



Lake Farm Centre  
**Wild 10km Trail Run 2011**

Proudly supported by: Royalston Estate & Private Nature Reserve and Lake de la Vie Country Estate, Bukani Print, ITDesign, LineOut Audio & Lighting, Sigtific and other sponsors.

**Hosted by Lake Farm Centre**

**WHEN:** Saturday 27 August 2011

**WHERE:** Lake Farm Centre, Lake Side Road, off Kragga Kamma or Sea View Road, PE

**TIME:** REGISTRATION OPENS @ 8h00      **AGE RESTRICTION:** must be 16 years or older.

**RACE STARTS @ 09h00 and race briefing at 8h50**

**COST:** R30 and Payment:

*All payments only (cash) at morning of race at start. Registration starts 8 am at Lake Farm Centre  
FAX signed ENTRY FORM TO: 041-3791684 and bring to registration("Pre-faxed") to assist with registration.*

**DISTANCES:** about 10KM

**GRADING/LEVEL:** this is suitable for Beginners also BUT running a trail run especially on a Game Reserve with wild animals is a potentially hazardous activity. Route is 70% on grass and 30% on sand/gravel and mostly on visible trails.

**Prizegiving:** at 11h30 and also lucky draw

**Cut-off:** at 11h30 and all to leave route because no support available on route from 12h00.

**RACE INFO:** Bennie Stadler at 071 3650221 or Office: 041-3791555 (o/h: 8:00 - 4:30)  
admin@lakefarm.org.za

▫ Visit [www.lakefarm.org.za](http://www.lakefarm.org.za) or also on face book for updates re the trail run, our annual Fête, fundraising event for charities and other event details.

**LAKE FARM CENTRE:** is a registered NPO and home for 91 intellectually challenged adults and organises the annual farm fête, 1<sup>st</sup> trail run and now also welcome other charities to benefit from our joined event. We also host the annual charity road race and fun run.( March 2012)

**We thank all the runners, walkers, helpers, organisers and sponsors for the success of our annual events.**

## **RACE INFORMATION:**

1. The Wild Trail Run will take place at Lake Farm Centre, and Private Nature Reserve of the Royalston Estate and Lake de la Vie, 10km out of Port Elizabeth at Lake Farm Centre in Lake Side Road, just off from the Kragga Kamma Road or Sea View Road.
2. Directions to get to venue: see our location and map on our website
3. Entry fee is R30 and faxed Entry forms will secure a special medal when we receive payments only at start.
5. The race is on Saturday the 27th August 2011 will take place on the above-mentioned properties and will be about 10km.
6. Expect to run on trails cut in and around the Nature Reserve and farm with a few sharp climbs, mostly grass, some sand/gravel trails and minor obstacles to negotiate.
7. Every runner must support themselves as no water points will be provided along the route.
8. The route will be well marked but you will have to look out for the markers and make sure not to lose the trail.
9. There will be ample to do for family members waiting for runners to finish. A coffee shop, farm fête, food stalls, craft shop and Popsy-the-Clown fun park for the kids, guided walks on the farm and life instrumental band will make sure no one is bored waiting for loved ones.
10. There will be prize money and lucky draw prizes.
11. The winners (male and female) of each race will get a gift or prize.
12. Enter early (fax entry/application) if you want to make sure you reserve a place for this limited real wild opportunity for only 300 runners. How? Fax your entry form to 041-3791684 and make payment at entry table on morning of race.
13. **Safety:**  
ALL wild animals are potentially dangerous and should be avoided at all times. The specific trail has been tested and evaluated by experienced trail runners without any problems. Although incidents occur very seldom over many years, runners are instructed to stay out of the way of approaching animals and take safety precautions when you see storming animals which might include giraffe, wilde beest, ostrich, bush buck, etc. or other dangers such as snakes.  
Persons trained in 1<sup>st</sup> Aid will be available at the venue but not in the bush and it is advisable for inexperienced and beginner trail runners to always take cell phones with them when they run alone. Two Rhino quad bikes will be on duty to assist when needed in the bush. At about the 2,5 km and 5km/halfway mark (crossings over gravel roads) there should be marshals to assist in case of emergency or if you need to exit the race route. The route follows visible trails, open grass areas and no bundu-bashing required. Do not change direction or leave route unless you see the markers or follow instructions of marshals. If unsure of the direction to next marker rather take it slow, go to the last marker and look for the next marker before changing direction or wait for other runners to assist. At 11h30 there will be a sweeper and all will have to leave route then.
14. NB: Enjoy the exclusive, wild experience and don't forget to notice the wild-life, unspoiled bush and no littering will be allowed because this is a Green Race on a Private Nature Reserve.

**Wild 10km Trail Run**

**Lake Farm Centre**

**ENTRY FORM**

**Race number:** \_\_\_\_\_

**Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Sex:** \_\_\_\_\_

**Email address:** \_\_\_\_\_  
**Mobile number:** \_\_\_\_\_ **other:**.....

**Select: Runner or (Walker -not a walk race) R30**

**Payment: cash on morning at start of race only. Entries open from 8am at Venue.**

**"First come first serve"—limited to first 300 runners. Fax this signed form to: 041-3791684**

The first 50 entry forms received at the office and who also register/pay fee for the run at the race, receive special medals made by LFC pottery workshop when they register.

**Waiver:**

I know that running a trail run especially on a Game Reserve with wild animals is a potentially hazardous activity.

I should not enter unless I am medically able and properly trained. I assume all the risks associated with running this event. Having read this waiver and knowing these considerations of your accepting my entry fee, I, for myself, and anyone entitled on my behalf, waive and release Royalston Estate, Lake de la Vie and Lake Farm Centre and all their sponsors, their representatives and successors, for all claims or liabilities arising out of my participation in this event.

If under the age of 18 then I will be an accompanied minor / run with an adult person with name:.....No persons under 16 years old.

Signature (Parent's Signature If under 18)

Date:

\_\_\_\_\_

\_\_\_\_\_

- 1. Are you a regular visitor to Lake Farm Centre?
- 2. Would you like to find out more about Lake Farm Centre?

Y	N
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Y	N
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- 3. If yes, I acknowledge that my contact details may be given to the centre to a staff member for contact to be made.

( \_\_\_\_\_ signed)