



# ENTRY FORM

Name: \_\_\_\_\_ Surname: \_\_\_\_\_

ID Nr: \_\_\_\_\_ Gender:  Male  Female

Race: \_\_\_\_\_ Cell nr: \_\_\_\_\_

E-mail: \_\_\_\_\_ Emergency contact no: \_\_\_\_\_

Province: \_\_\_\_\_ Club: \_\_\_\_\_

District: \_\_\_\_\_ Organisation: \_\_\_\_\_

Department: \_\_\_\_\_

Disability: \_\_\_\_\_ If yes state \_\_\_\_\_

Race:  5km  10km  15km

Adults T-shirt sizes:  XS  S  M  L  X  XL  XXL  XXXL

Kids T-shirt sizes:  S  M  L

## Release and Waiver

I am physically fit and sufficiently trained to participate in this event. I will participate at my own risk and hereby, for myself, my executors, heirs administrators and assigns, indemnity against and release, and discharge the National and Provincial bodies, sponsors, organizers, volunteer groups, medical personnel and local authorities from any action or claim of whatever nature caused by the negligence of them and/or out of my participation in this event, including pre-and post race activities.

## RULES:

- No blade, cyclist or mechanically operated device is allowed in the walk.
- No animals allowed on the walk.
- No iPods or listening devices.
- All traffic officers and officials instructions to be obeyed.
- Water stations will be positioned every 3kms.
- Assisted wheelchairs are welcome on certain routes.

**NB:** The children must be accompanied by their parents. Children under age of 10 will be only allowed to walk 5km under the guidance of their parents or guardians. Unsupervised child under age of 10 will not be allowed to participate in the walk. Children between age of 11 and 15 will be allowed to walk 5km to 10km only. The legal guardian must sign on behalf of the child.

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I Choose 2 B Active...  
...HOW ABOUT YOU?