



## **THE ONE YOU HAVE BEEN WAITING & TRAINING FOR**

### **“THE EVERGREEN RESIDENT’S FUN WALK”**

**DATE: 28<sup>th</sup> Mar 2020 on Saturday afternoon @ 4.30pm.**  
**(After your afternoon nap)**

**Almost every resident and their dogs,** management, village & sales staff can enter. (4 distances to choose from) Dogs must ensure that owners have poo bags.

**IT IS NOT A RACE. IT IS A FUN WALK**

There are no prizes for finishing 1<sup>st</sup> or last and nobody cares. No times or distances 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 Clubhouse to watch the activities or to help with the food. **We have to break our record of 104 walkers, spectators and helpers**

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

**Compulsory Donation: R40 (or more)** to cover the costs of the above. payable by everyone attending. Please enter your name on the list on the side of the post boxes in the Clubhouse, to indicate whether you are going to be a Walker, Helper or Spectator, **as early as possible** to assist with catering requirements

**Indemnity forms** must be completed & signed by everyone attending, whether you are a Walker, Helper or Spectator. (Who knows what might happen after a few glasses of champagne) Please return these forms together with your compulsory donation **as early as possible** to Ernie (Unit 80) Norma (Unit 111) or Reception. **Do not wait to hand them in at the start as it delays proceedings**

**Distances** – There are 4 different distances for you to choose to walk or crawl  
**700 meter dash** – for the unfit & those using motorised or other walking aids  
**There will be a Grand Prix among those using motorised wheels.**

Ossie, Peta, H and Anne concentrating during the 700 meter dash, Cliffy on his wheels with Chris

**1 lap – 1.8km** – for the smokers and not so fit – no smoke breaks allowed

**2laps – 3.6km** – for those who are trying to get fit

**3 laps – 5.4km** – for Team Evergreen members & others who want to try & walk this far

**ONLY RESIDENTS MAY DO THIS WALK DUE TO LEGAL RESTRICTIONS**

**ROUTES** – Start at the clubhouse at entrance to Frail Care. A bath containing bottled water will be there for walkers to help themselves. Water will also be available for dogs.

**700 METER Dash** – Go up over the bridge at Crab Crossing & continue right along Loerie Lane to the circle. Turn right into Heron Drive and head towards the Clubhouse. The finish will be in line with the back steps to the clubhouse before the parking area.

**1 lap – 1.8 kms** – Start outside the Frail Care entrance. Walk up & over the bridge at Crab Crossing and turn left up Wagtail Walk past the top dam. Turn right immediately 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 again. When you emerge from Robin Lane, turn right and continue down Heron Drive. **Do not turn right into Loerie Lane.** Continue down and around the back of the clubhouse to the start.

**2 or 3 laps** – follow the same route as above. When you reach the start again on your 1<sup>st</sup> lap, help yourselves to bottled water from the bath, water your dogs and continue on the same route again for 1 or 2 more laps.

**Contact - Ernie - Unit 80 (Ext 1180) or Norma – Unit 111 (Ext 1111) for more details**

**Extra Indemnity forms obtainable from Ernie, Norma or Reception**