

Walk against breast cancer

AVON *Justine*

2010 Avon Justine
iThemba Walkathon
ENTRY FORM

Sunday, 17 October 2010 - Marks Park Sports Complex

iThemba
CRUSADE OF HOPE
AVON *Justine*

Family Fun Walk

Join us in the crusade against breast cancer

5 km or 8 km



**think pink
and put your best
foot forward**

Entries received by
Wednesday, 6 October
qualify for an
iThemba Walkathon Goodie Bag.

Collect walk numbers and
early-entry goodie bags from the
Marks Park Sports Complex on
Wednesday, 13 and Thursday, 14 October

12:00 to 19:00

Friday, 15 October

09:00 to 20:00

Saturday, 16 October

08:00 to 16:00

All walkers must pre-register.

Marks Park Sports Complex

Judith Street (off Beyers Naudé) Greenside

Start times **8:30** for **8 km**

9:00 for **5 km**

R60 per person, R40 for children under 12

Fill in form overleaf and fax to
086 654 1187
or enter online at
www.ithembawalkathon.co.za

.....
Discovery Vitality members
earn 3 000 points!
Members can claim through
sa-active.com

.....
Please contact
011 844 0419
Email ithemba@enteronline.co.za
for more information

EARLY DETECTION SAVES LIVES

iThemba raises funds for breast cancer education and awareness in South Africa.
A donation will be made to Bosom Buddies breast cancer support group.

ON THE DAY

- * Put on your pinkest, funkiest walking gear – prizes for best pink outfits & best-dressed group!
- * Meet Gerry Elsdon, iThemba's celebrity ambassador
- * Enjoy entertainment for the whole family including the Toddler Trot

BRING ALONG

- * All your friends, family, neighbours & colleagues to support the iThemba Crusade of Hope
- * A picnic basket or some cash – there'll be food stalls & other vendors
- * Comfortable walking shoes

PARKING

- * Parking available at Marks Park lower fields and surrounds. Access to Marks Park lower fields via Barry Hertzog Southbound. Turn right at The Braids into Orange Road for access to the Service Road into the lower fields at Marks Park. For further parking and road closure information please visit www.ithembawalkathon.co.za

RULES

- * Wear your walk number on the front of your clothes for the whole walk
- * Obey marshals & traffic officials at all times
- * Prams allowed
- * Friendly dogs must be on leads, owners must provide food and water for their dogs
- * No skateboards, bicycles, wheelie shoes, etc. allowed

For up-to-date information, please visit www.ithembawalkathon.co.za or call 011 844 0419. Corporate hospitality packages available. Contact 021 510 5047.

What distance will you be walking?

5 km 8 km Individual Entry Team Entry

T-shirt size

Title Mr Mrs Ms Other

Team Name

First names

Surname

ID number Age

Postal address

Postal code

Tel Cell

Email

Emergency contact name

Emergency contact number

Are you a Discovery Vitality member? Yes No

Allocate points to my Discovery Vitality number

Discovery membership number

Would you like more information about iThemba? Yes No

INDIVIDUAL ENTRIES

R60 per adult
R40 for children under 12

Closing dates for individual entries

JHB Wednesday, 6 October 2010
Please note that no late entries will be accepted.

GROUP ENTRIES (FOR 10 OR MORE ENTRANTS)

Closing dates for group entries

JHB Wednesday, 29 September 2010

There are no limits to the number of entries in a group. However a group must consist of 10 or more entrants. Teams from schools, corporate and social groups are encouraged to enter. Even though you are entering as a team, each member must complete an individual entry form. These forms must be submitted with full payment of entry fees and be submitted with a full consolidation list of all entrants. A team consolidation list (and an individual entry form) can be downloaded from www.ithembawalkathon.co.za or contact 011 844 0419 or register your team online.

SUBMISSION OF ENTRIES & PROOF OF PAYMENT

Walker's entries will be acknowledged only when payment is reflected on the account. Verify your payment after 48 hours to confirm that your entry has been processed by visiting www.ithembawalkathon.co.za or calling 011 844 0419.

Online www.ithembawalkathon.co.za

Fax Make a direct deposit/EFT into the account and fax your entry form along with your proof of payment to 086 654 1187.

Hand deliveries Drop off entry form and fee at: The Gym, The Woodlands office Park, Woodlands Drive, Woodmead, Johannesburg (Between 06:00 and 18:00 from Monday to Friday)

Bank details Enteronline (Pty) Ltd, Nedbank
Account number: 1522 173 536
Branch name: Epsom Downs
Branch number: 152205

Individual entries Please use the reference ICH - J/Your surname and initial.

Group entries Please use the reference ICH - J/Your team name and surname.

PAYMENT

Walker - Person R60

Walker - Children under 12 R40

iThemba Donation (not compulsory)
R

TOTAL R

DISCLAIMER

I acknowledge and agree that Avon Justine, the iThemba Crusade of Hope, sponsors, suppliers and volunteers associated with the event will not accept responsibility for injury, damage or loss of any nature whatsoever which may result from participating in the Avon Justine Breast Cancer Walkathon for the iThemba Crusade of Hope, and I declare that I am participating in the Avon Justine Breast Cancer Walkathon entirely at my own risk even if I have not read them and someone has entered on my behalf. If the walk/event should be cancelled owing to circumstances beyond the control of the organisers, no refunds will be granted. Note: consult a medical practitioner before engaging in any physical activity. Participants walking with their dogs take full responsibility for their dogs and indemnify and hold Avon Justine harmless for any loss, damage or injury caused to any person or property by their dog(s) in any manner whatsoever.

.....
Signature of entrant

.....
Signature of parent/guardian (if under 18 years)