



RESIDENTS FUN WALK – THIS SATURDAY 13TH OCTOBER

Please will all Residents who intend to take part in the above event either as a Walker, Helper or just as a Spectator, return their signed Indemnity forms plus their Compulsory Donation to me at Unit 80 or to Jackie at Reception **as early as possible** as I need to finalise numbers for catering and beverage requirements.

Those of you who have not done a Resident's Fun Walk before and are wondering whether to walk or not, why not come down and enter. **IT IS NOT A RACE, IT IS A FUN WALK.** No one cares who comes 1st or last and there will not be anyone checking to see how far you walked either. There are 4 different distances for you to choose to walk from the 650 meter Dash to 5.4kms. Are you still not sure?

Why not speak to Residents who have done it before. It is a great opportunity for you to test your fitness. Remember sweat is just fat melting. It is also a good opportunity for you to come and meet other Residents you may not have had the pleasure of meeting before.

On Saturday afternoon please come down to the clubhouse at 4.30pm to collect your name tags and to watch our first ever Grand Prix which will start at about 4.50pm. Watch Henri, Cliffy and Penny battle it out on their motorised wheels around one lap of the track.

Come and enjoy the fun

See you there

Ernie – Chief organiser and Professional nagger
Unit 80, ext 180 if you want more details