

INVITATION

Discover Fitness invites men, women and children 12 yrs. and over to join in the 5 km Fun Run. Entrants may run, jog or walk the 5 km course. Cassandra Jefferys- Race Director

INFORMATION

* **Where:** Start and finish at the A&I Showground, CECIL STREET, NIMBIN

***When:** SUNDAY 31ST AUG. 2014 **RACE** starts at 11.30AM **ACTIVITIES** 12.30pm **PRESENTATION** 2PM *Course: See map.

***Entry Dates:** Entries accepted at Nimbin Post Office by Fri. 29th Aug. OR **on the day**, Entries must be in no later 11am at the venue

***Entry Fee:** Adults \$20, Children 12-16 yrs. \$15

***Chest Number:** Each entrant will be allocated a chest number which must be worn during the run.

***Drink stations:** There will be a drink station at the half way point.

* **Pre and Post Race refreshments:** A range of food & drinks available for purchase at the venue.

PRIZES

Overall MALE & FEMALE BONUS \$500

OVER 45'S CATEGORY

1ST MALE \$250 & FEMALE \$250

2ND MALE \$150 & FEMALE \$150

3RD MALE \$100 & FEMALE \$100

OPEN CATEGORY

1ST MALE \$250 & FEMALE \$250

2ND MALE \$150 & FEMALE \$150

3RD MALE \$100 & FEMALE \$100

12-16 YEARS CATEGORY

1ST 12-16 BOY \$100 & GIRL \$100

2ND BOY \$70 & GIRL \$70

3RD 12-16 BOY \$50 & GIRL \$50

1ST, 2ND, 3RD RAFFLE PRIZES FOR ENTERING

MAJOR SPONSORS

Nimbin Hotel &
Backpackers

Mt Franklin
Spring Water

Nimbin
Show Society

RUNNER SPONSORS

1st male and female overall runner
Nimbin Show Society

1st place male & female open
The Nimbin Hotel and Backpackers Award
1st place over 45's male

The Nimbin Lifestyle Real Estate Award
1st place over 45's female

The Nimbin Tattoo Studio Award
1st place male & female 12-16 years

The Nimbin Bakery Award
2nd place male open

The Deb Forster Award
2nd place female open

The Happy Herbal High Award
2nd place male over 45'S

The Bringabong Award
2nd place female over 45'S

The Nimbin Building Materials Award
2nd & 12-16 years male & female

The Dr Dan Oxlee Award
3rd place open male & female

The Rainbow Power Co. Award
3rd place over 45s male

The Tribal Magic Award
3rd place over 45s female

The Daizy's Award
3rd place 12-16 years male & female
The Dr Dan Oxlee Award



Discover Fitness

PH. Cassandra Jefferys on 0428439526

NIMBIN

COMMUNITY EVENT

FUN RUN

FUN RUN

5 KM RACE 11.30AM

SUNDAY, AUG.31ST

Show Society

SHOWGROUND NIMBIN

WIN \$750

PLUS ORGANISED ACTIVITIES

FOR THE WHOLE FAMILY, PRIZES,
ESPRESSO BAR, CAKES, SALAD BAR,
BARBECUE, CAMPING & CHILDREN'S
ENTERTAINMENT AT THE VENUE.



BEST DRESSED ENTRANT

ENTRY FORM

Entry forms can be handed in or posted to the Nimbin P.O.
Discover Fitness Fun Run c/o P.O. Nimbin 2480
Entry forms may be photocopied and posted

Name.....

Age.....PH.....

Email.....

used for notification for future fun runs only
(2014)

DECLARATION

Please note: Entry forms must be signed.

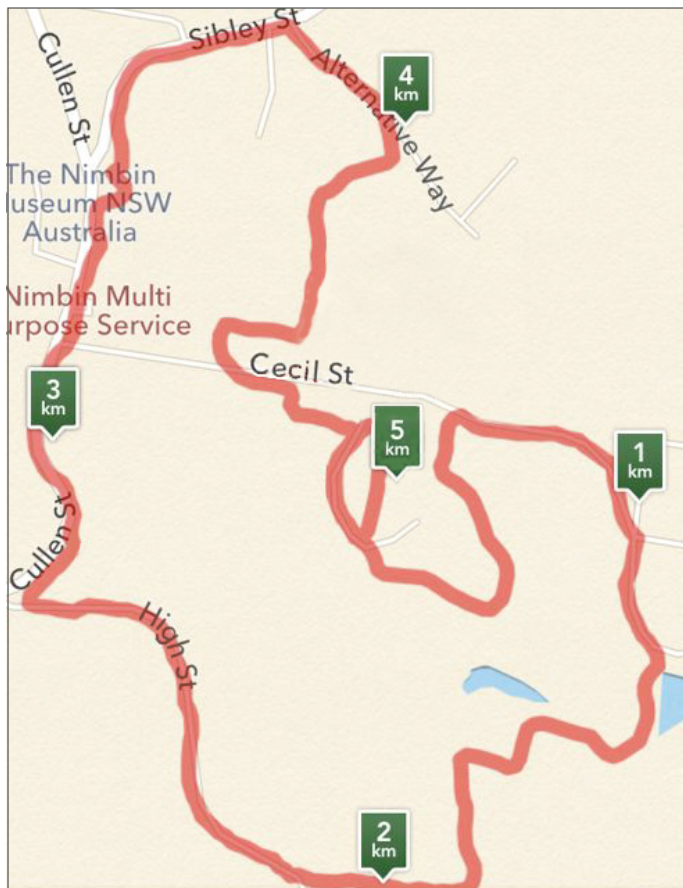
1. I the undersigned, in consideration of and as a condition of my entry in this event for myself, my heirs, executors and administrators, hereby waive all and any claim, right or course of action which I or they might otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon the entry or participation in the event.
2. This waiver release or discharge shall be and operate in favour of all persons, sponsors, volunteers and bodies involved in promoting or staging the event and so shall operate whether the damage or cause is due to any act or neglect of any of them. The Race organisers reserve the right to alter the course and/or race format due to unforeseen circumstances. These changes may reflect altering the course in format or logistically due to circumstances outside the control of the organisers and under the direction of, sponsors, council, police and other organisers that are associated with the event.
3. I agree to receive and pay for medical treatment including transport by ambulance, which is considered by organisers to be advisable and which is provided to me at the request or direction of the organisers before, during or after the event.
4. I have read the declaration and agree to abide by all the race rules and directions as stated in the declaration and upon literature and other material distributed in connection with the event

Entrant Name

Entrant signature

If under 18 parent or guardian sign.

COURSE MAP



CAMPING..... The Fun Run commences and finishes at The Nimbin Show Society Showground and for those travelling for long distances the Show Society offers fabulous camping grounds and excellent facilities right in the picturesque village of Nimbin. (\$10/pp). Take a stroll and enjoy a meal and a friendly drink in Nimbin Hotel and Backpackers.

AT THE VENUE ACTIVITIES

A day of fun for the whole family, children may purchase a wrist band for \$5 and enter all events and games while parents enjoy a relaxed atmosphere, yummy food, beverages, a barbecue and if game participate in a range of fun activities for all ages.

* **400 MTRS** 6-8 YRS., 9-11 YRS.

* **200 MTRS** 6-8 YRS., 9-11 YRS

* **100 MTRS** 4-5 yrs. and under

* **Tiny tots** 3 and under

* **STRATEGY GAMES**

* **TEAM EVENTS**

Activities commence at 12.30pm.

Some games will be competitive (prizes) and some games will non- competitive (fun) in order to suit all children.

SPECIAL THANKS... Lismore City Council, Jenny Dowell, Nimbin Show Society, Nigel Reid, Peter & Janet Robinson, Mal Rothwell, Gary Williams, Nimbin Headers, Nimbin Fire Brigade, Nimbin P.O., Nimbin Police, Nimbin Goodtimes, Nimbin Apothecary, Nimbin Information Centre, Nimbin Emporium, Nimbin Neighbourhood Centre, Nimbin Candles, Kahuna Massage with Chrissy, all our Sponsors and all our volunteers.

