



**Sunday, 20 December 2009**

6 Inch is a 46k trail race conducted primarily on the Munda Biddi mountain bike trail. The track will not be closed to other users and care must be taken to avoid other trail users and vehicles on dual use sections of the track. There will be 2 water and aid stations located at the 23k and 34k marks. These will provide water refills and runners' own nutritional supplies. Therefore it will be necessary to carry one's own water between these checkpoints. To avoid the worst of the summer heat, the 46k race starts just before sunrise, at 4.30 AM. Competitors have until 12 noon to complete the course.

Runners should be aware that we will be passing through a water catchment area and that signage and direction from water authority personnel must be adhered to.

**Name** \_\_\_\_\_ Male\_ Female \_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Postcode** \_\_\_\_\_

**Country** \_\_\_\_\_ **Email** (print clearly) \_\_\_\_\_

**Mobile** \_\_\_\_\_ **Date of Birth** \_\_\_\_\_  
day month year

**Emergency Contact** Name \_\_\_\_\_ telephone \_\_\_\_\_

<b>Event</b>	<b>46k</b>	<b>11k</b>
Entry fee if received by 15 Dec 2009	\$15	\$10
Entry fee for AURA members if received by 15 Dec 2009	\$13.50	\$9
Entry fee received 16 Dec to 18 Dec 2009	\$20	\$15
Entry fee received 19 Dec 2009 or on race day	\$25	\$20

Payment Method  Cash (*Please do not send cash through the mail*)

Cheque (*Payable to Bernadette Benson*)  
*Post to E2/47 Herdsman Parade, Wembley, 6014*

Direct Transfer: BSB 736051 ACCOUNT 631234  
Account Name: Bernadette Benson  
*Please use surname and "6INCH" as the reference number*

**Circle one** event: 46k 11k

Some areas of the course will have mobile reception, particularly if you are on the Telstra network. **Do you intend to carry your phone during the race?** Yes / No

*Post entry form to address above or scan and email to [khandroj@yahoo.com](mailto:khandroj@yahoo.com).  
You will receive email confirmation of your entry.*

**Turn page over and sign the Waiver**



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**Medical**

Do you have any medical issues that the organisers should be aware of? Yes / No

If Yes, please provide details: \_\_\_\_\_

\_\_\_\_\_  
(The Organisers recommend that all participants have adequate Ambulance cover)

**Waiver and Disclaimer**

1. I acknowledge that this event involves competing on roads and tracks, all of which may be utilised by other users. I acknowledge that there are dangers involved in this event including (but not limited to): the condition of participant's equipment; road, track and traffic conditions; inclement weather; hypothermia; heat exhaustion; venomous snakes; and actions of participants and non-participants. I accept the risks associated with this event.

2. I certify that I have not been advised not to compete in this event by a qualified medical person and that I have undertaken sufficient training to do so safely.

3. I consent to receive medical attention during the event where deemed necessary due to injury, illness or accident.

4. I bind myself, my executors, administrators, heirs, successors and assigns as follows:  
(a) I discharge and release the Australian Ultra Runners Association Inc. event-organising committee, event sponsors, volunteers, community organisations, State, National, and local authorities in which the event is held and their representatives from all liability for death, disability, personal injury, damage to property, theft and all foreseeable risks, claims or actions of any kind, however caused, resulting from my participation - directly or indirectly - in this event.

(b) I further indemnify and hold harmless all entities and persons mentioned in paragraph 4(a) from all liabilities, claims or actions as mentioned above.

5. I consent to the use of my image for any legitimate purpose by Australian Ultra Runners Association Inc. and/or event sponsors, in the case that I am photographed or filmed during the event or related activities.

6. I understand that I will be running through a water catchment area and agree to abide by all signage and any directions given by water authority personnel.

7. There will be no refund of entry fees after December 11, 2009 for any reason including rescheduling or cancellation due to any natural disaster or Department of Environment and Conservation (DEC) trail closure. This application is transferable to another individual on or before December 15, 2009 upon receipt of that person's completed application including an authorizing note from the original entrant.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Print Name \_\_\_\_\_