

# NOWRA ATHLETICS CLUB

Presents

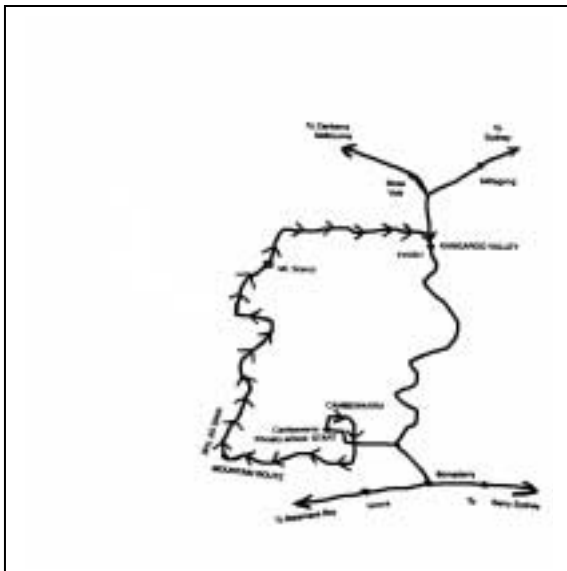


28<sup>th</sup> Annual

# KING OF THE MOUNTAIN

Nowra to Kangaroo Valley  
via Mount Scanzi

21<sup>st</sup> July 2002



Manned aid stations will provide water only and will be located at:

<b>2km</b>	Corner Hockey's Lane and Illaroo Road
<b>7km</b>	Corner Illaroo and Brown's Mountain Roads
<b>11km</b>	Corner Illaroo and Emery's Roads
<b>16km</b>	Halfway
<b>22km</b>	Duffy's Corner (fruit also at this point)
<b>24km</b>	Top of Mount Scanzi
<b>29km</b>	On Tallowa Dam Road, near Kangaroo Valley Country Club
<b>32km</b>	Finish (drinks and fruit)

**Note:** special drinks will be delivered to aid stations but they must be brought to the registration area **before the start of the event.**

**Note:** There will be no ultra marathon this year

### Race Details

<b>Route</b>	A scenic and challenging run covering 32 kilometres (20 Miles in the old measure) from Cambewarra Public School to the Kangaroo Valley Showground. The route runs through the foothills of Cambewarra and Bugong, over the summit of Mt Scanzi, then down into Kangaroo Valley. See map above. This is an arduous event and entry by young or unfit competitors is <b>NOT</b> recommended. The run will proceed in any weather and, if necessary, the route will be changed to ensure your safety.
<b>Time</b>	Start Time 9.00 am sharp.
<b>Further details</b>	contact Kevyn Davis on: <b>mobile</b> 0417 255 123, or <b>work</b> 4421 8811 or <b>home</b> 4447 8309
<b>Entry Fee</b>	\$20
<b>Entries to</b>	“King of the Mountain” c/- Raine & Horne, Shop 2, North Nowra Shopping Centre, North Nowra. NSW 2541
<b>Cheques payable to</b>	Nowra Athletic Club
<b>Late Entries</b>	Will be accepted on the day at \$25
<b>Mail entries close</b>	Wednesday 3 <sup>rd</sup> July 2002
<b>Minimum age</b>	12 years
<b>Transport</b>	Will only be provided from the showground back to the start after the race. No private vehicles are allowed on the course route during the event.

### DECLARATION

- I, the undersigned, as a condition of acceptance of my entry in the above event for myself, my heirs, executors and administrators, hereby waive all and any claim which I or they might otherwise have for or arising out of any loss of my life or injury, damage or loss of any description whatsoever which I may suffer as a result of my participation in the said event. This waiver, release and discharge shall be and operate in favour of all persons and bodies involved in the promotion and staging of the event and their servants and representatives.
- The judge’s decision will be final and no correspondence or disputes entertained.

Detach and return the portion below with your payment

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<b>Entry form for Shoalhaven King of the Mountain</b>		
<b>21<sup>st</sup> July 2002</b>		
Name	Date of Birth	Sex
Address:		Phone
Signature		Date
Parent/Guardian Signature (Under 18 Entries)		E-Mail

**Please photocopy if you need more entries**