



**EVERGREEN RESIDENTS FUN WALK**  
**SATURDAY 8TH APRIL AT 5.00 PM. PLEASE DIARISE**

This is the Saturday before the Easter weekend. Please put your name down on the notice board if you are going to walk or would like to be a volunteer to assist with buttering rolls, serving the food, **servicing the free Champagne & orange juice that will be available before and after the walk** and of course, helping to clean up afterwards. Also put your name down if you would just like to be a spectator. We need to know how many people to cater for.

**DONATION** – We ask for a voluntary donation of at least **R30 each** towards the costs of organising this event. Should there be a shortfall we hope that Amdec will pay it again as in previous years, otherwise we will have to knock on the door of our Rescom Treasurer.

Afterwards you can enjoy a boere roll with pap & Hennie's famous souse. There will also be a limited supply of free cold beers, Savannah & cool drinks available to quench your thirst after the Walk.

**ABOUT THE WALK**

As usual, there will be 4 different distances to choose from so every resident from 59 – 99 can enter. We invite staff & management (Derek & Arthur) to join us as well. (Derek, if you have not sent the new Team Evergreen T-shirts by then, perhaps you could bring them up with you if you are going to join us)

The distances are about the same as last year, but that should not be a problem as most of you are much fitter now having walked in both the Residents Fun Walks last year. With all the new residents, **let's see if we can break last year's record of 71 entrants.**

**DISTANCES**

**700 METER DASH** for those who use walking aids, sticks etc to walk and for others who are too bone lazy to walk further.

**1.65 KMS – 1 LAP** for the smokers & not so fit – no smoke breaks allowed.

**3.30 KMS – 2 LAPS** for the not so fit wanting to try and "keep fit and remain evergreen"

**4.95 KMS – 3 LAPS** for the regular Team Evergreen walkers and others who would like to try and walk this distance,

**PRIZES & FINISHING POSITIONS** - There are no prizes for finishing 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> & nobody cares. No one will be recording your finishing position or checking to see how far you walked. It is up to you to walk however far you feel like walking on the day. There is therefore no pressure on you at all. We ask that you walk at a comfortable pace & enjoy the spirit & comradie on the day.

**PROPOSED ROUTE**

**FOR 700 METER DASH** – start at the Clubhouse as before and proceed past the bridge at Crab Crossing along Loerie Lane to the circle. Turn right down Heron Drive & right again into Hoopoe Close towards the normal braai area. Turn around the refuse bin and go back along the same route to the Clubhouse.

**ONE LAP** – start at the Clubhouse as before and turn left after Crab Crossing and go up Wagtail Walk to Plover Drive. Turn right into Sparrow Lane, then left up Heron Drive. Turn left into Weaver Lane and then right up Plover Drive. Turn right at the top into Owl Crescent and then right again down Heron Drive. Turn right into Weaver Lane again and then left down Plover Drive. Turn left into Sparrow Lane and then right down Heron Drive. Turn right into Robin Lane and then left down Plover Drive. Turn left into Starling Lane & then right down Heron Drive, Turn right into Loerie Lane and walk back to the Clubhouse.

**For those who are doing more than one lap** – when returning to the Clubhouse, walk down to the start again and go around the bath containing cool bottles of still water. Help yourselves to a bottle before setting back out again on the same route.

**PLEASE BE AT THE CLUBHOUSE BY 4.30PM SO THAT WE CAN START ON TIME**

**INDEMNITY FORMS** – As in past Residents Fun Walks all who are taking part in the Fun Walk must fill in an Indemnity Form giving your name, ID number and Unit number.

On the form you will find a block headed “Beverage Preferred” under which it will ask what brand of beer you prefer, which Savannah you prefer and what cool drink you prefer.

This info will help me buy the most popular beverages. As you can appreciate I cannot buy every different type of beverage that is preferred.

**PLEASE WILL THOSE WHO ARE WALKING COMPLETE THIS FORM AS SOON AS POSSIBLE AND EITHER RETURN IT TO ME AT UNIT 80 OR LEAVE IT WITH RENE AT RECEPTION. WE DO NOT WANT TO WASTE TIME ON THE 8<sup>TH</sup> CHECKING IF EVERYONE HAS COMPLETED A FORM.**

The previous Residents Fun Walks have been great fun and have been enjoyed by all. **Please come and enjoy the fun on the day. B.Y.O. and stay afterwards to compare aches & pains** and to take the opportunity to socialize and meet residents you may not have met before.

See you on the 8<sup>th</sup>  
Ernie (come walk with me) Mutchy  
29 March 2017.