

PLEASE PRINT

Entry Form

2012

OFFICE USE ONLY

Rcpt No:

Reg. No:

One entrant per form please - photocopies accepted

Send to: PO Box 3114 Weston Creek ACT Australia 2611

Family name: Mr / Mrs / Ms Given/preferred name:

Address: Date of birth:

..... Home phone:

..... Mobile phone:

Postcode e-mail

What distance route will you be attempting each day? (circle one per day walking)

Saturday: *5 km 10 km 20 km 30 km 42 km

Sunday: *5 km 10 km 20 km 30 km

* the 5km distance is designed for the over 75s and under 8s plus their walking companions

Have you taken part in previous Canberra Medal Walks? Yes / No

Are you an IVV Walker? Yes / No

Are you an IML Walker? Yes / No

Do you qualify for a major IML award? (circle as appropriate)

Gold / Gold with Laurels / Blue Gold / Pan Pacific / Global Walker

INDEMNITY AND RELEASE – PLEASE READ CAREFULLY – NO SIGNATURE, NO START

[1] Except where provided or required by law and as such cannot be excluded, in consideration of and as a condition of the acceptance of my entry in The Canberra Two Day Walk ('the Event'), I agree that it is a condition of participating in this Event that I do so at my own risk. I accept all risks and release the Organisers, their servants and agents 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 any injury, loss or damage arising out of or connected with my participation in the Event. [2] I acknowledge that this waiver releases and discharges all and any of the Organisers, their servants and agents, who include ACT Government, Commonwealth of Australia, National Capital Authority, ACC&C, Charles Sturt University and all persons and organisations involved or engaged in promoting or staging the Event, whether or not the loss, injury or damage is attributable to the act or neglect of any one or more of them. [3] I have read the Rules and Conditions of Entry for this Event and understand the demanding physical nature of the Event. I declare, as a condition of my entry in the Event that I have sufficiently trained for this Event and that I am not aware of any illness, injury or any other physical disability which may cause me injury or death while participating in the Event. [4] If I become aware of any medical condition or impairment, or am otherwise sick or injured prior to the Event, I will withdraw from the Event. [5] I acknowledge that participating in the Event may involve a risk of serious injury or even death from various causes including: over exertion, dehydration, cardiac arrest, accidents with other participants, spectators and road users. [6] I agree to The Canberra Two Day Walk Inc. entering my personal details on the entry form into a database which will be used for the administration of the Event. [7] I consent to the publication of my name and image without payment or compensation. [8] I agree to abide by the Rules and Conditions of the Event.

Payment details

Participant(s)	Walking BOTH Days Payment received		Walking ONE Days Payment received		Total
	before	after	before	after	
Over 18 years of age @ \$35	\$40 @ \$30	\$35	= \$.....
Under 18 years, or Australian Seniors Card Holder @ \$30	\$35 @ \$25	\$30	= \$.....
Family of 2 adults and 2 children @ \$100	\$115 @ \$85	\$100	= \$.....
Marathon supplement (in addition to above fees) @ \$5	\$5 @ \$5	\$5	= \$.....
Optional donation to the Heart Foundation		= \$.....
Voting membership @ \$5 per calendar year each		= \$.....
Newsletter subscription (mailed) @ \$5 per calendar year (newsletters are free by email)		= \$.....
Total payment		= \$.....

Cheques / Money Orders made payable (in \$Aus) to "Canberra Two Day Walk Inc."
Fees are non-refundable. Credit card payment is available for online registration at www.aussiewalk.com.au

Signed

Participant

(Signed) Parent or guardian for entrants under 18 years of age

For participants under 12 years of age. I will be accompanied by:

First Time Walkers:

Please tell us how you found out about this walk (who introduced you / where you got this brochure):

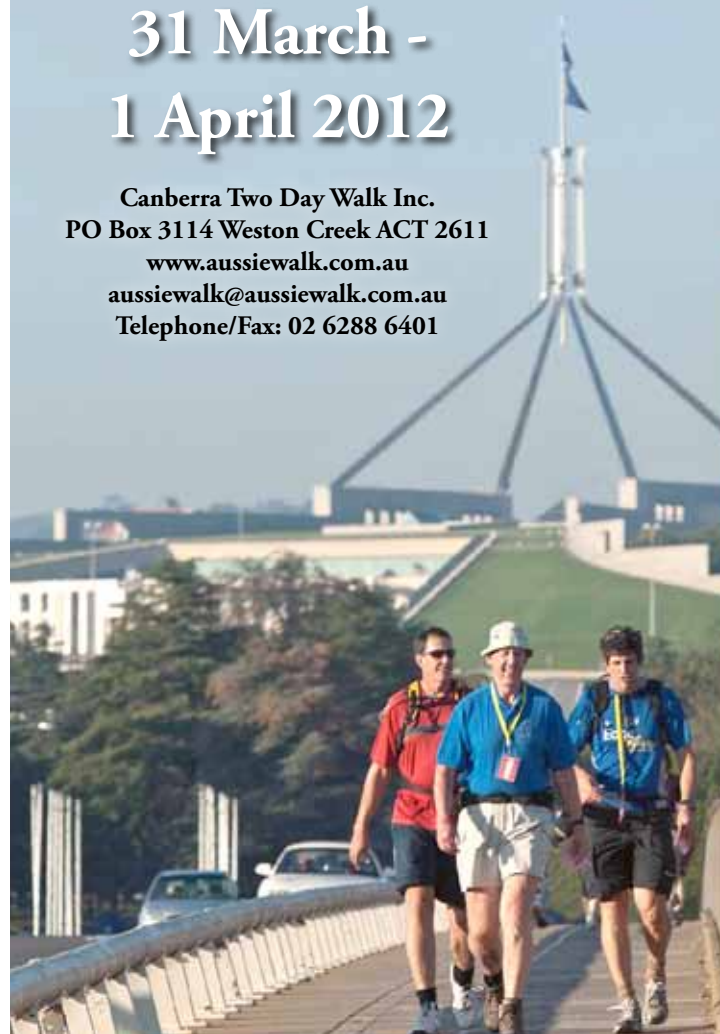
A walk for all ages...

21st Canberra International Walking Weekend

31 March - 1 April 2012

Canberra Two Day Walk Inc.
PO Box 3114 Weston Creek ACT 2611

www.aussiewalk.com.au
aussiewalk@aussiewalk.com.au
Telephone/Fax: 02 6288 6401



About the Walk

The Canberra International Walking Weekend is a non-competitive event open to everyone. A range of distances is offered each day - see event rules.

The event aims to:

- ◇ foster and promote walking as a worthwhile, fun activity;
- ◇ enable people to participate in an enjoyable, healthy, outdoor activity regardless of fitness, age, gender or background;
- ◇ provide a personal challenge to those who wish to test their fitness, and/or obtain an award.

The Canberra International Walking Weekend is a not-for-profit event and a proportion of all entry fees is donated to various community organisations. This year's charity is the Heart Foundation.

Event Rules

* Participants may select a 10, 20 or 30 km route for one or both days and/or a marathon course on the Saturday. The set routes, although different for each day, start and finish at the Control Centre.

Except for the marathon, the above are nominal distances, and the actual distance could be up to about 10% more.

There will also be a guided 5km walk designed for the over 75s and under 8s, plus their walking companions. Other walkers should choose the 10km, 20km, 30km or 42km distances.

* The walk is non-competitive, with walkers able to select their own pace and rest stops, with the only requirement being to complete the walk before 4.00 pm each day. Start times are:

- 7.30am - marathon (Saturday only)
- 8.00am - 30 km
- 9.00am - 20 km
- 10.00am - 5 and 10 km

Participants may start up to 30 minutes after the stated start time for the particular distance. Later starts are only permitted at the discretion of the Chief Marshal, or contact the Secretary prior to the event.

* **Children under the age of 12 must be accompanied by an adult.**

* The routes generally follow recreation, equestrian or footpaths which may have concrete, bitumen, gravel or natural ground surfaces. Participants will be provided with a route map and description. The routes will also be signposted.

* The walk will be held irrespective of the weather.

Entry Fees

Please see the Entry Form. **Entry fees are non-refundable.**

Entries should be sent to the address on the front of this brochure.

Online entries are also available from 1 January 2012 through the link at www.aussiewalk.com.au, with credit card payments.

Entries received prior to Friday 16 March 2012 will be eligible for the lucky prize draw and qualify for an earlybird discount.

(No credit card facilities for mail or on-the-day entries.)

Conditions of Entry

All entrants acknowledge that they enter the Canberra International Walking Weekend entirely at their own risk, and that by their entry invoke the Indemnity and Release shown on the Entry Form and will abide by the event rules and conditions.

Awards

a. Certificates

All walkers who complete at least one of the routes on one day will receive a 2012 commemorative sticker to add to their certificate. Walkers who did not participate in 2010 or 2011 will also receive the certificate.

b. Canberra Two Day Walk Medal

Walkers qualify for the Canberra Two Day Walk medal or pin by completing any route on both days.

To recognise their medal achievement, participants will receive:

- Bronze Medal - first time
- Silver Medal - fifth time
- Gold Medal - tenth time
- Gold/green Medal - fifteenth time
- Gold/green/red Medal - twentieth time
- Bronze, Silver or Gold Pins - all other times

All successful completions are counted towards the relevant award. They do not have to be completed in successive years.

c. Marathon Medal:

Additionally, all those who complete the marathon also receive the marathon medal. Repeat marathoners may request a numbered pin instead of a marathon medal.

Accommodation

Canberra has many hotels and motels as well as several caravan parks and a youth hostel. For further information please contact Australian Capital Tourism (www.visitcanberra.com.au).

Start and Finish - Control Centre

The walk starts and finishes at the Control Centre on the **corner of Kings Avenue and Blackall Street, Barton, ACT.**

Canberra Two Day Walk Membership and Newsletter

If you want to be involved with the organisation of the event, you can join the Canberra Two Day Walk Association as a voting member for an annual fee of \$5. See the IVV counter at the Control Centre during the event, or contact the Secretary.

The Association's Newsletter is published 3 times per year. It is provided for free in electronic form if you supply your e-mail address, or at \$5 per year for a hard copy by mail to Australian addresses.

** Volunteer Marshals **

If you, your partner or someone you know would like to help, please contact us at the address/contacts shown on the front page. Any assistance will be most appreciated.

International Awards:

a. IML Walking Association:

The Walk is an accredited event of the IML Walking Association (IML) and its award system. Note: to be eligible for IML credit, walkers are required to complete at least the 20 km routes on both days, except walkers over 70 at the date of the walk who are only required to complete the 10 km route on both days.

b. IVV:

The Walk is also sanctioned by the International Volkspport Verband (IVV) and is eligible for credit toward IVV achievement awards.

Further information on the IML and IVV is available on our website: www.aussiewalk.com.au and will also be available at the Control Centre on the event days between 1 - 4 pm.

If you like travel, walking and meeting people, why not join these organisations and participate in their events and award systems? The locations of the IML events and their indicative dates are shown below - but go to www.imlwalking.org to check exact dates and details for the particular walks.

IML Walking Association Walks

Pan Pacific Region:

New Zealand	Rotorua	mid March
Australia	Canberra	6-7 April 2013 29-30 March 2014
Japan	Yatsushiro City	early May
China	Dalian	mid May
USA	Arlington	end October
Korea	Won-Ju	end October
Japan	Higashimat-suyama	early November
Taiwan	Taipei	mid November

European Region:

Israel	Gilboa	early March
Sweden	Boras	late April
Belgium	Blankenberge	early May
France	Chantonnay	early May
England	Wellingborough	mid May
Switzerland	Bern - Belp	end May
Luxembourg	Diekirch	mid June
Denmark	Viborg	end June
Ireland	Castlebar	end June
Netherlands	Nijmegen	mid July
Finland	Vaasa	mid August
Norway	Verdal	end August
Italy	Arenzano	mid September
Austria	Seefeld	mid September
Czech Republic	Brno	end September
Germany	Fulda	early October
Spain	Barcelona	mid October