

Shoe Clinic FLAGPOLE RUN UP

SUNDAY
NOVEMBER 21



ENTER
ONLINE www.avalanchepeak.co.nz

A UNIQUE OFF-ROAD EXPERIENCE COMBINING THE HISTORY & BEAUTY OF THE CANTERBURY HIGH COUNTRY.

The Challenge

Welcome to the fifth year of "The Flagpole Run Up". Situated in the Selwyn Plantation, approx 60k south west of Christchurch, this scenic 19k run or walk takes in one of the regions most historic but hidden landmarks. The 897m high Flagpole Hill, found just past Whitecliffs, offers views stretching for more than 30k in all directions and was the original inland landmark used by early settlers blazing a trail from Canterbury over to the West Coast. The "Flagpole Run Up" starts and finishes at Flagpole Farm and takes in Flagpole Hill Summit, before continuing on a loop around the back country headwaters of the Selwyn River. This area is usually closed to the public, so it's a great chance to experience one of Canterbury's hidden historic gems.

This is a unique running or walking experience, and great training for events like the Kepler Challenge, Coast to Coast, and Avalanche Peak, not to mention a great way to kick-start summer.

Prizes Galore

Run - 1st to 3rd in Open Men & Women, Vet Men & Women, Masters Men & Women.

Walk - 1st to 3rd in Open Men & Women, Vet Men & Women, Masters Men & Women.

NB: There must be five entrants to constitute a prize category

More Info

Race Day – Sunday 21 November, 2010

Venue – Start & Finish at Flagpole Farm behind Whitecliffs Domain (sign posted from Whitecliffs).

Walk Start – Briefing 8:30am / Start 9:00am

Run Start – Briefing 9:30am / Start 10:00am

Prizegiving – 1:00pm

Further Info – www.avalanchepeak.co.nz.

This event is organised by Avalanche Peak Challenge Incorporated.

For further details contact:

Chris Cox – Ph: 0272 938 309

Email – chris.cox@xtra.co.nz

PERSONAL DETAILS

First Name:	<input type="text"/>	Last Name:	<input type="text"/>
Address:	<input type="text"/>		
Email:	<input type="text"/>		
Phone (W):	<input type="text"/>	Phone (H):	<input type="text"/>

RUN OR WALK?

Run Walk

CATEGORY

Open Male Female
 Vets 40-49 Male Female
 Masters 50+ Male Female

Entry Fee: \$40 \$
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LATE ENTRY FEE

Entries close Monday 15 Nov, 2010. Entries after this attract a late entry fee.

Late Fee: \$10 \$

TOTAL ENTRY FEES

Total all fees, remembering late entry fee after 15 November.

Total Entry Fee: \$

Make cheques to "Avalanche Peak Challenge". Sign waiver & post entry form & payment to: 5 Ferner Street, Dallington, Christchurch 8061.

WAIVER

I/We accept all conditions of entry, while recognising and agreeing that mountain running and walking are inherently risky and physically challenging undertakings. I/We attest to having read all information supplied in the entry form or website, and enter this event knowing the risks and demands involved. Therefore, I/we take all responsibility for my/our fitness, experience, actions and occurrences during this event. As such I/we, my family, heirs and executors of any estate discharge the event organisers, sponsors and all other persons involved in the event of any liability, claims or damages relating to personal injury, loss or damage of equipment, or any matter arising from the event. I understand that if extreme weather or other "acts of god", force changes, postponement or cancellation of the event, that the entry fee is non-refundable. I authorise my name, voice and picture to be used, without payment, in any capacity relating to the event.

Signature: Date: (Entries are not accepted until waiver is signed).