



**Saturday, 13 May
8 AM & 9 AM
10K and 5K**

Trail Run/Walk benefitting Bethesda Outreach
Children's Village

Location: Bethesda Outreach Children's Village, Plot 13 Klipdrift, Hammanskraal 0400
Please join us for a family day following the race with Games, Prizes, Food, Rocket Parachute, Bungee (for children), and more!

PLEASE COMPLETE THE FOLLOWING APPLICATION AND HAND IN AT BETHESDA or Email to Bethesda-temba@boi.org

Cash is accepted or EFT to: Temba-Bethesda Outreach, Standard Bank, Brooklyn branch, Acct #011818743, Ref: FunRun

FIRST NAME _____ **LAST NAME** _____

CITY _____ **Postal Code** _____

DATE OF BIRTH dd/mm/yy ____ / ____ / ____ **Age** _____

SEX (CIRCLE ONE) M F **Email:** _____

RACE ENTERED (CIRCLE ONE) 10K 5K

SHIRT SIZE (CIRCLE ONE) YS YM S M L XL XXL (add R5)

ENTRY FEES:
R50 if received BEFORE or on 1 May
R60 AFTER 1 May or on the day.

PLEASE READ AND SIGN THE PARTICIPATION WAIVER BELOW

I know that running a bush/trail run is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and aware of the risks of a bush/trail run. By my signature, I certify that I am medically able to perform this event, and am in good health. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and the conditions/unevenness of the road – All such risks being known and appreciated by me.

Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, waive and release Bethesda Outreach/Fun Run and all sponsors, and their representatives from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature (parent or guardian required if under 18) _____

Name (printed) _____

Date _____

Questions? Email Ruth @ Bethesda-temba@boi.org or call our office @ 012 711 0087