

INFORMATION

START TIMES:

21 km	06h30	Lourensford Wine Estate
10 km RUN	07h30	Lourensford Wine Estate
10 km WALK	07h40	Lourensford Wine Estate
4 km FUN RUN/WALK	08h00	Lourensford Wine Estate

ENTRIES: Refunds on entries will not be given.

PRE-ENTRIES CLOSE: TUESDAY 20 NOVEMBER 2012

POSTAL ENTRIES: Run/Walk for Life, PO Box 1792
Gordon's Bay, 7151

INTERNET ENTRIES: www.entrytime.com
Please note – no additional admin fee
Please contact 011 844 04169 if you're experiencing any problems when entering online.

FAX ENTRIES: Please deposit your money into the following bank account: Savings Account
Run/Walk for Life,
Nedbank, Somerset West,
Account No.: 2060165105
Branch Code: 106012

Please fax your entry form together with deposit slip to:
088 021 852 8473

NUMBER COLLECTION FOR PRE-ENTRIES:

Collection venues must be indicated on entry form (loose page insert)

PRE-ENTRY NUMBER COLLECTION TIMES AT SPORTSMANS WAREHOUSE:

(Sportmans Warehouse closes at 18h00)

FRIDAY 30 NOVEMBER 2012 10h00 – 18h00

LATE ENTRIES: Entries will be taken on race day at Lourensford Wine Estate from 05h00 – 06h15 (21 km) and 05h00 – 07h00 (10 km).

RESULTS & PRIZE-GIVING:

Prize-giving will commence at 09h30 on race day. Complete results will be sent to clubs and available on www.wpa.org.za / www.vitalrun.co.za

Photographs available on:
www.actionphoto.net (race number required)

CUT-OFF TIME FOR ALL RACES WILL BE AT 10H00.

A TOG BAG facility will be available at field. All items stored at owner's risk. Please ensure that tog bags are clearly marked.

10 KM WALK All social walkers welcome. Refer to General Rules.

4 KM FUN RUN/WALK Starts at 08h00
Entries on race day only.
Entry fee – R20.00
Medals to all finishers.
Spot prizes to be won.

RACE ENQUIRIES
Office 021 852 8473
Marié Barnard 083 713 2858
Hugh Parry 083 448 3090
Stan Stone 082 800 9176



ROUTE DESCRIPTION

The 21 km Run and 10 km Run and Walk are off-road scenic routes at **Lourensford Wine Estate**. **PLEASE NOTE THAT THE 21KM AND 10KM ROUTES' SURFACES ARE NOT SUITABLE FOR WHEELCHAIRS AND BABY STROLLERS.**

10 KM RUN AND 10 KM WALK

The initial 5 km are rough-on-foot, but worth the effort. The course then contours back, with a comfortable downhill and level gravel road to the finish.

21 KM ROUTE

Expect a 3 km climb at the start, followed by contouring jeep tracks and farm road below the foot of the Helderberg Mountains, passing Brinksburg Dam. A second hill climb between 8–9 km, passing Bluegum Dam and Champagne corner. The second half is mainly downhill on easy forest and farm roads.

FUN RUN/WALK

This event follows a different course – relatively flat and easy – through the beautiful wine estate *and is suitable for all ages.*

TRAFFIC & PARKING

Please note that there is only one public access road into **Lourensford Wine Estate**. It is the Race Organisers' intention to enable free flow of traffic into Lourensford as well as accessible parking for participants.

The following arrangements have been made:

- Traffic officials will be deployed on main intersections in Somerset West.
- Marshalls will be directing traffic to 4 various parking areas once entered into the Wine Estate.
- Participants are urged to arrive early allowing at least 90 minutes travelling time from Cape Town.
- Marshalls will be deployed to regulate outgoing traffic.



As a proud Biodiversity Champion, Lourensford Wine Estate aims to engage in activities that lower our carbon footprint. Due to the popularity of the Vital Run/Walk for Life Event, it annually attracts an estimate 2500 vehicles. We would like to encourage all of the participants in this event to make a concerted effort to club together and form lift clubs. This will drastically reduce the amount of vehicles, lowering the carbon emissions and assisting Lourensford in achieving our continuous dedication to protection and preservation of our 4 000 ha estate.

LUCKY DRAW prizes to be won on the day include a **GARMIN FORERUNNER 210 (with HRM)**, 10 x **Vital Hampers** worth R1000-00 each, **Celtic Manor Luxury Spa Package**, exclusive **Avondale Eco Tour**, **Lourensford Wine Estate hampers**, TBC to name but a few!

SPOT PRIZES donated by **Avon Skin Care** and **Vital Health Foods** to random finishers.



GENERAL RULES

21 KM AND 10 KM RACES

The races are run according to the rules of WPA and ASA. Licensed runners must wear club colours and their 2012 licence number on the back of their vest, and must be a member of an ASA-affiliated club. Unlicensed runners must wear a temporary licence number, included in their race package, on the back of their vests. The official race number must be unaltered on the front of the participant's vest. Corresponding numerical age category tags must be worn on the front and back of the vest of athletes competing in category prizes. The race card must be in the athlete's possession for the entire race. **Participants need to complete the information on their race cards prior to the race and the race card must be in the athlete's possession for the entire race.**

On race day, entrants for the half marathon must be at least 16 years old, entrants for the 10 km run must be 15 years and entrants for the 10 km walk at least 12 years (Juniors between 12 and 15 years of age to be accompanied by an adult). Participants may enter the age category corresponding to their chronological age or any younger category down to senior.

In addition to open prizes, participants will be eligible for an age category prize in the age class they enter. Temporary licensed participants are eligible for age category prizes provided they enter the relevant age group, wear an appropriate age tag, and provide proof of age. Age group ID tags must be worn on the back and front of vests of athletes competing for category prizes.

Juniors (born in 1993 or later) wearing a junior or senior licence must display age tags "J" to qualify for age group prizes.

Water and Coke tables will be available approximately every 3 km along the race route. Participants must obey the instructions of marshals/traffic officers. Entry fees are not refundable unless the entry fee is rejected by organisers. No transfers will be allowed between 10 km and 21 km races. Please note that the surface of the 21 km and 10 km routes are not safe for wheelchairs or strollers. Personal seconding will not be allowed, except at official refreshment stations.

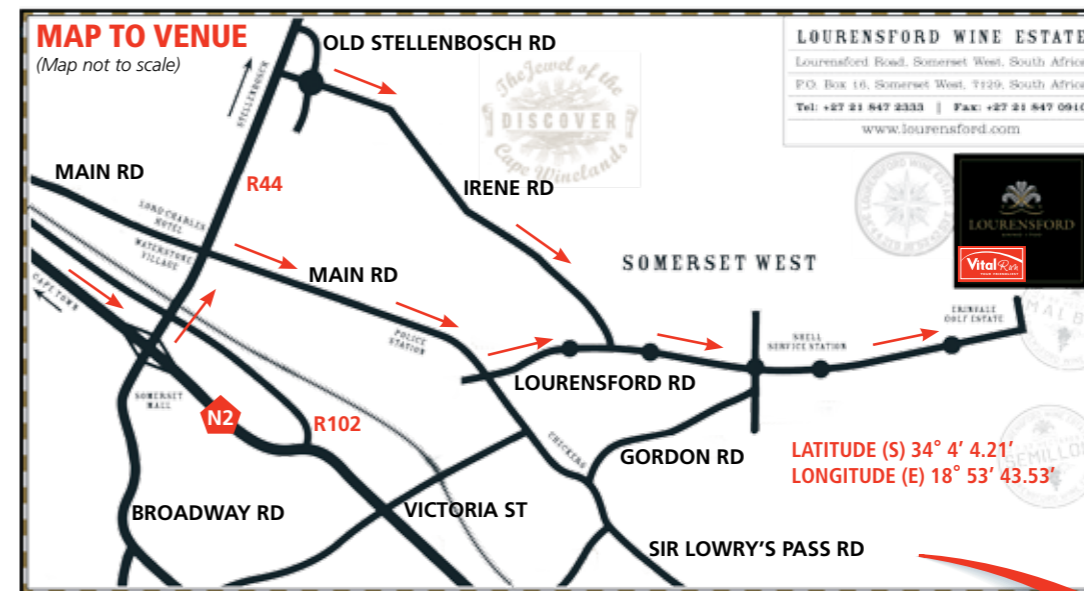
10 KM WALK

All the above mentioned rules apply. Judges will adjudicate walkers. Walkers to wear Walker Tags on front and back to qualify for category prizes. Minimum age on race day is 12 years for walkers.

FAMILY MARKET at LOURENSFORD WINE ESTATE

Come along and make it an outing by joining the festive atmosphere of the Family Market and stay the day! Be greeted by the smell of sizzling breakfast burgers, taste cheeses and other delicacies, enjoy a glass of ice cold Lourensford Estate Wine or home brewed iced tea.

The Market is child friendly, offering a relaxed chill zone for every one's enjoyment.



RWFL – AC MEMBERS

MEN & WOMEN OPEN	10 km RUN	10 km WALK	21 km RUN
	1ST	1ST	1ST
OPEN	SPORTSMANS WITH VOUCHERS (R500each)		

MAIN PRIZES – MEN & WOMEN

MEN WOMEN	10 km RUN			10 km WALK			21 km RUN		
	1ST	2ND	3RD	1ST	2ND	3RD	1ST	2ND	3RD
OPEN	R1 650	R820	R500	R820	R400	R350	R2 550	R1 650	R1 100
40-49	R820	R400	R220	R500	R350	R160	R1 210	R820	R500
50-59	R500	R350	R160	R350	R160	R80	R820	R500	R220
60-69	R330	R160		R220	R170		R500	R200	
70+	R160	R110		R110	R80		R170	R110	
15-19 10km	R220	R160	R80	R110	R80	R60			
16-19 21km							R330	R160	R150



www.vitalrun.co.za

Good health is Vital.

OFFICIAL CHARITY

PATCH, the Helderberg Child Abuse Centre in the Western Cape, South Africa, aims to support all child victims of sexual abuse in the Helderberg area and strives to prevent the incidence of this horrific crime committed against innocent children. We believe that every child victim of sexual abuse is entitled to immediate crisis intervention, free professional therapy in his/her home language at a facility close to the victim's home, and preparation for their court case. In order to do this, PATCH has 7 satellite offices spread locally across the Helderberg Basin.



PATCH remains the only organisation in the Helderberg area that specialises in the prevention and treatment of child sexual abuse. The total number of cases of child sexual abuse reported to PATCH during the 2011/12 financial year totalled 484. We take pride in the fact that with the increased accessibility of our services, the different communities have come to trust PATCH and embrace the help we have to offer.



RUN/WALK FOR LIFE



RWFL is an exercise-based programme, integrated with a nutrition programme (EatForLife), whose core business is the scientific exercising of sedentary, unfit persons. The programme is structured and supervised, with a strong medical foundation. It caters for both runners and walkers of all fitness levels. While the programme certainly does cater for elite athletes (in 2012 over 370 members participated in the Two Oceans marathon), the prime focus of the programme is on entry level athletes and lifestyle. Upon joining, fitness levels are assessed and members are placed in a group according to their ability and fitness levels. Members will thus exercise in supervised groups of people of similar ability and fitness levels. For this reason, the Run/Walk For Life programme is suitable for people of all ages and fitness levels.

Run/Walk For Life have branches situated around South Africa, with sessions offered in the morning as well as the afternoon, catering for both working and non working people.

For more information or to join, visit www.runwalkforlife.co.za.

VITAL CORPORATE SOCIAL INVESTMENT

RED SOCKS CHARITY – CARING EVERY STEP OF THE WAY

We are proud to launch the Red Socks initiative in order to raise additional funds for our preferred charity, PATCH Helderberg. All proceeds will be donated to PATCH. This initiative allows athletes to financially support the charity and add a quality pair of Falke socks to their collection as a special memento of the day. The socks will be sold on the day in a well-marked allocated area before, during and after the event.

This initiative aims to bring life, hope and opportunity to South Africans in need. We believe anyone anywhere can make a very real difference to the lives of our fellow citizens. Our aim is to align ourselves with relevant organizations in need of support and assistance.

Associated charities or beneficiaries:

- Drakenstein Hospice – www.drakensteinhospice.co.za
- PATCH Foundation
- Community school feeding programme
- Bishops Education Scholarship
- Ncedolwethu Crèche

For more information go to:
www.vital.co.za
0800 22 33 11

VitalHope
CARING EVERY STEP OF THE WAY



Vital Run

YOUR FRIENDLIEST

Saturday
1 DECEMBER
2012



START

LOURENSFORD WINE ESTATE
Somerset West

- 21 km Run 06h30
- 10 km Run 07h30
- 10 km Walk 07h40
- 4 km Fun Run/Walk 08h00

Medals to all finishers in cut-off time.
Exciting lucky draws at prize giving.

Run it walk it... but most of all
come and experience it!



POWERADE LEAGUE RACES



Pre-Entries: www.entrytime.com
or enter race on day
Entries limited to 5 000
RACE ENQUIRIES Tel: 021 852 8473
Cell: 083 713 2858
083 448 3090



www.vitalrun.co.za

Beautiful off-road "traffic free" route through the scenic Lourensford Wine Estate. The 21 km and 10 km initially follow the same course, while the 21 km continues along the foot of the Helderberg and Brinksburg dam.

Event organised by Run Walk For Life WP Athletic Club under the auspices of A.S.A. & W.P.A. This event is organised in aid of Patch Helderberg Child Abuse Centre.

