

IMPORTANT

1. NRW sporting activities (tennis, volleyball, golf) are **RESTRICTED** to holders of the NRW Chairlift/Activities ticket. Thredbo running events (Wed, Thurs, Fri, Sat) will require the production of your chairlift ticket to claim any barrel draw or cash prize.
2. NRW participants will be required to become members of the YMCA of Canberra Runners Club, \$10 per family, \$5 per individual. This small fee is to cover the cost of public liability insurance for NRW. Phil Aungles is the Honorary Director. NRW is **NOT** a business venture. Thredbo Village is in the Kosciuszko National Park and there is a \$16 per day car entry fee; \$190 for an annual permit; or \$64 for 5 days access to Kosciuszko National Park for the price of 4. Obtainable on entry from NSW or at Thredbo Newsagency. Fines for non-compliance are rigorously enforced.
4. **CHAIRLIFT/ACTIVITIES TICKET.** All NRW participants will be able to purchase a ticket allowing unlimited chairlift rides, swimming and golf over the 8 days. It covers green fees for any time you play golf, but you must have your ticket ready for inspection while you are playing. Tennis court hire is covered only at the specified NRW booking times. At other times normal hire fees apply.
Ticket costs are:
Family Pass\$274 (covers 2 adults and a maximum of 3 children under 18)
Adult\$102
Child Under 15.....\$65
Seniors (60+).....\$65
Please note that Chairlift/Activities Ticket is not transferable and all NRW participants must have one. Take care of the ticket as it will not be replaced if lost or stolen. By way of comparison, normal charges for one return chairlift ride in 2012 are: Adult \$31, Child U/15 \$16 and Seniors \$23. Green fees per game: \$18.50. Tennis court hire: \$20 per hour. Pool: Adult \$7.90, Child/Seniors \$5.90.
5. Presentations will immediately follow running and sporting events where possible.
6. Entry to any or all NRW events is conditional on the completion of a disclaimer. All NRW participants must be registered before a Chairlift/Activities Ticket can be obtained.
7. Please note that NRW participants must organise their own accommodation at Thredbo Village.
8. **The YMCA of Canberra Runners Club** reserves the right to postpone, substitute or even cancel events due to adverse weather conditions (or circumstances beyond the organiser's control) without giving advance notice.
9. **It is the responsibility of participants to provide their own drinks/refreshments at all runs and races.**

Program enquiries: Phil Aungles, 6 Reynolds Street, Curtin, ACT 2605.
paungles@tpg.com.au

General accommodation enquiries: **THREDBO RESORT CENTRE**

Phone Toll Free: 1300 020 589 Fax (02) 6457 6470

18th Thredbo Blues Festival 13-15 January, 2012

33rd National Running Week Saturday 12 January – Saturday 19 January 2013



**32ND Thredbo
National Running Week**

**THREDBO ALPINE VILLAGE,
KOSCIUSZKO NATIONAL PARK**

**SATURDAY, JANUARY 7 TO SATURDAY, JANUARY 14, 2012
ORGANISED BY THE YMCA OF CANBERRA RUNNERS CLUB**

Saturday, January 7

11 am – 12 noon

and

2 – 2.50 pm

3 pm

6.30 pm

Sunday, January 8

11-11.50 am

12 noon

1 pm

6 – 7 pm

8 – 10 pm

NRW Registration at **Thredbo Sports Ticket Office**. Complete NRW disclaimer and obtain tags for running events. No entry fee for fun runs. You must be registered for NRW before obtaining your Chairlift/Activities Ticket. Enter for the Crackenback Challenge at Valley Terminal (free). Obtain Chairlift/Activities Ticket from Thredbo Sports Ticket Office. (Family Pass \$274, Adult \$102, Child U/15 \$65, Seniors \$65. Family pass covers two adults and a maximum of three children under 18. All NRW registrants **MUST** have a Chairlift/Activities Ticket).
Ludwig Rabina's Crackenback Challenge. 2 km/600 m climb. Start at rear of Valley Terminal. Course follows chairlift to Mt. Crackenback summit. Children under 15 NOT permitted to compete. Event only suitable for healthy, experienced and well-prepared runners. Definitely **NOT** for fun runners. Sponsor: Kosciuszko Thredbo. If you have been sick during the week **DO NOT** under any circumstances start in the event. Day competitors (who will not have purchased a NRW chairlift/activities ticket) will need to purchase a one-way chairlift ticket (\$25) or return on foot.
Crackenback Challenge presentation at Bistro.

NRW registration. Day participants enter for Thredbo Fun Run/Walk (free) at **Thredbo Sports Ticket Office**.

Thredbo Fun Run/Walk – 6 km, flat course, two laps of Thredbo Village. All prizes barrel draw. Start/finish Village Green.

Please bring your own drinks as none will be provided.

Presentation on Village Green. Participants must be present to be eligible for barrel draws. Sponsored by Kosciuszko Thredbo.

Bistro Happy Hour. Registration for NRW Tennis (Tony Greenwell/Jeff Taylor), Golf (Gerard Ryan) and Volleyball (Fran Dorey) at Bistro outdoors. Please present your chairlift ticket (which has your name printed on it) when registering for these events. Tennis, golf and volleyball **RESTRICTED** to NRW chairlift/activities ticket holders.

NRW Quiz Night at Keller Bar. Organiser: Armstrong Family.
Sponsor : Kosciuszko Thredbo

Monday, January 9

Anytime 2 or 4-ball Ambrose Golf Competition. Choose your own time to tee off.
Organiser: Gerard Ryan

9 am – 3 pm Kosciuszko Walk, 13 km. Depart at your convenience. Ideal family outing.

5 pm Alfresco Pizza Mixed Relays – teams of 5 ‘selected’ by Phil Aungles.
Relay legs 1 km. Village Green. Pizza prizes for first across the line plus four other winning teams.

6-7 pm Bistro Happy Hour.

Tuesday, January 10

9.30 am Armstrong Alpine Adventure. A fun event for all ages/fitness levels.
Sponsor: Armstrong Family. Start/Finish: BBQ adjacent to tennis courts.
You will required to present your chairlift/activities ticket in order to claim a prize.

12 – 5 pm Dave Hobson Grand Slam Tennis preliminary rounds (pairing: male/female – experienced/inexperienced). Sponsor: Kosciuszko Thredbo.
4 courts – 5 hours. Directors: Tony Greenwell/Jeff Tayler.
Rules – first to 6 (possible 11 games). Killer point on deuce.
NRW ticket holders **ONLY**.

5 pm The Runners Shop Canberra Invitational Mile – Village Green.
Sweep facilities. Handicapper: Bernie King.

5.04 pm The Runners Shop Canberra Thredbo Fun Run Mile on Grass.
Sponsor: The Runners Shop Canberra. Village Green.
Prizes restricted to NRW chairlift/activities ticket holders.

Wednesday, January 11

9 am The Desie Dazzler. Village Green. Kids/teenagers fun run.
Sponsor/organiser: Desie Joannides.

10 am The Women from Snowy River Jog/Walk (4km yacht handicap).
Start/finish: Village Green. Organiser: The Man.
Followed by: The Boys’ Only Jog/Walk. Organisers: The Pindari Ladies

1 pm Thredbo Sprint Gift preliminary rounds (U/18 male/female,
18-39 male/female, 40+ male/female), Village Green. Repechage heats.

2 – 6 pm Dorey Alpine Volleyball. Village Green. Organiser: Fran Dorey.
Sponsor: Dorey family.

6 pm Gift final (12 competitors over 100m). Handicapping based on Stawell Gift.
Village Green. Sweep facilities. Prizes restricted to NRW ticket-holders.

7 pm National Running Week Dinner, The Knickerbocker Restaurant.
Confirmation of attendance by Monday night with Phil Aungles.

Thursday, January 12

8 am Col Browne NRW Golf Masters. Sponsor: Kosciuszko Thredbo.
Organiser: Gerard Ryan

11 am Terrigal Trotters 60 min Jog/Walk (sponsored by Terrigal Trotters).
Start/Finish: Village Green. Organisers: Terrigal Trotters.

5 pm Thredbo Aquathon (swim/run) at Friday Flat Lake. Organisers: Ken Uren/
Chris Toohey. Sponsor: Triathlon ACT. All prizes barrel draw.
Incorporating the Thredbo Open Swimming Championships.

Friday, January 13

11 am Eric and May Fazackerley 3 km Fun Run/Walk for Veterans (males O/40
and females O/35). Sponsor: Eric Fazackerley. Start/finish: Village Green.
Organiser: SARRC/Dave O’Donnell. All prizes barrel draw. Please have NRW
ticket to claim a prize.

6 - 10 pm Dave Hobson Grand Slam Night Tennis (third round, quarter, semi and
final: 4 courts/4 hours) at Valley Terminal. Sponsor: Kosciuszko Thredbo.
NRW ticket holders **ONLY**.

Saturday, January 14

Enter at Rawson Pass for Ludwig Rabina’s **Kosciuszko Classic** (5 km) by completing entry form and receiving race tag. If you have been sick during the week **DO NOT** under any circumstances start in the event. Competitors not part of NRW will need to purchase a return chairlift ticket (\$31). Allow a minimum of 1 hour for the walk to Rawson Pass. Catch chairlift by 9.15 am at the latest. Running is **NOT** permitted on the metal walkway. The start at the Snowy River Bridge is a 15-minute downhill jog or a 30-minute downhill walk from Rawson Pass registration point. NPWS participation limit is 60.

11 am **Kosciuszko Classic**, 5 km, along the Old Summit Road. Start at Snowy River Bridge. Finish at the top of Mt Kosciuszko. Sponsor: Kosciuszko Thredbo. Children U/15 **NOT** permitted to compete. Event only suitable for healthy, experienced and well-prepared runners. Definitely **NOT** for fun runners. Remember you are racing at high altitude in very changeable weather conditions. Ensure you take plenty of warm clothing, simply carbohydrates and drinks for post-race recovery and the demanding return journey to the chairlift. This event involves a tiring 20 km of walking/jogging/racing. *** Please note the unpredictability of mountain weather means the Classic could be **CANCELLED** at very, very short notice.

3 pm Kosciuszko Classic presentation at the Village Green