

KAPITI JOGGERS AND WALKERS

with the generous support of our sponsors, present...

IN THE FOOTSTEPS OF THE MARINES 2018 CHARITY WALK AND RUN



Walk or run in the hills where the Marines trained in 1942-43. The race starts and finishes at **Whareroa Farm, Mackays Crossing, Paekakariki**. This year, because of uncertainty about the availability of Waterfall Road, the event will be entirely in historic Whareroa Farm and on Campbell's Mill Road and includes unsealed roads, and bush and clay tracks.

The event is restricted to entrants 12 years and over unless accompanied by an adult.

Venue: Whareroa Farm, Mackays Crossing, off SH1, north of Paekakariki

Date: Sunday 27th May, 2018

Starts: **9.30 am** Race Walkers and Social Walkers & Slow Joggers: **10.00 am** Runners

You should enter as a Runner only if you can comfortably run 11 kms at 7 minute per km pace or faster. Race Walkers must walk all the way. Race Walkers and Runners will do the longer course (approximately 11.5 kms), and Social Walkers and Slow Joggers will do the shorter course (approximately 9.5 kms).

Registration: from 8.15 am at the Whareroa Farm shelter. Please ensure you arrive early enough to collect your race number and attend your race briefing, which is 10 minutes before your start time. Note only two start times this year and two different routes so be there to hear the detail.

Entry fee: \$25 (a \$5 late fee applies on the day).

For online entry (preferred option) and more details on the event and important safety information, go to <http://enteronline.co.nz>

Any postal entries must be received by 25th May. Please print and complete the form on page 2 and send to the address given to arrive no later than 25th May

IN THE FOOTSTEPS OF THE MARINES: ENTRY FORM

Name _____ (please print)

M / F (circle) Age ____

(1) Social walkers & slow joggers (2) Race walkers (3) Runners

(Circle ONE of the 3 categories above)

EMERGENCY CONTACT & PHONE NUMBER

First name _____ Phone number _____

(Someone we can contact on the day if you have a problem)

Postal address

Email _____

Phone _____

I consider that I am fit enough to do this event and accept that I am competing at my own risk.

Signature _____

Please post your entry form with a cheque for \$25, payable to Kapiti Joggers,
to: The Race Secretary, Kapiti Joggers, C/- PO Box 569, Paraparaumu 5032.