

**27<sup>th</sup> ANNUAL  
KING OF THE MOUNTAIN  
AND  
ULTRA-MARATHON  
SUNDAY 1<sup>st</sup> JULY 2001**



**NOWRA TO KANGAROO VALLEY**

PRESENTED BY

**NOWRA ATHLETICS CLUB**

**27<sup>TH</sup> ANNUAL  
KING OF THE MOUNTAIN**

**20 miles (32km) over Mt. Scanzi**  
Start **9.00am** Cambewarra Public School  
Finish Kangaroo Valley Showground

**7<sup>TH</sup> ANNUAL  
ULTRA MARATHON**

**46km around Mt. Scanzi**  
Start **8.00am** Cambewarra Public School  
Finish Kangaroo Valley Showground  
For further enquiries regarding either event, contact  
Kevyn Davis 0417 255 123  
02 4421 8811 Work  
02 4447 8309 Home

Entry fee \$20 (for either event)  
Send to: King of the Mountain  
99 Osborne St Nowra NSW 2541  
(Cheques payable to Nowra Athletics Club)  
Entries will be accepted on the day at \$25

**MAIL ENTRIES CLOSE WED 20<sup>TH</sup> JUNE 2001**

- Minimum age 12 years
- Transport provided from Kangaroo Valley back to start after the event
- No private vehicles allowed on the course

**VENUE**

A scenic, challenging run through the foothills of Cambewarra and Budgong, over the summit of Mt. Scanzi, then down into Kangaroo Valley. (Refer to map on reverse). The ultra marathon skirts Mt. Scanzi along the Budgong fire trail returning to kangaroo Valley along Tallowa Dam Road. This is an arduous event and entry by young or unfit competitors is NOT recommended. The run will proceed in any weather and, if necessary, the route will be changed to ensure your safety.

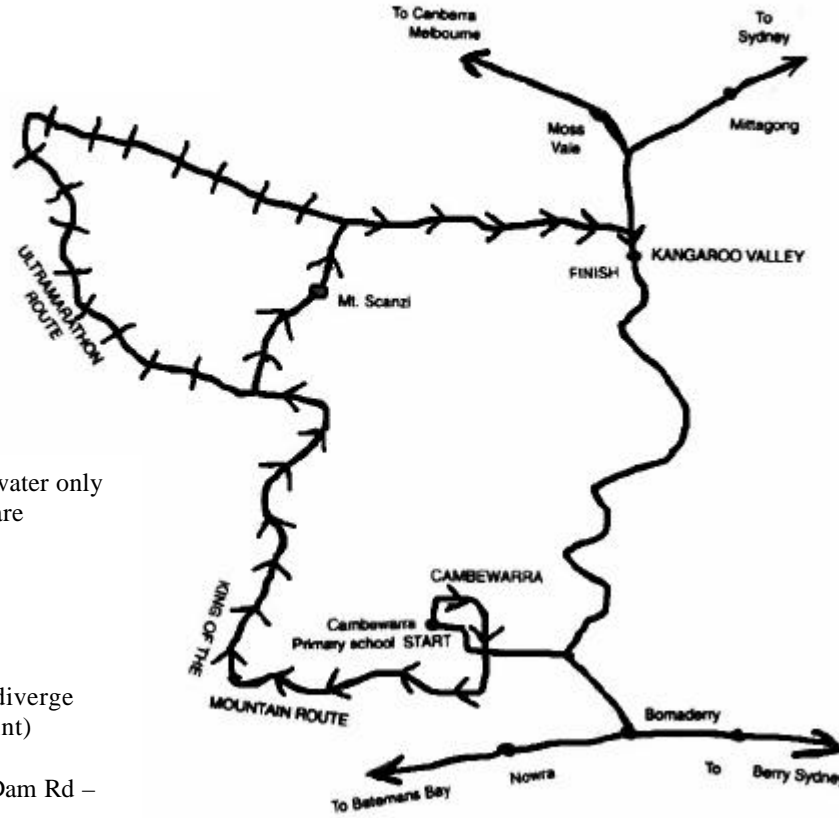
**DECLARATION**

1. 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.
2. The judges decision will be final and no correspondence or disputes entertained.

**MANNED AID STATIONS** will provide water only and are located at the following points and are available to both events unless stated:

- 2 km** (cnr Hockey's Lane & Illaroo Rd)
- 7 km** (cnr Illaroo & Brown's Mtn Rds)
- 11 km** (cnr Illaroo & Emery's Rds)
- 16 km** (Half way)
- 22 km** (Duffy's Corner – the two events diverge here. Fruit also available at this point)
- 24 km** (Top of Mt Scanzi – KOM only)
- 30 km** (cnr Bugong fire trail & Tallowa Dam Rd – Ultra-marathon only)
- 29 km** (also 43 km for Ultra – on Tallowa Dam Rd near the Kangaroo Valley Country Club)
- 32 km** (46 km for Ultra – 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**



**ENTRY FORM FOR SHOALHAVEN KING OF THE MOUNTAIN / ULTRA-MARATHON**

1<sup>st</sup> JULY 2001

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

DOB: \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_\_ SEX: M  F

EVENT:  KING OF THE MOUNTAIN  ULTRA-MARATHON

SIGNEND: \_\_\_\_\_ DATE: \_\_\_\_\_

SIGNATURE OF PARENT/GUARDIAN (UNDER 18 ENTRIES) \_\_\_\_\_

Please note: photocopy entries are acceptable if you need more copies