



# THIS YEAR YOU CAN DO IT!

## SPECIAL 20<sup>TH</sup> YEAR SPECIAL COMMEMORATIVE HANDOUTS

**A fun but yet challenging competition for all road walkers/runners organized in memory of Johnny Kambouris.**

Join many thousands of athletes who have already experienced the camaraderie, challenge and fellowship that goes with the 1000km Challenge. The 500km/1000km Challenge provides an incentive to keep going and maintain a semblance of fitness throughout the year. It will also help to commit athletes who intend participating in the special 85<sup>th</sup> Comrades Marathon to keep on track and provide the discipline required to succeed!

### IS 500/1000KMS WITHIN MY REACH?

All it takes is an average of plus minus 5/10kms per week in road races between the 25<sup>th</sup> of May 2009 and 30<sup>th</sup> May 2010. Wait until January and it will quite obviously take more time on the road – so why not enter early and keep chiseling away at a few races in the earlier months to maintain fitness and keep accumulating the k's.

### HOW DO I MONITOR MY PROGRESS?

You will receive a race list upon registration and half the fun is to regularly fill in details of races completed and to monitor your progress. You will get a kick out of watching the mileage grow!

### TO QUALIFY

#### **SPECIAL 20<sup>th</sup> ANNIVERSARY INCENTIVE:**

Walk/Run between 25<sup>th</sup> May 2009 and 30<sup>th</sup> May 2010 (Comrades is not compulsory) **ONLY A MINIMUM OF 500kms in road races** sanctioned by a provincial road running association – fun runs are not allowed unless they are held under the auspices of a registered athletic club or by a registered welfare organization. See rules in acknowledgement of entry form posted to you on receipt of your entry.

#### **ALL ENTRANTS WILL RECEIVE:**

A special edition 20<sup>th</sup> anniversary t-shirt, race list and guidelines. (Forgotten entries will not receive this t-shirt).

These will be handed out at Gauteng road races or posted if you reside in areas where there is no Challenge representative.

#### **ALL FINISHERS WILL RECEIVE:**

By completing 500kms: A personalized t-shirt

Special Edition Two Tone Medal

To be awarded after June 2010 at Provincial prize givings or handed out/posted.

### WALKERS

805kms (500 miles)  
1207kms (750 miles)  
2512kms (gold, silver  
& bronze)

### SPECIAL INCENTIVES:

#### RUNNERS

1609kms (1000 miles)  
2414kms (1500 miles)  
5023kms (gold, silver  
& bronze)

#### SPECIAL MEDAL

Personalized silver  
Personalized gold  
Personalized platinum

### CATEGORY AWARDS

Top 10 personalized trophies

Trophies for various age groups male and female for each province  
(Minimum of 20 competitors from a province to qualify)

### RIC-ITS TROPHY

A trophy will be awarded to the athlete who completes the most distance in races shorter than the Comrades/including Comrades – nothing longer, e.g. 100km or 100 milers will be not eligible for this trophy.

### PERMANENT NUMBERS AND SCROLLS

Runners and Walkers Permanent Numbers are awarded to all competitors who complete 3 Challenges. For this year only, 500kms will qualify towards a permanent number. Various other permanent numbers and scrolls are awarded according to the number of years and distance completed – please enquire from our office for more details.

### RUN/WALK FOR CHARITY

We will continue to support our charities by donating R10.00 from each entry received to either an Animal Welfare Society or The Salvation Army. Will you not consider being part of making the word a better place and try to raise money for your nominated charity or for one of ours?

More than R50 000.00 has already been donated to charity over the past 5 years of the charity concept!

Please contact our office for more details.

### QUESTIONS AND QUERIES

Please note that in order to assist our entrants this year, our office will be open on mornings Monday, Wednesday and Friday between 9am and 1pm at:  
11 Plantation Road, Bedfordview, 2007. Phone 011 616 6100

### TO ENTER:

Enter on line at [www.entrytime.com](http://www.entrytime.com)

Or: Pay by cheque made out to "1000km Challenge"

Or: Deposit directly into our bank account. Banking details on entry form.

**WHY NOT EXPERIENCE THE CAMARADERIE  
AND FRIENDSHIP AND ENTER NOW**

# THIS YEAR YOU CAN DO IT!