



Time to test your fitness again in

“THE EVERGREEN VILLAGE FUN WALK”

DATE: 26th April 25 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

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 120 walkers, helpers and spectators!

Champagne, with or without orange juice, will be available before the WALK.

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

Compulsory Donation: R60 (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 before the Walk.

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 the Indemnity forms together with your donation as early as possible to:
Ernie (Unit 80), Norma (Unit 111) Brenda (Acacia 1) or Tom (Bushwillow 2)
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.

600 Meter Dash – for those too lazy to train or using walking aids

1 lap – 1.8kms – for the smokers and not so fit – no smoke breaks allowed.

2 laps – 3.6kms – for those who are trying to get fit.

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

If you only walked 1 lap last time, try and walk 2 or 3 laps this time

ROUTES: Start at the Frail Care entrance. A bath containing bottled water will be there for walkers to help themselves.

Water will also be available for dogs.

600 METER Dash: Start at the Frail Care entrance. Go up over the bridge at Crab Crossing & continue right along Loerie Lane. Turn right into Heron Drive and head back towards the clubhouse, **Go around the back of the clubhouse 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 Starling 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 Starling 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.

Contact - Ernie Unit 80 (Ext 1080); Brenda Acacia 1(Ext 11001) Norma Unit 111 (Ext 1111); or Tom Bushwillow 2 (Ext 11018)
if you would like more details.

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

Extra Indemnity forms are available at reception in the Lifestyle Centre or obtainable from

Ernie Unit 80, Norma Unit 111 Brenda Acacia 1 or Tom Bushwillow 2

**PLEASE RETURN INDEMNITY FORMS TOGETHER WITH YOUR DONATION AS
EARLY AS POSSIBLE TO ERNIE, BRENDA, NORMA OR TOM
so we can finalise catering and the drinks order**