in your own wheelchair

YOUR WHEELCHAIR WILL BE DONATED TO CHARITY OF CHOISE



HELP RAISE FUNDS FOR OUR DISABLED ATHLETES

RSVP: JADE.T.HARRIS@GMAIL.COM

Proud sponsors of the







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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, runners and walkers** - 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 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

Import times to remember

REGISTRATION

07:30^{AM} - 08:00 ^{AM} 01 OCTOBER 2016

START TIMES

WHEELCHAIR RACE: 8:30^{AM}
RUNNERS/WALKERS: 8:45^{AM}

RUNNERS/WALKERS: 8:50AM

CUT OFF

11:00 AM

PRIZE GIVING

1ST OCTOBER 2016

12:00

(IST, 2ST 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.

Proud sponsors of the







ENTRY FORM

NUMBER SURNAME FIRST NAME POSTAL ADDRESS WORK HOME TEL CELL EMAIL DATE OF BIRTH D M Y NUMBER COLLECTION In case of amergency NAME RELATIONSHIP CONTACT TEL PAYMENT 5 KM R50 10 KM WALK RUN R100 Bank: ABSA Bank WHEELCHAIR TEAM R2500 Wheelchairs need to be paid for period to race WHEELCHAIR TEAM R2500 Wheelchairs need to be paid for period to race WHEELCHAIR TEAM R2500 Wheelchairs need to be paid for period to race Indemetry/Weiver I agree not to hold the organisers of the Crazy Chick Challenge or any other sponsors, or any persons assisting in the crganisation of the RACE liable for any injury or liness 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: for unider 21 DATE: DATE: DATE: DATE: DATE:					O	-			
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