> | SEX (M or F) <input type="checkbox"/> SIGNATURE _____ |
| LEG 5 RUNNER | <input type="text"/> | <input type="text"/> |
| DATE OF BIRTH | <input type="text"/> | SEX (M or F) <input type="checkbox"/> SIGNATURE _____ |
| LEG 6 RUNNER | <input type="text"/> | <input type="text"/> |
| DATE OF BIRTH | <input type="text"/> | SEX (M or F) <input type="checkbox"/> SIGNATURE _____ |
| LEG 7 RUNNER | <input type="text"/> | <input type="text"/> |
| DATE OF BIRTH | <input type="text"/> | SEX (M or F) <input type="checkbox"/> SIGNATURE _____ |
| LEG 8 RUNNER | <input type="text"/> | <input type="text"/> |
| DATE OF BIRTH | <input type="text"/> | SEX (M or F) <input type="checkbox"/> SIGNATURE _____ |

40 MILER RELAY

RELAY EVENT COMPRISES 8 STAGES:

- LEG 1 SHORT LOOP THEN DOWN TO SEABORNE ST.
Length 7.15km, total 7.15km.
- LEG 2 SEABORNE ST. BACK TO START AREA
Length 6.75km, total 13.90km.
- LEG 3 START AREA EAST ALONG TRAIL TO ASH RD.
Length 9.15km, total 23.05km.
- LEG 4 ASH RD. BACK ALONG TRACK TO START AREA
Length 9.15km, total 32.20km
- LEG 5 START AREA DOWN TO SEABORNE ST.
Length 7.15km, total 39.35km.
- LEG 6 SEABORNE ST. BACK TO START AREA
Length 6.75km, total 46.10km.
- LEG 7 START AREA EAST ALONG TRAIL TO ASH RD.
Length 9.15km, total 55.25km.
- LEG 8 ASH RD. BACK TO START / FINISH AREA
Length 9.15km, total 64.40km.

Relay Categories: **A** Team of two
B Team of four to eight runners.

WAIVER - Participant Disclaimer (Must sign)

- I have read the conditions of entry for this event and understand the demanding physical nature of the event. I have trained for this event and I am not aware of any medical condition or impairment that will be detrimental to my health if I participate in this event. In the event that I become aware of any medical condition or impairment, or am otherwise sick or injured prior to the event, I will withdraw from the event.
- I acknowledge that participating in this event may involve a real risk of serious injury or even death from various causes including; over exertion, dehydration, and accidents with other participants, spectators or road users.
- I acknowledge that it is a condition of participating in this event that I do so at my own risk. I accept all risks and release the event organiser, its agents, affiliates, employees, members, sponsors, promoters, volunteers, and any person or body, directly or indirectly associated with the event, from all claims, demands and proceedings arising out of or connected with my participation in this event and I indemnify them against all liability for all injury, loss or damage arising out of or connected with my participation in this event. This release continues forever and binds my heirs, successors, executors, personal representatives and assigns.
- The race director's decision will be final and no correspondence or disputes entertained. All entrants must sign.
- I consent to receive medical treatment, which may be advisable in the event of illness or injuries suffered by me during this event.
- I give permission for the free use of my name, voice or picture in any broadcast, telecast, advertising promotion or other account of this event.
- Should the event be cancelled for any reason whatsoever I understand that entry fees will not be refunded and that no liability of any kind will attach to any person, corporation or body involved or otherwise engaged in promoting or staging of the event.
- I agree to abide by the conditions of the event as stated in the waiver above and upon literature and other material distributed in connection with the event.
- I declare that I am over the age of 18 years on the day of the event.

SIGNATURE _____ DATE _____

GENERAL INFORMATION

Race Director: John Pettersson 0408 924 555

Enquiries: West Australian Marathon Club 9472 4833

Complete the entry form (and waiver overleaf) and post it to:

WAMC, PO Box 104, Burswood WA 6100
or hand it in at the start area.

Enter online at www.wamc.org.au

THE ENTRY FEE IS NON-REFUNDABLE ONCE THE ENTRY HAS BEEN PROCESSED. PLEASE KEEP A COPY OF YOUR ENTRY FORM IF YOU NEED A TAX INVOICE.

Mail entries must be received by Monday 2 April, 2012.
Race numbers will be allocated on the day of the event.

Entrants will not be permitted to take pets on the course.
Skateboards and roller skates are strictly forbidden due to the risk of injury to competitors.

Mt HELENA 40 MILER

The course is two laps on the Historic Railway Heritage Trail adjacent to the Mt Helena Tavern with the finish located at the entrance to the beer garden.

Course description: Start on trail adjacent to Mt Helena Tavern car park. A short loop then proceed west down the trail to Seaborne Road. Turn back up the path, past the start, cross Sawyers Road, then up to turn prior to Ash Road. Return on the same route to the start area.

A cut off time of 5 hours at point 6 (start line- approx. 46 km) shall apply.

This is a trail run and there are no official water stations. Runners are advised to carry water or make their own arrangements for on course hydration and nutrition. However, marked drinks will be accepted at the start area for transport to the 2 relay change points **FOR FULL DISTANCE RUNNERS ONLY UP UNTIL 6.15 A.M.**

All runners will be timed at Relay Points. **IF YOUR RACE NUMBER IS NOT DISPLAYED, NO TIME WILL BE RECORDED.**

PRIVACY DECLARATION

The personal information collected from this entry form will be used for administration purposes to communicate with and identify participants and record results. It will not be divulged to a third party but may be used to inform you of future WAMC events. Name, gender and age group only may be published in the event results list available for public distribution and on the WAMC website.

Failure to provide the full details may result in you not being recorded correctly in the event results.

HEALTH PRECAUTIONS & ADVICE

* The race organizers recommend that the ultra event be attempted only after a period of regular running, culminated by about six weeks of training directed towards the ultra event. This should include some long distances and perhaps some shorter races.

* Prior to the day ensure you are adequately hydrated (your urine should be clear). On the day of the race, continue to take on fluids before, during and after the race. One or two pieces of toast and a cup of tea or coffee would be a maximum breakfast.

* Do not wear new shoes or clothes, as they will tend to cause blisters and chaffing.

* If you have been unwell in the 48 hours prior to the event or if you are recovering from a viral infection, do not attempt to run. You must retire if you feel distressed, disorientated, or are asked to do so by an official.

* The race organizers recommend you seek medical advice to ensure that you fit to compete in any such event and that this advice is obtained regularly and with the specific demands of the event in mind. If you answer YES to any of the following questions we strongly suggest that you seek medical approval prior to running the ultra event.

1. Do you have a history of heart disease, high blood pressure, diabetes or asthma?
2. Do you smoke?
3. Are you 15% over your ideal weight for height?
4. Have you been running for less than 1 year and are aged 35 years or over?

The race organizers can provide a list of doctors who are able to confirm the participant's fitness to compete in the event.

PRESENTATIONS

The presentation of place medals for both 40 Miler and Relay shall be made after the event in the Mt Helena Tavern beer garden.

Barbecue, meals and salads can be purchased at reasonable cost, from the bar.

40 MILER AWARDS:

- 1st Male and Female
- 2nd Overall
- 3rd Overall

All 40 miler solo finishers will receive a finisher's medallion.

RELAY AWARDS:

- 1st Team A (2 runners) 1st Team B (4-8 runners)
- 2nd Team A (2 runners) 2nd Team B (4-8 runners)

2012 MT HELENA 40 MILER & RELAY

64.40 km

Monday, 9th April

40 MILER: Start 6.30am

RELAY: Start 7.15am

Start / Finish: Historic Railway
Heritage Trail adjacent to
Mt Helena Tavern

Organised by:



**West
Australian
Marathon
Club (Inc.)**

Run for fun and fitness any pace, any distance

Proceeds to:

Mt Helena Volunteer Bush fire Brigade

Chidlow Volunteer Bush Fire Brigade