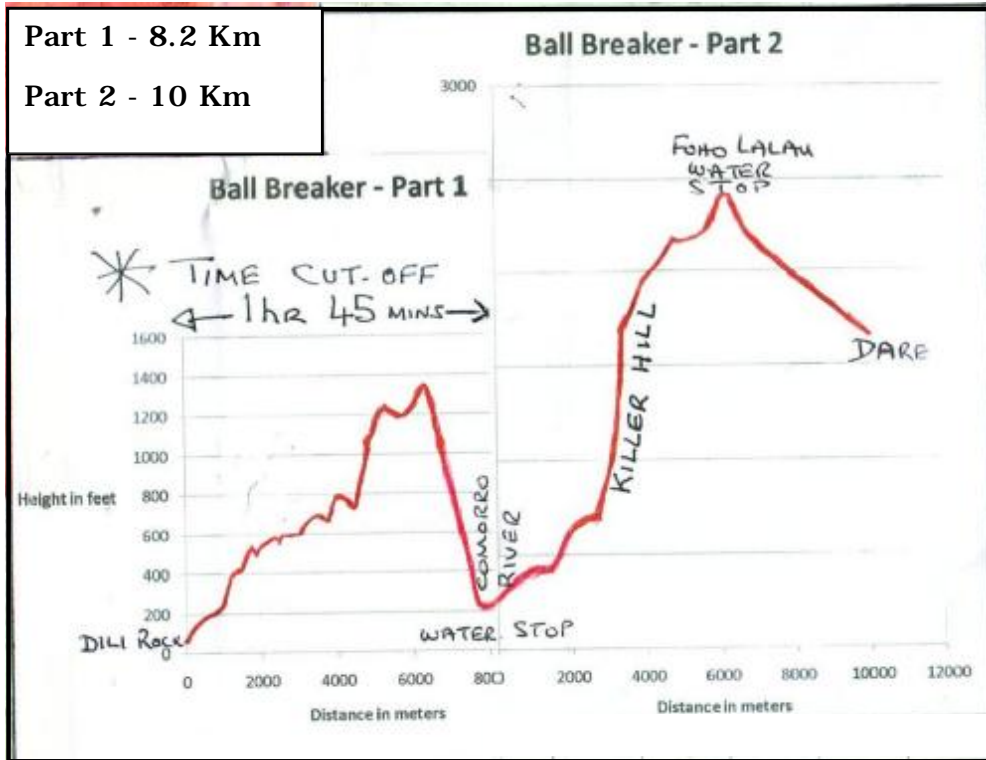


Dili HHH Puddlejumpers

500th Run - Super-Long 'Ballbreaker' - Saturday 14th 06.30hrs

Dili Rock - Dare - 18.2 Km - Ascent 3,700ft - Descent 2,100ft



- Allowed time to Comorro River water stop (compulsory water re-fill) is 1hr. 45mins. Slow coaches will be STOPPED at that point.
- Comorro River to Dare estimated time 2 hrs.
- Must use camel-back or carry minimum of 1.5 liters water.
- Medical support at Comorro River and Foho Lalau.

BUS 1: 5.45 am leaves Lita - Tiger - Australian Embassy - Leader - Timor Lodge - Dili Rock

BUS 2: 5.45 am leaves Lita - One More Bar - Dili Beach - Esplanada - Pertamina/OceanView - Timor Lodge - Dili Rock

Return from Dare +/- 12.00hrs.

Super Long, Ball Breaker, Runners,

If you've already signed up or are considering it, here is some comforting information for you to ponder over the next week.....

The run is in two parts :

- Part 1 from Dili Rock to the Comorro River, 8.2 Km
- Part 2 from Comorro River to Dare, 10.0 Km

Each part, 1 & 2, has been independently tested by two small groups of unscientifically chosen randomly operating hashers. All finished and all were smiling at the end of either Part 1 or Part 2.....

The whole bloody thing has been scientifically tested by your senior hares, Shamcock and Inseminator, who both passed the finish line in under 4 hours (although Inseminator was looking somewhat ragged at the end....)

You WILL NOT BE ALLOWED TO START if you do not have a camel back or are not carrying at least 1.5 litres of water....despite the early morning hour, it WILL be bloody HOT out there and don't forget that you will be going UP 3,700ft (and down 2,100ft to compensate) in the process.....

At the end of Part 1, at the Comorro River, Kaz of Physiotherapy Timor, will be on hand to deal with aching limbs.

Feel NO SHAME should you wish to slink away quietly at this point, you will already have done a magnificent, panoramic, 8.2 Km run! You WILL be DENIED ACCESS to Part 2 (and the KILLER HILL!!!) if you take more than 1hr 45mins to get to the Comorro River stop.

The KILLER HILL is in the middle of the ascent to Foho Lalau, which at 2,425ft and 6K into Part 2, is the high point of the run. At the top, U-Bend and Himbo's paramedic Ozzie Army mate will be there to pump you full of energy for the remaining downhill slalom into Dare. If you are really bugged you can fight over who gets the stretcher ride down the hill in the limo Land Cruiser ambulance!!!

You will be rewarded with a unique art treasure of a T-Shirt (eat your heart out Tour de Timor!!) and some fine perfectly chilled ales and mouth watering juicy oranges with which to quench your collective thirsts!!!

Go on...you CAN do it !!

Shamcock.