6km R30 30km R50

YZERFONTEIN
Fietsry / cycling

NO HELMET NO RIDE

Saturday 20th December 2008
Start/Finish - Parking area -
Dutch Reformed Church Hall, Yzerfontein.

Starting Times:
30km 06h00 – 6km 06h15

FIRST 200 ENTRIES
Free- T-shirt, Boerewors Roll & Cooldrink

Fantastiese pryse te wen !
Fantastic prizes to be won !

All monies raised will be donated to the Yzerfontein Urban Conservancy for conservation projects in Yzerfontein.

SPONSORED BY:

CAPE TOWN PRODUCTIONS

Enquiries/Navrae: Alfie van Litsenborgh (022) 451-2747: Cell: 082 966 7166
Deelnemers neem deel op eie risiko. Participants take part at their own risk. Verkeersreëls moet nagekom word.
Cyclist must obey all traffic rules. Met trots aangebied in oorleg met : Presented with pride in collaboration with

YZERFONTEIN ARMED RESPONSE
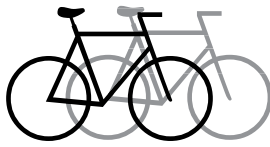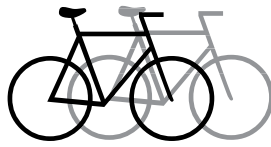*Your Family Security depends on it*

THE WEST COAST FARM STALL

SMOKEY MOUNTAIN
DEVELOPMENTS

INSKRYWINGSVORM – ENTRY FORM

Distance : Afstand

| 6km R30 ☐ | 30km R50 ☐ |

Surname : Van _____

Name : Naam _____

Initials : Voorletters _____

Gender : Geslag 👤 ☐ 👤 ☐

Age : Ouderdom _____

Physical address : OR : Email address _____

_____

_____

_____

Code : Kode _____

T-shirt size / T-hemp grootte

S ☐ M ☐ L ☐ XL ☐ XXL ☐ XXXL ☐

RULES

- Entries cash only : 6 km R30-00 : 30 km R50-00
- Entry form and fee can be handed in at the office of Yzerfontein Armed Response, 63 F. Duckitt Street, Yzerfontein.

CLOSING DATE FOR ENTRIES IS THE 15th DECEMBER 2008.

- Entries on the day will be allowed, but we cannot guarantee a T-shirt.
- Participants must keep to the designated route, as indicated.
- Marshals and traffic officials must be obeyed at all times and STOP if so instructed.
- It is the responsibility of each participates to ensure that he / she is medically fit and healthy to participate in the event.
- The organizers accept no responsibility for any accident or injury resulting from participation in this event.
- The organizing committee reserves the right to accept or reject any entry.
- Optional - wear the sponsor's T-shirt.
- The decision of judges is FINAL.

INDEMNITY

I declare that I am physically and mentally fit to participate in this event and assume all risk of such participation. I participate in the race at my own risk and hereby indemnify the organizers, officials, all helpers and sponsors against any claim whatsoever that results from my participation.

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Signature of Entrant Signature of Parent / Guardian (if under 18) Date