



EVERGREEN RESIDENTS FUN WALK

Saturday afternoon 4th November – 4.30pm to start at 5.00pm

Please put your name down on the notice board if you are going to Walk or would like to be a Helper to assist with buttering the rolls, serving the food, **free Champagne & orange juice that will be available before, during and after the walk** or just want to be a Spectator. We will also require help to clean up and pack away afterwards. **We need to know how many people to cater for so please put your names down on the list as soon as possible.**

DONATION – We ask for a voluntary donation of **at least R40 each** from **Walkers, Helpers and Spectators** towards the costs of providing the food, beverages, etc. If there is a surplus it will be paid to Rescom to keep towards the cost of the next Residents Fun Walk. It is unlikely that there will be a shortfall as the interest and enthusiasm shown by residents in the past to take part in this event has ensured that sufficient funds are donated to cover the costs each time. If you do not put your names down soon, the **Professional Nagger** will nag you to do so. You can run, you can hide, but he will find you.

In the unlikely event that there is a shortfall, we will have to knock on the door of the Rescom Treasurer and ask him to please make good the shortfall.

Afterwards you can enjoy a boere roll or Hot Dog or two with Hennie's famous pap & souse & a beverage of your choice to quench your thirst. Please B.Y.O if you want to stay afterwards to compare aches & pains & socialize with other residents you may not have met yet.

ABOUT THE WALK

As usual, there will be 4 different distances to choose from, so every resident from 60 – 100 can enter. We invite Staff, especially Sales staff, Management (Derek & Arthur) and dogs with owners carrying pooh bags to join us as well.

The distances are a little longer than last year to avoid confusion. This should not be a problem for most of you as you are much fitter now having done 3 Residents Walks before. **Let's see if we can break the record of 80 walkers' last time out.**

DISTANCES

700 METER DASH for those who use walking aids, go-carts, sticks etc to walk or like Ossie did last time when he had a blonde under each arm to help him home.

1 LAP - (Approx 1.8kms) for the smokers & not so fit – no smoke breaks allowed

2 LAPS - (Approx 3.6 kms) for the not so fit wanting to “keep fit and remain evergreen”

3 LAPS – (Approx 5.4 kms) for the regular Team Evergreen walkers and those who would like to try and walk this distance

ROUTES

FOR 700 METER DASH – start at the Clubhouse and proceed pass the bridge at Crab Crossing into Loerie Lane to the circle. Turn right into 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 & turn left after Crab Crossing up past the dam on the left Turn right into Starling Lane (the 1st Lane) and then left up Heron Drive.

Turn left into Robin Lane and then right up Plover Drive.

Turn right into Sparrow Lane and 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 left down Plover Drive

Turn left into Starling Lane and then right and go straight down Heron Drive to the clubhouse, ignoring Loerie Lane & Hoopoe Close. Walk around the new clubhouse back to the start,

In other words you will walk up & down every Lane and up and down Heron & Plover Drives.

For those who are doing more than one lap – when returning to start at the gate of the old swimming pool, you will find a bath containing cold bottled water and the water trough for the dogs. Help yourselves to the bottled water, let your dogs drink and then set out again following the same route as above.

All walkers doing one or more laps will start at about 5.00pm, followed by the dogs and their owners with Pooh bags and then those doing the 700 meter dash.

Please will everyone gather at the clubhouse by 4.30pm to finalise admin so that we can start at 5.00pm.

Those who have Team Evergreen T-shirts, please wear them.

INDEMNITY FORMS – Amdec insist that every **Walker, Helper and Spectator** complete & sign an Indemnity Form giving your Name, ID number, Unit number & Contact person's name and phone number in case of emergencies. **Spare copies available at reception**

On the form you will find a block headed “Beverage Preferred” Please complete giving your 1st & 2nd choice of Beer & Savannahs or Cool drink to quench your thirst after the Walk.

Please complete these forms and return them to me or the office, preferably with your voluntary donation in a sealed envelope with your name on it, as soon as possible, to avoid having to collect and check them before the start.

PRIZES & FINISHING POSITIONS – There are no prizes for finishing 1st, 2nd or last & 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. Therefore there is no pressure on you to push yourselves to do a good time. Just walk at a comfortable pace & enjoy the spirit & comradie on the day and the food and beverages afterwards.

The previous events have been lots of fun so **PLEASE come & join us - Avoid double dating.**

Remember to do some training so you can “keep fit and remain evergreen”.

Ernie – Unit 80 Ext 180