

## EVENT INFORMATION



This event is conducted by the West Australian Marathon Club Inc. as a community fun run with proceeds being donated to the Royal Flying Doctor Service.

WA Marathon Club 9472 4833 (9.30am to 2.30pm)

Race Director: Bob Braid 9227 7281

Starting Time: Sunday 11<sup>th</sup> September, 2011 at 7.30am.

Start & Finish: Esplanade Reserve, Fremantle.

## HOW TO ENTER

### ONLINE REGISTRATIONS

Click on to [www.wamc.org.au](http://www.wamc.org.au) and follow the prompts. Race bibs will be mailed out for online entries received before 5.00pm Friday 2<sup>nd</sup> September. Online entries received after this time will require the race bib to be collected on race day. Online entries cease at 4.00pm Sat 10<sup>th</sup> September.

### BY MAIL

Fill in the form and mail it to: WAMC, PO Box 104, Burswood WA, 6100. Please don't forget to include your entry fee and a \$1.20 stamped self-addressed 230mm x 160mm (C5) envelope so we can return your official race bib promptly. **One entrant per entry form.** Race bibs will be mailed out for mail entries received before 5.00pm Friday 2<sup>nd</sup> September. Mail entries received after this time will require the race bib to be collected on race day. Entries will only be accepted on the official entry form (Photocopies are acceptable).

### IN PERSON – RUNNER'S WORLD

Entry forms may be lodged in person at **Runner's World**, 5 Fitzgerald Street (corner of Roe Street), Perth, anytime during the normal trading hours up until **12 noon** on Saturday 10<sup>th</sup> September, 2011.

### IN PERSON – WAMC OFFICE

Entry forms may be lodged in person at the WAMC office at the Burswood Water Sports Centre, 1 Camfield Drive, Burswood on Saturday 10<sup>th</sup> September from 1pm to 4pm.

**NO ENTRIES WILL BE ACCEPTED ON THE DAY.** This action has been taken in an endeavour to present all awards on the day.

The organisers reserve the right to reject or cancel any entry at any time. The entrant must sign the waiver.

**FAMILY entry** comprises parent(s) or guardian(s) and their immediate children (under 16 or attending secondary school) living at a common address. **STUDENT** concession is for bona fide secondary school students only.

## GENERAL

Results will be posted on the WAMC website [www.wamc.org.au](http://www.wamc.org.au) and printed copies will be available from RUNNER'S WORLD from 19<sup>th</sup> September, 2011.

T-shirts will be available for collection on the morning of the event.

**Entrants must not take pets on the run.** Skateboards and roller-skates / rollerblades or similar devices, are strictly forbidden due to the risk of injury to participants.

## TIMING

All registered participants in the event will be recorded by an electronic timing system on crossing the finish line. A disposable timing chip is attached to the back of the race bib. Do not remove or peel the plastic timing device from the race bib. Attach the race bib to the front of the body only, by pinning the bib in the holes at the four corners. Please make sure that the race bib is kept flat and not folded or crumpled. The race bib is allocated to the person nominated on the entry form and is non-transferable to another person. The race bib must remain in its issued form.

**IF YOU TURN UP WITHOUT YOUR RACE BIB (LOST OR LEFT HOME) THERE WILL BE A \$5.00 SURCHARGE TO HAVE ANOTHER RACE BIB ISSUED.**

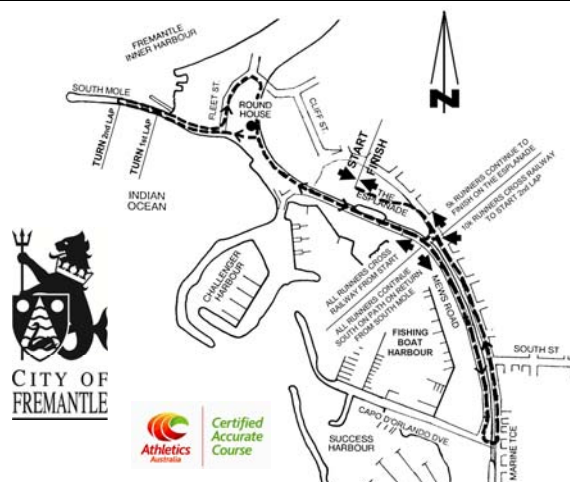
## RACE AWARDS CEREMONY

The awards ceremony will be held at 9.00am at the finish area on the Esplanade Reserve. All finishers are eligible to win great prizes (including Timex running watches) that will be drawn after the presentations but you need to be present (not just have someone else holding their race bib) at the time of the draw.

Every competitor who completes the course will receive a Finisher's Certificate. Medallions will be awarded to:

10km	5km
First five males and females	First five males and females
First male and female under 16	First male and female under 12
First wheelchair	

## COURSE MAP



### 5k (ONE LAP) & 10k (TWO LAPS)

Course revised due to closure of Car Park No.2

START ON THE ESPLANADE RESERVE, HEAD SOUTH ONTO PATH ADJACENT TO MARINE TCE, CROSS RAILWAY LINE TO MEWS ROAD, NORTH ON SHARED PATH TO ROUND HOUSE, LEFT ON LIMESTONE PATH THROUGH THE ARTHUR HEAD RESERVE, ONTO FLEET ST TO SOUTH MOLE, OUT & BACK ALONG SOUTH MOLE, THEN LEFT ONTO FLEET STREET, RIGHT ONTO PATH ADJACENT TO RAILWAY LINE DOWN TO CAPO D'ORLANDO DVE, OVER RAILWAY CROSSING, ONTO MARINE TCE, BACK TO MEWS ROAD CROSSING WHERE 5k RUNNERS CONTINUE ON TO THE ESPLANADE RESERVE BETWEEN PUMPHOUSE & TOILET BLOCK, OVER GRASS TO FINISH, AND THE 10k RUNNERS CROSS THE RAILWAY LINE TO COMMENCE A 2nd LAP.

# 2011 FREMANTLE FUN RUN ENTRY FORM (TAX INVOICE)

ONE ENTRANT PER FORM - COMPLETE BOTH SIDES OF THIS FORM

RACE No.	RACE FEES	ADULT	Under 16 or U/18 student*	FAMILY*	TOTAL
	WAMC Member	\$25	\$12	\$50	\$
	Non-member	\$30	\$15	\$60	
Donation to Royal Flying Doctor Service <small>Donations over \$2 are tax deductible - tick if receipt req'd.</small>					\$
W A M C	CLOTHING - from below				\$

CHEQUES to be payable to 'WA MARATHON CLUB'  
Entry fee is non-refundable once the entry has been processed.  
All prices are GST inclusive WAMC - ABN 69 519 274 762

TOTAL \$

EVENT ENTERED: 10km  5km

SURNAME

FIRST NAME

ADDRESS

POSTCODE

DATE OF BIRTH  AGE  GENDER (M or F)

TELEPHONE - HOME

TELEPHONE - WORK / MOBILE

EMAIL ADDRESS

(By providing your email address you are agreeing to receive emails from the WAMC)

CLOTHING	S	M	L	XL	TOTAL
T-SHIRT 100% cotton @ \$27.50					\$
(Write req'd no. under size) ADD TO RACE FEES ABOVE					\$

*\$1.20 Stamped self-addressed 230mm x 160mm (C5) envelope required if mailing!*

CREDIT CARD PAYMENT Visa  MasterCard

Expiry Date

Cardholder's Signature

## 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 \_\_\_\_\_

### WAIVER FOR MINORS

Your parent or guardian must sign this waiver if you are under the age of 18 years on the day of the race.

I certify that I am the parent/guardian of \_\_\_\_\_ who will be \_\_\_\_\_ years of age on the day of this event and that he/she has trained for and has my consent to compete in the Fremantle Fun Run. I testify that I have read the above and acknowledge acceptance of the stated conditions on behalf of the minor specified above.

SIGNATURE OF PARENT/GUARDIAN \_\_\_\_\_ DATE \_\_\_\_\_

## 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, sex 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 ADVICE

Dehydration can be potentially lethal, particularly if you overextend yourself in hot and/or humid conditions. However, the body can still overheat even if climatic conditions are only moderate. Ensure you drink plenty of water throughout the day prior to the event and drink early in the event before you become thirsty. Stop, walk or at least slow down at drink stations to allow adequate rehydration. **DO NOT** compete if you have had diarrhoea within 48 hours prior to the event or are suffering from a viral infection or even feeling unwell.

**REMEMBER** to drink plenty of water **AFTER** the event.

If you feel distressed, disorientated, dizzy or excessively tired **SLOW DOWN** or rest for a while. If you do not improve **WITHDRAW**.

**IT'S YOUR BODY - LISTEN TO IT  
IT'S YOUR LIFE**

## ROYAL FLYING DOCTOR SERVICE



**ROYAL FLYING DOCTOR SERVICE  
OF AUSTRALIA**

Australia's world-renowned Royal Flying Doctor Service provides one of the most extensive aero medical services in the world. Covering an area as vast as Western Europe, it operates from 20 bases across Australia, 24 hours a day, every day of the year. The Flying Doctor provides fast, reliable medical emergency and health care services to those people outside of the metropolitan area and in particular, to people living in the sparsely populated outback.

Each year in Western Australia the Service flies over 4.4 million kilometres and attends to over 43,000 patients, who live, work and travel in every corner of Western Australia.

Although the Service is partially Government funded it still relies heavily on the generosity of the public for donations to keep the Doc flying.

**Your support is greatly appreciated!**

Presented by:



# 2011 FREMANTLE FUN RUN

5km & 10km

*RUN... JOG... OR... WALK*

Sunday, 11<sup>th</sup> September, 2011  
Start 7.30am

### HOW TO ENTER

1. Register on line: [www.wamc.org.au](http://www.wamc.org.au)  
*Early bird online entries close 12<sup>th</sup> August*
2. In person: go to Runner's World
3. By mail: fill in entry form and post to  
WAMC, PO Box 104, Burswood WA 6100

**ENTRIES WILL NOT BE ACCEPTED  
ON-THE-DAY**

Proceeds to: **ROYAL FLYING  
DOCTOR SERVICE**



Sponsored by:



**TIMEX®**

