



EVERGREEN BROADACRES RESIDENT'S FUN WALK

DATE – SATURDAY AFTERNOON - 22nd OCTOBER 2016 starting at 4.30pm

Rule No. 1 – Amdec have insisted that all those who intend to walk in this Fun Walk have to **complete and sign an Indemnity form** which must be handed to Ernie, Unit 80 or emailed to him at mutchie@mweb.co.za, or handed in to the office as soon as possible.

Rule No. 2 – every resident, staff and management member can enter this Fun Walk as there are 4 different distances to choose from to walk.

Rule No. 3 – if you are unable to walk for whatever reason, please offer to help with the catering and other duties that are required to be done.

Rule No. 4 – there are no prizes, no times taken or positions recorded so you can walk at a comfortable pace for however long you feel like walking on the day. No one will be checking how far you walked and no one cares whether you finish 1st or last.

Rule No. 5 – come out and enjoy doing some exercise in the fresh air and socialize with residents you may not have met yet. BYO to have a sundowner while you compare aches, pains and experiences after the walk.

Rule No. 6 - dogs are welcome provided you & they obey the hygiene rules of the village. Residents may walk as far as they want with their dogs and then leave them at home while they walk as far as they want to after that.

Rule No. 7 – please make your way to the clubhouse by 4.30pm and report to the registration table so that we can check that you have **completed and signed the indemnity form**.

PLEASE DO NOT PARK IN THE NARROW SPACE IN FRONT OF THE CLUBHOUSE as this will interfere with the start.

ENTRY FEE – you will be asked to make a **voluntary donation of R30 or more** to cover the costs. Although Amdec will probably pay for the boerewors, hot dogs, rolls, pap & sauce: cool drinks, water and some Savannah Dry need to be purchased to add to the assortments of beers left over from functions held at our church for your enjoyment after the walk. You will also receive a boere or hot dog roll with pap & sauce when you finish.

Champagne & orange juice will be available before & after the Fun Walk for your enjoyment.

Note: Due to the Currie Cup final between the Cheetahs & Blue Bulls being shown on TV from 4.00pm, the start may be delayed until half time at approx. 5.00pm.

Distances are slightly different to those walked in March 2016 as Phase 3 is now open. But what is a few extra meters when you are enjoying walking in the fresh air with a friend; **Remember Rule No. 4 above.**

Distances are as follows:

Route 1 – 4.8kms (3 laps) for the regular Team Evergreen walkers and anyone else who would like to take up the challenge to walk this distance. This group will start first followed 2 – 3mins later by the next group.

Route 2 - 3.2kms (2 laps) for those who are not so fit and are trying to get fit, followed 2 – 3mins later by the next group.

Route 3 - 1.6kms (1 lap) for the smokers, and not so fit residents – only one smoke break allowed Shirley-Anne, Priscilla & co.

Dog walkers will follow this group 2 – 3mins later – see Note 6 above

Route 4 - 730 meter dash is for our very senior walkers who may require walking aids to assist them. The lame & lazy can also join them if they wish.

One lap is from just beyond the clubhouse in the turning circle area. Proceed up along Lourie Lane to the T-junction. Turn left and then left again into the 1st road. Follow the road around until you come to the next T-junction. Continue up the hill turning left into every road until you reach the top of the hill. Go around the back road until you have to start walking downhill. Walk downhill turning right into every road on the way down until you come to Unit 128, where the fire hydrant is. Turn left and proceed straight down past the 2 dams back to the clubhouse.

Those who are walking more than one lap must continue down past the clubhouse and turn around at the storm water drain where there will be a watering point for both walkers and dogs. They will be given an elastic band to put around their wrists to help them remember how many laps they have done in case they suffer from Alzheimer's & forget how many laps they have walked.

730 meter dash will start just beyond the clubhouse in the turning area and walkers will proceed up to Lourie Lane to the T-junction. Turn right and right again into the 1st road and walk towards the picnic area where we normally gather to have our braai's. Walk around the rubbish bin and then return back along the same route to the clubhouse.

I encourage as many residents as possible to enter this event to make it another memorable occasion of your stay in “The village of your dreams”