



CULVERDEN DUATHLON

Sunday February 7th 2010

Run / Walk 5km

Bike 20km

Run / Walk 1km

Individual and Team Events

Open Grades

Secondary Grade

Year 7 & 8 Grade (Reduced Course)

Entry Fee \$10.00 Year 7 & 8, Secondary, \$20.00 Open (per person)

Entry forms and further details at www.amuri.school.nz

Entries by Friday February 5th 2010

Section Prizes

and

Spot Prizes

Major Spot Prizes - Accommodation for a weekend at The Heritage Hanmer,

Accommodation for two at the Grand Mercure St Moritz in Queenstown

Run by the Amuri Area School



CULVERDEN DUATHLON

Information

- Date:** Sunday February 7th 2010
Registration: 8:00 – 9:00am Amuri Area School / Rugby Club Grounds
Race Brief: 9:00am
Race Start: 9:30am
Entries Close: Friday February 5th 2010
Late Entries: Accepted after this date (\$10 cost)
Prize giving: Will be after the last person has finished the course at the venue. Spot prizes will be drawn on a random basis and winners need to be present to claim their prize.

Course Description

Open and Secondary Schools Course

Run of 5km: Start at Rugby Club car park. Run out on to School Road and turn right running to Cemetery Road intersection. Turn left and run to end of road. Follow farm road (marked with cones) to old railway line. Over the fence and turn left running on the old line back to Culverden township through Rutherford Reserve. Turn left at School Road and run up on left side of footpath to school gate. Cross road and run up to first rugby grounds entrance to transition point.

Cycle of 20km :Walk bike from transition area to School Road. Turn right up School Road 10km. Complete U turn at 10km point and return to transition area in rugby grounds.

Run of 1km: From transition follow cones around rugby grounds in front of stand to finish line.

Year 7 and 8 Course

Run of 1km: From transition follow cones around rugby grounds in front of stand to finish line.

Cycle of 10km: Walk bike from the transition area to School Road. Turn right up School Road 5km. Complete U turn at this point and return to transition area in rugby grounds.

Run of 1km: From transition follow cones around rugby grounds in front of stand to finish line.

Event Rules:

1. Students must be in Year 7 or above in 2010
2. Teams can only be made up of 2 people
3. No refunds will be given on non starting of the race
4. Numbers must be visible on competitors at all times
5. Bikes and cycle helmets must meet NZ safety standards. Helmets must be worn and remain fastened before cycle is removed from the rack until returned to the rack
6. All road rules and directions from police or marshals must be obeyed
7. Medical personnel have the right to remove any competitor from the race
8. It is the responsibility of the competitor to know the course
9. The Roads are NOT CLOSED to normal traffic and all road code rules must be obeyed at all times
10. The Race Directors decisions are final

Entry Fees:

Open Individual or Team: \$20.00 per person

Year 7 – 13 Individual or Team: \$10.00 per person

Cheques payable to Amuri Area School

Waiver Statements

1. I agree to abide by all the race rules and directions issued by the event organizers.
2. I acknowledge that competitive duathlon involves the real risk of serious injury or even death from various causes including over exertion, equipment failure, dehydration, accidents with other competitors, spectators or road users, course or weather conditions and other causes.
3. I accept all risks necessarily flowing from my participation which could result in loss of life or permanent injury. Accordingly, I release all persons or corporations associated directly or indirectly with the conduct of the event from all claims demands and proceedings arising out of my participation and I hereby indemnify them against all liability (including liability for their negligence and the negligence of others) for injury or damage arising out of or connected with my participation in this event. This release shall extend to and include the Amuri Area School and their respective committee members and volunteers including medical personnel appointed for the event, the owners, licensees, and occupiers of land upon which the event or any part of it is conducted, any statutory body or local authority having control over any land upon which the event or any part of it is conducted or which is involved directly or indirectly with the event in any manner whatsoever and promoters, sponsors and event organisers. The release and indemnity continues forever and binds my heirs, executors, personal representative and assigns.
4. I consent to receiving medical treatment that the event organisers think desirable during or after the event.
5. I have entered on the basis that I have no medical conditions that need to be disclosed

that may affect my ability to compete.

- 6.** Safety precautions undertaken by the organisers (such as course supervision, race safety briefing, cycle and helmet safety checks) are a service to me and other competitors but are not a guarantee of safety.
- 7.** I am fully responsible for the security of my personal possessions at the event.
- 8.** I acknowledge that by reason of circumstances beyond the control of the event directors, it may become necessary or desirable to change the format of the event, and if that occurs, I consent to the changes and I agree that each one of the conditions herein set out shall apply to that changed event.
- 9.** If the event is cancelled due to flood, cyclones, torrential rains or other “acts of God” conditions I understand that entry fee will not be refunded.
- 10.** I consent to the event organizers using my name, image and likeness before during or after the event for event promotional broadcasting or reporting purposes to the media.
- 11.** I agree to my name and contact details being included on the event database from which I may be sent event information