



**7th Annual
DINGLEY DOZEN
FUN RUN & WALK
Sunday - September 19 – 2010**

**Start Time 9am Sharp
Registration Closes 8.45am**

EVENTS INCLUDE

- ❖ 12 and 6K runs
- ❖ 3K under 13year run
- ❖ 3K walk

**Early bird registration to
15th September 2010**

**For Further Information phone
9551 2135 or 9544 1161**

How to Enter:

- Enter and Pay online at www.dingleydozen.asn.au
OR
- Post entry form and payment to:
Dingley Village Lions Club
P.O.Box 211, Dingley Village, Vic, 3172
OR
- Email Entry form to register@dingleydozen.asn.au
and payment by Electronic Transfer.
OR
- Fax form to 03 9544 1161 and payment by Electronic
Transfer.
OR
- Enter on Run Day:- 8am to 8.45am

Age Categories:

For both 6km and 12km events:
13 to 17, 18 to 45, 46 Plus.

- For Children's 3km run: U13.

Prizes:

- Medals awarded to all run categories.
- Special prizes awarded to the overall winner of
both Male & Female 12 K Run events.
- Certificates awarded to all participants.
- Spot prizes in show bags.

Services:

- St John Ambulance on site.
- Free water and fruit to all Entrants.
- Free sausage sizzle for all Entrants.
- Free massage compliments of
Kingston Spinal & Osteopathic Clinic.

Parking:

Parking is available in the grounds of the park.
Enter from Lower Dandenong Road (Northern
Entry). Please arrive early to allow sufficient time
to park your car and make your way to the
Start/Finish line.

Entry Fees (Sorry no refunds):

	Early (up to 15/09/10)	Late (after 15/09/10)
Family (2 Adults & 2 Kids)	\$35.00	\$40.00
Adult:	\$15.00	\$20.00
Concession:	\$10.00	\$15.00
13 to 17	\$10.00	\$15.00
U13	\$6.00	\$10.00

Course:

- The Walk/Run starts inside Braeside Park,
near the Northern entrance, off Lower
Dandenong Road. (Melways 88 D8)
- Entrants in the 6km run complete one lap
of the circuit.
- Entrants in the 12km run complete two
laps of the circuit.



**The Dingley Dozen Fun Run/Walk is organised by
the Lions Club of Dingley Village, proceeds are
directed to Community Projects.**



Dingley Village Community Bank Branch



- Army - Monash University Regiment .
- ARM Financial Architects.
- R.S.E.A. Safety Shop.
- Run For Your Life.
- Safeway.
- St John Ambulance (Vic).
- Kingston Spinal & Osteopathic Clinic.
- Century 21 Wilson Pride (Dingley Village).
- Australian 2 Way Radio Rental.
- Step into Life.
- Cleanskips Bin Hire.
- D.V. Adventure Golf.
- McDonalds Braeside.
- Subway Dingley.

Entry Form:

PLEASE PRINT IN CAPITALS

Family Name	First Name	M/F	D.O.B.	Raceday Age	3k U13 Run, 6 & 12k Run, 3k Walk
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

(Please provide extra names on additional sheet or photocopy)

Street Address: _____ Suburb: _____ Post code: _____

Email Address: _____ Telephone (Daytime): _____

Declaration: Knowing that running is a potentially dangerous activity, I enter this event certifying that I am medically able and properly trained. I assume any and all risks associated with participating in the event including, but not limited to falls and contact with other participants. Knowing these facts and in consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge The Lions Club International, its members, servants, agents, or subcontractors, instrumentalities, cities, states or councils where the event is held, and all sponsors, producers, their agents, representatives and successors of all liabilities, claims, damages, costs or expenses which I may have against them arising out of, or in any way connected with my participation in this event, including all injuries that may be suffered by me before, during or after the event. This release extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. Images taken at the event by the organisers may be used for publicity purposes.

For safety reasons all participants will be encouraged to pass through the finish gate to enable us to better account for everyone. At 10.30am i.e. 1.5 hours after the Start, water stations that are spaced approx 3 Kilometres apart will close and the run will officially finish. This will result in the time of any participant finishing after 10.30am not being registered, although finish cards will still be issued.

Signature of Entrant: _____
 If under 18 on the day of the event your entry must be signed by your parent or guardian.

Payment:
 Send your payment of \$ _____ in the form of Cheque/money order (payable to Dingley Village Lions Club)

OR Pay by Electronic Transfer to Account No 122313950, BSB 633000.
 Don't forget to Fax or Email your Entry form as detailed on reverse side.