



27th Annual



# Ben Lomond Descent

**36km Mountain Biking, Canoeing and Running Event  
from Ben Lomond National Park to North Esk Memorial Hall, Blessington**

**Sunday, August 7th 2016**

The **BEN LOMOND DESCENT** is a multi-sport event with the emphasis on fun and participation. Entrants complete each section in sequence, as an individual entrant, or as a relay team of two to three entrants. Each section begins with a mass start, so entrants must re-group after each leg.

### Program & Course description

**Check in/Collect race bib**

**8.00 – 9.00am at North Esk Memorial Hall**



**“Avantiplus” Mountain Bike - 16 km**

**Start Time 10.00am briefing 9.40am at start**

Starting on the Ben Lomond road at the tip site (just outside the National Park boundary), competitors traverse a rough narrow 4WD track, including fallen trees, creek crossings, rocks and mud puddles, before joining the Ragged Jack road. Various 4WD and single track is followed down through a quarry, from where another 4WD track is taken through private property finishing at the North Esk Memorial Hall, Blessington. Estimated time 45 to 60 mins.



**“Kayak4Play” Kayak - 11 km**

**Start Time 12.00pm briefing 11.40am at start**

Canoeists enter the North Esk river at the Burns Creek Rd bridge and exit at the Musselboro Rd bridge. The river is mainly flat water with a few small rapids and pebble races at lower water levels. At higher levels the rapids disappear, but the water becomes fast-flowing and turbulent. There are a few tree-bound sections that may require portaging. Estimated time 50 to 90 mins.



**“The Running Company” Run - 9 km**

**Start Time 2.00pm briefing 1.50pm at start**

Runners start at the Musselboro Rd bridge and follow this road for 2.5 km, then follow private roads across varied terrain including plantations and paddocks, to finish at the North Esk Memorial Hall, Blessington. Estimated time 40 to 60 mins.

**Submit the Entry Form and Declaration; Keep this information for your records.**

## Conditions of Entry

- Tamar Canoe Club Inc. (ABN 40 065 013 029) organises the Ben Lomond Descent and invites you to participate.
- The event organisers have taken all care but accept no responsibility.
- Entrants should note that where the course of the Ben Lomond Descent passes through private property, there will be **no** access permitted prior to the event. Access during the event will be restricted to competitors and officials only.
- All entrants should have a support crew and support vehicle. Competitors and support crews are responsible for their own food, drinks, equipment and clothing.
- Competitors must be present at the briefing prior to the start of each section.
- Competitors and support crews may be expelled, in the interests of safety, at the discretion of the organisers and officials.
- Entrants must render all possible assistance to any other competitor who is in distress or danger.
- Entrants must be 16 years of age or over on the race day. Entrants under 18 years must have the declaration attached signed by a parent or guardian.
- All entrants must read and sign the attached declaration.
- The number of entrants may be limited by the organisers, at the organisers' discretion, and entries will be on a first received basis.
- Any section of the course may be cancelled or modified (subject to weather and conditions) before or on the day of the race at the discretion of the organisers.
- Any team member change is to be notified to organisers, and each new entrant's declaration is required for them to be registered.
- An "Individual" competitor may not also be a "Team" competitor.

## Equipment / Safety Requirements

- The area where this event is held is subject to very cold, very wet and very windy conditions as well as navigational challenges. All participants must assess the conditions and dress accordingly. Carrying extra clothing, food and equipment as required.
- Mountain bikers must wear an approved bike helmet, and it is recommended that a puncture repair kit be carried. The bike (brakes especially) must be in good working order.
- Paddlers must wear an approved helmet, buoyancy vest, footwear (not boots), and boats must have adequate buoyancy and hand loops.
- Runners should wear sturdy cross-country running footwear.



## "Allgoods" Presentation and Barbecue

The event will finish with the presentation of trophies and prizes: 1st Female individual; 1st Male individual; 1st Team overall; 1st Female team; 1st School/College team; plus other spot prizes. The event will conclude with a friendly chat and cheer over a great "Off Centre" coffee and delicious warming "Tinnies" pie (vege option also) at the North Esk Memorial Hall, Blessington. The refreshments will be free for entrants, others will be charged a small fee. Camping will be available at the North Esk Memorial Hall, Blessington on the Saturday night prior to the event.



## Entry Form – BEN LOMOND DESCENT

Entries close 5pm Friday, July 29th 2016. Send the completed entry form and signed declarations and all fees to Ben Lomond Descent, 11 Harrow St, Youngtown, 7249. Phone (03) 6344 5384 (H) or 0488 613 751 (M).

Individuals unable to form a full team can request a team member from the team pool or enter themselves in the team pool.

Enquires to [tamar@canoe.org.au](mailto:tamar@canoe.org.au) or check [www.tamar.canoe.org.au](http://www.tamar.canoe.org.au).

Category: (Tick one)	Individual <input type="checkbox"/>	Individual Female <input type="checkbox"/>	Team <input type="checkbox"/>	All Female Team <input type="checkbox"/>	School/College Team <input type="checkbox"/>
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Individual Name / Team name:			AC member (Y/N)*
MTB:		E-mail:	
Kayak:		E-mail:	
Run:		E-mail:	

\* Current Australian Canoeing Inc. member

Contact Address:
Phone:
E-mail:

**Entry fee is \$50 per person. LATE ENTRY FEE of \$10 per person applies. We accept: Direct Credit (Tamar Canoe Club Inc.: BSB 067003 Account 28053701 and use your name as description); Money Order; Cash; Cheque**

Payment method: (Tick one)	Direct Credit Tamar Canoe Club account <input type="checkbox"/>	Money Order <input type="checkbox"/>	Cash <input type="checkbox"/>	Cheque <input type="checkbox"/>
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### Hall Accommodation Requirements

I require accommodation/camping for \_\_\_\_\_ people at the Blessington Hall prior to the event.

\*\*\* You must copy and COMPLETE EVENT DECLARATION (over page) for each entrant \*\*\*

Office use only

Paid:		Declaration:	
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**Tamar Canoe Club Inc.**  
**EVENT ENTRY APPLICATION and DECLARATION**

I ..... [insert name] of ..... [insert address] hereby apply for entry to **Ben Lomond Descent** ("Event"). In so applying and in consideration of my application for entry to the Event being accepted I **acknowledge and agree** that:

1. **"AC"** for the purposes of this application and declaration means and includes Australian Canoeing Incorporated, its members (including State Associations and Affiliated Clubs) and their respective directors, officers, members, servants or agents.
2. **If accepted I will be permitted** to participate in the Event subject to my complying with the terms and conditions of the Event, this declaration and any reasonable direction issued by the Event organisers or their representatives.
3. **This document cannot be amended.** If I do amend it my application will be null and void. It cannot be accepted by AC.
4. **Insurance** is in place that provides limited cover to me whilst I am participating in the Event. For insurance details contact your State Association. I understand that this insurance may not cover me for all injury, loss or damage sustained by me and I can, in my own interests, seek and obtain personal insurances over and above the cover provided by AC.
5. **The Event rules and this declaration** comprise a contract between me and AC. It is necessary and reasonable for promoting and conducting the Event.
6. **Warning:** Participation in the Event can be inherently dangerous. Risks including but not only overexertion, equipment failure, dehydration, serious accidents, weather conditions, water quality and shark attack can and do happen which may result in me being personally injured or my property being damaged. I have voluntarily read and understood this warning and accept and assume the inherent risks in the Event.
7. **Exclusion of Liability:** Except where provided or required by law and such cannot be excluded, I agree that it is a condition of my entry to the Event (if accepted) that AC is absolved from all liability however arising from injury or damage however caused (whether fatal or otherwise) arising out of my participation in the Event.
8. **Release and Indemnity:** In consideration of AC accepting my application for entry to the Event I:
  - (a) release and forever discharge AC from all Claims that I may have or may have had but for this release arising from or in connection with my participation in the Event; and
  - (b) indemnify and hold harmless AC to the extent permitted by law in respect of any Claim by any person including but not only another participant in the Event arising as a result of or in connection with my participation in the Event.

In this **clause 8 "Claims"** means and includes any action, suit, proceeding, claim, demand, damage, penalty, cost or expense however arising but does not include a claim in respect of any action, suit, etc made by any person entitled to make a claim under a relevant Event insurance policy.
9. **Fitness to Participate:** I declare that I am and must continue to be medically and physically fit and able to participate in the Event. I am not and must not be a danger to myself or to the health and safety of others. I will immediately notify AC in writing of any change to my fitness and ability to participate. I understand and accept that AC will continue to rely upon this declaration as evidence of my fitness and ability to participate.
10. **Privacy:** I understand that the information I have provided is necessary for the conduct of the Event and for the Objects of AC. I acknowledge and agree that the information will only be used by AC to facilitate the conduct of the Event and other events conducted by AC. I understand that I will be able to access my information through AC. If the information is not provided my entry application may be rejected.

I acknowledge that AC may also use my personal information in accordance with the AC Privacy By-law. I may advise AC if I do not wish to receive from AC any AC sponsors or third parties' promotional material.
11. **Copyright and right to use image:** I acknowledge and consent to photographs being taken of me by or on behalf of AC during my participation in the Event. I acknowledge that the photographs are owned by AC and that AC may use the photographs for promotional or other purposes without my further consent being obtained. Further, I consent to the Event organisers using my name, image, likeness and also my performance in the Event, at any time, to promote the Event by any form of media.
12. **Prevailing conditions:** The Event and the conduct of, and participation in the Event will be effected by weather and associated conditions. Given there is often an element of the "luck of the prevailing conditions" in entering and competing in the Event I acknowledge and agree the Event organisers cannot control the weather and associated conditions.

**I have read, understood, acknowledge and agree** to the above declaration including the warning, exclusion of liability, release and indemnity. I acknowledge that if my application to enter the Event is successful I will be entitled to participate in the Event.

Signed: ..... Date: .....  
Name: .....

Where the applicant is under 18 years of age this form must also be signed by the applicant's parent or legal guardian.

I, ..... am **the parent or guardian** of the applicant. I expressly agree to be responsible for the applicant's behaviour and agree to personally accept the conditions set out in this Event application and declaration including the provision by me of a release and indemnity in the terms set out above. I consent to the applicant's entry to, and if accepted, participation in the Event.

Parent's signature: ..... Date: .....  
(where applicant under 18 y.o)  
Name: .....