

The Australian Mountain Running Association presents
a running or walking tour of the Farrer, Wanniasa Hills and Isaacs
Ridge nature park ridges in Canberra's Woden Valley

Tour de Ridges

**6.30am 21.2 km Tour de Ridges run &
15.3 km bush walk;
7.15am 15.3 km run;
7.30am 10.6 km out and back 'flat' Farrer -
Isaacs trail run & walk**

Sunday 17 December 2017

**Start and finish at Mawson sports field, Beasley Street, Mawson ACT
(near junction with Lambrigg Street)
Facilities: parking, toilets**



Running surface: dirt fire trails in Canberra Nature Park in Farrer Ridge, Wanniasa Hills and Isaacs ridge nature reserves. Trail running shoes are recommended.

Awards for each event (maximum of one per competitor, Christmas theme – for example: wine, chocolate stockings, Toblerones, Christmas cakes)

1st three males and females in each event, lots of barrel draws for all other finishers. You must be present at a barrel draw to be eligible to receive a prize.

In addition, soft drink, water, sports drink, breakfast bars, chocolate bars at the finish.

Age limit

Minimum age of 15 years for the half marathon and 15 km events.

Electronic timing by FlyerUltra Timing and online results

Race bibs will have electronic timing chips attached and must be collected on race day at least 30 minutes before race start.

Bib Mounting Instructions

Bibs for chip timing must be mounted on the front of the torso only, oriented correctly(landscape), and pinned securely. For the chips to work, Bibs must not be covered by packs or belts, and they should be clearly visible at the finish for manual backup and confirmation of electronic chip reads.

Do not go anywhere near the timing mats during your pre-race warm up!

Start Protocol

A briefing will be given 10 minutes before each event is due to start. The start line will be defined by 2 cones placed approximately 20m before the start confirmation/finish timing mat. Please ensure after starting that you cross the 4m wide timing mat so that we have a start confirmation for you.

Finish Protocol

After crossing the timing mat at the finish please do not stop but continue walking another 30m or so through to the Finish Table where you should take off your bib, scan it at the computer there to display your result, and then place the bib in the box provided. Please do not forget to take your bib off. You are welcome to cheer others on at the finish as long as you are not wearing or carrying a bib near the mats.

Live Results

Live results will be available on any device with Web access (smartphone, tablet, PC) via a link which will be placed on the AMRA website. Your finish time recorded will be the gun time- ie time when you crossed the finish mat minus the start time at the start cones.

Online Finisher's Certificate

When you access the Web result if you click on your name in any Results List a pop up box with a downloadable/printable Finisher's Certificate will be available for you.

Entry closure strictly on 13 December; no entries accepted after this

To facilitate use of the electronic timing system, it is most important that entries close a few days before race day to enable timing chips to be attached to bibs and boxed and organised for race day. **Entries will only be accepted online and online entries will close strictly on**

Wednesday 13 December at 6pm. No late entries will be accepted after 6pm on Wednesday 13 December and no late entries will be accepted on race day. It will help the organisation considerably if as many people as possible enter before 4 December.

Entry fees up to 11.59pm 4 December

10km run, 10km walk & 15km walk: AMRA members \$15; Non-AMRA members \$20.
15km & 21km runs: AMRA members \$25; Non-AMRA members \$30

Entry fees from 5 December to 6pm 13 December

10km run, 10km walk & 15km walk: AMRA members \$25; Non-AMRA members \$30.
15km & 21km runs: AMRA members \$35; Non-AMRA members \$40.

No late entries will be accepted after 6pm on Wednesday 13 December and no late entries will be accepted on race day.

Cancellation, Refund, Entry Transfer and Change of Distance policies

Helping us to help you: The Australian Mountain Running Association is a not for profit and volunteer run organisation that strives to put on very affordable events of a very high standard. We rely on participants to assist us in keeping entry fees low and event organisation volunteer friendly by observing race rules and by volunteering themselves from time to time.

Event cancellation: If the event is cancelled by AMRA, for example in the case of a total fire ban or extreme weather, AMRA will refund 70% of your entry fee. AMRA is a non-profit organisation and the remaining funds will go towards some of the costs that we cannot get refunded.

Partial refund due to illness/injury/family or work commitment: Entrants who wish to cancel their registration due to illness/injury/family or work commitment may apply to receive a refund of the entry fee less an administration fee of \$10 up to 6pm on 13 December. The application should be emailed to John Harding at [hackettrunner at hotmail dot com](mailto:hackettrunner@hotmail.com) and include your name, your email address, the name of the event, and your Registernow registration number (emailed to you when you entered) before 6pm on 13 December. No refunds will be given for applications after 6pm on 13 December, and emails after 6pm on 13 December requesting refunds will not be answered. Refunds will be processed in bulk.

Transfer of your entry to another participant: Sorry, we are unable to do this. You will need to cancel your own entry (see above) and the other participant can sign up as normal if the event registration deadline has not yet passed. If the event registration deadline has passed, the entry will be forfeited. For safety reasons you cannot give your bib to another participant. If you are caught doing this both entrants may be disqualified from future events.

Transfer of your entry to a different AMRA event in the future: Sorry, we are unable to do this. You will need to cancel your entry (see above) and register for the future event.

Changing your event distance: Any requests to change race distance or from a run to a walk or vice versa must be emailed at the latest by midday on Friday 15 December to John Harding at [hackettrunner at hotmail dot com](mailto:hackettrunner@hotmail.com). No refund will be given where the change is to a cheaper entry fee event. If the change is to a more expensive entry fee event, there will be a fee applicable of the additional cost which must be provided in cash when collecting your race bib on race day.

Event queries: Please download and read the event information in this document, and in the pre-race news bulletin that will be emailed to all entrants during the week before race day. Do not email or message in the last 2 days before race day as the Race Director will be out in the bush course marking and undertaking other race organisation.

Volunteering

Volunteers are needed for a range of jobs. To volunteer, please complete the online Volunteer form at www.mountainrunning.coolrunning.com.au

Time limits

Time limits are necessary for personal safety, for consideration to event helpers who volunteer lengthy periods of time from very early in the morning to help on the day, and to enable the presentations and barrel draws of prizes to be done before most participants need to leave to go home.

The following time limits shall apply and persons not achieving the time limits will be disqualified.

21.2 km run and 15.3km walk: 3 hours

15.3 km run: 2 hours 20 mins

10.6 km run and walk: 2 hours

In 2013 the slowest person took 2:26 for the 21.2 km run, 1:59 for the 15.3 km run, 2:51 for the 15.3 km walk, and 1:49 for the 10.6 km run and walk

Drink stations: Be environmentally friendly

The War On Waste TV series on the ABC this year revealed that plastic cups take 50 years to fully disintegrate in landfill. So we want to be environmentally responsible by phasing out use of plastic cups for drink stations and instead encourage event participants to carry 0.5 litre to 1 litre water bottles or water bladders in race vests and refill these at drink stations from water and sports drink 20 litre containers with taps.

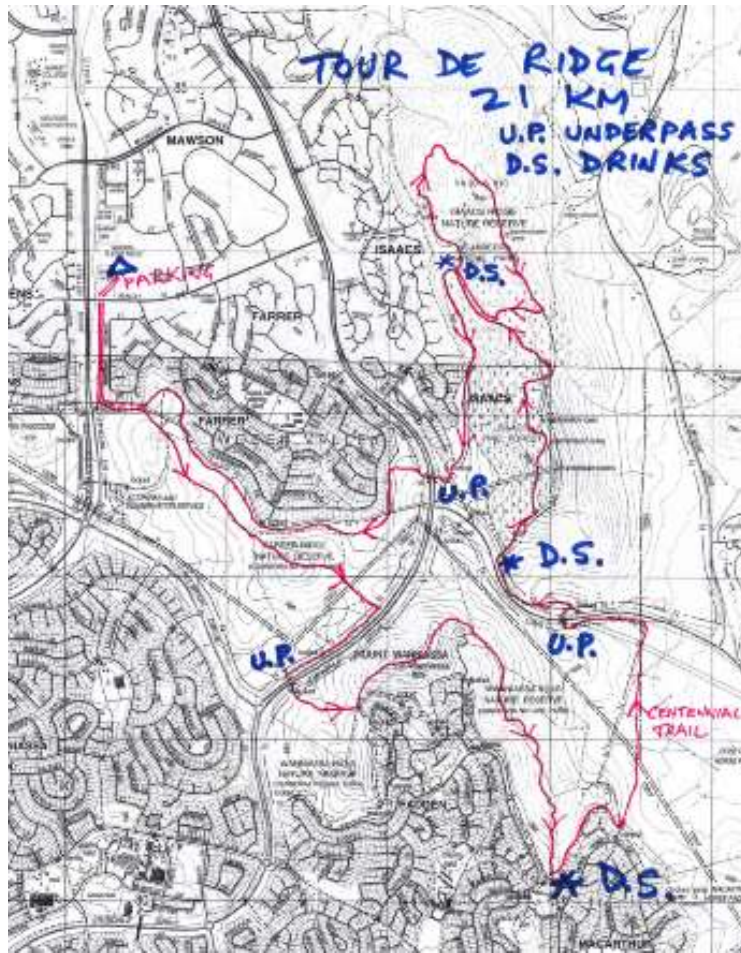
There will be a limited supply of cups at each drink station.

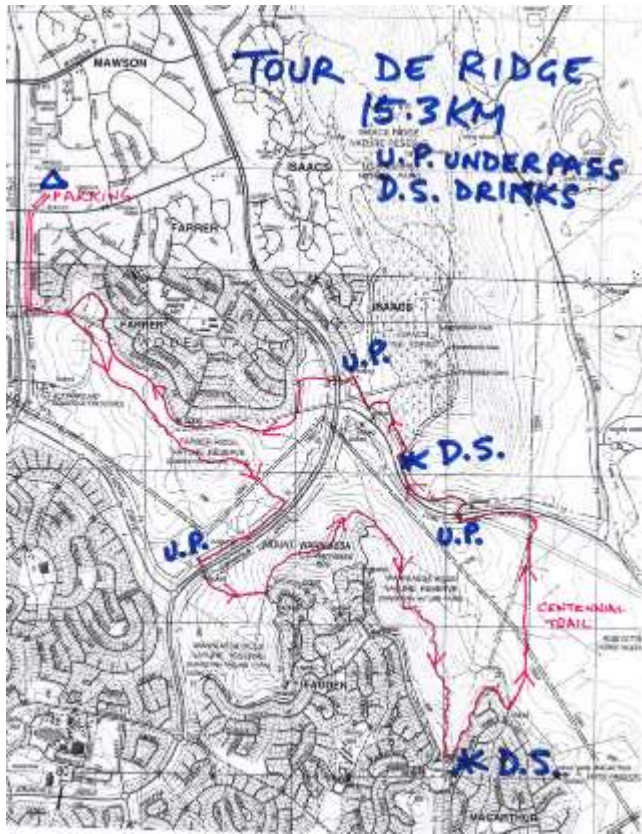
At the drink stations: Water, sports drink, various lollies at each.

See the drink station locations on the course maps.

Contact: John Harding at hackettrunner@hotmail.com

COURSES





Entry form—2017 Tour De Ridges

Do not use this form: online entry only

Please enter securely online with credit card at
www.mountainrunning.coolrunning.com.au

Given name Surname

Address

..... Post code

Telephone (home) (work)

Email (write clearly in block letters)

Male Female Date of birth: Age in years on 17 December

EVENT (please tick):

21.2 km run 15.3 km run 10.6 km run 15.3 km walk 10.6 km walk

Australian Mountain Running Association membership status: **AMRA member** **Not a member**

Amount paid: \$.....

Risk Statement

In entering this mountain running and walking event you should recognise that mountain running and walking is a recreational activity that may involve a small risk of physical harm. Included in these risks are injury due to: steep or rough terrain and obstacles; the effects of heat, cold or other adverse weather conditions; dehydration or over-hydration; and vehicular traffic at the road crossing.

You should be aware that there is no personal accident insurance on your participation and you participate at your own risk.

Declaration: (all entrants must sign, and parent/guardian if under 18 years)

1. I, the undersigned, in consideration of and as a condition of entry in the Tour de Ridges for myself, my heirs, executors and administrators, hereby waive all and any claim, right or cause of action which might arise out of loss of my life or injury or damage consequent upon my entry or participation in the said event. This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging this event.
2. I have downloaded and read the event information, including the risk statement and race rules, especially in respect of the time limits and cancellation, refund and transfer of entry policies, and I agree, in entering, to comply with all race rules and conditions.

3. I have trained for this event, have no medical impairment which may be detrimental to my health, and will withdraw from the event if I suffer a viral complaint during the last seven days before the race.

Signed:..... **Date:**.....