



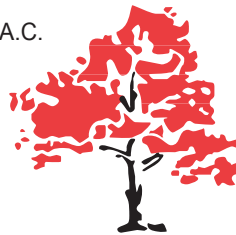
FITNESS 5

5km Fun Run & Fitness Walk

DATE: Sunday, 28th March, 2010 TIME: 8.30am

START & FINISH: Illawarra Performing Arts Centre, Wollongong

- **Late Registrations** will be accepted from 7.00am till 8.00am on Sunday 28th March, 2010. See the Fitness Five Officials at the I.P.A.C.
- **Numbers** will be issued to all entrants from 7.00 am till 8.00am by Fitness Five Officials.
- **Drink Station** will be located at Northbeach.
- **Presentation** of prizes will commence at 10.00 am.
- **Team Entries** limited to groups of 3.
- **All entrants to receive:-**
 - A free one week Savvy Fitness pass.
 - A copy of Run 4 Your Life magazine.



ILLAWARRA
Credit Union



For more information, on-line Rego and race results check our web site at www.kemblajoggers.org.au

The 2010 Fitness Five Fun Run will help raise funds for the West Dapto Cross-Country Park Development Fund.

Cheques to: Kembla Joggers Post to: Kembla Joggers, PO Box 527, Dapto 2530. Enquiries : Murray Smith 0408 423 823.

OFFICIAL ENTRY FORM

(PHOTOCOPIES OF THIS ENTRY FORM WILL BE ACCEPTED)

Pre-race day entry fee: \$20.00. **Family** (consists of 2 adults & dependent children living under the same roof): \$40.00.

Race day entry fee: \$25.00. **Race day family entry fee:** \$45.00

INDIVIDUAL ENTRY Please tick (✓) one only

| Female | CATEGORY (age on day) | Male |
|----------------------------|------------------------|----------------------------|
| A <input type="checkbox"/> | Runners Under 12 Years | B <input type="checkbox"/> |
| C <input type="checkbox"/> | Runners 12 - 14 Years | D <input type="checkbox"/> |
| E <input type="checkbox"/> | Runners 15 - 17 Years | F <input type="checkbox"/> |
| G <input type="checkbox"/> | Runners 18 - 29 Years | H <input type="checkbox"/> |
| I <input type="checkbox"/> | Runners 30 - 39 Years | J <input type="checkbox"/> |
| K <input type="checkbox"/> | Runners 40 - 49 Years | L <input type="checkbox"/> |
| M <input type="checkbox"/> | Runners 50 - 59 Years | N <input type="checkbox"/> |
| O <input type="checkbox"/> | Runners 60 - 69 Years | P <input type="checkbox"/> |
| S <input type="checkbox"/> | Runners 70 Plus Years | T <input type="checkbox"/> |
| U <input type="checkbox"/> | Wheelchair | V <input type="checkbox"/> |
| X <input type="checkbox"/> | Walkers open | Z <input type="checkbox"/> |

TEAM ENTRY Please tick (✓) one only

(No additional charge)

| | |
|--|------------------------------------|
| Open female <input type="checkbox"/> | Open male <input type="checkbox"/> |
| Family 3 person <input type="checkbox"/> | Corporate <input type="checkbox"/> |
| Outdoor Fitness <input type="checkbox"/> | Mixed <input type="checkbox"/> |

PRE-RACE DAY ENTRIES CLOSE
Wednesday, 24th March, 2010
Please submit all team members' entries in the same envelope
NO TEAM ENTRIES ON THE DAY

PLEASE USE BLOCK LETTERS

SURNAME: Mr, Ms, Mrs, Miss SEX: M or F

FIRST NAME: DATE OF BIRTH:

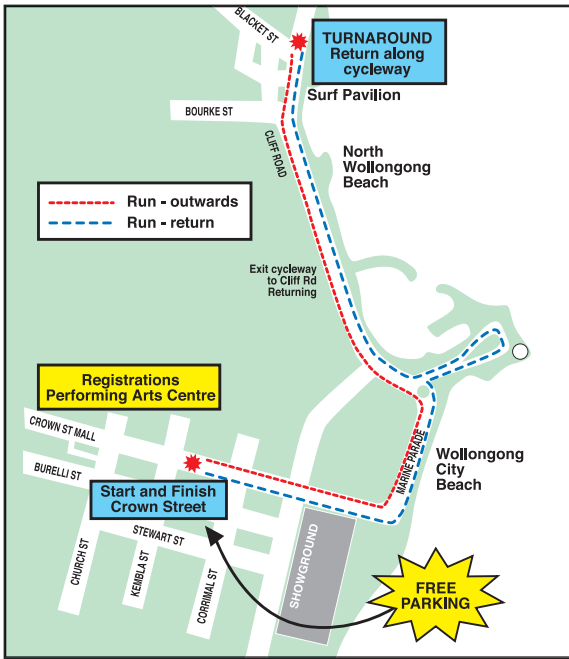
ADDRESS: POSTCODE:

EMAIL ADDRESS(print clearly):

PHONE NUMBER:..... Please send me info on Kembla Joggers:

TEAM NAME:..... RUNNER'S No. Office use only

Please sign reverse side



WOLLONGONG
City of Innovation



ILLAWARRA Credit Union

Wollongong
PURE WATER



ENTRY FORMS AVAILABLE FROM
REBEL SPORT

OPEN CATEGORY PRIZES:

- 1st Place \$300
- 2nd Place \$200
- 3rd Place \$100

BONUS \$200 if 1st Placegetter breaks the Course Record.

- Male: 14.21 (Youcef Abdi, 2005);
- Female: 15.49 (Kerryn McCann, 2005)

INDIVIDUAL CATEGORY PRIZES:

- 1st: Trophy & \$30 Rebel Sport Voucher; 2nd-3rd: Trophy

PRE-RACE DAY ENTRY BONUS PRIZES

**\$3000
WORTH OF
K-SWISS
SHOES AND APPAREL
+
\$2000 WORTH OF
SAVVY
FITNESS SERVICES
TO BE WON**

**FREE PARKING – Use Council Car
Park, Stewart Street (opp. Aldi)**



CONDITIONS OF ENTRY

1. I, the undersigned, in consideration of and as a condition of acceptance of my entry in the Kembla Joggers Fitness Five Fun Run, for myself, my heirs, executors and administrators, hereby waive all and any claim, sight 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 which I may suffer or sustain in the course of or consequent upon my entry or participation in the said event.
2. 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 the event and the servants, agents, representatives and officers of any of them and includes but is not limited to medical and paramedical practitioners and personnel, police officers and shall so operate whether or not the loss or damage is attributable to the act or neglect of any one or more of them.
3. I will abide by the competition rules.
4. I will run on the approved course as directed, will not accept assistance and will accept the judges decision as final.
5. The organisers reserve the right to reject or cancel any fun run entry at any time.
6. I acknowledge I will not be awarded a place unless I wear an official competitor's chest number on my chest and the entire number and colour strip is visible throughout the fun run.
7. I will run on the left hand side of the road running with traffic unless otherwise directed by Police or Fun Run Marshals.
8. Supporters must not follow competitors; the only vehicles allowed to follow the race being Police and official cars.
9. The Fun Run Committee reserves the right to alter without notice any of the rules and conditions which govern the event.
10. I have read and understood the above Conditions of Entry and agree to abide by the rules and conditions which govern the event.

Signed by the Entrant..... Date:

11. If you are 18 or under, this part must be signed by your parent or guardian.

I certify that I am the parent or guardian of the Entrant who is..... years of age and has my consent to run in this fun run and I agree that my son/daughter and I will be bound by the above Conditions of Entry.

Signed by the Parent or Guardian..... Date: