



All comments below are from things heard to be said or seen. They are not meant to be personal & should be taken in jest.

THE BIG ONE YOU HAVE ALL BEEN WAITING & TRAINING FOR

“THE EVERGREEN BROADACES VILLAGE FUN WALK”

DATE: 24TH MARCH 2018 – SATURDAY AFTERNOON STARTING AT 5.00 PM
(After your afternoon nap)

Almost every resident and their dogs (with poo bags) management, village & sales staff can enter as there are 4 different distances for you to choose to walk. It is not a race. It is a Fun Walk. There are no prizes for finishing 1st or last as nobody cares. No times or distance walked will be recorded or monitored. You can walk as far as you feel like walking on the day at a comfortable pace. Or you can just come down and sit in the comfort of the air conditioned Lifestyle Centre to watch the activities.

Champagne, with or without orange juice, will be available before, during and after the walk. Afterwards everyone attending can enjoy a boere roll with Hennie's famous pap & souse and have a beverage of their choice. Ice cream in cones will be served as dessert

Compulsory Donation: R35 or more to cover the above costs, payable by everyone attending. Please enter your name on the list on the Notice Board in the Lifestyle Centre, whether you are going to be a Walker, Helper or Spectator, **AS SOON AS POSSIBLE** to assist with catering requirements.

Indemnity forms must be completed by everyone attending, whether you are a Walker, Helper or Spectator. (Who knows what might happen after a few glasses)

Distances – as most of you are a lot fitter now having completed 3 or 4 Fun Walks before, some distances will be slightly longer this year. They are as follows:

700 meter dash – for those using motorised or other walking aids or have neglected their fitness

1 lap – 1.87km – for the smokers and not so fit – no smoke breaks allowed.

2 laps – 3.74km – for others who do walk with their dogs and sometimes walk short distances

3 laps – 5.6km – for Team Evergreen members & others who want to try & walk this far

ONLY RESIDENTS MAY DO THIS WALK DUE TO LEGAL RESTRICTIONS

I appeal to everyone to come down & enjoy the fun. BYO & stay afterwards to socialise and meet residents you may not have met before. **We need to break the record of 80 Walkers.**

Contact Ernie - Unit 80 or Ext 180 if you would like more details.

ROUTES – Start at the gate of the old swimming pool. A bath containing bottled still water will be there for walkers to help themselves. Water will also be available for dogs.

700 METER Dash – travel up over the bridge at Crab Crossing and continue down Loerie Lane to the circle. Turn right into Heron Drive and continue straight down and around the Lifestyle Centre to the gate at the old swimming pool.

1 lap – 1.87km – walk up and over the bridge at Crab Crossing and turn left up Wagtail Walk, past the top dam. Turn right into Robin Lane and then left up Heron Drive. Make your way up Heron Drive, turning into every Lane on the way up until you reach Owl Crescent at the top. Turn right down Heron Drive and turn into every Lane on the way down. When you emerge from Robin Lane, turn right down Heron Drive and make your way straight down & around the Lifestyle Centre to the gate at the old swimming pool.

2 or 3 laps – follow the same route as above. When you reach the gate at the old swimming pool for the 1st time, help yourselves to water from the bath, water your dogs and continue on the same route again for 1 or more laps.

NOTE:

If you do not feel well while walking, please take the shortest route back to the Lifestyle Centre and ask for help when you get there. If you feel you will not be able to make it back to the Lifestyle Centre, find a shady place to sit down and rest as soon as you start to feel funny and ask others around you to help you. Don't be stubborn or silly. Listen to your body.