GENERAL INFORMATION & ENTRY INSTRUCTIONS

This community Fun Run is conducted by the West Australian Marathon Club with the proceeds being directed to Chevron 7 Telethon.

RUN DIRECTOR: Phil Webb
Enquiries: West Australian Marathon Club (Inc) Tel: (08) 9472 4833 Mon - Fri 9:30 to 2:30

Runner’s World (08) 9277 7281

STARTING TIME:
• 5km 7.30am Sir James Mitchell Park, large flagpole on South Perth foreshore.
• 10km 8.00am On Riverside Drive, adjacent to Langley Park, Perth foreshore.

- Fill in the form and mail it to: Asics Bridges Fun Run, PO Box 104, Burswood WA, 6100. Please don’t forget to include your entry fee and a $1 stamped self-addressed 230mm x 160mm (C5) envelope so we can return your official number promptly.
- Mail entries close Tuesday 27th March. One entrant per entry form. Entries will only be accepted on the official entry form. Photocopies are acceptable. The organizers 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.

- Late entries will be accepted on the day; however, no discount for late day entries by WAMC members.

- Entry forms may be lodged in person at Runner’s World, 5 Fitzgerald Street (corner of Roe Street), Perth, anytime during the normal seven days finding hours up to 12 noon on Saturday 1st April 2006.

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

- The 10km start will be divided into categories (the estimated time to complete the 10km course) as follows:
  - Under 30 minutes
  - 30 - 40 minutes
  - 40 - 50 minutes
  - Over 50 minutes

- Entrants will be assigned to their relevant categories based on their best 10km time. Any runner wishing to enter category "A" (other than those who are members of the WAMC) must supply written proof of their official finish time when they lodge their entry form.

- All entries must be pinned together and placed in one envelope. Teams may have any number of runners (min. 3) however the winning teams are decided by the fastest total of the first three members of each team to finish.

- 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 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.

- LOSS OF THE RACE BIB OR LEFT HOME ON THE DAY WILL RESULT IN A $5.00 SURCHARGE TO HAVE ANOTHER RACE BIB ISSUED.

- All runners will assemble in the cordoned off category corresponding to your time category, await the official start, proceed on foot on the approved course and comply with Police & Officials’ directions at all times. Failure to do so will result in disqualification. We do not have exclusive use of the dual-use paths, please be courteous to other users. Due to limited space on the paths, cyclists are discouraged from accompanying competitors.

- Results will be posted on the WAMC website www.wamc.org.au and printed copies will be available from RUNNER’S WORLD from 24th April 2007.

- NO FREE WEEKEND PARKING IN THE CITY OF PERTH CAR PARKS.

- GLASS CONTAINERS AND CONSUMPTION OF ALCOHOL ARE NOT PERMITTED ON LANGLEY PARK FOR THIS EVENT.

5km WALK / RUN

Participants again have the option of starting from the halfway point that is near the large flagpole on the South Perth foreshore (Sir James Mitchell Park) and finishing on Langley. The 5km walk/run is designed for those who want to be part of this great community event but feel 10km is too far. It is ideally suited for walkers or the very young with their parents. Late registrations will be taken at the South Perth Start. Park in PCC No.1 car park (adjacent to Supreme Court Gardens) and take the ferry. A free ferry is being provided by Captain Cook Cruises that will leave from the end of Jetty 3, West Pavilion Barrack St Jetty at 6.30am and arrive at Coode St Jetty at 6.45am (if required, a second ferry will depart at 7.00am and arrive at 7.15am). Participants using their own transport to South Perth are advised that the free ferry is not available after the event.

DRAW PRIZES

Several fabulous draw prizes will be drawn after the event for those who have completed the run. The crew prizes include Asics running shoes, Polar heart rate monitors and Ryders sunglasses.

ATTENDANCE AT THE AWARDS CEREMONY IS NECESSARY TO QUALIFY FOR THESE DRAW PRIZES.

AWARDS

Every endeavour will be made to present all awards on the day. Where this is not possible they will be awarded with the final results (including confirmation of all awards). Every entrant who completes each course will receive a Finishers Certificate.

- CORPORATE CUP AWARD
  - A special trophy, named the Corporate Cup, will be awarded to the company with the largest number of entrants (current employees only eligible). Entries may be in either the 5km or 10km event.

- ASICS BRIDGES FUN RUN TERTIARY SPORTS WA TROPHY
  - Tertiary Sports WA will present a trophy to the university/tertiary team with the largest number of entrants (current students and employees only eligible). Entrants may be in either the 5km or 10km event.

- AWARD CATEGORIES
  - Medals will be awarded to:
    - 5km: Top 10 males and 10 females
    - Top three Wheelchair
    - 1st Husband and Wife Team
    - 1st Parent and Child Team
    - 1st Open Team
    - 1st Corporate Team (employers of same organisation)
    - University / Tertiary Team (current students and employees of an university or tertiary education institution e.g. 1AFCE)
  - 5km: Top five males and females

- AGE AWARD WINNERS
  - Medals will be awarded to:
    - 10km: Top three Males and Females under 16.
    - 16-19, then 5 year age groups up to 55-60 and one group for 70 and over.
  - 5km: Top three Males and Females under 12.

TEAM CATEGORIES

(A) Husband and Wife Team
(B) Parent and Child (U/16) Team
(C) Open Team (min. three members)
(D) Corporate Team (min. three members)
(T) University/Tertiary Team (min. three members)
(W) Wheelchair

FANCY DRESS CATEGORIES

- Best Team Entry
- Best Individual Entry

TEAM CATEGORIES X

S M L XL TOTAL

CLOTHING

T-SHIRT @ $25.00

SINGLET @ $30

Asics coolmax running singlet

ADD TO RACE FEES ABOVE

$1 Stamped self-addressed 230mm x 160mm (C5) envelope required if mailing!
WAIVER - Participant Disclaimer (Must sign)

1. 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.

2. 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.

3. 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 any injury, loss or damage arising out of or connected with my participation in this event.

4. This race director's decision will be final and no correspondence or dispute entertained. All entrants must sign.

5. I consent to receive medical treatment, which may be advisable in the event of illness or injuries suffered by me during this event.

6. 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.

7. Should the event be cancelled for any reason whatever 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.

8. 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.

9. I declare that I am over the age of 18 years on the day of the event.

SIGNATURE ____________________ DATE __________

DECLARATION FOR MINORS

If you are under the age of 18 years on the day of the race and wish to compete in the Fun Run your parent or guardian must sign this declaration.

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 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

1. Dehydration can be potentially lethal, particularly if you overexert yourself in hot and/or humid conditions. However, your 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 diarrhea within 48 hours prior to the event or are suffering from a viral infection or even feeling unwell. REMEMBER to also drink plenty of water after the event.

2. If you feel distressed, disoriented, 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