

Sunday 20 June 2010

4TH 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.

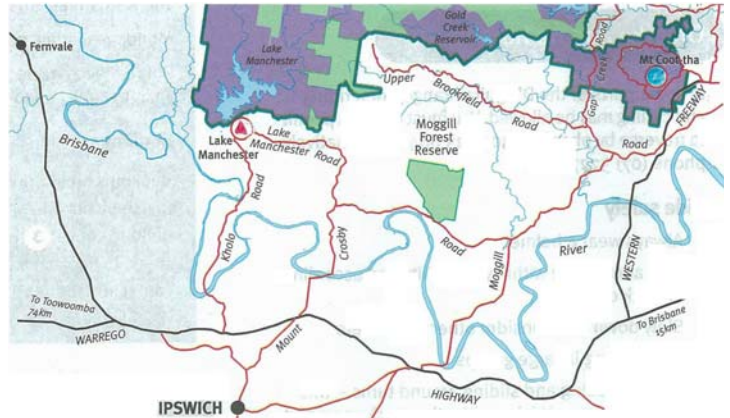
**Start:** Lake Manchester Reserve

**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](http://www.runtrails.org) events - pre-entry only: 200 places max.

Surname: ..... First Name: ..... DOB: .....  
Sex: ..... Home phone: ..... Email: .....  
Address: ..... Postcode: .....



Event: (please circle)	non-member	TRAQ
7km walk or run	Amount: \$10	\$9
21km run	Amount: \$22	\$20
	(10% less TRAQ members)	

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

ENTRIES CLOSE MONDAY 14 JUNE

Participants Agreement, Waiver, Release and Acknowledgement:

- I have read the race description and am sufficiently fit for my chosen course.
- I understand these trails are a natural surface which will require care while running, and that safety precautions undertaken by the organisers (such as event briefings, trail maps and signage, drink stations) are a service to me and other participants but not a guarantee of safety. I waive any claim, right or course of action which I might otherwise have arising out of loss of my life or injury, damage or loss which I may suffer or sustain in the course of or consequent upon my participation in the event.
- 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.
- Trail runs are not normally cancelled due to weather, but in the unlikely event of fire or extreme weather, a cancellation notice will be posted on [www.runtrails.org](http://www.runtrails.org).

Signature:

Date: