

The Australian Mountain Running Association presents  
a running or walking tour of the Farrer, Wanniasa Hills and Isaacs  
Ridge nature park ridges in Canberra's Woden Valley

# ***Tour de Ridges***

**6.30am 21.6 km run;**  
**7.15am 15.6 km run and walk;**  
**7.45am 10.6 km run and walk**

**Sunday 12 December 2021**

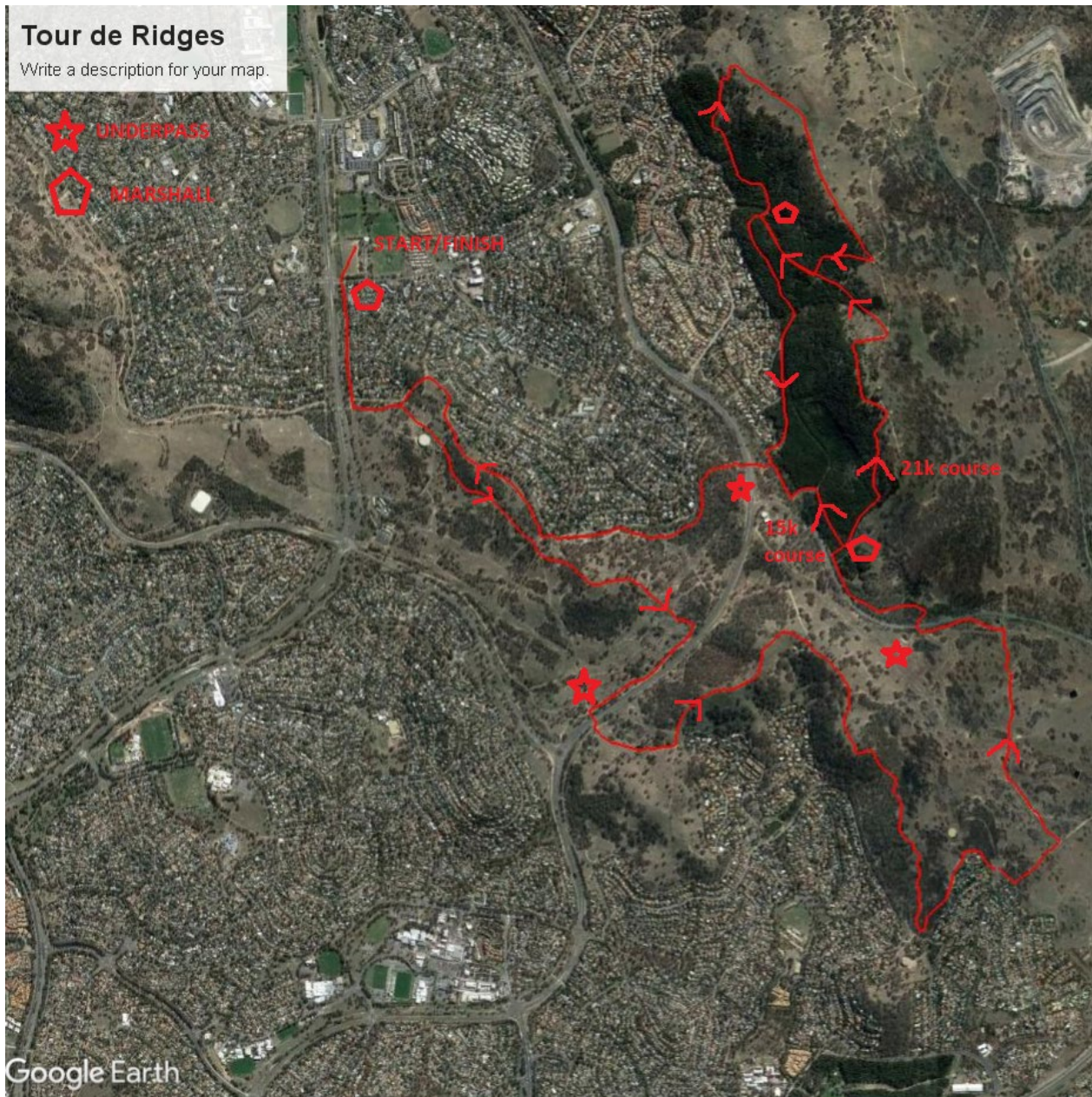
**Start and finish at Mawson sports field, Beasley Street, Mawson ACT  
(near junction with Lambrigg Street)  
Facilities: parking, toilets**



**Running surface:** dirt fire trails in Canberra Nature Park in Farrer Ridge, Wanniasa Hills and Isaacs ridge nature reserves. Trail running shoes are recommended.

## COURSES

### 21k and 15k



### 10k: out & back over the last 5k of the 21k course

**Note:** No drink stations. You must wear a hydration vest or carry a water bottle, enough to last the duration of the event, and bring your own water to drink after finishing.

## **Awards for each event**

1<sup>st</sup> three males and females in each event awarded immediately after finishing. Random awards for all other finishers using computer generated random numbers of finish positions.

## **Age limit**

Minimum age of 15 years for the half marathon and 15 km events.

# **Australian Mountain Running Association (AMRA) COVID Safety Plan as at December 2021**

## **Compliance with ACT Health COVID Safe restrictions**

AMRA will comply with ACT Health restrictions at <https://www.covid19.act.gov.au/> current at the time of each event.

In particular:

- No entries will be accepted from any localities designated by ACT Health as COVID hot spots
- No entries will be accepted from persons who have tested positive to COVID or are required to self isolate or are awaiting results of a COVID test
- ACT Health allows up to 1000 participants in an outdoors running event without requiring a special permit.
- Entrants who feel unwell must not attend, or entrants with pre-existing injuries
- All participants including race officials must check in using the Australian Mountain Running QR code provided by ACT Health for contact tracing
- Social distancing of 1 person per 2 square metres in the outdoors will be maintained. There will be no hand shaking, hugs or high 5s
- No food or drinks will be provided; competitors must have a hydration vest or carry a water bottle for events longer than 10 km plus bring their own food and drink for themselves after finishing an event
- Competitors will be asked to follow good hygiene measures such as cover coughs and sneezes with an elbow or a tissue, avoid touching the face, eyes, nose and mouth, and dispose of tissues hygienically
- Hand sanitisers will be made available at each event for use before and after running, and for use before and after visiting toilet facilities
- To ensure compliance with contact tracing requirements, all entries for paid entry events will be online only, containing contact tracing details and closing a few days before race day; race officials will register online with their contact details. There are usually no spectators at AMRA events; those who do are close family members of participants.

- Electronic timing mats at the start and finish of paid events will be used to ensure a minimum of 1 person per 2 square metres social distancing at the start (as time recording does not commence until a participant runs over the start mat)
- All entrants will receive a detailed race briefing by email during the week preceding the race and should take the time to read it carefully as there may be updates to the start times, courses etc. The start line briefing will be kept to a maximum of 2 minutes in accordance with COVID best practice guidelines.
- Competitors in AMRA events have a permanent durable race bib with electronic timing chip that they keep for all future AMRA events, thus minimising handling of race bibs and pins.

### **Electronic timing by FlyerUltra Timing and online results**

Race bibs will have electronic timing chips attached and must be collected on race day at least 30 minutes before race start for competitors who do not already own a permanent AMRA race bib.

#### **Bib Mounting Instructions**

Bibs for chip timing must be mounted on the front of the torso only, oriented correctly (landscape), and pinned securely. For the chips to work, Bibs must not be covered by packs or belts, and they should be clearly visible at the finish for manual backup and confirmation of electronic chip reads. Do not go anywhere near the timing mats during your pre-race warm up!

#### **Start Protocol**

A briefing will be given by email during the week before the race and then 5 minutes before each event is due to start. The start line will be defined by 2 cones placed approximately 20m before the start confirmation/finish timing mat. Please ensure after starting that you cross the 4m wide timing mat so that we have a start confirmation for you.

#### **Finish Protocol**

After crossing the timing mat at the finish please do not stop but continue walking through. You will keep your race bib for future AMRA events.

#### **Live Results**

Live results will be available on any device with Web access (smartphone, tablet, PC) at <https://my.raceresult.com/>. Your finish time recorded will be the gun time- ie time when you crossed the finish mat minus the start time at the start cones.

#### **Online Finisher's Certificate**

When you access the Web result if you click on your name in any Results List a pop up box with a downloadable/printable Finisher's Certificate will be available for you.

### **Entry closure strictly at 11pm on 9 December; no entries accepted after this**

To facilitate use of the electronic timing system and COVID requirements to email a race briefing, it is most important that entries close a few days before race day. **Entries will only be accepted online and online entries will close strictly on Thursday 9 December at 11pm.**

**Entry fees: all events - AMRA members \$25; Non-AMRA members \$30 (+\$5 to purchase a permanent race bib, if you do not have one already).**

To become a member, go to <https://mountainrunningaustralia.org/membership/>

## **Cancellation, Refund, Entry Transfer and Change of Distance policies**

**Helping us to help you:** The Australian Mountain Running Association is a not for profit and volunteer run organisation that strives to put on very affordable events of a very high standard. We rely on participants to assist us in keeping entry fees low and event organisation volunteer friendly by observing race rules and by volunteering themselves from time to time.

**Event cancellation:** If the event is cancelled by AMRA, for example in the case of a total fire ban or extreme weather, AMRA will refund 70% of your entry fee. AMRA is a non-profit organisation and the remaining funds will go towards some of the costs that we cannot get refunded.

**Partial refund due to illness/injury/family or work commitment:** Entrants who wish to cancel their registration due to illness/injury/family or work commitment may apply to receive a refund of the entry fee less an administration fee of \$10 up to 6pm on 8 December. The application should be emailed to John Harding at [hackettrunner at hotmail dot com](mailto:hackettrunner@hotmail.com) and include your name, your email address, the name of the event, and your Registernow registration number (emailed to you when you entered) before 6pm on 8 December. No refunds will be given for applications after 6pm on 8 December, and emails after 6pm on 8 December requesting refunds will not be answered. Refunds will be processed in bulk.

**Transfer of your entry to another participant:** Sorry, we are unable to do this. You will need to cancel your own entry (see above) and the other participant can sign up as normal if the event registration deadline has not yet passed. If the event registration deadline has passed, the entry will be forfeited. For safety reasons you cannot give your bib to another participant. If you are caught doing this both entrants may be disqualified from future events.

**Transfer of your entry to a different AMRA event in the future:** Sorry, we are unable to do this. You will need to cancel your entry (see above) and register for the future event.

**Changing your event distance:** Any requests to change race distance must be emailed at the latest by 11pm on Thursday 9 December to John Harding at [hackettrunner at hotmail dot com](mailto:hackettrunner@hotmail.com).

**Event queries:** Please download and read the event information in this document, and in the pre-race enews bulletin that will be emailed to all entrants during the week before race day. Do not email or message in the last 2 days before race day as the Race Director will be out in the bush course marking and undertaking other race organisation.

## **Volunteering**

Volunteers are needed for a range of jobs. To volunteer, please complete the online Volunteer form at <https://mountainrunningaustralia.org/volunteer/>

## **Time limits**

Time limits are necessary for personal safety, for consideration to event helpers who volunteer lengthy periods of time from very early in the morning to help on the day, and to enable the presentations and barrel draws of prizes to be done before most participants need to leave to go home.

The following time limits shall apply and persons not achieving the time limits will be disqualified.

21.6 km: 3 hours 30 mins; 15.6 km: 2 hours 50 mins; 10.6 km: 2 hours

The slowest person generally takes 2:30 for the 21.2 km run, 2 hours for the 15.3 km run, 2:50 for the 15.3 km walk, and 1:50 for the 10.6 km run and walk

## Recommended gear

Trail running shoes or other shoes with good grip are recommended as there are some steep uphill and downhill sections and sections with rough ground.

# Entry form—2020 Tour De Ridges

***Do not use this form: online entry only***

Please enter securely online with credit card at

[www.mountainrunning.coolrunning.com.au](http://www.mountainrunning.coolrunning.com.au)

Given name ..... Surname .....

Address .....

..... Post code .....

Telephone ..... (home) ..... (work)

Email (write clearly in block letters) .....

Male  Female    Date of birth: ..... Age in years on 13 December .....

**EVENT (please tick):**

21.6 km run/walk     15.6 km run/walk     10.6 km run/walk

Australian Mountain Running Association membership status:  **AMRA member**     **Not a member**

### Permanent race bib

Do you have a permanent AMRA race bib (from a previous AMRA event)?

Yes..... No.....

If yes, what is the bib number? .....

If not, there is a \$5 charge for your race bib, which you will keep permanently for future events.

### Risk Statement

In entering this mountain running and walking event you should recognise that mountain running and walking is a recreational activity that may involve a small risk of physical harm. Included in these risks are injury due to: steep or rough terrain and obstacles; the effects of heat, cold or other adverse weather conditions; dehydration or over-hydration; and vehicular traffic at the road crossing.

You should be aware that there is no personal accident insurance on your participation and you participate at your own risk.

### Declaration: (all entrants must sign, and parent/guardian if under 18 years)

1. I, the undersigned, in consideration of and as a condition of entry in the Tour de Ridges for myself, my heirs, executors and administrators, hereby waive all and any claim, right

or cause of action which might arise out of loss of my life or injury or damage consequent upon my entry or participation in the said event. 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 this event.

2. I have downloaded and read the event information, including the risk statement and race rules, especially in respect of the time limits and cancellation, refund and transfer of entry policies, and I agree, in entering, to comply with all race rules and conditions.
3. I have trained for this event, have no medical impairment which may be detrimental to my health, and will withdraw from the event if I suffer a viral complaint during the last seven days before the race.

**Signed:**..... **Date:**.....