



SOUTH EAST RUNNERS ESPERANCE FUN RUN

Featuring the

Half Marathon

Sunday 2nd October 2011

DEMPSTER
SPORTING

5km Run & 5km Walk
10km Run & 10km Walk
1/2 Marathon

neal.IT
Information Technology Solutions

Start Times:

8.00am: 1/2 Marathon, 10km Walk

9.00am: 5km run, 5km walk, 10km run

From the Scout Hall

The Esplanade

Race briefing 7.45am and 8.45am

CLIFFS

**ALLIED
PICKFORDS**
The Careful Movers™

**BUNNINGS
warehouse**

SPORTSPOWER

GENERAL INFORMATION

THE COURSE: The course is flat and beautiful, following the foreshore on the dual path from the Scout Hall. The half marathon will consist of 3 laps. The 5km will be a single lap course, and the 10km will be 2 laps of 5km. Water only will be provided along the course at regular intervals. Special drinks can be left at the start / finish area to be accessed during the race if desired.

TRAINING & HEALTH SUGGESTIONS

You should be able to run a half marathon if you can run 10km comfortably. Over a 5 week period you could increase your training to manage the extra distance. Seek medical advice if you answer YES to any of the following questions:

1. Do you have a history of heart disease, high blood pressure, diabetes or asthma?
2. Do you smoke?
3. Are you 15% over your ideal weight?

On race day:

- Drink plenty of fluids before and after the race
- Have breakfast early
- Do not wear new shoes or clothes—they may cause blistering or chaffing
- Drink early during the run before you are thirsty
- Walk or slow down at drink stations to re-hydrate well
- DO NOT compete if you have had diarrhoea within 48 hours prior to the run or are feeling unwell.
- If you feel distressed, disoriented, dizzy or excessively tired SLOW DOWN or rest for a while. If you do not improve WITHDRAW.

AFTER THE RACE

Presentation of awards and morning tea will be held after the race in the Scout Hall at approximately 10.30am

PRIZES

Generous cash prizes for running events courtesy of our sponsors.
Prizes for walk events.

ENQUIRIES

Howard & Alison Reddyhough 0427 712 794



SOUTH EAST RUNNERS ESPERANCE FUN RUN ENTRY FORM

Entrants must be 16 years by 31st December 2011 for the half marathon & 10km run

RACE FEES

HALF MARATHON \$20 (\$25 on the day)

5km/10km \$15 (\$20 on the day)

Juniors (under 18) – Any Event \$5

All competitors must complete an entry form and sign the waiver

Name:			
Address:			
Date of Birth:			
Telephone: (home)			
Telephone: (work/mobile)			
Email:			
EVENT ENTERED	HALF MARATHON	<input type="checkbox"/> Junior (16 – 18y)	<input type="checkbox"/> Senior
	5km RUN	<input type="checkbox"/> Junior (under 18y)	<input type="checkbox"/> Senior
	5km WALK	<input type="checkbox"/> Junior (under 18y)	<input type="checkbox"/> Senior
	10km RUN	<input type="checkbox"/> Junior (16 – 18y)	<input type="checkbox"/> Senior
	10km WALK	<input type="checkbox"/> Junior (under 18y)	<input type="checkbox"/> Senior

Complete the entry form and waiver and post with payment (cheques payable to “South East Runners”) to:
 South East Runners
 C/- PO Box 2198
 ESPERANCE WA 6450

Mail entries must be received by 26th September. Entries can be taken directly to SportsPower or Dempster Sporting up until 12 noon Saturday 1st October. Race numbers can be collected on race day or on the evening prior from the Neal IT office (56 The Esplanade – behind the Eagle service station) between 4pm and 6pm.

WAIVER—PARTICIPANT DISCLAIMER (MUST SIGN)

1. I have read the conditions of entry for this event and understand the demanding physical nature of the event. I have trained for this event and 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 real risk of serious injury or even death from 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 my participation in this event and I indemnify them against all liability for all injury, loss or damage arising out of or connected to my participation in this event. This release continues forever and binds my heirs, successors, executors, personal representatives and assigns.
4. The race directors’ decision will be final and no correspondence or disputes 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 this event.
6. 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 of the event.
7. I agree to abide by the conditions of the event as stated in the waiver above and upon literature and other material connected with the event.
8. 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 years on the day of the race 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 this event and that he/she has trained for and has my consent to compete in the 5km/10km/half marathon run. I testify that I have read the above and acknowledge acceptance of the stated conditions on behalf of the minor specified above.

SIGNATURE OF PARENT/GUARDIAN _____ DATE: _____