

ROTARY CLUB OF BRIDGETOWN INC
P O BOX 259, Bridgetown. WA 6255
BLACKWOOD MARATHON RELAY

The Blackwood Marathon Relay includes a category for Iron Men / Women which is run in conjunction with, and over the same course as, the Marathon.

PLEASE NOTE START TIME OF 9.00am

THE COURSE

1. RUNNING 12km – Bitumen and gravel.
9:00am start.
2. CANOEING 8.5km – Blackwood River
Some portage necessary.
3. SWIMMING 1km – Blackwood River
(Jayes Bridge) **1.00pm start**
4. EQUESTRIAN 16km – Scenic Blackwood Valley.
Pastureland and gravel roads.
5. CYCLING 20km - All bitumen – hilly terrain
(final 150m gravel)

AMBULANCES are on stand-by. All costs associated with their use are the absolute responsibility of competitors, make sure you're covered. VETERINARIANS are on stand-by. All costs associated with their use are the absolute responsibility of competitors.

PRIZES

1. Prize pool in excess of \$4000.
2. 1st to 10th places (Open).
3. 1st & 2nd Iron Man / Woman (depends on entries).
4. 1st & 2nd Women's team (depends on entries).
5. 1st & 2nd School teams (depends on entries).
6. 1st School Girls team (depends on entries).
7. 1st & 2nd Veteran team (depends on entries).
8. 1st & 2nd Veteran ladies team (depends on entries).
9. 1st & 2nd 18 and under (depends on entries)
10. Corporate Challenge Shield.
11. All Place-getters will receive medallions.
12. Every team member to finish the course will receive a commemorative certificate.

PLEASE NOTE:

Previous or favourite team numbers will be allocated where possible if received by **August 31st**.
Entries will be posted on the web at www.mccays.com.au/theevent please check entry for accuracy and advise any corrections.
Notification of acceptance and further entry details will be sent to all teams and Iron Man / Woman entrants after 30th September.
Entries will not be accepted without payment of entry fee. Faxed entries will not be confirmed until payment is received.
For general enquiries please call our Competitor Secretary Sue on 97611985 (ah).
For Equine enquiries call 97611278.
Email enquiries to theevent@mccays.com.au
A significant amount of information can be found on the web at www.mccays.com.au/theevent

Yours faithfully
Noel Holdsworth, Chairman.

OVERNIGHT FACILITIES

1. ☎ (08) 9761 1740 or ☎ 1800777140
www.bridgetown.com.au
Bridgetown Visitor Centre :-
Caravan Park, Cottages, Chalets, Holiday Village Home stays, and Bed and Breakfasts.
2. Camping and stables at the Bridgetown Sports Ground (approx. 2km from town) at no charge.
3. ☎ (08) 97619055 Bridgetown Agricultural Showgrounds :- camping, powered sites available.
4. ☎ (08) 9765 1200 Boyup Brook Shire :-
www.boyupbrook.wa.gov.au
Camping at the Boyup Brook Flax Mill and Caravan Park.
5. ☎ (08) 9765 1444 Boyup Brook Visitor Centre:
Other accommodation in Boyup.
6. **Overnight camping is not permitted at Jayes Bridge.**

ENTERTAINMENT.

1. Picnic type atmosphere at Jayes Bridge (11am-1.30pm)
2. Join the exciting atmosphere at the conclusion of The Event at the Bridgetown Sports Ground from 2.30pm onwards. Enjoy food and refreshments supplied by local community groups.
3. Licensed bar and various eats and refreshments continue after the presentations.

NO DOGS allowed on private property or in camping areas at the Sportsground and Showgrounds.



ROTARY CLUB OF BRIDGETOWN INC
BLACKWOOD MARATHON RELAY

SUMMARY OF RULES – 20010

To ensure fairness to all competitors, all rules must be strictly adhered to. Please take particular note of those rules regarding the equestrian section given on a separate sheet.

1. Any competitor who breaches the Race Rules or loses his team number in The Event faces team disqualification. (NOTE: It is, therefore, essential that all competitors attach the team number bibs securely to his / her person).
2. All place getters in the Veteran's class must produce evidence of age before placings are confirmed. Men 40 years or over, ladies 35 years or over.
3. All place getters in the 18 years or under section must produce evidence of age before placings are confirmed.
4. Minimum age for any competitor is 14 years by the end of the year in which The Event takes place, unless permission is given by the Executive Committee prior to the Marathon.
5. All school teams must be from secondary schools and submit a completed verification form from the school they are attending. Maximum age is 18 years.
6. Any protest must be lodged in writing to the Chief Steward and must be submitted within 10 minutes of the last competitor finishing. A protest can only be lodged by a competitor. Equestrian section protests must be made in writing immediately to the Chief Veterinary Officer, at the start or finish of the Horse section.
7. **There will be numerous checkpoints along the course with attending stewards.**
8. The Chief Steward reserves the right to disqualify any team considered to be in breach of the Race Rules.
9. No competitor, apart from confirmed Iron Men / Women, can compete in more than one section of The Event and or Team unless this has been organised with the Chief Steward prior to the start of the race.
10. No person is allowed to remove or cut obstacles from the canoeing course, including logs, tea tree debris and other flora. Any person found so doing will cause the respective team to be disqualified. **PLEASE INFORM ALL YOUR TEAM MEMBERS.**
11. To qualify for the Corporate Challenge Shield all team members must be currently employed by the represented company.
12. To qualify for a fastest leg time a competitor must be part of a placed team or placed iron-person.
13. **SWIM START.** To prevent the field becoming too extended, starting times of swimmers may be altered. This has the result that the finishing order is not necessarily the final placing order. Please co-operate with all marshals and time-keepers to ensure that your times are recorded accurately.

PLEASE NOTE START TIME OF 9.00am
ADDITIONAL RULES FOR THE VARIOUS SECTIONS

RUNNING

- A. Detours and short cuts are not allowed.
- B. The marked course must be followed.

CANOEING

- A. Life jackets and crash helmets strongly recommended.
- B. Any deviation from the course (meaning "river bed") apart from portage at Terry Road culvert (which is mandatory) will automatically disqualify the team. Failure to properly report to stewards at a checkpoint will automatically disqualify the team.
- C. Minor repairs to craft during The Event are allowed, but must be performed by competitors. Back-up crews not allowed to perform this function.
- D. Craft must be one-man canoe, kayak or surf ski.
- E. Paddles only to be used for propulsion, spare paddles may be carried on craft.
- F. **Competitors must mark their craft with their team number on both sides as well as on the front. Numerals must be minimum size of 100mm high and 15mm wide.** Numbers preferably black on a yellow background. Number 6 and 9 must be underlined.

SWIMMING.

- A. Any attachment to any part of the body (eg. Flippers) is not allowed).
- B. Wetsuits allowed, goggles and swimming caps are allowed.

EQUESTRIAN

IMPORTANT – ALL EQUESTRIAN RACE RULES FOLLOW LATER IN THIS PACKAGE PLEASE READ CAREFULLY

CYCLING

- A. Spare bike not allowed and road traffic rules must be observed at all times.
- B. Minor repairs during the race allowed but must be performed by competitors; back up crews not allowed.
- C. Drafting is not permitted.
- D. Vehicles driving alongside, immediately in front of or behind the competitor not allowed.
- E. Start assistance allowed.
- F. Protective headgear is **compulsory**.

IMPORTANT! PLEASE FORWARD TO EQUESTRIAN IMMEDIATELY – EQUINE RULES

The equestrian part of the Blackwood Marathon is unique among endurance rides in WA in that it is short (16km) and very fast. There are few shorter events and frequently the Blackwood Marathon is the first exposure of the horse to this experience. It differs from other events too in that the rider is under pressure as a member of a team consisting often of people who have little or no knowledge of horses and therefore cannot appreciate the potential dangers of pushing a horse (or allowing a horse to push itself) beyond its physical limitations. In the past, the majority of teams competing in the Blackwood Marathon have been very conscientious in preparing, competing and caring for their horses. The low number of serious equine problems reflects the commitment and skill of the riders. Despite this, problems have occurred. For this reason, changes have been made to the rules governing the equine section of The Event in order to tip the balance between speed and fitness slightly in favour of fitness.

RULES

- a) The RIDER must present the horse at the pre-ride veterinary examination.
- b) The horse must be fully and properly shod on all feet or wearing approved protective hoof boots (eg Old Mac Boots).
- c) At the pre-ride veterinary examination the horse must, in the opinion of the examining veterinarians be able to complete the race without jeopardising the health of itself or the rider.
- d) The horse's heart rate must be at, or below, 60 beats per minute within 30 minutes of crossing the finishing line and, in the opinion of the officiating veterinarians must not show any lameness or distress.
- e) The horse must be free of any 'prohibited substance'. That is any substance having a direct or indirect action on the central or peripheral nervous system, or the cardiovascular, respiratory, alimentary digestive, musculo-skeletal, urogenital systems of a horse. Prohibited substances include analgesics, anti-histamines, anti-inflammatory agents, blood coagulants, diuretics, hormones and their synthetic counterparts, cortico-steroids, anabolic steroids, local anaesthetics, muscle relaxants, tranquillisers and vitamins administered by injection.
- f) All Iron Man / Woman entrants must provide a Certificate of Competency in horse riding before their entry will be accepted. This must accompany their entry form.
- g) Minimum age limit for horses is four (4) years old. This rule will be strictly adhered to.
- h) Horses must not show any signs of lameness or distress during the event – this will be monitored by officials.

Failure to meet the above criteria will result in disqualification.

- A. Team numbers must be on the front of the helmet approximately 50mm high and the team number must also be securely attached to the horse's bridle. This is the responsibility of the competitor who must present the bridle for inspection at the vet check.
- B. Any type of horse may be used.
- C. Riding caps or helmets must be worn.
- D. The marked course must be followed.
- E. The entire team will be disqualified if a team member takes a short cut.
- F. The entire team will be disqualified if there is any unsportsmanlike behaviour, i.e. Barging etc.
- G. No whips, spurs or long reins are allowed.
- H. **DRUGS** - Place-getters and other randomly selected horses may be swabbed and / or blood tested. Positive swabs / samples will result in team disqualification and the rider will be banned from future Marathons.
- I. Vets have the right to disqualify any horse.
- J. Horses should be available at **9.30am.** for a vet inspection at Jayes Bridge.
- K. The Chief Vet will disqualify any rider for any blatant disregard of the rules and / or ill-treating a horse. Any rider so disqualified will be banned from future Marathons.
- L. The Chief Vet's decision is final.

IMPORTANT - 9.30am Inspection at Jayes Bridge
Please make sure that the equestrian concerned is made aware of these rules immediately

KEY POINTS FOR A SUCCESSFUL BLACKWOOD RIDE

Written by an old, "seasoned" Blackwood Rider

- Start training your nag early – 12 weeks minimum.
- Fitness and conditioning are the basic aims. You will be asked to trot the horse at the final vet check to show he / she is not lame. 60 beats per minute (bpm) or less is the pass rate.
- Buy a stethoscope – training is a science, not a hit-and-miss affair. Serviceable stethoscopes are available from Surgical House, 166 Railway Parade West Leederville.
- Purpose-train your horse. 16km is not a long distance for a horse if ridden to a predetermined plan.
- Trotting is the training gait. It strengthens both the respiratory and skeletal elements.
- A 20km trot – at the eight-week mark – three times a week will have the horse working aerobically efficient. Measure the horse's heartbeat on the build up to this goal. If he is not recovering to mid-40s within half an hour, increase the number of training rides but decrease the distance.
- The actual course is hilly, so vary your training tracks to include hills and flats.
- Variety also keeps the horse interested in his work. Different terrains also assist in conditioning the tendons and skeletal frame overall.

- Your horse will be burning more energy than usual so increase his diet. Grain, however, is not necessarily the best. As the muscles work they produce lactates, which contributes to the horse “tying up”. Grain produces a higher percentage of lactates so quality chaff (lucerne or rough-cut), carrots, plus some selenium and electrolytes can form the basis of a good diet.
- Once the horse is performing well three times a week, i.e. aerobically efficient, some cantering can be introduced into the program. Say six kilometres twice a week in place of the training trots. Two weeks of canter at the two and three week mark is ample.
- The last two weeks can be a gradual wind-down. The work is done. The horse will freshen up and enjoy the event.
- Remember, you and the horse are part of a team. Better to ride well within your pre-measured performance parameters and pass the final vet check than have to confront your other team members after a vet out.
- Training – trotting for kilometres – is the key to a successful and enjoyable ride.
- On the course and at the finish there are bunting strips that may frighten horses if they are unfamiliar with these. The fluttering, especially when windy, may cause horses to shy or refuse to approach the finish. A good training idea is to attach a couple of metres of bunting to a fence or similar near to your horse’s feeding area. This helps horse become familiar with bunting during training.

PREPARING YOUR HORSE FOR THE BLACKWOOD MARATHON

by L Pierre-Humbert

The most common problems seen on completion of the 16km Blackwood ride, have been exhaustion, azoturia (tying up) and colic. The following are some suggestions to assist you in the training of your horse. It must be remembered that all horses are individual athletes and should be treated as such. No work or feeding program will be the same for any two animals and it is up to you to formulate the most suitable routine. Remember, there are NO EXCUSES for competing on a horse not capable of performing and more importantly, recovering easily. Before commencing work attend to the basics:

(a) Teeth –(b) Drenching – (c) Feet – (d) Skin lumps and bumps under the saddle pre-dispose horses to saddle sores.
(e) Tack – make the saddle etc., fit and make sure it is comfortable for you both. Don’t let ill-fitting gear be the cause of your horse’s sore back and resentful attitude.

- Plan your shoeing program so that your final set of shoes goes on ten days prior to the event, even the best farrier is capable of pricking a horse. With ten days up your sleeve you can do something about it. If your horse has thin soles or soft feet, discuss the use of pads with your farrier.
- If you use exercise boots or bandages, make sure they fit and are comfortable. Tendons must be free to slide in their sheaths, not constricted by bandages resembling tourniquets.
- Assess how fit your horse is at the start of the training program. A horse that is fit for racing, eventing, polocrosse, polo etc., is not necessarily fit for a 16km dash with approximately two hundred competitors.
- The sheer excitement of the crowd can be a big drain on a horse’s ability to recover. If you have had little or no experience in preparing a horse for a task such as this, talk to people who have. If you don’t know anyone whom you think can help, ask your vet and they will point you in the right direction.
- Horses are working animals and are quite capable of sustaining long periods of work if FED PROPERLY and introduced to a sensible work schedule slowly. Your work program should begin at least 12 weeks before the event.
- Keep a calendar and plan out when you are going to increase the workload. Be a thinking trainer, feel when your horse is tiring during a ride and gradually, week-by-week, increase levels of work until he / she has reached your goal.

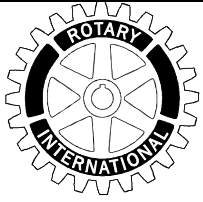
FURTHER ADVICE FOR HORSE RIDERS AND TEAM MANAGERS

Your horse should be doing 20km at the trot and recovering to a heart rate of 50 bpm in 20 – 30 minutes, four weeks before The Event. Every day before and after work feel your horse’s legs for lumps and bumps, clean out feet etc, Do not be the “bunny” that keeps working a horse with stressed, swollen joints, ligaments or tendons. Don’t wait to see if it goes away – obtain advice immediately! You are a member of a team depending on you and your horse! If you are having small problems with soundness at the beginning of your work program, it may be that your horse is not suitable for this type of competition.

During your training program don’t just guess distances and times. Mark out tracks in kilometres and each day record distance, time and recovery achieved. Beware of pushing your horse too far, too fast, too soon, for that is when you start damaging his / her muscles and joints. Unfortunately, even horses that are physically fit may still have trouble passing the vet check at the end of the ride due to a high heart rate at the time it is taken by the veterinarian. The following may assist newcomers to avoid this problem: obtain a stethoscope. One of the most common problems I’ve observed is the horse that recovers after the ride, but as soon as a stranger approaches them and tickles them with a stethoscope the heart rate sky rockets. Try to train your horse to stand calmly when approached by a second person under circumstances similar to those he / she will encounter at the vet check.

Make sure your horse is used to being out in company. It doesn’t matter how fit horses are if after months of training on their own they are suddenly confronted with the excitement of a large gathering you can expect them to have a high heart rate. Give them every chance. Take them out to any event where there is a crowd, as often as possible; get them used to mayhem! Finally, if you have a head-strong horse, make sure you are going to control him if five riders gallop past you, or have him so fit that even he does bolt for half kilometre it is not going to exhaust him. Remember, start training early; any healthy horse given correct training and feeding is capable of successful completion of the Blackwood Marathon.

RIDER CARE! A ‘bum bag’ carrying a couple of “popper”-size drink bottles of water that can be drunk on the trot is a good idea



ENTRY FORM
ROTARY CLUB OF BRIDGETOWN INC
 PO Box 259 Bridgetown WA 6255
BLACKWOOD MARATHON RELAY
 October 30th 2010
NOTE START TIME 9.00am

PLEASE PRINT

Team Name: _____ 2009 Team No.: _____

Team Manager's Name: _____ Phone _____

Team Manager's Address: _____ Post Code _____

Email Address: _____

	Surname	First Name	Age	Phone number
RUNNING				
CANOEING				
SWIMMING				
EQUESTRIAN				
CYCLING				
IRONMAN / WOMAN				

❖ SCHOOL TEAMS MUST FORWARD A LETTER OF VERIFICATION ❖

All teams are eligible to be the overall winner. (Iron Man / Woman event is an individual event)

Please tick ONE section only	Open	Women	Corporate	School	Girls' School	18 & under Open	Veterans	Veterans Ladies	Iron Man or Woman
		Min age 14 years				Min age 14 years Max age 18 years		Age 40 & over	Age 35 & over

PLEASE NOTE:

Previous or favourite team numbers will be allocated where possible if received by **31st August**.

Entries received after 30th September must pay full nomination fee.

Notification of acceptance will be sent to all teams and Iron Man/Woman entrants after **30th September**.

Entries will be posted on the web at www.mccays.com.au/theevent please check entry for accuracy and advise any corrections.

Entries will not be accepted without payment of appropriate entry fee.

Given that the Marathon runs to raise funds for charity refunds will only be given in an exceptional circumstance.

- Please tick ONE square Our nomination fee of \$165.00 is hereby enclosed (**\$25 discount if paid by 30/9**)
 My Iron Person nomination fee of \$110.00 is hereby enclosed (**\$10 discount if paid by 30/9**)

For payment options see the last page. Check one payment box only.

- By mail – entry form and cheque enclosed
 EFT – Fax or post entry form
 Credit Card (online, fee applies) – fax or post entry forms

Itinerary/Booking # _____ (for credit card payments made online at www.bridgetown.com.au)

Signature of Team Manager _____ Date _____

Important please complete and include the next page with your entry.

Blackwood Marathon Relay 2010

Contestants must read and sign the following in order to be accepted by the Rotary Club of Bridgetown Inc. (the 'Club') as a competitor in the Blackwood Marathon Relay 2010 (the 'Event').

This is a legal document, which affects your rights. Please read carefully before signing.

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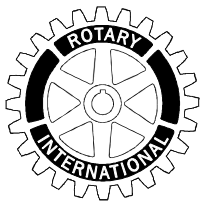
WAIVER & EVENT TERMS AND CONDITIONS

I wish to compete in the Event and agree and acknowledge the following:

1. I am medically fit to compete in the Event and I have not been advised otherwise by a medical practitioner.
2. I am completely satisfied with my training and preparation for the Event and that the adequacy and condition of my equipment (including horse, canoe, kayak, surf-ski and bicycle as the context requires) is suitable for use in the Event.
3. I am competing in the Event voluntarily and am aware that there are inherent dangers and risks in competing in the Event, including the risk of injury or death to me.
4. Due to the nature of the Event, it would be unreasonable for the Club to be in any way responsible for my injury or death, and to the full extent permitted by law, I waive all of my legal rights of action against and fully release the Club for loss, damages, injury or death howsoever arising out of or in relation to my competition in the Event, including without limitation, liability for any negligent or tortuous act or omission, breach of duty, breach of contract or breach of statutory duty on the part of the Club.
5. I have sole responsibility for my equipment and personal possessions and warrant that any loss or damage to my equipment and personal possessions is my responsibility.
6. The Blackwood Marathon Race Rules (the 'Rules') apply to the Event, and I agree to abide by the Rules and directions issued by the Club from time to time.
7. I consent to the Club administering or arranging the administration of medical treatment to me if the Club forms the opinion that such action is required, and I agree that I will be responsible for the costs of medical treatment.
8. I consent to the Club using my name, image and likeness, before during or after the Event for promotional, broadcasting or reporting purposes in any media.
9. This waiver & event terms and conditions may be pleaded as a bar to any action, suit or proceeding taken at any time by me against the Club arising out of or as consequence of my competition in the Event or any activity incidental to the Event.
10. The term 'Club' when used in this waiver/terms and conditions of entry, includes the office bearers, directors, employees or agents of Bridgetown Rotary Club Inc.
11. This waiver & event terms and conditions shall bind me and my executors and personal representatives.

I have read and understand this waiver of my legal rights and accept the terms and conditions of my competing in the Event.

<p style="text-align: center;"><u>RUNNER / IRON MAN / IRON WOMEN</u></p> <p>If under 18 parent or guardian must also sign</p> <p>Name _____ Age _____</p> <p>Signature _____ Date _____</p>	<p>Declaration by Parent or Guardian - As a parent or guardian of the competitor, I agree to the above for myself and on behalf of my child</p> <p>Name _____ Parent / Guardian (strike out not applicable)</p> <p>Signature _____ Date _____</p>
<p style="text-align: center;"><u>CANOEIST</u></p> <p>If under 18 parent or guardian must also sign</p> <p>Name _____ Age _____</p> <p>Signature _____ Date _____</p>	<p>Declaration by Parent or Guardian - As a parent or guardian of the competitor, I agree to the above for myself and on behalf of my child</p> <p>Name _____ Parent / Guardian (strike out not applicable)</p> <p>Signature _____ Date _____</p>
<p style="text-align: center;"><u>SWIMMER</u></p> <p>If under 18 parent or guardian must also sign</p> <p>Name _____ Age _____</p> <p>Signature _____ Date _____</p>	<p>Declaration by Parent or Guardian - As a parent or guardian of the competitor, I agree to the above for myself and on behalf of my child</p> <p>Name _____ Parent / Guardian (strike out not applicable)</p> <p>Signature _____ Date _____</p>
<p style="text-align: center;"><u>EQUESTRIAN</u></p> <p>If under 18 parent or guardian must also sign</p> <p>Name _____ Age _____</p> <p>Signature _____ Date _____</p>	<p>Declaration by Parent or Guardian - As a parent or guardian of the competitor, I agree to the above for myself and on behalf of my child</p> <p>Name _____ Parent / Guardian (strike out not applicable)</p> <p>Signature _____ Date _____</p>
<p style="text-align: center;"><u>CYCLIST</u></p> <p>If under 18 parent or guardian must also sign</p> <p>Name _____ Age _____</p> <p>Signature _____ Date _____</p>	<p>Declaration by Parent or Guardian - As a parent or guardian of the competitor, I agree to the above for myself and on behalf of my child</p> <p>Name _____ Parent / Guardian (strike out not applicable)</p> <p>Signature _____ Date _____</p>



ROTARY CLUB OF BRIDGETOWN INC
P O BOX 259, Bridgetown. WA 6255
BLACKWOOD MARATHON RELAY

ENTRY FEE PAYMENT OPTIONS

IN PERSON By arrangement only.

Call 97611985

Email theevent@mccays.com.au

BY MAIL By mail cheque only.

Post completed entry form with cheque to.
Blackwood Marathon Relay
PO Box 259
BRIDGETOWN WA 6255

EFT Pay the required entry fee into the following account, entries must be paid in full.
BSB 306-002 ACC 4184424

Please use Team Name or Team Manager's name as the reference.

Send the entry form indicating **payment method, amount and date** as soon as possible.

Fax to 08 97612214
or

Post to Blackwood Marathon Relay
PO Box 259
BRIDGETOWN WA 6255

Scan and email to
theevent@mccays.com.au

CREDIT CARD (fee of 3.30 applies)

(online - VISA and MasterCard accepted)

A \$3.30 fee will apply to all payments, entries must be paid in full.

Go to www.bridgetown.com.au follow event links or click Blackwood Marathon Relay.

Please use Team NAME or Team Manager's name and contact details as the reference.

You will still need to send the entry form indicating **payment method, amount, date** and the **Booking Itinerary number** as soon as possible.

Fax to 08 97612214
or

Post to Blackwood Marathon Relay
PO Box 259
BRIDGETOWN WA 6255

Scan and email to
theevent@mccays.com.au