

BANANA COAST ULTRA MARATHON (83 kms)

From **Grafton to Coffs Harbour** (via Coramba and Glenreagh)
(with the option of running a shorter ultra (58 kms) to Nana Glen)

Sunday, 11th May 2008

Entry Form

START: Post Office Grafton at 6.00am

FINISH: Coffs Harbour Hotel for the 83 kms

ALTERNATE FINISH : 58 kms Nana Glen School gate
Runners not past Nana Glen by 2.00 p.m. must stop there.

ENTRY FEE: \$15.00 payable to Woolgoolga Athletic Club (**\$20.00 on the day**)

Post entries to Steel Beveridge: 3'B' Surf St, Emerald Beach 2456

Enquiries: Phone/fax 02 66562735 Email: steelyn@hotmail.net.au

AURA discount \$5.00.

Rules

- 1) Each competitor must undertake to provide a second/helper to assist with feeding, care and time-keeping. Each second will require a motor vehicle of his/her own so as to carry out the necessary activities.
 - 2) Each competitor must undertake to travel on the right hand side of the road where footpaths are not provided. Where footpaths are available these must be used (e.g. leaving Grafton or entering Coffs Harbour.)
 - 3) All police instructions must be obeyed at all times.
 - 4) No push bikes as support vehicles.
 - 5) Support vehicles must obey traffic rules at all times.
-

Waiver

I the undersigned in consideration of and as a condition of acceptance of my entry in the Bananacoast Ultramarathon, for myself, my heir, executors and administrators, hereby waive all or any claim, right or cause of action which I or they might otherwise have for or arising out of loss of life or damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the said event .

This waiver release or discharge shall be and operate in favour of the Coffs Harbour City Council, the Clarence Valley Council, Woolgoolga Athletic Club and all officers, members, agents and employees of the N.S.W. Police Force and shall so operate whether the damage or cause is due to any neglect of any of them .

Signed: _____ Date: _____

event _____ Number of finishes in this
Other previous ultra marathon experience

