

**PLEASE PRINT**

# Entry Form

**2009**

**OFFICE USE ONLY**

One entrant per form please - photocopies accepted

Send to: PO Box 3114 Weston Creek ACT Australia 2611

Rcpt No:

Reg. No:

Family name

Mr  
Mrs  
Ms

Given/preferred name

Address

.....  
.....  
.....

Postcode ..... e-mail .....

Date of birth

Home phone

Work phone

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

What distance route will you be attempting each day?

5 km 10 km 20 km 30 km 42 km

Saturday       
Sunday      NOT AVAILABLE

Are you an IML Walking Association Member? Yes  No

If you qualify for a major IML Award, please indicate:

PPW  Gold  Gold with Laurels  Blue Gold

**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**

**Walking BOTH Days**

**Walking ONE Day**

Participant(s)

Payment received  
before after  
27/3 27/3

Payment received  
before after  
27/3 27/3

Over 18 years of age	..... @ \$25	\$30	..... @ \$20	\$25	= \$
Under 18 years, or Australian Seniors Card Holder	..... @ \$20	\$25	..... @ \$15	\$20	= \$
Family of 2 adults and 2 children	..... @ \$50	\$60	..... @ \$35	\$45	= \$
Marathon supplement (in addition to above fees)	..... @ \$5	\$5	..... @ \$5	\$5	= \$

.....dinner tickets @ \$35 per head ..... = \$  
Optional donation to SIDS and Kids ..... = \$  
Newsletter subscription (mailed) or voting membership @ \$5 per 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 available for online payment at www.aussiewalk.com.au

**Signed**

Participant

(Signed) Parent or guardian for entrant 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):

# The Canberra International Walking Weekend



incorporating the **18th Canberra Two Day Medal Walk**



**4 - 5 April 2009**

Organised by

**CANBERRA TWO DAY WALK Inc.**

PO Box 3114 Weston Creek ACT Australia 2611

www.aussiewalk.com.au

e-mail: aussiewalk@aussiewalk.com.au

Telephone/Fax: 02 6288 6401



### About the Walk

The Canberra International Walking Weekend is a non-competitive event open to anyone. Walkers can choose a 5, 10, 20 or 30 kilometre course each day for one or both days of the weekend. A marathon course (42.2 km) is also offered on the Saturday.

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 SIDS and Kids.

### Awards

#### a) Certificates

All participants who complete at least one of the routes on one day will receive a personalised certificate showing their achievement.

#### b) Canberra Two Day Walk Medal

Walkers can qualify for the Canberra Two Day Walk Medal or pin by completing **at least the medal distance** for his or her age **on both days**.

Age Group as at 31/3/2009	Medal Distance
Under 8, over 75	5 km
8-14, 60-75	10 km
15-18, 51-59	20 km
19-50	30 km

To recognise their medal achievement, participants will receive:

- Bronze Medal - first time
- Bronze Pin - subsequent second to fourth time
- Silver Medal - fifth time
- Silver Pin - subsequent sixth to ninth time
- Gold Medal - tenth time
- Gold "Australia" Pin - subsequent times
- Gold/green Medal - fifteenth time
- Gold "Australia" Pin - subsequent times

(Note: 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 receive the Marathon Medal.

#### Start and Finish - Control Centre

The walk starts and finishes at the Control Centre at the **Australian Centre for Christianity and Culture, corner of Kings Avenue and Blackall Street, Barton, ACT**. A locality map and further details will be included with the registration documents sent to early postal entrants.

#### Event Rules

\* Participants may select a 5, 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. (Note: Except for the Marathon, the above are nominal distances, and the actual distance could be up to about 10% more.)

\* 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

\* Exemptions to the age distance for the Canberra Two Day Medal may be considered on individual merit **prior** to the event (eg a medical condition which precludes you from walking the specified distance for your age group). Applications for exemptions and a shorter distance must be accompanied by a letter from your medical practitioner.

\* **Children under the age of 12 must be accompanied by a responsible 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 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 2009 through the link at [www.aussiewalk.com.au](http://www.aussiewalk.com.au), with credit card payments. (No credit card facilities for mail or on-the-day entries.)

Note: Overseas entrants may pay (in \$Aus) on the Special Registration Day Friday 3 April, 2-4 pm at the Control Centre.

#### 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.

#### Saturday Evening Walkers' Dinner

A two-course dinner will be held at the Canberra Club, West Row, Canberra City on Saturday 4 April from 7.30 – 10.00 pm. Tickets are limited and will be issued on a first come basis.

#### 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 - telephone 1300 554 114 (within Australia) or (02) 6205 0044, fax (02) 6205 0776, or their homepage at [www.visitcanberra.com.au](http://www.visitcanberra.com.au).

#### Canberra Two Day Walk Association Membership and Newsletter

People wishing to be part of the Canberra Two Day Walk Association (the event organisers), can join for an annual fee of \$5. See Merchandising counter at the Control Centre during the event.

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

#### 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 obtain the IML qualification, at least the nominal 20 km route must be completed on both days; no exemptions are allowed.

b) IVV: The Walk is also sanctioned by the International Volkspport Verband (IVV) and is eligible for credit toward IVV Achievement Awards.

Note: Further information on the IML and IVV can be obtained from the Canberra Two Day Walk Association (CTDW) or from our homepage and will also be available at the Control Centre on the event days.

If you like travel, walking and meeting other people, why not join these organisations and take part in their events and awards? The locations of the IML events, and currently indicated dates are shown below - but check [www.imlwalking.org](http://www.imlwalking.org) for final dates, and details.

IML Walking Association Walks			
Pan Pacific Region:		2009	2010
New Zealand	Rotorua	21-22 Mar	20-21 Mar
Australia	Canberra	4-5 Apr	27-28 Mar
USA	Vancouver	24-26 Apr	23-25 Apr
China	Dalian	23-24 May	15-16 May
USA	Arlington	17-18 Oct	23-24 Oct
Korea	Won-Ju	24-25 Oct	30-31 Oct
Japan	Higashimat-suyama	1-3 Nov	5-7 Nov
Taiwan	Taipei	7-8 Nov	13-14 Nov
European Region:		2009	2010
Israel	Gilboa	27-28 Mar	19-20 Mar
Belgium	Blankenberge	2-3 May	1-2 May
England	Wellingborough	9-10 May	8-9 May
Switzerland	Bern - Belp	May	15-16 May
France	Chantonnay	21-24 May	13-16 May
Luxembourg	Diekirch	6-7 Jun	29-30 May
Denmark	Viborg	27-28 Jun	26-27 Jun
Ireland	Castlebar	2-5 Jul	1-4 Jul
Netherlands	Nijmegen	21-24 Jul	20-23 Jul
Finland	Vaasa	7-9 Aug	6-8 Aug
Norway	Verdal	29-30 Aug	28-29 Aug
Italy	Arenzano	12-13 Sep	11-12 Sep
Austria	Seefeld	18-20 Sep	17-19 Sep
Czech Rep.	Brno	26-27 Sep	25-26 Sep
Germany	Fulda	3-4 Oct	2-3 Oct
Spain	Barcelona	17-18 Oct	16-17 Oct

For details of the IVV events, see [www.aussiewalk.com.au](http://www.aussiewalk.com.au)