



Winter warm up
Trail fun run & walk
Sunday^{3rd} July 2011
Choose your challenge!

Off road 1/2 (21km) or 10km run or walk
Greta Valley, North Canterbury



www.winterwarmuprun.co.nz

Event information

Date – Sunday ^{3rd} July 2011

Where- MJ&LA Johnstone's property , Patersons road (off Motunau Beach road) GRETA VALLEY
Sign posted & five minutes from State Highway One, Greta Valley ,North Canterbury. 1 Hr north of ChCh.

Course- This course offers spectacular views of the magnificent Southern Alps, Kaikoura ranges to Pegasus Seas. It follows farm tracks over hills and undulating territory consisting of grass, gravel and may include small water crossings. Drink stations will be available. Previews of the course are not permitted. No dogs are allowed.

Transport – Please arrange car pooling where possible to help with limited parking arrangements.

Registration- 9.00am- 10.15am Competitors will be asked to wear numbers during the event.

Race Briefing – 10.30am Compulsory Attendance Please.

Start times –
11.00 am ½ marathon runners
11.05am 10km runners
11.10am 10km walkers

Entries - The entry fee of \$40.00 per runner & \$35.00 per walker (includes a hot lunch) is to accompany this entry form or E Transfer & to be received no later than Friday ^{1st} of July. Entries after this date will be accepted if cut off numbers haven't been reached ,they will incur an extra \$10.00 fee & **won't** include lunch.

Prize Giving – Will commence when all competitors & officials have cleared the course. All competitors will be eligible for spot prizes, Placing prizes for runners only. You must be present to receive prizes.

Race rules - Competitors are not able to transfer entries to other persons or alter their distances after race start No refunds or transfers given to competitors not starting the event. Medical personnel have the right to remove a competitor from the race. Minimum age is 10yrs 10km & 14yrs for 20km.The race directors decision is final.

Postpone – Please listen to Talk ZB, or 91FM for a postponement or cancellation . The date for **date** postponement will be the following Sunday 10th July. All times remain the same. If the event cannot proceed on either of these two dates the event will be cancelled .

Food - A hot lunch will be provided after the event for competitors entered before the 1st^h of July
Additional food & drink will be available for purchase. A Coffee van will also be on site.

Contacts & Race Directors

Murray & Lynette Johnstone
Fab Fitz Health & Fitness
270 Patersons Road ,
Amberley R.D.3, 7483 North canterbury.

Ph 033143733
fx 033143735
0276351690
mj-la-johnstone@farmside.co.nz

www.winterwarmuprun.co.nz

Winter Warm Up Entry Form

Please print clearly

Full Name -----

Address -----

cellphone -----landline ph-----

Birthdate -----/-----/----- Age on race day -----

Email -----

Event Entered (please circle)

10km Walk

10km Run

20kmrun

Age Group- Runners only (please underline)

- Junior Male under 15yrs
- Youth Male 15yrs – 18yrs
- Open Male
- Masters male40-49
- Veteran Male 50-59
- SupaVets Male 60+
- * Junior Female under 15yrs
- * Youth Female 15-18yrs
- * Open Female
- * Masters Female 40-49
- * Veteran Female 50-59
- * SupaVets Female 60+

ENTRY FEE \$40.00 Runners \$ 35.00 Walkers All entries received before Friday ^{1st} July will include lunch(Please contact us with any dietary requirments.).

Cheques payable to Fab Fitz or e transfer to 031355 0444721 00 50

Please detach this page & fill in waiver on reverse before posting or faxing

Winter Warm Up Trail fun run & Walk

Waiver I have read the available information and agree to abide by all race rules & follow the directions and instructions given by the organising committee. I enter the event at my own risk & take responsibility for my own belongings .While I'm aware every action will be taken to ensure my safety, I will not hold Race directors, organisers, or medical staff liable for any injury or fatality which may be sustained by myself or directly associated with me. I agree my entry cannot be transferred from persons or categories after race start and will not be refunded if any act of god conditions cause the event to be cancelled.

Print name -----

Signed ----- Date -----

Please forward Entry , payment & Signed waiver to :

Lynette Johnstone

Fab Fitz

270 Patersons Road

Amberley R.D .3

7483 North Canterbury

Please Make cheques payable to Fab Fitz

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