



IT IS TIME TO TEST YOUR FITNESS AGAIN IN THE
“EVERGREEN VILLAGE WALK”

DATE: 29th April 2023 on Saturday afternoon @ 4.15pm.
(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



Same rules as before

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 help with the food or sit in the comfort of the air conditioned Clubhouse to watch the activities

We have to break our record of 120 walkers, helpers. and spectators

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

Compulsory Entry fee: R50 (or more) to cover the costs of the above, payable by everyone attending whether as a walker, helper or spectator.

Indemnity forms must be completed & signed by everyone attending, whether you are a Walker, Helper or Spectator. **PLEASE return these forms together with your entry fee to Ernie (Unit 80) Norma (Unit 111) or Brenda (Acacia 01) AS EARLY AS POSSIBLE so that catering & booze orders can be finalised. 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
If you walked 1 lap last time, why not walk 2 laps this time?

ONLY RESIDENTS MAY DO THIS WALK DUE TO LEGAL RESTRICTIONS

ROUTES – Start 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.

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

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 1st 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.

Come down at 4.15pm for registration and champagne

Please wear your Evergreen T-shirts if you have one.

Contact - Ernie Unit 80 (Ext 1080) Norma Unit 111 (Ext 1111) Brenda Acacia 1 (11001) if you require more information.

Extra Indemnity forms will be available in the lounge or from Ernie, Norma or Brenda

**COME DOWN AND ENJOY THE AFERNOON WHETHER AS A WALKER,
HELPER OR SPECTATOR**