

The Australian Mountain Running Association (AMRA) presents runs and bush walks in a spectacular mountain and valley backdrop in Namadgi National Park.

Orroral Valley Classic

Runs: 3 kms, 8 kms, 20 kms and 32.5 kms

Bush walks: 8 kms and 20kms

9am Saturday 11 October 2008

8.30am start for 20 km bush walk and 32.5km runners

Start and finish at the former Space Tracking Station, end of the bitumen on the Orroral Road, 30kms south of Tharwa via Naas and Boboyan Roads (50 minutes from Canberra city)

Running surface: dirt road and grass 4 wheel drive trails.

Awards

First 3 males and females outright in each event

20kms and 32.5kms: first 3 males and females under 20, aged 40-44, 45-49, 50-55, 55-59, 60+

A variety of barrel draw prizes

Entry

Pre-entry by 7 October. Adults:AMRA members \$12; non-members \$18. Juniors (under 20): \$5.

Late entries on the day between 8am and 8.45am.

AMRA members \$18; non-members \$22.

Contact Steve Appleby ph (02) 6291 4853

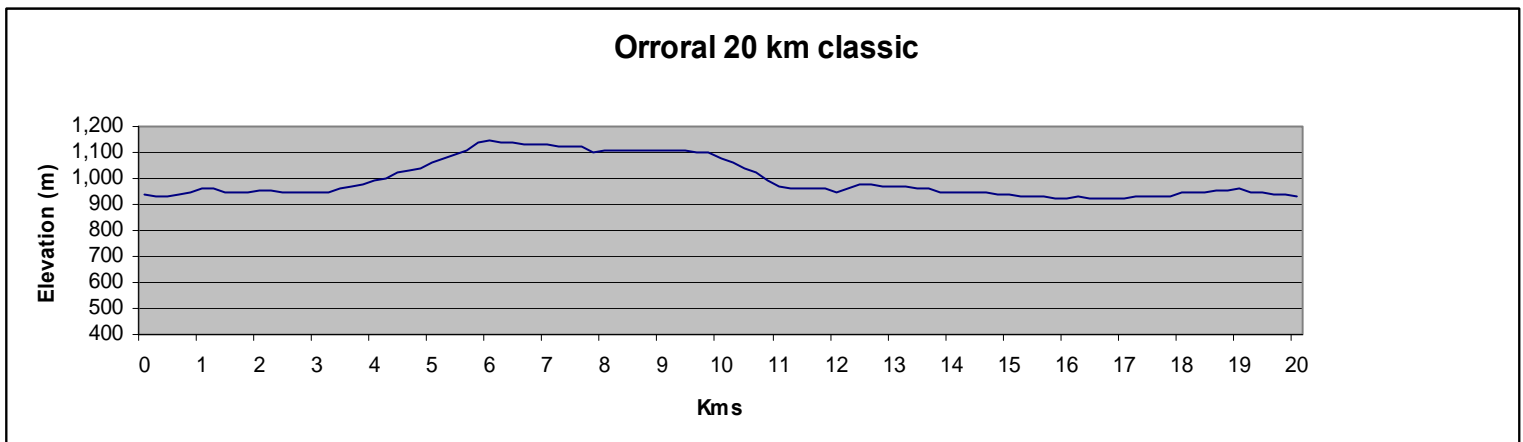
See: <http://www.mountainrunning.coolrunning.com.au>

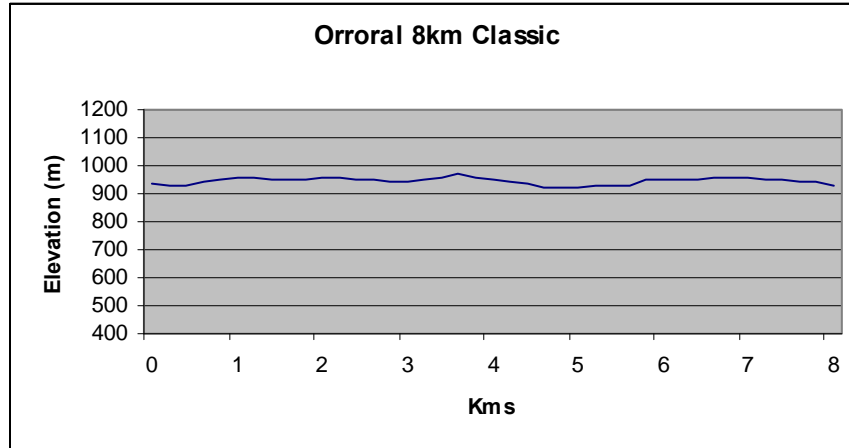
3km course: 1.5kms out and back.

8km course: loop course

20 km course: loop course to the end of the valley and return

32.5 km course: out to the 16.25 km point on the 20km course and return





**2008 Orroral Valley Classic
ENTRY FORM**

Given name Surname

Address

..... Post code

Telephone (home) (work)

Email (write clearly in block letters).....

Sex (male/female) Age in years Date of birth / /

Event (please tick): 3km run 8km run 20 km run 32.5 km run
 8km walk 20km walk

Amount paid\$.....

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

1. I, the undersigned, in consideration of and as a condition of entry in Orroral Valley Classic for myself, my heirs, executors and administrators, hereby waive all and any claim, right or cause of action which or they might otherwise have for or arising out of loss of my life or injury, damage or 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 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:.....

**Post to: Race organiser, 32 Girdlestone Circuit, Calwell ACT 2905 with cheques payable to
 Australian Mountain Running Association
 If you do not have a cheque book, pay cash on the day.**