



IT IS TIME TO TEST YOUR FITNESS AGAIN IN
“THE EVERGREEN RESIDENT’S FUN WALK”

DATE: 29th October on Saturday afternoon @ 4.30pm.
(After your afternoon nap)

Almost every resident and their dogs, management and village 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

ONLY RESIDENTS MAY DO THIS WALK DUE TO LEGAL RESTRICTIONS



There are no prizes for finishing 1st 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 at a comfortable pace on the day. 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 and 16 spectators and helpers**

Champagne, with or without orange juice, will be available before, during and after the walk.

Afterwards everyone can enjoy a boere/pork sausage roll with Hennie’s famous “pap & souse” & have a beverage of their choice. Ice cream cones served as dessert.

Compulsory Donation : R50 (or more) to cover the costs of the above, payable by everyone attending whether you are going to be a Walker, Helper or Spectator
Collect your name tags at the registration table

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 donation as early as possible to Ernie (Unit 80) Norma (Unit 111) or Brenda (Acacia 1)

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
800 meter dash – for the unfit & those using motorised or other walking aids

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

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

800 METER Dash – Go up over the bridge at Crab Crossing & continue right along Loerie Lane. Turn right into Heron Drive and head towards the Clubhouse. Go around the back of the Clubhouse and return to the start.

1 lap – 1.8 kms – Start at 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 1st lap, help yourselves to bottled water from the bath, water your dogs and continue the same route again for 1 or 2 more laps.

Contact - Ernie Unit 80 (Ext 1080) Norma Unit 111 (Ext 1111) or Brenda Acacia 1 (Ext 11001) for more details

Evergreen T-shirts to be worn by those who have them

Extra Indemnity forms obtainable from Ernie, Norma or Brenda