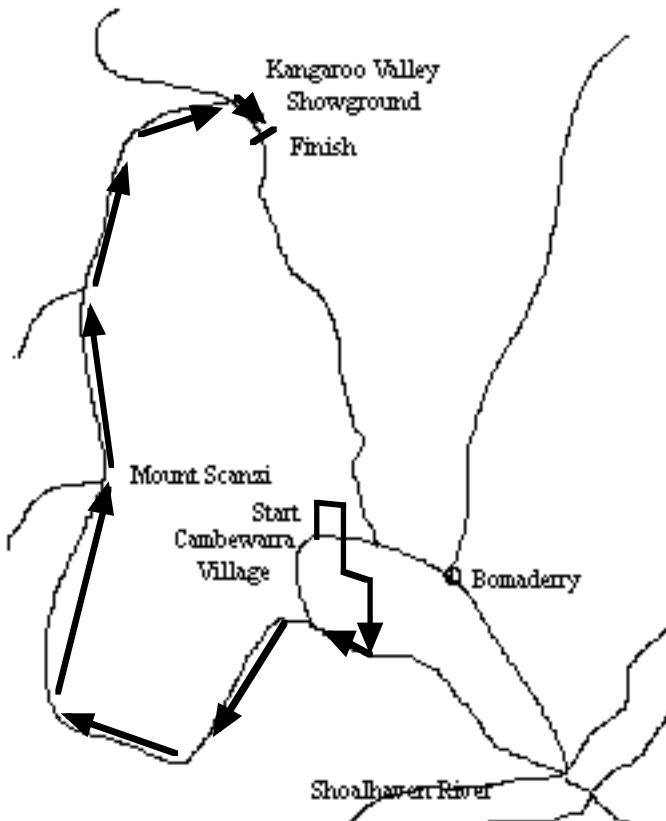


**NOWRA ATHLETICS CLUB INC. &
NOWRA TOYOTA
Present**



33rd Annual
SHOALHAVEN
**KING
OF THE
MOUNTAIN**
32km
Nowra to Kangaroo Valley
via Mount Scanzi
9am
Sunday 15th July 2007

Manned drink stations will be located at:

2km	Corner of Hockey's Lane and Illaroo Road
7km	Corner of Illaroo and Brown's Mnt Road
11km	Corner of Illaroo and Emery's Road
16km	Halfway - Iron gate
22km	Duffy's Corner (fruit available here)
24km	Geary's Gap. Top of Mt Scanzi
29km	Tallowa Dam Road near Kangaroo Valley Country Club
32km	Finish (drinks and fruit)

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

Participation is Paramount

Route A challenging run from Cambewarra Public School, over Mt Scanzi to Kangaroo Valley Showground on quiet gravel back roads with some bitumen. 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.

Time Start time is 9:00 am sharp

Contacts Telephone: Andrew Johnstone Home 44213849 or Work 0402084567
Email: Greg Molony gmolony@yahoo.com

Entries To Andrew Johnstone 20 Riverview Rd, Nowra NSW 2541

Cheques Payable to: Nowra Athletics Club Inc

Fees Entry Fee \$20 or late entries accepted on the day at \$25. The closing date for mail entries is Wednesday 11th July 2007.

Min Age 14 years

Transport Transport will be provided from the showground back to the start after the race. No private vehicles are allowed on the course during the event.

Special thanks are extended to :

Peter Rose Eyecare Plus

Friendly Inn Kangaroo Valley

Outdoor Insights Kangaroo Valley

Sportspower Nowra

Cambewarra Estate Winery

Redenbach Accounting

for provision of prizes for the Barrel Draw

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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.

Signed

Date

Entry form for the Shoalhaven King of the Mountain 15th July 2007		
Name		Sex M / F
Address	Postcode	Phone
Parent/Guardian Signature (<18)		Email
Age on the Day	DOB	

Please Photocopy if you need more entry forms