



The'

HAMBLIN HIRE

...and get on with it!

Nail Can Hill Mountain Bike Ride

And the

Nail Can Hill Ironman & Ironwoman Contest

▶ **Saturday 2nd May 2009 2:00pm**

Pre
enter &
Save

MTB Race is now on Saturday, Ride the MTB on Sat afternoon, get a full nights recovery and smash the run on Sunday morning for your chance to win the Ironman/woman. The finish will now be at Range Rd on the awesome new single track purpose built for all mountain bikers.

Registration: 12:00 – 1:30. Please be early and register by 1:30pm – Briefing 1:45pm

Entry fee: **\$20** or **\$10** for pre-entry plus all riders require an MTBA license for insurance purposes, day licenses may be purchased for \$15.

Start: Rear of Lavington Panthers Sports Club Centaur Rd Lavington. Finishes at Range Road (off Logan Rd) Albury. Length: 15Km

All entrants must have an Australian Standard helmet and carry 1 full water bottle. Ensure bike has been serviced and carry spare tube, pump and tools.

\$50 Cash for the first male, female, and AWMTB club jersey to the top of the hill (3.5km)

Take the Ironman Challenge!

Enter in both the Nail Can run & ride and call yourself an Ironman or Ironwoman. Medals awarded to the male and female that has the fastest aggregate time over both the Nail Can run & ride. Entrants must register for both the MTB Race and Nail Can Hill Run.



For more info contact Brad Spinelli on 0402 245 581 or visit:
www.alburywodongamtb.org.au for entry forms





www.alburywodongamtb.org.au

Produly supported by:



Last Name		First Name		Sex: <input type="checkbox"/> Male <input type="checkbox"/> Female	
Address			Sponsors		
City/Town			State		Postcode
Phone (h)		Phone (wk)		Mobile	
Date of Birth		Emergency contact: Name		Phone	
Email (for club/event news)				MTBA member #	

Event & Payment Details

	Adult <input type="checkbox"/> / Junior U.- 18 <input type="checkbox"/>	Entry Fee (\$20)	\$.....
	MTB Ride <input type="checkbox"/>	Or Pre-Entry Fee (\$10)	\$.....
	Ironman/Ironwoman <input type="checkbox"/>	MTBA Insurance (\$15)	\$.....
	(must also enter run separately)	(unless MTBA licence provided)	
	TOTAL		\$.....

Declaration - All participants must read and acknowledge by signature

Representations and Warranties I represent and warrant in favour of the Licensor as follows: I am in good physical condition and have no disability, impairment or ailment that will prevent me from engaging in the Event or that will be detrimental to my health, safety or physical condition of others while participating in the Event or while at or near the Event. Release and Indemnity I hereby release and forever discharge each of the Licensor, its officers, directors, employees, agents and contractors and sponsors, from any and all claims, suits, demands, expenses, costs, actions and proceedings of any nature whatsoever, which I, my executors or administrators or any other person has or might assert against any of them arising from, in relation to, incidental to or by virtue of any injury, loss or damage suffered or sustained by me in connection with my participation in the Event or at any time when I am near the Event. I hereby indemnify and hold harmless, and shall keep indemnified and held harmless, each of the Licensor, its officers, directors, agents, contractors and sponsors from and against all claims, suits, demands, expenses, costs, actions and proceedings of any nature whatsoever arising from, in relation to or by virtue of: (1) Any injury, loss or damage sustained by me. (2) Any injury, loss or damage suffered by any other person as a result of any act, omission, neglect or default on my part, in connection with my participation in the Event or at any time when I am near the Event. I hereby agree that the Event may be cancelled due to fire, storm, rain, inclement weather, wind, forest closure, or any other circumstances. I hereby agree to allow my name, results, photographs, video, multimedia or film likeness to be used for any legitimate purpose by AWMTB, the sponsors or assigns. I acknowledge that MTBA insurance covers me for public liability and personal indemnity whilst participating in this event. I agree to wear an Australian Standards approved cycling helmet whilst riding a bike at all times during practice and the event. I agree that I am responsible for my personal accident insurance and ambulance cover. AWMTB reserves the right to refuse entry to any competitor. I have carefully read this entry form and agree to abide by all the rules and directions of all race officials on the day. All entrants must sign as having read and understood this declaration, or if you are under 18, this must be signed by your parent or guardian.

I have read and understand the Declaration above:

Name: _____ **Signature (guardian if U18yrs):** _____ **Date:** / /

Entry Forms & payment can be

1. Posted with cheque/money order to: AWMTB, PO Box 61 Albury NSW 2640 no later than 29/4/09 or
2. Faxed to 6025 0487 with payment made on the day.

AWMTB USE ONLY	Payment \$	Race #	Category
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