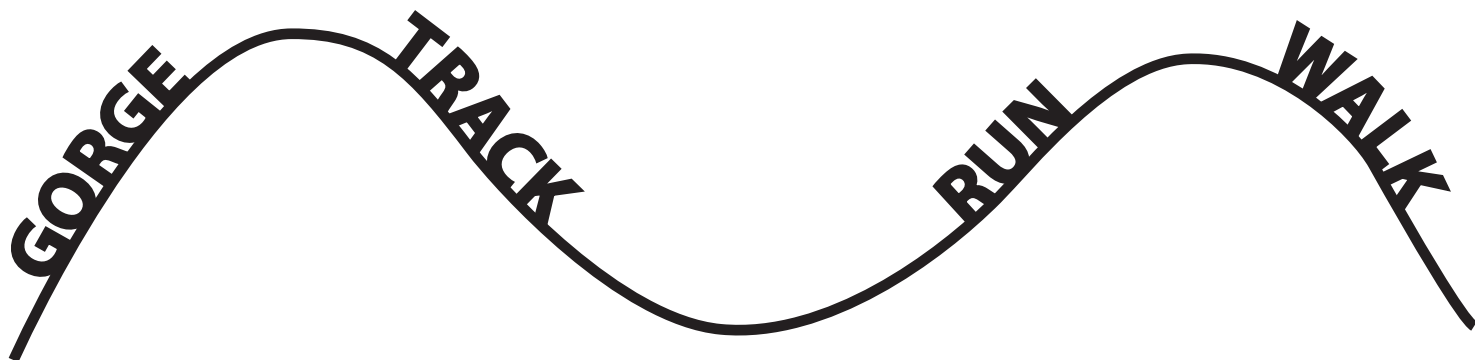


GORGE TRACK RUN/WALK

Sunday 18th April 2010



The Gorge Track Run/Walk will be held on **Sunday April 18th 2010, starting at 9.00 a.m.** The picturesque track (approx 10km) follows an undulating route through native bush with some steep climbs and descents. Parts may be muddy and/or slippery after rain. The fastest runners should complete the course in less than an hour, steady runners in 1.5 hours, fast walkers in 2 hours and steady walkers in 3 - 3.5 hours. Times will be recorded and event is not intended for purely casual walkers. Last year's winning times were:
Men - Richard Day in 47:33.0; Women - Billie Marshall in 55:43.0.

The Start: The run/walk starts at Ballance Domain at the Woodville end of the Gorge Track. When driving from Palmerston North, after crossing the Manawatu River at the eastern (Woodville) end of the Gorge, turn first right over Ballance Bridge to the Domain area where there is ample parking.

Transport: At the end of the race, transport back to the start, from the car park at the Ashhurst end of the track, will be provided for those who require it.

Cost: \$8 for those who pre-enter (see below) and \$12 for those who enter on the day. Pay entry fee at the start of the race.

Pre-entry: Send an email to mwmasters@gmail.com with your name, state whether you are a runner or a walker, and whether transport back to the start is required.

Spot Prizes: Will be available for collection immediately upon finishing.

Conditions: Participants compete at their own risk. Water will be provided for runners at the halfway point but thirstier runners and walkers will need to carry their own supply.

We are grateful to the Department of Conservation for permission to use the track for this event. Their only request is that participants stay on the formed track and we ask all competitors to comply with this (***do not take short-cuts at the zig-zags!***).

We acknowledge the support of Ashhurst RSA.

Organised by the Manawatu-Wanganui Masters Athletics Club.
For further information ring Ian 326 9181 or Mike 326 8302.