

Sunday 21 June 2009

3RD ANNUAL

# Lake Manchester Trails

BRISBANE FOREST PARK  
via Mount Crosby Road

7KM LAKESIDE FUN RUN / WALK

21KM TRAIL RUN

SPONSORED BY:



[www.theruninn.com.au](http://www.theruninn.com.au)

FOR FULL INFO & TO REGISTER:

[WWW.RUNTRAILS.ORG](http://WWW.RUNTRAILS.ORG)

Enjoy a different day out in the country and run or walk the trails beside Lake Manchester. There are two options: an easy 7km run/walk beside the lake, or 21km adding upper Cabbage Tree Creek and hills. All runs are on well-marked earth forestry roads.

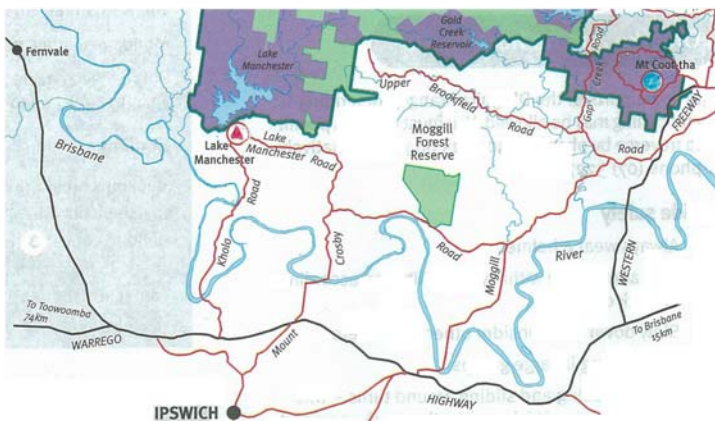
**Start:** Lake Manchester Reserve

**Start times:**

21km      7km  
8.00am    8.30am

**Full Race Information:**

[www.runtrails.org](http://www.runtrails.org) - events page



ENTRY FORM - **OR ONLINE** at [www.runtrails.org/events](http://www.runtrails.org/events) - please pre-enter: 120 places max.

Surname: ..... First Name: ..... DOB: .....

Sex: ..... Home phone: ..... Email: .....

Address: ..... Postcode: .....



Event: (please circle)	RECEIVED BY 17 JUNE	TRAQ
7km walk or run	Amount: \$10	\$9
21km run	Amount: \$20	\$18
	(10% less TRAQ members)	

Total:  
Post to TRAQ: POBox 1059 Morayfield Qld 4506  
Cheque to: "Trail Running Assoc. of Queensland"

Participants Agreement, Waiver, Release and Acknowledgement:

1. I have read the race description and am sufficiently fit for my chosen course.
2. I understand these trails are a natural surface which require experience or care while running, and that safety precautions undertaken by the organisers (such as event briefings, trail maps and signage, drink stations, sweeper following last runner) are a service to me and other participants but not a guarantee of safety. I waive all and any claim, right or course of action which I or they might otherwise have for or arising out of loss of injury, damage or loss of any description whatsoever, which I may suffer or sustain in the course of or consequent upon my participation in the event, for myself, my heirs, my executors and administrators.
3. The organiser advises that all reasonable risks have been assessed, appropriate measures taken, and I am confident you will enjoy a safe day out on these trails.
4. In the event of fire or heavy rain, updates will be posted on [www.runtrails.org](http://www.runtrails.org).

Signature:

Date: