

**WAIVER**

I agree to the following as a condition of entry in the Alice Springs Community Bank Marathon/Half Marathon 2010:

1. I acknowledge that participating in the Alice Springs Community Bank Marathon/Half Marathon as organised by the Alice Springs Running and Walking Club Inc. may involve a risk of serious injury or death from various causes including but not limited to over exertion, dehydration and accidents with other participants, spectators or road users;
2. I acknowledge that it is a condition of participating in the Alice Springs Community Bank Marathon/Half Marathon that I do so at my own risk. I accept all risks and release the event organisers, 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 however so caused including due to any negligence or other act or omission of the Alice Springs Running and Walking Club Inc. (and its officers and volunteers). This release continues forever and binds my heirs, successors, executors and personal representatives.
3. I agree to abide by any Alice Springs Running and Walking Club Inc. policy or procedure relating to my participation in the Alice Springs Community Bank Marathon/Half Marathon.

I further state that I am currently in good health sufficient to enable me to compete in this event.

NAME:.....

SIGNATURE.....

DATE.....

**ALICE SPRINGS**

The Alice Springs Running and Walking Club Inc. invites you to participate in the Alice Springs Community Bank Marathon/Half Marathon 2010.

The climate in August is normally fine and calm with little chance of rain. The average August temperature at 6 am is 4<sup>0</sup>C rising to 19<sup>0</sup>C by 9 am with low humidity. August is an ideal time to visit Central Australia and, with many interesting attractions to visit in the town and surrounding country, we encourage you to extend your stay.

Enjoy a carbohydrate meal with Running and Walking club members at the **Pasta Night** on Friday 13 August from 7 PM. It is an opportunity to meet other competitors, officials and volunteers.

**RACE RECORDS**

- Open Male: 2:26:11 John Bell (ACT)
- Open Female: 3:12:41 Rosemary Johnson (WA)
- Veteran Male: 2:28:20 Adrian Wellington (NT)
- Veteran Female: 3:19:51 Elizabeth Bennett (ACT)

**Entries to:**

Glenn Edwards  
Alice Springs Running and Walking Club Inc  
PO Box 987  
Alice Springs NT  
Australia 0871



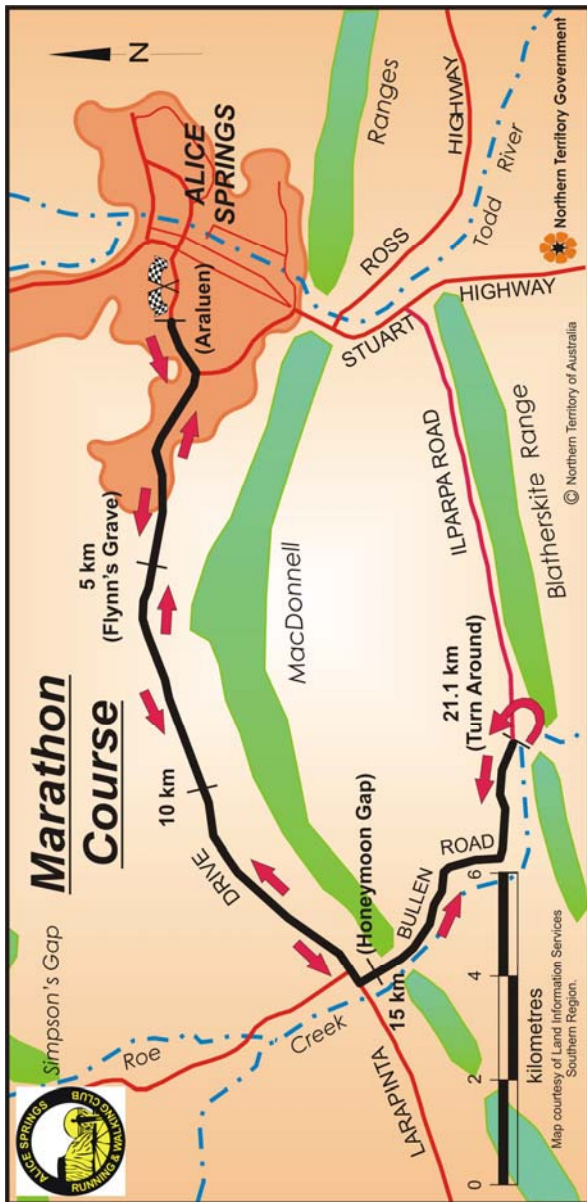
**ALICE SPRINGS COMMUNITY  
BANK MARATHON  
&  
Half Marathon**

**6 am Sunday  
15 August 2010**

*Sponsored by:  
Alice Springs Community Bank Branch of the  
Bendigo Bank*



*Shop local...Bank local*



**THE EVENT**

**The Marathon** will commence at 6 am. The course begins and ends at the Araluen Arts Centre on Larapinta Drive, approx 2 km from the town centre. The course is mostly flat to undulating through pleasant scenery adjacent to town. Competitors are advised that roads will not be closed.

**Note:** Marathon entrants must be 18+ years

**Time limit – 5 hours**

**The Half Marathon** will commence at 7 am from the 21.1 km mark (the turn around point of the marathon). Entrants seeking free transport to the starting point should be at the Araluen marathon start by 6 am.

Water stops will be situated at 3 km intervals.

**Competitors with their own drinks should deliver them to the marathon start line by 5.30 am, marked with their race number and the kilometre mark.**

**PRIZES AND AWARDS**

All marathon finishers will receive a distinctive trophy, certificate and finish photo. Those who complete at least the half marathon distance will receive a medal, certificate and finish photo.

**RACE FUNCTIONS**

A **Pasta Night** will be held on the evening of Friday 13 August. A \$20 deposit is required.

A **Presentation Lunch** will be held on race day from 1 pm. The entry fee includes lunch for competitors. Accompanying people will need to pay \$30.

**ENTRY FORM**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Marathon  Male

Half Marathon  Female

Birth Date \_\_\_\_\_ Age on Race Day \_\_\_\_

Previous Best Marathon: Year \_\_\_\_\_

Time \_\_\_\_\_

Estimated time 2010: \_\_\_\_\_

Entry fee marathon (inc lunch)	\$90
Entry fee half marathon (inc lunch)	\$70
Lunch - accompanying people @ \$30	
Pasta night deposit @ \$20	
TOTAL	=====
<p>Cheques to be made payable to          Alice Springs Running and Walking Club.          Direct payments (only at Bendigo Bank) to          Alice Springs Running and Walking Club, or by          internet transfer, to          BSB 633 000, Account No 137011573.  <b>Your name MUST accompany direct          payments.</b></p>	

**ENTRIES CLOSE 2 AUGUST 2010. Those entering after this date are not guaranteed a place at the Presentation Lunch. A late fee will apply for those entering on race day.**

Contact details in Alice Springs:

.....  
 .....

Do you require transport from Araluen to the start of the Half Marathon? YES/NO