

# Experience the race IN YOUR OWN WHEELCHAIR

Your wheelchair will be donated to Charity of Choice

SPONSOR  
A WHEELCHAIR  
*For Only*  
R2500



Help **RAISE FUNDS** for our disabled athletes

Please RSVP by Friday 25th August 2014

Clifford Martin: clifford@guts2glory.co.za

## Proud Sponsors Of The Crazy Chick Challenge



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Be part of this **CRAZY**  
*Challenge*

**15km Wheelchair race**  
**15km Fun run, Walk**  
**5km Fun run, Walk**

**Groot Constantia Wine Estate**  
Sunday 31<sup>st</sup> August 2014



This year, due to popular demand from our last year's participants, we're returning to the historic and picturesque grounds of the Groot Constantia Wine Estate and our dream is to accommodate **200 race participants**.

The race will cover **3 categories - Wheelchairs, crutches and on foot blind-folded** - to say that it's designed to be a physical and mental challenge of note is an understatement - we want people to be pushed out of their comfort zones!

**This year's event is designed to be bigger and better than last year and in keeping with this we're challenging contestants to up the ante somewhat:**

- Our disabled athletes will be required to do a 3 loop course in their wheelchairs of the lower vineyards on the Estate.
- The able-bodied contestants will be required to enter the race as a team of 2 and they will be required to do 1 x loop in a wheelchair; 1 x loop on crutches or with their feet tied together and 1 x loop blindfolded. In each of these heats - one in the team will be required to be the leader i.e. Pushing the wheelchair and leading the blindfolded person with a lead rope.

### Important TIMES to remember

**Registration:** 07:30am - 08:00am

31. August 2014

#### START TIMES

**15km Wheelchair race:** 8:30am

**15km Runners/walkers:** 8:45am

**5km Runners/walkers:** 8:50am

**Cut off:** 11:00am

**Prize Giving:** 12:00am (1st, 2nd and 3rd place for Wheelchair race only, medals for all, spot prizes)

Pre-registration: 26. July & 23. August 11:00-14:00 at Kranking Fitness Studio VA Waterfront  
After 25. August an additional late entry charge of R20 applies.

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# ENTRY FORM

Race distance  5km  15km

ID

Number

Surname

First Name

Postal Address

Code

Work/Home Tel

Cell

Email

Date of birth D/M/Y    Age

Number Collection  COLLECT ON RACE DAY

In case of emergency

Name

Relationship

Contact Tel

Payment

5km R50

15km Walk/Run R100

Wheelchair Disabled R70

Wheelchair Team R2500

(wheelchairs need to be paid for prior to race)

#### Banking Details:

Account: Guts 2 Glory Foundation Trust

Bank: ABSA Bank

Current Account: 9273429626

Helderberg Bizstart Branch

Branch Code: 632005

Please use your ID number as reference for EFT's and deposits.

Guts 2 Glory Foundation Trust Reg No.: IT124/2012

#### Indemnity/Waiver

I agree not to hold the organisers of the Crazy Chick Challenge or any other sponsors, or any persons assisting in the organisation of the RACE liable for any injury or illness which I may suffer directly as a result of participating in the RACE, for any damage to my property or loss of my property which I may suffer directly or indirectly as a result of participating in the RACE.

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

Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_  
for under 21's

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