

Join us in the crusade against breast cancer

AVON

Justine

Sunday, 30 October 2011 – Green Point Park

CAPE TOWN
iThemba Walkathon
ENTRY FORM 2011

Family Fun Walk

Sunday
30 October 2011
Green Point Park

5km or **10**km



Look Good... Feel Better®

the power of pink

Entries received by
Wednesday, 19 October 2011
qualify for an

iThemba Walkathon goodie bag
including an Avon and a Justine product
and an event T-shirt.

Collect walk numbers and
goodie bags from the
Green Point Park on

Wednesday 26 and Thursday 27 October 2011
12:00 to 18:00

Friday, 28 October 2011
8:00 to 18:00

Saturday, 29 October 2011
8:00 to 16:00

All walkers must pre-register.

Green Point Park

Bay Road, Mouille Point

Start times **8:00** for **10** km
8:30 for **5** km

R65 per person, R45 for children under 12

Complete the form overleaf and fax to
086 599 4706

or enter online at
www.ithembawalkathon.co.za
Group entry form available

.....
Discovery Vitality members
earn 500 points! (750 points for 10km)
Members can claim through
sa-active.com

.....
Please contact
Tel 0861 999 191
Email ithembacpt@onlines.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 & Look Good ... Feel Better. See www.ithembawalkathon.co.za for details.

ON THE DAY

- * Put on your pinkest, funkiest walking gear – prizes for best pink outfits and best-dressed group!
- * Meet Gerry Elsdon, iThemba's celebrity ambassador
- * Children will enjoy the kiddies' activities including the Toddler Trot
- * A Locum Vet will be there to assist with scuffed paws, tired dogs, checking teeth and gums, etc. Water and food stations will also be available for dogs

BRING ALONG

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

PARKING

- * Parking available on Somerset Road, Green Point, Green Point Traffic Dept. Hamilton's Rugby Club and Green Point Cricket Club. 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 and traffic officials at all times
- * Prams welcome
- * Friendly dogs must be on leashes, owners must provide food and water for their dogs. Please bring along a plastic bag to clean up after your dog
- * No skateboards, bicycles, wheelie shoes, etc. allowed
- * No alcohol, firearms, drugs or reckless behaviour allowed

For up-to-date information, please visit www.ithembawalkathon.co.za or call **0861 999 191**. Corporate hospitality packages available. Contact **021 510 4171**.

This form will be captured electronically. Please write legibly within allocated spaces.

What distance will you be walking?

5 km 10 km

T-shirt size S M L XL XXL

Title Mr Mrs Ms Other

First name(s)

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

Discovery membership number

Would you like more information about iThemba?
Yes No

INDIVIDUAL ENTRIES

R65 per person
R45 for children under 12
Children under 2 enter for free

Closing date for individual entries
CPT Wednesday, 19 October 2011

Late entries will be accepted, but will not qualify for a Goodie Bag.

SUBMISSION OF ENTRIES & PROOF OF PAYMENT

Online walkers' entries will be acknowledged only when payment reflects 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 **0861 999 191**.

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 **086 599 4706**.

Hand deliveries Drop off entry form and cash at:
• Curves, Shop M, Cavendish Close Centre, Warwick Street, Claremont
• Curves, 44 Oxford Street, Durbanville
• Curves, Shop 4b, Westcoast Village Cnr Otto Du Plessis and Sandown Road, West Beach
(Between 08:00 and 18:00 from Monday to Friday) and 8:00 to 10:00 on Saturday)

Online banking details Global Wave Internet Marketing
Bank: First National Bank
Account number: 62300417989
Branch code: 210214

Individual entries Please use the reference CPT, your surname and initials.

PAYMENT

Walker R65

Walker - Children under 12 R45

iThemba donation (not compulsory)
R

TOTAL R

Signature of entrant

Signature of parent/guardian (if under 18 years)

DISCLAIMER

I acknowledge and agree that Avon Justine, its employees and agents, 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 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 this disclaimer 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.

Join us in the crusade against breast cancer

AVON

Justine

Sunday, 16 October 2011 – Marks Park Sports Complex

JOHANNESBURG

iThemba Walkathon

ENTRY FORM 2011

Family Fun Walk

Sunday
16 October 2011
Marks Park Sports Complex

5km or **8km**



Look Good...Feel Better.

the power of pink

Entries received by
Wednesday, 5 October 2011
qualify for an
iThemba Walkathon goodie bag
including an Avon and a Justine product
and an event T-shirt.

Collect walk numbers and
goodie bags from the
Marks Park Sports Complex on
Wednesday 12, Thursday 13 and
Friday, 14 October 2011
12:00 to 18:00

Saturday, 15 October 2011
8:00 to 16:00

All walkers must pre-register.

Marks Park Sports Complex

Judith Street (off Beyers Naudé) Greenside

Start times **8:00** for **8 km**

8:30 for **5 km**

R65 per person, R45 for children under 12

Complete the form overleaf and fax to
086 599 4708

or enter online at
www.ithembawalkathon.co.za
Group entry form available

Discovery Vitality members
earn 500 points!
Members can claim through
sa-active.com

Please contact
Tel **0861 999 191**
Email ithembajhb@onlines.co.za
for more information

EARLY DETECTION SAVES LIVES

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BRING ALONG

- * All your friends, family, neighbours and colleagues to support the iThemba Crusade of Hope
- * A picnic basket or some cash – there'll be food stalls and 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
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- * Prams welcome
- * Friendly dogs must be on leashes, owners must provide food and water for their dogs. Please bring along a plastic bag to clean up after your dog
- * No skateboards, bicycles, wheelie shoes, etc. allowed
- * No alcohol, firearms, drugs or reckless behaviour allowed

For up-to-date information, please visit www.ithembawalkathon.co.za or call 0861 999 191.
Corporate hospitality packages available. Contact 021 510 4171.

This form will be captured electronically. Please write legibly within allocated spaces.

What distance will you be walking?

5 km 8 km

T-shirt size S M L XL XXL

Title Mr Mrs Ms Other

First name(s)

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

Discovery membership number

Would you like more information about iThemba events?
Yes No

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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 086 599 4708.

Hand deliveries Drop off entry form and cash at:
• Curves, Shop U20 Upper Level, Fourways Crossing Retail Centre, Sunset Avenue, Fourways
• Curves, Southlake Mall, 1st floor, Cnr Lenchen and South Street, Centurion
• Curves, 101 Malibongwe Drive, Randburg
(Between 06:00 and 18:00 from Monday to Friday and 8:00 to 10:00 on Saturday)

Online banking details Global Wave Internet Marketing
Bank: First National Bank
Account number: 62300417989
Branch code: 210214

Individual entries Please use the reference JHB, your surname and initials

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Curves
Strengthening Women.™

SKECHERS
Fitness

Discovery
Vitality