



SUNDAY 13 JANUARY 2019

The Narrawong Mouth-2-Mouth Walk-Run & Carnival 2019 is a fantastic community event raising funds to support lifesaving on the Narrawong beach, as well as other local community projects. People of all abilities are encouraged to participate. The event also provides an opportunity to get fit, with events tailored to all levels.

The event starts with runs/walks along the beach and around the Surry River, and finishes with a great carnival with local musicians, stalls, food and whale boat races. The carnival is on from 10am. Come along and enjoy the pristine environment at Narrawong foreshore.

There will be lots of spot prizes. You've got to be in it, to win it!

MOUTH-2-MOUTH FUN WALKS

ALL REGISTRATION FOR WALKS TO BE DONE ON THE DAY OF THE EVENT. FORMS AVAILABLE TO DOWNLOAD FROM OUR WEBSITE OR COLLECT ONE ON THE DAY

WALKS ARE NON COMPETITIVE AND ARE NOT TIMED

- 1) **14km "Classic Beach Walk"**. Registration at Narrawong oval from 8.00am, bus transport at 8.30am to the mouth of the Fitzroy River (20 minute ride) for the commencement of the beautiful walk back to the mouth of the Surry River along the beach.
Registration \$15 adults, \$6 under 17
- 2) **"Auntie Annie's Beach Walk"** – 7km out-and-back beach walk from Narrawong beach.
Registration at Narrawong oval from 8.00am for a 9.30am start.
Registration \$15 adults, \$6 under 17.
- 3) **"Surry Scurry"** 3km walk over the Surry River, around the river bend, onto the beach and back to the oval. Registration from 8.30am for a 10am start. Cost \$5 adults, under 17 free.

Contact Di Burch on 0438 956 667 for more information on the walks.

WE ALSO HAVE A FREE "KIDS LAP" AROUND THE OVAL FOR PRIMARY-AGED KIDS AT 12 NOON.

WALK REGISTRATION FORM

Enquiries to Di Burch 0438 956 667

Name of participant/s: _____

Contact address: _____

Phone number/s: _____

Email address: _____

Age (as at 13 January 2019) _____

Emergency Contact (name & phone number): _____

Please indicate the event you are entering

- 14km walk 7km walk 3km walk

Do you consider yourself to have a disability, impairment or long term condition?

- Yes

Are you over 70 years of age?

- Yes

Visit our website at www.mouth2mouth.com.au for further details.

I acknowledge that such events involve the risk of serious injury or even death from various causes including over exertion, on and off course accidents, equipment failure, other road users, spectators, course conditions, weather conditions and/or unforeseen circumstances. I understand that I should not compete in this event unless I am fit. It is my sole responsibility to ensure such fitness. By entering this event, I accept all risks associated from my participation. Accordingly I release all people associated with the conduct of this event from and waive all claims whatsoever, and will indemnify them against all liability for all injury, loss and damage arising out of or connected with my participation in this event. I consent to receive any medical treatment the event medical team and/or event organiser believes appropriate in the circumstances before, during or after the event. I understand that safety precautions undertaken at the event are merely a service to me but are not a guarantee of safety.

Signature: _____ Date: _____