

COBURG 24 HOUR CARNIVAL

**6 HOUR RUN/WALK
24 HOUR RUN/WALK**

**MARCH 7th 2010
APRIL 17th – 18th 2010**

BE PART OF THE 23rd ANNUAL COBURG 24 HOUR CARNIVAL,
INCORPORATING

- THE 27th VICTORIAN 24 HOUR TRACK CHAMPIONSHIP
- THE 26th AUSTRALIAN CENTURIONS 24 HOUR WALK
- THE COBURG HARRIERS 6 HOUR CHALLENGE

Like 2009, the Coburg 24 Hour Carnival will extend over 3 days. The traditional ultra distance of 24 Hours will be held on our usual mid April weekend and the 6 Hour event will again be held as a separate Ultra event on Sunday 7th March.

Our race fees have been raised by \$5 per event this year in response to a request from the Coburg Track Management Committee that all events should contribute towards the maintenance of the track. The additional \$5 entry fee will be directed to the Management Committee as your contribution towards track maintenance. It will not be used by us. Thus our entry fees are now as follows

- | | | |
|---|------------------------|------|
| ○ 6 Hour Run/Walk | Sunday 7 March 2010 | \$45 |
| ○ 24 Hour Run/Walk | Saturday 17 April 2010 | \$65 |
| ○ Both 6 Hour Run/Walk and 24 Hour Run Walk | | \$90 |

While our events have Public Liability Insurance, we do not offer anything in the way of Personal Accident Insurance. In the event that you suffer an injury during our event and subsequently incur either medical expenses or time off work, it comes out of your pocket. But I can advise that AURA (the Australian Ultra Runners Association) does offer this benefit to its members. Since our event is an accredited AURA race, that means that if you are a current AURA member, you are covered in this regard (subject to the conditions of the AURA coverage). Therefore I recommend AURA membership to any competitors who regularly compete in these ultra events and I refer you to their website at <http://www.aura.asn.au>.

I must also alert you to a second matter of importance, given the possibility of hot weather, especially on the day of the 6 Hour event. As in previous years, our heat policy will be in place:

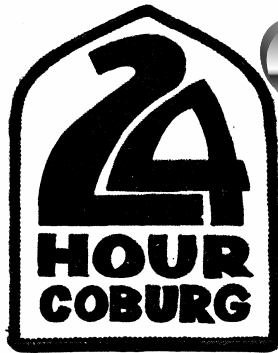
If the forecast is for extremely hot weather on the day of the race, we reserve the right to postpone the event to either later in the day or to a different day. As per the guidelines issued by Sports Medicine Australia, we regard extreme conditions as conditions where the forecast temperature is expected to be 36^oC or higher. Such a decision would normally be made on the morning of the race. For further reading on this matter, you are referred to http://www.sma.org.au/pdffdocuments/Hot_Weather_Guidelines.pdf.

This is just a hands up in case the worst happens and is an indication of the fact that ultra race organisers now increasingly factor such a 'duty of care' into their race plans.

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For further information, contact either one of

- Tim Erickson (home 03 90125431, mobile 0412 257 496, email terick@melbpc.org.au)
- Bernie Goggin (home 03 98504958, mobile 0417 012 682, email gogginbi@bigpond.com)

or view the latest information on the Coburg Harriers website at <http://www.coburgharriers.org.au>



COBURG 24 HOUR CARNIVAL 2010



6 HOUR ENDURANCE RUN / WALK SUNDAY 7th MARCH 2010

COBURG 6 HOUR CHAMPIONSHIPS

- 6 Hour Run 8.00AM to 2.00PM Sunday 7th March
- 6 Hour Walk 8.00AM to 2.00PM Sunday 7th March
- Presentations 2:30PM Sunday 7th March

Held at: Harold Stevens' Athletic Track
 Outlook Rd Coburg, 3058, Victoria (Melways 18/A9)
 Enquiries: Tim Erickson mob: 0412257496 or ah: (03) 90125431

SURNAME FIRST NAME INITIALS
 ADDRESS (No. and Street) DATE OF BIRTH
 SUBURB or TOWN STATE POSTCODE SEX (M/F) AGE ON RACE DAY
 PHONE (HOME) PHONE (WORK)
 EMAIL

Tick Event: 6 Hour Run (\$45) 6 Hour Walk (\$45)

PERSON TO BE NOTIFIED IN CASE OF EMERGENCY:

SURNAME FIRST NAME
 PHONE (HOME) PHONE (WORK) RELATIONSHIP

I agree that my contact details may be passed onto interested media outlets YES NO

I agree that photos of me competing in this event may be passed onto interested media outlets YES NO

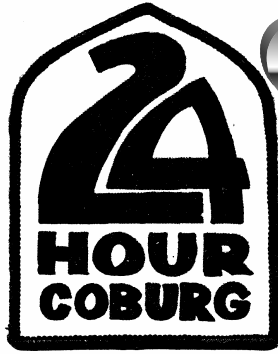
Details of Your Best Track Ultra Performances:

6 Hour ----- Km 50 Km -----
 12 Hour ----- Km 100 Km -----
 24 Hour ----- Km 50 Miles -----

SEND ENTRIES TO : TIM ERICKSON
 1 AVOCA CRES
 PASCOE VALE
 VICTORIA, 3044

Entries close Friday 26th February 2010 or earlier if the maximum field size of 45 competitors is reached.

Make cheques payable to Coburg Harriers Club Inc.



COBURG 24 HOUR



CARNIVAL 2010

24 HOUR ENDURANCE RUN / WALK SATURDAY 17th – SUNDAY 18th APRIL 2010

27th ANNUAL VICTORIAN 24 HOUR TRACK CHAMPIONSHIP 26th AUSTRALIAN CENTURIONS 24 HOUR WALK

- 24 Hour Run/Walk 10.00AM Saturday 17th April to 10.00AM Sunday 18th April
- Presentations 11:00AM Sunday 18th April

Held at: Harold Stevens' Athletic Track
Outlook Rd Coburg, 3058, Victoria (Melways 18/A9)
Enquiries: Tim Erickson mob: 0412257496 or ah: (03) 90125431

SURNAME FIRST NAME INITIALS
 ADDRESS (No. and Street) DATE OF BIRTH
 SUBURB or TOWN STATE POSTCODE SEX (M/F) AGE ON RACE DAY
 PHONE (HOME) PHONE (WORK)
 EMAIL

Tick Event: 24 Hour Run (\$65) 24 Hour Walk (\$65)

PERSON TO BE NOTIFIED IN CASE OF EMERGENCY:

SURNAME FIRST NAME
 PHONE (HOME) PHONE (WORK) RELATIONSHIP

I agree that my contact details may be passed onto interested media outlets YES NO

I agree that photos of me competing in this event may be passed onto interested media outlets YES NO

Details of Your Best Track Ultra Performances:			
6 Hour	----- Km	50 Km	-----
12 Hour	----- Km	100 Km	-----
24 Hour	----- Km	50 Miles	-----

SEND ENTRIES TO : TIM ERICKSON
1 AVOCA CRES
PASCOE VALE
VICTORIA, 3044

Entries close Friday 9th April 2010 or earlier if the maximum field size of 45 competitors is reached.

Make cheques payable to Coburg Harriers Club Inc.



COBURG HARRIERS



AND THE AUSTRALIAN CENTURIONS PRESENT 27th ANNUAL VICTORIAN 24 HOUR TRACK CHAMPIONSHIP 26th AUSTRALIAN CENTURIONS 24 HOUR WALK

INFORMATION

- Ⓢ AURA regulations apply - AURA and IAU certified.
- Ⓢ For health and safety reasons, competitors must be aged 18 years or over.
- Ⓢ Computer lap scoring is used. Individual lap scorers are not required.
- Ⓢ The venue record is 294.504 km, set by Yiannis Kouros in 1996.
- Ⓢ Trophies will be awarded to male and female winners in all run and walk categories.
- Ⓢ Entrants in the 24 Hour events to have equipment set up by 8:30 a.m. on the Saturday.
- Ⓢ The event is conducted on a high quality synthetic athletic track.
- Ⓢ A 24 Hour canteen will have hot & cold snacks and main meals available for purchase.
- Ⓢ Male and female hot showers and toilets are available in the clubrooms.
- Ⓢ A trackside portable toilet is available for all ultra runners.
- Ⓢ Masseurs and qualified first aid support will be available.
- Ⓢ Printed hourly progress reports are provided.
- Ⓢ Trackside camping (no electricity) is allowed for vans and tents.
- Ⓢ 24 Hour Walk entrants compete concurrently in the 'Racewalking Australia' 100 km walk championships for men and women.

Please note: **NO CARS ALLOWED ON THE TRACK!**

WAIVER

I, the undersigned, in consideration of and, as a condition of my entry into the Coburg 24 Hour Carnival 2010, for myself, my heirs, executors and administrators hereby waive all and any claim, right or cause of action which I or they might otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequence upon my entry of participation in the said event.

This waiver, release and discharge shall be and operate separately in favor of all persons, corporations and bodies involved and otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them, and includes, but not limited to, Commonwealth and State departments and instrumentalities, medical and paramedical practitioners and personnel and shall operate whether or not the loss, injury or damage is attributable to the act of neglect of any or more of them.

I have read the rules and conditions of the event as stated in the declaration above and upon literature and other materials distributed in connection with the event and agree to abide by them.

ENTRY FEES:	6 HOUR RUN/WALK:	\$45.00
	24 HOUR RUN/WALK:	\$65.00
	6 HOUR RUN/WALK AND 24 HOUR RUN/WALK:	\$90.00

Please find enclosed cheque/money order for \$ _____ made payable to Coburg Harriers Club Inc.

Signature _____

Date _____

Name (please print) _____