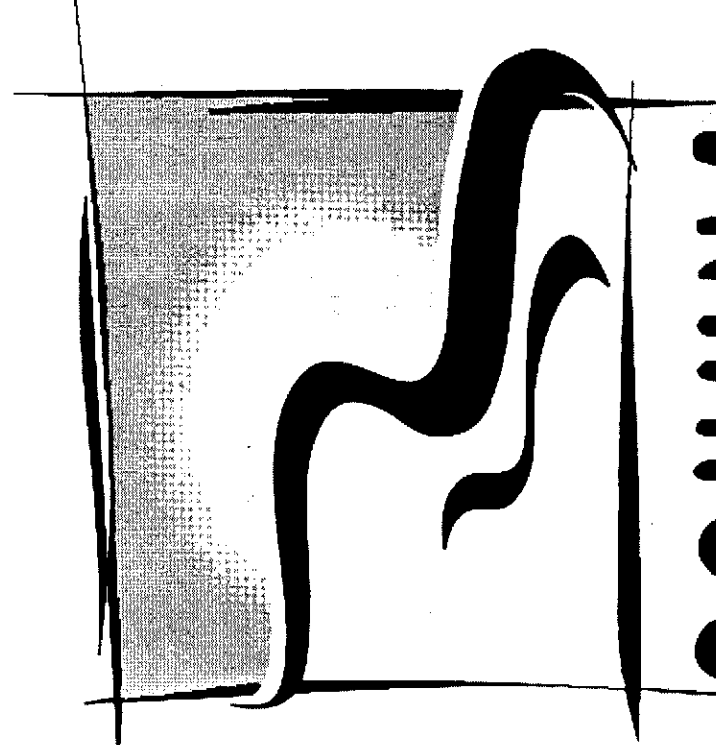




**Cohuna Lions
Club Inc.**



(Enter on the day)



**GANNAWARRA
SHIRE COUNCIL**



**MURRAY
LAKES & RIVERS**



NORTH CENTRAL
Catchment Management Authority

Connecting Rivers, Landscapes, People

ROUND THE FOUNTAIN SWIM COHUNA BRIDGE BRIDGE 2010

- North Central Catchment Management Authority 8 kilometre Swim (win cash)
- Cohuna Waterfront Holiday Park 1.5 kilometre Swim
- Cohuna Farmers' Weekly 6.5 kilometre Run or Walk
- UNA IGA 25 & 50 kilometre Bike Ride
- Bendigo Bank Junior 6.5 kilometre Bike Ride
- NCCMA Flooding for Life 20 or 10 kilometre Paddle
- Murray Lakes & Rivers Tri-athlon
- Planwell Teams Tri-athlon

SUNDAY, FEBRUARY 28, 2010

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

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

Web site: <http://www.bridgetobridge.org.au>

E-mail: bridgetobridge@cdh.vic.gov.au

TEE SHIRTS, WATER BOTTLES & STUBBY HOLDERS ON SALE

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.	1.5 Km Swim	9.30 am
4.	6.5 Km Fun Run/Walk	10.00 am
5.	25 Km Bike Ride	10.30 am
6.	50 Km Bike Ride	10.30 am
7.	6 Km Bike Junior	9.45 am
8.	10 Km Canoe	9.30 am
9.	20 Km Kayak	9.00 am

1.5 Km Swim starts
6.5 Km Run starts
25 Km Bike Ride starts

10. Tri-athlon

There is no transition area but security will be provided for Bikes.

11. 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:

- 1.5 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.

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.

16 & Under Swim Relay - up to 6 members.

All Relays and Teams Events may consist of men or women or both.

Change overs can take place on the water or on shore. Teams to provide their own boats.

MARSHALLING & FINISH AREA:

Garden Park, Cohuna.

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 30 minutes before your event.

BIKE RIDE ENTRANTS:

Bike Ride entrants will start from the Cohuna Apex Park.
6 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/fax entries must be received by **February 23** to avoid a late fee of \$4 per entry. (*No late entries for team challenge*).

LATE ENTRIES:

Late entries will be accepted up until 30 minutes before the advertised start times or respective events.

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, February 27 at the Bridge to Bridge Shop.

AWARD PRESENTATIONS:

Presentation of Awards to all place getters will commence at approximately 12.30 pm.
Official Race results will be published in the **Cohuna Farmers' Weekly** and posted on the following web site: <http://www.bridgetobridge.org.au>

IMPORTANT

Race numbers 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.

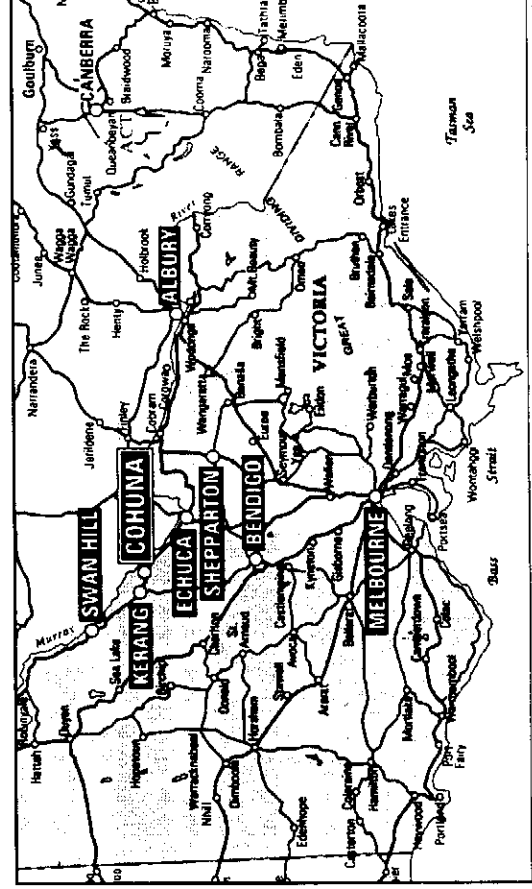
RULES AND CONDITIONS

(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 Marshalls 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 queues. (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, flotation 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

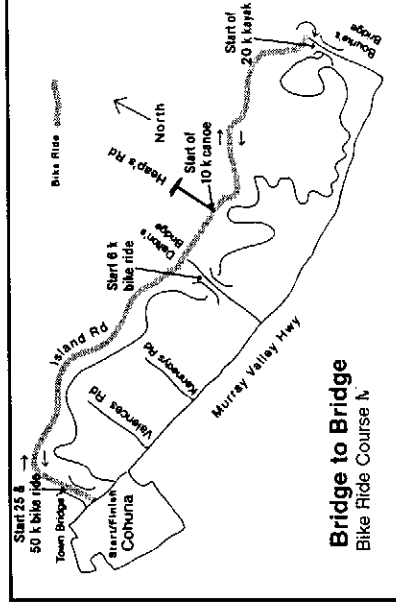
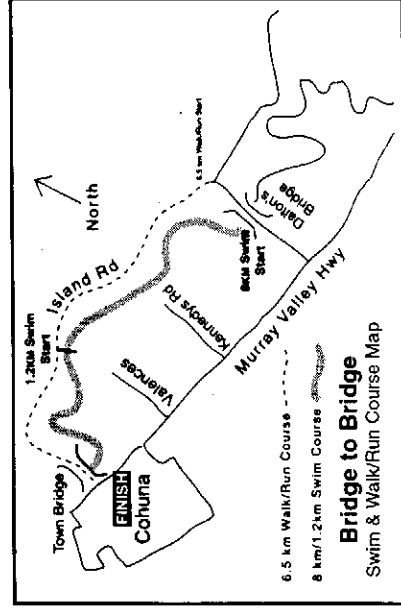
*Entries close
30 minutes before
the start of each event!*

COURSE INFORMATION

Cohuna Waterfront Holiday Park, Island Rd - Ph: 5456 2562



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.



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 1.5 km swim will be held over the final 1.5 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 - 20 Km Kayak from Burke's Bridge. 10 Km Canoe from Heaps Road.

Also proudly supported by:



PLANWELL
FINANCIAL GROUP

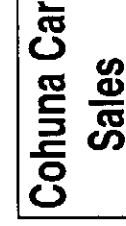


UNA



Bendigo
Bank

Cohuna Farmers' Weekly



DS Accounting

ROHAN STONE
CLUSTERED ACCOUNTANT



Stanton's Insurance
Cohuna



Cohuna Motor Inn, 160 King George St - Phone: 5456 2974