



TRAIL RUNNING
ASSOCIATION OF
QUEENSLAND

Membership of TRAQ supports our work organising and promoting more events on quality Queensland trails. It also gives you a 10% discount at our events, regular updates on coming events - both races and informal runs - and provides funding and public liability insurance for trail runs. Memberships cover the calendar year. Single membership for 2010 \$30; family membership \$45.

Join Online – easier for us and you – www.runtrails.org – Membership menu

members contact information

FAMILY NAME GIVEN NAME/S

DATE OF BIRTH / / SEX: male / female (please circle)

OTHER FAMILY MEMBERS

NAME DATE OF BIRTH / / SEX: male / female

NAME DATE OF BIRTH / / SEX: male / female

MAILING ADDRESS

STREET No. STREET NAME

TOWN/CITY STATE POSTCODE

CONTACT PHONE EMAIL

I COULD HELP AT ONE OF THE FOLLOWING 2010 EVENTS: (please circle one)

Sun 10 Jan Hares&Hounds : Sun 7 Feb Mt Glorious : Sat 10 Apr Pinnacles : Sun 16 May G'house
Sun 20 Jun LakeMan : Sat 24 Jul G'house : 11-12 Sep G'house : 23-24 Oct Lamington : Not sure - contact me

IN RETURN YOU GET ONE FREE TRAQ EVENT ENTRY (UP TO \$50)

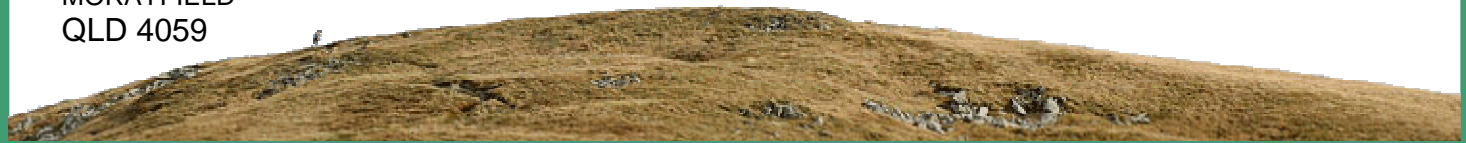
payment

Membership	\$30 or \$45 for family	\$
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Please send cheque or bring to our next event (Cheques/ Money Orders payable to **TRAQ Inc**)

Post to
TRAQ Membership
PO Box 1059
MORAYFIELD
QLD 4059

Enquiries: Ian Javes
phone 5495 4334 or 0407 045 785
email ijaves@caloundra.net



2010 Jan	hols	2-3	
		9-10	10 Woodford Hares&Hounds
		16-17	
		23-24	
		30-31	
Feb		6-7	7 Mt Glorious
		13-14	
		20-21	
Mar		27-28	27 TRAQ's AGM plus Bunyaville social run
		6-7	
		13-14	13 Six Foot Track (NSW); 13 AJ Hackett Poker Run (Cairns)
		20-21	20-21 Bunya Mts social run
Apr		27-28	
		3-4	4 Wild Horse Criterium
		10-11	10 Pinnacles Classic (Brisbane Forest Park)
		17-18	17-18 Washpool World Heritage Trails (NSW)
May		24-25	25 Speewah Legend Foot Race (Cairns)
		1-2	2 Mt Mee to Dayboro
		8-9	8 DELXC 6hr Trail Run
		15-16	16 Glasshouse Mountains Cooks Tour
Jun		22-23	
		29-30	30 Gold Rush (Cairns)
		5-6	
		12-13	
Jul		19-20	20 Lake Manchester Trails; Mini-Kokoda 29k
		26-27	
		3-4	
		10-11	11 Rail Trail (Ferndale-Lowood)
Aug		17-18	17 Fraser Island; 17-18 Kokoda Challenge (Numinbah)
		24-25	24 Glasshouse Mountains Flinders Tour
		31-1	
		7-8	
Sep		14-15	14 Wild Horse At Night training run
		21-22	
		28-29	29 Egg Rock (Lamington) social run
		4-5	
Oct		11-12	Glasshouse Mountains 100
		18-19	18 Run The Whitsundays Great Walk
		25-26	
		2-3	3 Bribie Beach Bash
Nov		9-10	9 Bunyaville
		16-17	17 Spiny Cray Ultra (Cairns)
		23-24	23-24 Lamington Classic
		30-31	
Dec		6-7	6 Mapleton social run
		13-14	13-14 Rainbow Beach social run
		20-21	20 Bunyaville
Dec		27-28	
		4-5	
		11-12	11 Bunyaville
		18-19	



Green = TRAQ run