2012 Valley Challenge
Cross Country Fun Run through Middle Boambee
3 June 2012
Boambee Public School P&C Association

EVENT INFORMATION

The Valley Challenge is a major fund raising and community event being staged by the Boambee Public School P&C Association on the morning of Sunday 3 June, 2012.

The event is open to the whole community.

Money raised will be put toward a new outdoor learning area and amphitheatre in the school grounds.

THE COURSE

The fun run will start and finish on the playing field at the rear of Boambee Public School and will use a temporary passageway through paddocks on the adjoining property to access McAlpine Way to the west. From here the run will extend along three separate courses of 2.5km, 5km and 10km length using roads and tracks in the Middle Boambee valley (see map attached).

The 2.5km run will start at 9.30am and the 5 and 10km run will start together at 10.15am. We anticipate that the last runners will return to the school at around 11.30am.

HOW TO ENTER

All participants must submit a completed registration form and waiver with payment to the registration desk at the school on event day prior to the start of the race. The desk will be open from 8.00am. A copy of the registration and waiver form is attached. Additional forms are available at Boambee Public School or can be downloaded at:


ENTRY FEES

<table>
<thead>
<tr>
<th>Individual entry:</th>
<th>2.5km run</th>
<th>$5.00</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>5km run</td>
<td>$10.00</td>
</tr>
<tr>
<td></td>
<td>10km run</td>
<td>$15.00</td>
</tr>
<tr>
<td>Family entry:</td>
<td>(any course)</td>
<td>$20.00</td>
</tr>
</tbody>
</table>

TRAVELLING TO THE SCHOOL

As most people will arrive on race day by car, there is likely to be considerable traffic within the vicinity of the school during this time. Accordingly, please adopt the following measures:

- Arrive early to give yourself plenty of time to park and walk to the registration and race marshalling area;
- Avoid the Lindsays Road frontage of the school. If possible, approach the school from the south, (ie from the South Boambee Road exit of the Pacific Highway) if you are planning to park in Bligh Drive;
- Avoid travelling along the eastern end of McAlpine Way near its junction with Lindsays Road as this is in close proximity to where the fun run will start and finish.
PARKING

There is no off-street and only limited on-street parking along Lindsays Road near the school. Accordingly, we recommend you:

- Park within the bus turn around area on Lindsays Road near the McAlpine Way junction west of the school. Marshals will be present to direct traffic and to ensure that the area is utilised as efficiently as possible. Be mindful that this area will fill quickly;
- Park along Bligh Drive, the closest side street to the west of the school or along the access road to Boambee Hall on the eastern side of the highway. Both locations are a 5-10 minute walk to the school

Please consider our local community. Do not obstruct driveways and do not park in the Garden Mania car park opposite the school. Garden Mania is a co-sponsor of our event.

ON COURSE SAFETY AND SUPPORT

Participants need to be mindful that the Valley Challenge will largely follow public roads which will remain open during the event. Middle Boambee residents have been notified of the fun run and have been asked to take extra care if driving in the area. Whilst there is likely to be minimal traffic, participants are urged to take extreme caution during the run and to follow the designated course route. Road signs, traffic cones and field marshals will be strategically placed to help driver awareness and to provide guidance and safety support to runners.

A senior first aid officer will be stationed at the finish line to provide medical assistance if required. The officer will also be in radio and telephone contact with field marshals and will be deployed immediately if an emergency arises.

AWARDS AND PRIZES

Medals will be awarded to the first three place getters in each age division. The overall winner (male and female) of the 5 and 10km races will receive a perpetual trophy.

Final results including finishing time and place for each competitor will be available following the conclusion of the 10km run.

Finisher’s certificates will be handed to all participants once they have crossed the finishing line. Certificates will include a website address where race times and places can be found.

Lucky draw prizes including the main prize of 1 night accommodation for two people at Novotel Pacific Bay Resort will be open to all race entries. The prizes will be drawn as part of the presentation ceremony at the conclusion of the event at around 11.30am. Participants must be present at the ceremony to redeem lucky draw prizes.

EVENT FACILITIES

Toilets will be open for public use at the school. A barbeque, coffee and food stalls will also be available at the school during the event.

A water drink station will be located on the 5/10 km course adjacent to Ayrshire Park Reserve and at the finish line on the Boambee Public School playing field.

FURTHER INFORMATION

If you have any questions about the event please contact race organizers Garry Murray on 0428 517 665 or Sheena McTackett on 0423 022 362.
ENTRY FORM AND DISCLAIMER

All proceeds to Boambee Public School P&C Association
2.5km, 5km and 10km cross country runs along designated courses in Middle Boambee

VENUE
Start and finish on the playing field at the rear of Boambee Public School, Lindsays Road, Boambee

START TIME
2.5km Run – 9.30am  5km & 10km Run – 10.15am

ENTRY FEES
Individual entry:  2.5km run  $5.00
                5km run  $10.00
                10km run  $15.00
Family entry:  (Any course)  $20.00

REGISTRATIONS
From 8.00am at the registration desk adjacent to the school hall.

RESULTS
Available following the conclusion of the 10km run at the finishing tent

AWARDS
Medals awarded to first three placegetters in each category (see below)

LUCKY DRAW PRIZES
Drawn at the conclusion of the event (approx 11.30 am). Lucky draw winners must be present at prize giving ceremony to redeem prize.

AGE CATEGORIES
2.5km Race Categories  5 and 10km Race Categories

7 and under boys   Open men
7 and under girls  Open women
8 – 10 years boys   12 and under boys
8 – 10 years girls  12 and under girls
11 – 14 years boys  13 – 16 years boys
11 – 14 years girls   13 – 16 years girls
15 – 44 years men   35 – 49 years men
15 – 44 years women  35 – 49 years women
45 + men   50 + men
45 + women  50 + women

REGISTRATION DETAILS
(if you wish to enter both the 2.5km and either the 5 or 10km race you will need to complete 2 registration forms)

<table>
<thead>
<tr>
<th>RACE CATEGORY (please circle)</th>
<th>2.5km</th>
<th>5km</th>
<th>10km</th>
<th>RACE NUMBER (supplied at registration)</th>
</tr>
</thead>
<tbody>
<tr>
<td>NAME (please print)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>GENDER</td>
<td></td>
<td></td>
<td></td>
<td>AGE at 5 June 2012</td>
</tr>
<tr>
<td>POST CODE</td>
<td></td>
<td></td>
<td></td>
<td>TELEPHONE</td>
</tr>
<tr>
<td>EMAIL (please print)</td>
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Note: you must provide an email address if you want to receive your Race Certificate with time and placing (5 and 10km race only)

Age groups determined by age on Race Day. First three male and first three female finishers in the 5km and 10km races will take the Open category medal (as above), and therefore forfeit their age category medals. Runners aged 17 to 34 are deemed to be in the open category.
Enquiries to sheena.mctackett@mckinsey.com or telephone 0423 022 362 (Sheena McTackett – Race organiser)

ALL PARTICIPANTS MUST READ AND SIGN THE ATTACHED WAIVER.
PARTICIPANTS UNDER 18 MUST HAVE THEIR FORM SIGNED BY A GUARDIAN.
WAIVER – PARTICIPANT DISCLAIMER (MUST SIGN)

1. I have read the general conditions and terms and conditions of entry for this event and understand the demanding physical nature of the event. I have trained for this event and I am not aware of any medical condition or impairment that will be detrimental to my health if I participate in this event. In the event that I become aware of any medical condition or impairment or am otherwise sick or injured prior to the event, I will withdraw from the event.

2. I acknowledge that participating in this event may involve a real risk of serious injury or even death from various causes including: over-exertion, dehydration and accidents with other participants, spectators or road users.

3. I acknowledge that it is a condition of participating in this event that I do so at my own risk. I accept all risks and release the event organiser, its agents, affiliates, employees, members, sponsors, promoters, volunteers, and any person or body directly or indirectly associated with the event, from all claims, demands and proceedings arising out of, or connected with, my participation in this event and I indemnify them against all liability for all injury, loss or damage arising out of or connected with my participation in this event. This release continues forever and binds my heirs, successors, executors, personal representatives and assigns.

4. The race director’s decision will be final and no correspondence or disputes will be entertained. All entrants must sign.

5. I consent to receive medical treatment, which may be advisable in the event of illness or injuries suffered by me during the event.

6. I give my permission for the free use of my name, voice, or picture in any broadcast, telecast, advertising promotion or other account of this event.

7. Should the event be cancelled for any reason whatsoever, I understand that entry fees will not be refunded and that no liability of any kind will attach to any person, corporation or body involved or otherwise engaged in promoting or staging this event.

8. I agree to abide by the conditions of this event as stated in the waiver above and upon literature or other material distributed in connection with the event.

9. I declare that I am over the age of 18 years on the day of the event.

Signature: ___________________________ Date: ___________________________

Declaration for Minors

If you are under the age of 18 on race day and wish to compete, your parent or guardian must sign this declaration:

I certify that I am the parent/guardian of ___________________________ who will be _________ years of age on the day of the event and that he/she has trained for and has my consent to compete in the Fun Run. I testify that I have read the above and acknowledge acceptance of the stated conditions on behalf of the minor specified above.

Name of Parent/Guardian: ___________________________

Signature: ___________________________

Date: ___________________________

Privacy Declaration

Personal information collected on this entry form will be used for administration purposes to communicate with and identify participants and record results. It will not be divulged to a third party except for the publishing of results. Failure to provide correct details may result in you not being recorded correctly in event results.
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3 June 2012
A Boambee Public School Fundraising Event