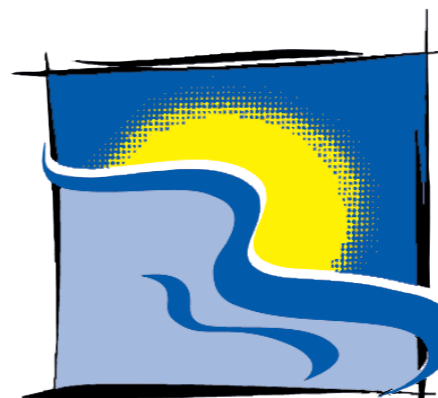
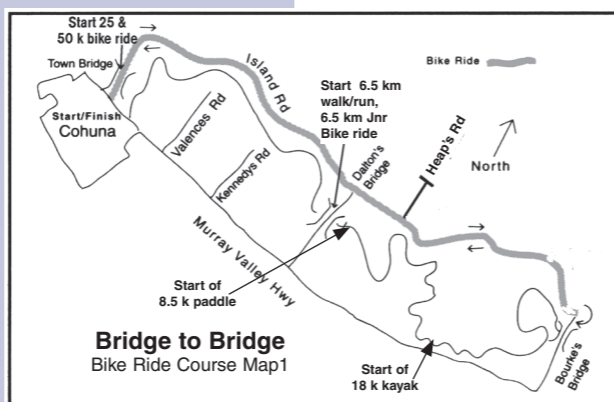
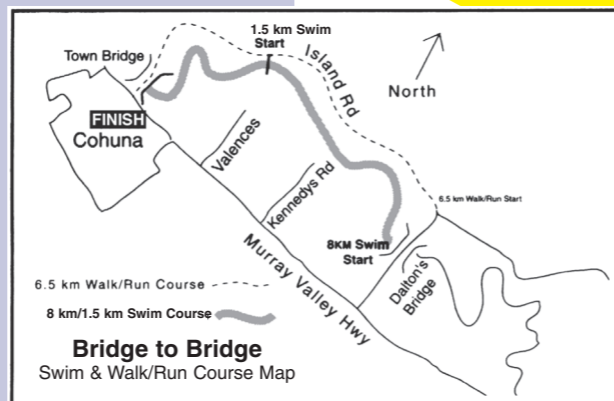


COURSE INFORMATION



Cohuna is a rural farming community nestled on the Gunbower Creek a major tributary of the Murray River in Northern Victoria. Cohuna is centrally located between major regional centres including Bendigo, Shepparton, Swan Hill and Echuca. From the Melbourne metropolitan area Cohuna is a comfortable 3 hour drive on major Victorian highways.



**COHUNA
BRIDGE
to
BRIDGE**

Celebrating
25 years
of competition



**Cohuna
Lions
Club Inc.**

DS Accounting

ROHAN STONE
CHARTERED ACCOUNTANT



**SUNDAY,
MARCH 4**

2018

Also proudly supported by:



**Boral
Cement**



DS Accounting

ROHAN STONE
CHARTERED ACCOUNTANT



**Stanton's
Insurance
Cohuna**

**Cohuna
Car
Sales**



Bookings: 0439 114 573
or cohananaturecruises@gmail.com

Swim - The 8 km swim starts at Dalton's Bridge in the Gunbower Creek and finishes adjacent to the main street of Cohuna. Please note that The Gunbower Creek is a flowing waterway and participants will have the assistance of a current throughout the duration of the swim. The 1.2 km swim will be held over the final 1.2 km of the course. Competitors may wear wetsuits.

Run - The 6.5 km run starts on Island Rd adjacent to Dalton's Bridge. The course follows the road into Cohuna and finishes at the same finish site as the swim.

Bike - The bike course is a 25 km course loop starting at the Cohuna Town Bridge and follows Island Rd until Burke's Bridge where participants will turn around and proceed back to Cohuna. Entrants in the 50 km event will complete two laps of the 25 km course.

Canoe - 18 Km Kayak from Major Mitchell wayside stop.
8.5 Km Canoe from Gordon's Boat Ramp.

- Gannawarra Shire
8 kilometre Swim (win cash)
- Cohuna Waterfront Holiday Park
1.2 kilometre Swim
- Gannawarra Times
6.5 kilometre Run or Walk
- UNA IGA
25 kilometre Bike Ride
- E.B. Mawson & Sons
50 kilometre Bike Ride
- Bendigo Bank Junior
6.5 kilometre Bike Ride
- NCCMA Flooding for Life
8.5 kilometre Canoe Paddle
18 kilometre Kayak Paddle

- Trophies for all winners
- Cash for 8 Km Swim
- Raising money for the Cohuna District and Royal Children's Hospitals

**POLO SHIRTS AND SINGLETS
ON SALE**

The Cohuna Bridge to Bridge is organised by the Cohuna Lions Club Inc.

Web site: <http://www.bridgetobridge.org.au>
E-mail: cohanabridge2bridge@gmail.com

Cohuna Waterfront Holiday Park,
Island Rd Ph: 5456 2562

COHUNA BRIDGE TO BRIDGE OFFICIAL ENTRY FORM

One entry form per competitor. Please print clearly and in BLOCK letters. Entry Form may be photocopied

Surname/Family Name _____ Preferred First Name _____

Mailing Address (Number and Street) _____ Date of Birth (D:M:Y) _____ Age on the day _____ M / F _____

Suburb/Town _____ State _____ Postcode _____ Wheelchair entrant _____

Telephone No. _____ Mobile No. _____ Email: _____

Event 2 & 10 Team Name _____ (Team entries only)

Kayak/Canoe Partners named _____

Team name to be identical for each team member. All team entries must be sent together in one envelope.

TEAM CHALLENGE
Swim / Run / Cycle

Please circle your team event

ENTRY FEES (non refundable)

(Cash only - late entries on day) - \$5 fee

Event No.	Adult	Child/Pensioner Under 17 on the day
<input type="checkbox"/> 1. 8 Km Swim	\$40.00	\$25.00
<input type="checkbox"/> 2. 8 Km Swim Relay per team	\$80.00	
<input type="checkbox"/> 3. 1.2 Km Swim	\$30.00	\$20.00
<input type="checkbox"/> 4. 6.5 Km Fun Run/Walk	\$20.00	\$10.00
<input type="checkbox"/> 5. 25 Km Bike Ride	\$30.00	\$15.00
<input type="checkbox"/> 6. 50 Km Bike Ride	\$35.00	\$20.00
<input type="checkbox"/> 7. 6.5 Km Bike Ride Junior	\$10.00	
<input type="checkbox"/> 8. 8.5 Km Paddle p. p.	\$20.00	\$10.00
<input type="checkbox"/> 9. 18 Km Kayak p. p.	\$30.00	
<input type="checkbox"/> 10. Team Challenge per team	\$80.00	
<input type="checkbox"/> 11. Round The Fountain	\$5.00	\$5.00

\$.....

Enclosed is my cheque*/money order for \$.....

HOW TO ENTER

Paypal

cohunabridge2bridge@gmail.com

Direct Credit

BSB 013580 - Acc. No. 496743827

Please use full name on banking details and email bank receipt to cohunabridge2bridge@gmail.com

Send your completed entry form and payment to:

COHUNA BRIDGE TO BRIDGE
P.O. BOX 509, COHUNA, 3568

Make cheques payable to 'Cohuna Bridge to Bridge'.

Pre entries must be emailed or sent on or before February 26th.

Event Co-ordinator: Geoff Dale.

E-mail: cohunabridge2bridge@gmail.com

COMPETITORS DECLARATION

1. I, whose signature appears on this entry form coupon in consideration of and as a condition of acceptance of my entry in this event, for myself, my heirs, executors and administrators, hereby waive all and any claim, right or action which I or they might have for or arising out of loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the said event, I will abide by the Race Rules.

2. This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them, and shall so operate whether or not loss, injury or damage is attributable to the act or neglect of any or more of them.

3. The race organisers reserve the right to alter the course and/or race format due to unforeseen circumstances.

4. These changes may reflect altering of the event either in format or logistically due to circumstances outside the control of and under the direction of sponsors, councils, police or other organisations that are associated with the event.

5. I agree to have my mailing detail recorded and used for future promotions by event organisers, sponsors and partners. I have read the above declaration and agree to abide by all race rules and directions as stated in the declaration and upon literature and other material distributed in connection with the event.

SIGNATURE OF ENTRANT

DECLARATION TO BE SIGNED BY Parent or Guardian (if under 18)

I certify that I am the parent/guardian of:

who will be.....years of age on the day of this race and that he/she has trained for and has my consent to participate in this event.

SIGNED:

EVENT INFORMATION

EVENT VENUE:Township of Cohuna, Northern Victoria
(Please see location map on entry form)

EVENTS & START TIMES:		
1.	8Km Swim	9.30 am
2.	8 Km Relay Swim	9.30 am
3.	1.2 Km Swim	9.30 am
4.	6.5 Km Fun Run/Walk U17	10.00 am
5.	25 Km Bike Ride	10.30 am
6.	50 Km Bike Ride	10.30 am
7.	6.5 Km Bike Junior	9.45 am
8.	8.5 Km Paddle	10.00 am
9.	18 Km Kayak	9.30 am

Event 7
14-12 years
11-9 years
8 years and under

Entries close
1 hour before
the start of each event!

10. BRIDGE TO BRIDGE TEAM CHALLENGE

Enter your team in the Bridge to Bridge Team Challenge. Three competitors make up a team, with each entrant completing one of the following events:

- 1.2 km Swim / 25 km Bike Ride / 6.5 km Run Walk
- Times for each respective event will be combined to give your team an aggregate time.
- Please send all team entry forms in together.
- Ensure everyone nominates the same team name on the entry form.
- Team members eligible for individual awards. **NO ENTRIES TAKEN ON DAY!**

11. ROUND THE FOUNTAIN

Enter on the day, 11.30am.

SWIM EVENTS: 8 Km Swim takes 1.5 to 3 hours. Competitors to supply their own support crew if needed.
Swim Relay
Open Swim Relay - up to 4 members.

MARSHALLING & FINISH AREA: Garden Park, Cohuna. Pick up your event number before proceeding to your starting point.

SHUTTLE BUS SERVICE: Competitors in the Swim and Run/Walk events will be shuttled from the finish area to the start line for respective events. Assemble at the buses 45 minutes before your event.

BIKE RIDE ENTRANTS: 25 km and 50 km Bike Ride entrants will start from the Cohuna Apex Park. 6.5 Km Bike Junior students will start from Daltons Bridge.

PADDLE ENTRANTS: It will be the responsibility of each paddler to make their way to the designated start point. Details will be provided upon entry. Life jackets must be worn. Canoe/Kayaks may be 1 person or more. Please note partner's name on entry form. Competitors to arrange own transport to starting point

PRE RACE ENTRIES: All postal/email entries must be received **February 26th** to avoid a late fee of \$5 per entry. (No late entries for team challenge on the day).

PRE RACE COMPETITION: *Early Bird Cash Prize:* Enter before February 26th and be eligible to win \$50.

LATE ENTRIES: Late entries will be accepted up until 1 hour before the advertised start times or respective events. (CASH ONLY) - Except team challenge.

TIME LIMITS: Time limits may apply to the finish of each event. If participants are not finished they may be asked to leave the course.

RACE NUMBER & INSTRUCTIONS: Race instructions and race numbers will be issued at Marshalling Area at 8 am. Entries, race numbers and merchandise are available on Saturday, March 3rd at the Gateway to Gannawarra Centre.

AWARD PRESENTATIONS: Presentation of Awards to all place getters will commence at approximately 1.00 pm. **Official Race winners** will be published in the **Gannawarra Times**. All results posted on the following web site: <http://www.bridgetobridge.org.au>

IMPORTANT

Race numbers and Bib colours are specific to an event.

FINISHING

Give your number to the Finishing Marshall.

If you are unable to complete your event please notify the event Finishing Marshall/Timekeepers.

RULES AND CONDITIONS

(1) Entries must be submitted on the official registration form (or a photocopy) only. (2) All competitors must follow the designated courses for the event and obey instructions from Course Marshals and Police. (3) Each entrant must display their official event number and this number must be visible at all times. (4) The race number issued to you is for you and you only. This number is not transferable to anyone else. (5) Late entries should proceed to the late entry table and allow approximately 15 minutes for processing. Late entries must be accompanied by the appropriate late entry fee. (6) If you have a problem prior to the start, please report to the Trouble Table well in advance of your event start time. The Trouble Table will be located at the start area. (7) Drink stations will be located on the course. (8) Please obey finish line officials, stay in order of finishing and do not jump chutes. (9) Start Times: the scheduled start times are advertised in this entry form. Whilst every endeavour will be made to meet this schedule we cannot guarantee this time. (10) No extraneous aids are allowed. This includes, but is not limited to fins, boards, snorkels, floatation gear, and personal support teams. (11) Wetsuits may be worn. (12) Course marshalls shall have the authority to disqualify any competitors. (13) Race officials shall have the ultimate and final authority to remove a competitor if the competitor is judged to be physically incapable of continuing the race without risk of injury. (14) Organisers reserve the right to accept, reject and cancel entries. (15) The spirit of friendly competition should be maintained throughout the event. Any unsportsmanlike behaviour will be grounds for immediate disqualification.

Please tear off and return

Please retain