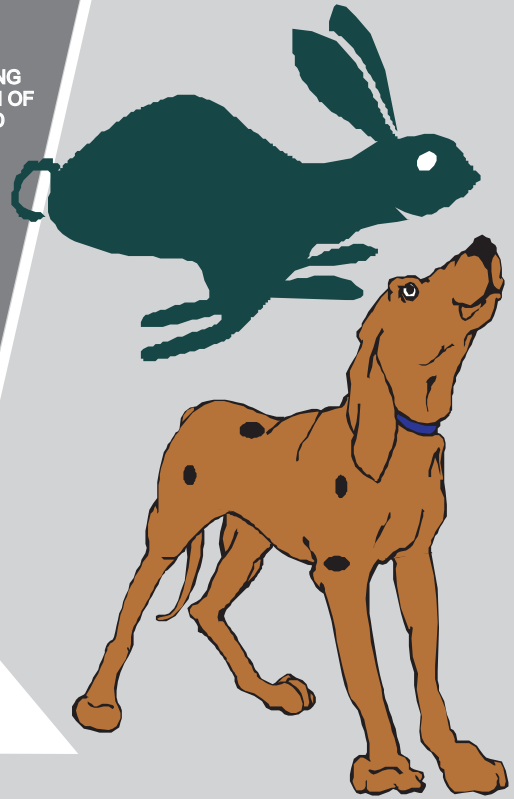




traoq

TRAIL RUNNING ASSOCIATION OF QUEENSLAND

HARES and HOUNDS TRAIL RUN



Sunday 9th January 2011
Start: Woodford Pool, Woodford

VENUE

Woodford Pool, Peterson Rd, Woodford (Peterson Rd is off D'Aguilar Hwy)
If coming from Caboolture - take the D'Aguilar Hwy, past Wamuran and D'Aguilar to Woodford.
Turn right into Peterson Rd (at Woodford School). Follow Peterson Rd less than 1km to pool.

The 10km& 5km courses are on trails close to the pool and the relay/ultra goes from Woodford to Beerburrum and return - approx 55km. Both courses will be clearly marked with dolomite arrows, with white flagging tape as back up.

ENTRY FORM

Please circle the event you wish to enter

Solo 55k; 10k; 5km; 2 person; 4 person; **(Declaration/Indemnity to be signed on the day)**
Postal and on-line entries close 4th January, or earlier if field limit of 200 has been reached.

Solo (hares) start time 3.30 a.m
and 7am for 10k & 5km

Name: _____

Date of Birth: _____

M / F

Address: _____

Phone: _____

Email: _____

Relay (hounds) 2 & 4 person start time 4.30 a.m

Team Name: _____

(1 person for contact details below)

Name: (1) _____

Date of Birth: _____

M / F

Address: _____

Phone: _____

Email: _____

Name: (2) _____

Date of Birth: _____

M / F

Name: (3) _____

Date of Birth: _____

M / F

Name: (4) _____

Date of Birth: _____

M / F



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ASSOCIATION OF
QUEENSLAND



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Sunday 9th January 2011
Start: Woodford Pool, Woodford

COST

Solo 55k \$35; 10k, 5km and relay \$20 per person. TRAQ members \$31.50 and \$18. Any school age children will be \$10 (Includes pool entry & BBQ). Pool entry will apply to friends and family.

Cheque/ Money Orders payable to: TRAQ **Post entries to:** TRAQ PO Box 1059 Morayfield, QLD. 4506.

Postal and on line entries close 4th January - **Enter on line:** www.runtrails.org OR www.glasshousetrails.com

Phone: Ian Javes: 0407 045 785 **Email:** ijaves@caloundra.net

BBQ REQUIREMENTS

Number of non running friends or family: How many vegetarians

RULES

- 1) Only one vehicle per relay team.
- 2) If a club has more than one team could you supply a person and vehicle to look after a checkpoint. Contact Ian.
- 3) If a hare is caught by all of the relay teams they must withdraw at the next checkpoint.
- 4) The overall cut off time is midday. Any competitors, it is considered can not make this cut off, will be withdrawn.
- 5) All runners, including relay, must carry a water bottle. It could be possible to take a wrong turn and be out longer than anticipated.
- 6) 2 person relay must change over at Beerburum only but 4 person teams can have numerous changes at any of the designated checkpoints (7, 6, 5, 4a and 2). With 4 person relays each person must run at least two legs.

CHECKPOINTS will have water, electrolytes, sweets (and fruit and coke for hares in 55k)

No Awards – Random draws only and checkpoint volunteers will be eligible and they will not have to pay for BBQ.
The charge for entering the Swimming Pool is included in the entry fee.