



23rd Thredbo National Running Week

DISCLAIMER 2003

**THREDBO ALPINE VILLAGE, KOSCIUSZKO NATIONAL PARK
SATURDAY, JANUARY 11 TO SATURDAY, JANUARY 18, 2003**

Please complete and bring with you. It will save time when registering. Note that all NRW registrants (adults and children) must complete the disclaimer.

I, the undersigned, in consideration of and as a condition of acceptance of my entry in any 2003 National Running Week event as per the official printed programme, for myself, my heirs, executors and administrators hereby waive all and any claim, right or cause of action which I, or they, might otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever I may suffer or sustain in the course of or consequent upon my entry in the said event.

This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging these events, specifically the NRW Honorary Director, Brian Lenton and his assisting organisers, the main sponsor, Kosciusko Thredbo, assisting sponsors and the National Parks and Wildlife Service (NPWS).

I undertake to withdraw from the event if I suffer from any fever, diarrhoea or other illness in the 5 days prior to the start of the event or am otherwise medically or physically unfit on the day of the event.

If under 18, you must have the signed consent of a parent/guardian.

Adults (Print full name, then sign and date on the same line)

- (1).....
- (2).....
- (3).....

Children U/18 (Print name, then parent/guardian must sign and date on the same line)

- (1).....
- (2).....
- (3).....
- (4).....
- (5).....

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Saturday, January 11

- 11am-12noon
and
2pm - 3pm
- NRW Registration at Valley Terminal. No registration fee. Complete NRW disclaimer and obtain tags for running events. No entry fee for runs. You must be registered before obtaining Chairlift/Activities Ticket. Enter for Crackenback Challenge at Valley Terminal (free). Obtain Chairlift/Activities Ticket from Thredbo Activities Centre. (Family Pass \$188, Adult \$58, Child under 15 \$44, Seniors \$44. Family Pass covers two adults and a maximum of 4 children under 18. All NRW registrants **MUST** have a Chairlift/Activities Ticket). Prices include GST.
- 3pm
- Ludwig Rabina's Crackenback Challenge. 2km/600m climb. Start at rear of Valley Terminal. Course follows chairlift to Mt. Crackenback summit. Children under 15 **NOT** permitted to compete. Event only suitable for healthy, experienced and well-prepared runners. Definitely **NOT** for fun runners. Sponsor: Kosciusko Thredbo. If you have been sick during the week **DO NOT** under any circumstances start in the event. Day competitors (who will not have purchased a NRW chairlift/activities ticket) will need to purchase a one-way chairlift ticket (\$17.50).
- 7pm
- Crackenback Challenge presentation at Bistro.

Sunday, January 12

- 11-12am:
- NRW registration. Day participants enter for Thredbo Fun Run/Walk (free) at Valley Terminal.
- 12noon
- Thredbo Fun Run/Walk - 6km, flat course, two laps of Thredbo Village. All prizes barrel draw. Start/finish Village Green. Bring your own drinks as none will be provided
- 1pm
- Presentation on Village Green. Participants must be present to be eligible for barrel draws. Sponsored by Kosciusko Thredbo.
- 6-7pm
- Bistro Happy Hour.
- 7pm
- NRW Tennis (Jeff Taylor), Golf (Peter Haynes) and Volleyball (Fran Dorey) registration at Bistro (outdoors). Please present your chairlift ticket (which has your name printed on it) when registering for these events. Tennis, golf & volleyball **RESTRICTED** to NRW chairlift/activities ticket holders.
- 8-10pm
- New Balance Canberra Marathon Quiz. Organiser: Armstrong family. Venue: The Keller Bar. Supporting Sponsor: Wagga Wagga Road Runners.

Monday, January 13

- 9-3pm Kosciuszko Walk, 13km. Depart at your convenience. Ideal family outing.
5pm Alfresco Pizza Mixed Relays - teams of 5 'selected' by Brian.
Relay legs 1km. Village Green.
Prizes for first across the line plus three other winning teams.
6-7pm Bistro Happy Hour.

Tuesday, January 14

- 11am Armstrong 'Andicap (3km yacht handicap - one lap of fun run course).
Sponsor: Ira and Chad Armstrong. Start/finish: Village Green.
Timekeeper: Warwick Armstrong. All prizes barrel draw. You will be
required to present your chairlift/activities ticket in order to claim a prize.
12noon-5pm Dave Hobson Grand Slam Tennis preliminary rounds (pairing:
male/female - experienced/inexperienced). Sponsor: Kosciuszko Thredbo.
4 courts - 5 hours. Director: Jeff Tayler. Supervisor: Tony Greenwell.
Rules - first to 6 (possible 11 games). Killer point on deuce.
NRW ticket holders **ONLY**.
5pm The Runners Shop Canberra Thredbo Invitational Mile - Village Green.
Sweep facilities. Handicapper: Bernie King.
5.04pm The Runners Shop Canberra Thredbo Fun Run Mile.
Everyone most welcome. Sponsor: Brian Wenn. Village Green (3 laps).
Prizes restricted to NRW chairlift/activities ticket holders.
6.30-8pm Complimentary drinks party courtesy of Thredbo Chamber of Commerce.
NRW participants **ONLY** (admission by Chairlift/Activities ticket).
The Keller Bar. No admission before 6.30pm.
8pm Brian & Mike Lenton's Thredbo National Running Week booklet
available for sale (\$5). Features results, historical tables & ranking lists:
Challenge, Classic, Fun Run, Mile, Sprint, Tennis, Golf 1986-2002.
(70 pages). Perfect NRW souvenir.

Wednesday, January 15

- 10am Desie Dazzler Dynamic Dash. Village Green. Kids/teenagers fun
run/walk (1-3km). Sponsor/organiser: Desie Joannides.
11am The Women from Snowy River Jog/Walk (4km yacht handicap).
Start/finish: Village Green. Organiser: The Man.
1pm 'Cave Dundee' Thredbo Sprint Gift preliminary rounds (U/18
boys/girls, 18-39 men/women, 40+ male/female). Village Green.
Repechage heats. Sponsor: Dave Cundy (Cundy Sports Marketing).
2-6pm Dorey Alpine Volleyball. Village Green. Organiser: Fran Dorey.
Sponsor: Dorey family.
7pm Gift final (12 competitors over 100m). Handicapping based on
Stawell Gift. Village Green. Sweep facilities.
Prizes restricted to NRW ticket-holders.
7.30pm NRW Sporting Legends of the Twentieth Century Dinner.
Details to be announced.

Thursday, January 16

- 8am Col Browne NRW Golf Masters. Sponsor: Kosciusko Thredbo. Organiser: Peter Haynes.
- 11am Noel Harris 60min Dingo Jog/Walk (sponsored by Body Health, Alice Springs). Start/finish: Cascade Track (5km south of Thredbo). Organiser: Noel Harris. Bus transport available (departs Information centre 10.50am).
- 5pm Thredbo Biathlon (run/swim) at Friday Flat Lake. Organisers: Ken Uren/Chris Toohey. Sponsor: Triathlon ACT. All prizes barrel draw. Incorporating the Margaret O'Donovan Physio Open Swimming.
- 6-7pm Bistro Happy Hour.

Friday, January 17

- 11am Eric and May Fazackerley 3km Fun Run/Walk for Veterans (males 0/40 and females 0/35). Sponsor: Eric Fazackerley. Start/finish: Village Green. All prizes barrel draw. Please have NRW ticket ready to claim a prize.
- 6-10pm Dave Hobson Grand Slam Night Tennis (third round, quarter, semi and final: 4 courts/4hrs) at Valley Terminal. Sponsor: Kosciusko Thredbo. NRW ticket holders **ONLY**.

Saturday, January 18

- 10-10.30am **Enter at Rawson Pass** for Ludwig Rabina's Kosciuszko Classic (5km) by completing entry form and receiving race number. If you have been sick during the week **DO NOT** under any circumstances start in the event. Competitors not part of NRW will need to purchase a return chairlift ticket (\$23). Allow a minimum of 1 hour for the walk to Rawson Pass. Catch chairlift by 9.15am at the latest. Running is **NOT** permitted on the metal walkway. The start at the Snowy River Bridge is a 15 minute downhill jog or a 30 minute downhill walk from the Rawson Pass registration point. NPWS participation limit 60.
- 11am Kosciuszko Classic, 5km, along the Old Summit Road. Start at Snowy River Bridge. Finish at top of Mt Kosciuszko. Sponsor: Kosciusko Thredbo. Children U/15 **NOT** permitted to compete. Event only suitable for healthy, experienced and well-prepared runners. Definitely **NOT** for fun runners. Remember you are racing at high altitude in very changeable weather conditions. Ensure you take plenty of warm clothing, simple carbohydrates and drinks for post-race recovery and the demanding return journey to the chairlift. This event involves a tiring 20km of walking/jogging/racing.

***Please note the unpredictability of mountain weather means the Classic could be **CANCELLED** at very, very short notice.

- 6pm Kosciuszko Classic presentation at Village Green. BYO picnic.

IMPORTANT

1. NRW sporting events (tennis, volleyball, golf) are **RESTRICTED** to holders of the NRW Chairlift/Activities ticket. Thredbo mid-week running events (Tues, Wed, Thurs, Fri) will require the production of your chairlift ticket to claim any barrel draw or cash prize.
2. There are no entry fees for runs. **NO REGISTRATION FEE.**
Brian Lenton is the Honorary Director. NRW is **NOT** a business venture.
3. Thredbo Village is in the Kosciuszko National Park and there is a \$15 per day car entry fee or \$80 for an annual permit, obtainable on entry from NSW or at Thredbo Newsagency. Fines for non-compliance are rigorously enforced.
4. **CHAIRLIFT/ACTIVITIES TICKET.** All NRW participants will be able to purchase a ticket allowing unlimited chairlift rides over the 8 days. It covers green fees any time you play golf during the week, but please note that normal green fees apply on the weekend (i.e. \$15.50/round). Tennis court hire is covered only at the specified NRW booking times.

Costs are:

Family Pass.....	\$188 (covers 2 adults and a maximum of 4 children under 18)
Adult.....	\$58
Child Under 15.....	\$44
Seniors.....	\$44

ALL prices include GST

Please note that the Chairlift/Activities Ticket is *not transferable* and all NRW participants must have one. Take care of the ticket as it will not be replaced if lost or stolen. By way of comparison, normal charges for one return chairlift ride in 2003 are: Family \$47.50, Adult \$22, Child U/15 \$11 and Senior \$15. Green fees per game \$15.50, tennis court hire \$16.50 per hour.

5. Presentations will immediately follow all running and sporting events whenever possible.
6. Entry to any or all NRW events is conditional on completing a disclaimer. All NRW participants must be registered before a Chairlift/Activities Ticket can be obtained.
7. Please note that NRW participants must organise their own accommodation at Thredbo Village.
8. Brian Lenton reserves the right to postpone, substitute or even cancel events due to adverse conditions (or circumstances beyond his control) without giving advance notice.
9. Please note that if NRW participants wish to play tennis at times other than the NRW program bookings then normal hire fees apply. The Chairlift/Activities ticket covers green fees only on weekdays, but **NOT** weekends. Have your ticket ready for inspection while playing golf.
10. It is the responsibility of participants to provide their own drinks/refreshments at all runs and races.

Program enquiries: Brian Lenton, PO Box 5, Duffy ACT 2611

General accommodation enquiries: **THREDBO RESORT CENTRE**
Phone Toll Free 1 800 020 589
FAX (02) 6457 6470
www.thredbo.com.au