

DRAKENSTEIN PALLIATIVE HOSPICE

  
**spring**  
**WALK**



# 16TH ANNUAL SPRING WALK

Saturday 29th October 2016

06:00	22km Mountain Walk in pairs
08:00	10 km Spring Run
08:15	10 km Spring Walk
08:30	8 km Spring Run
08:45	8 km Spring Walk
09:00	3 km Spring Stroll

Starting at the Paarl Cricket Club next to the Berg River

#### How to enter:

Phone 021 872 4060 for entry forms; enter on our website: [www.drakensteinhospice.org.za](http://www.drakensteinhospice.org.za)

e-mail: [ilse@drakensteinhospice.org.za](mailto:ilse@drakensteinhospice.org.za) or

enter at 109 Breda Street, Paarl

**Join the walk and be part of  
providing free Palliative Care**



## Choose the event that suits you

KM	Entry	Start Time	Min Donation	Mark with X
22 km	Mountain Walk: 2 persons per team	05h45 for 06h00	R200.00 per team	
10 km	Spring Run	08h00	R50.00	
10 km	Spring Walk	08h15	R50.00	
8 km	Fun Run	08h30	R40.00	
8 km	Fun Walk	08h45	R40.00	
3 km	Family Fun Walk	09h00	R30.00	
	Donation	Yes / No		
		Total Donation		

3 km, 8 km and 10 km entry (please arrive 20 minutes before the start of the race)

Name & Surname	
ID No	
Age on race day	
Cell No	
Male / Female	
E-mail	
Institution	

22 Km walk entry: See rules below

	Entrant 1	Entrant 2
Name & Surname		
ID No		
Age on race day		
Cell No		
Male / Female		
E-mail		
Institution / Name		

Undertaking & Indemnity: I, the undersigned, hereby undertake to participate in the 3km, 8km, 10km or 22km Drakenstein Palliative Hospice Walk / Run at my own risk and hereby indemnify Drakenstein Palliative hospice, and Drakenstein Municipality, their respective executives, employees and members, including the event organisers, against any damage or loss of whatever kind that might arise out of my participation.

Signature of Participant / Guardian or Parent \_\_\_\_\_

Date \_\_\_\_\_

### 22 Km Rules:

- \* Team members may not be separated by more than 30 seconds walking distance. This rule is strictly applied: if not adhered to, the team will be disqualified. If a team member drops out, the team will not be eligible for team prizes, BUT the remaining team member may complete the walk and will qualify for a medal.
- \* Teams must remain on the path / route at all times. This route will be clearly marked and marshals will be available as route indicators. Teams not adhering to the route will be penalized, unless a deviation has been instructed by marshals.
- \* No picking of flowers or littering is allowed. Participants must carry their own litter and empty containers to the finish line. Appropriate shoes / hiking boots and clothing need to be worn to cope with the mountain terrain and weather conditions and participants are encouraged to bring their own water.

## General Information and Entry Rules

Entries Open	15 September 2016
Entries Close	Friday, 28th October at 6pm (R15 donation for late entry penalty)
Beneficiary Organisation	Drakenstein Palliative Hospice and Butterfly House
Start / Finish Area	Paarl Klein Parys Sports Ground
Category change	Category change will require a R15 donation
First Aid	Will be available at start and finish and on call
Time Limit	All participants to complete the course by 11h00
Refreshments	Water sachets will be available along the way and you may fill your water bottle on the 22 km route
Race Number Collection	Race numbers can be collected upon entry and receipt of payment at Drakenstein Hospice Paarl office, 109 Breda Street. Number collection on race day will be open at 05h00.
Presentation	11h00
Entertainment	Various local artists
Prizes	Lucky draw prizes to be won
Security	Will be available to patrol cars
Marshals	Marshals and traffic officers to be obeyed at all times
No Refund	No refund in the event of the entrant not participation

### How to Enter:

1. Entry Forms can be obtained from:
  - \* Drakenstein Palliative Hospice (Will be open until 18h00 for the duration of the week before event)
  - \* At various outlets in Paarl and Wellington
  - \* The hospice shops (Paarl and Wellington)
  - \* On the website: [www.drakensteinhospice.org.za](http://www.drakensteinhospice.org.za)
  - \* Via e-mail: [ilse@drakensteinhospice.org.za](mailto:ilse@drakensteinhospice.org.za)
  - \* Phone: 021 872 4060 (Normal office hours 08h00 to 16h30)
2. E-mail the entry form together with the deposit slip to:  
[ilse@drakensteinhospice.org.za](mailto:ilse@drakensteinhospice.org.za) or fax to 086 611 5473.
3. Direct Bank Deposit and EFT's to be paid to:  
Drakenstein Hospice  
Account No: 072154446  
Current account  
Branch Code: 051001  
Ref: Name & Surname



## Paarl's biggest charity walk

Through participation in this event you are helping Drakenstein Palliative Hospice to improve the quality of life of individuals, families and communities providing care, support and treatment to those affected by a life-threatening illness.

Deur u deelname help u Drakenstein Palliatiewe Hospice om die kwaliteit van lewe van individue, gesinne en gemeenskappe te verbeter deur die verskaffing van sorg, ondersteuning en behandeling aan diegene wat geraak word deur lewensbedreigende siektes.

Thank you to our sponsors and supporters:

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See our gift cart at: [www.dph-giftcart.co.za](http://www.dph-giftcart.co.za)

