

SUNDAY 21 OCTOBER 2018

5KM — MARKS PARK, EMMARENTIA, JOHANNESBURG — 8KM



WALKERS GUIDE 2018

 iThembaWalkathon

 iThembaWalkathon

#iThembaWalk2018

IN PROUD ASSOCIATION WITH

woman&home
magazine

BONA



NGO PARTNERS



WALK PACK COLLECTION AND LATE ENTRIES

All Walkers need to come to Walk Pack Pick Up and collect their event kit in advance. Getting your gear early means you can arrive ready to walk on Sunday!

Your Walk Pack includes:

- The stunning new 2018 Avon Justine iThemba Walkathon event t- shirt (**Only the first 20,000 entries who have qualified**)
- Your very own walker number
- An Avon product
- A Justine product
- A Caxton Magazine
- Other exciting goodies

When

From Tuesday, 16 October till Saturday, 20 October (10:00 - 19:00).

Try to avoid peak times and big queues. These are often the first few hours on day 1 of Walk Pack Pick Up as well as lunch time and after work hours.

Where

**Marks Park, Judith Road,
Emmarentia, Johannesburg**

Late Entries

We have reserved a selected amount of entries that will be available at Marks Park from Tuesday, 16 October up until Saturday, 20 October @ R160 per adult and R110 per child under 12.

Late entries will be available between 10:00 and 19:00 on the above mentioned dates. Please note that these are extremely limited and once we have reached our capacity of 30,000, we won't be able to accept any more entries!

Picking up your pack

It's game time, come on down and get your goodies! **Pick up your Walkers Pack** and meet some of the amazing survivors that will be walking alongside you.

Please remember to bring a printed or digital copy of your confirmation email with the QR code and a copy of your ID (just in case).

Manual Entry customers need to bring their receipt if they haven't received their tickets by the day of Walk Pack Pick Up.

T-shirts are supplied in a specific size spread as best possible you will receive the T-shirt size you have indicated (those who qualified) T-shirts are limited to the first 20,000 entries received.

Picking up for a friend

Easy! You can also pick up kits for your friends and team mates provided you have a copy of their confirmation email as well as all their details.

T-shirts are supplied in a specific size spread as best possible you will receive the T-shirt size you have indicated (those who qualified) T-shirts are limited to the first 20,000 entries received.

Grab your walking shoes, your friends, and your ribbons of hope and we'll see you at the start line for our 5km and 8km crusade against breast cancer.

When

VERY IMPORTANT:

WAVE	START TIME	WALK TIME
Red	7:30	Red coded numbers
Blue	8:00	Blue coded numbers
Green	8:30	Green coded numbers

Red group go straight to the start line. Please follow the signage at the venue which will direct you to your specific colour coded start area corresponding with the colour of your walk number. Adhering to this will help you to have a most enjoyable start.

What

Each colour batch starts 30 minutes apart and you'll head off in each batch with thousands of new friends! Each batch must arrive in the venue 20 minutes prior to their start walking time at their colour coded start area. You can also relax in the Festival Zone, visit our food vendors and grab a coffee before the start.

It takes 1-3 hours to walk the route and then into the finish festival zone where you will enjoy music from **DJs**, **local acts**, **food and drinks**, heaps of goodie give aways!

Remember

Drink plenty of water before the walk **and** ensure that you bring extra water along on the route. There will be water stations on the route but **we strongly recommend you bring additional water** with. Don't forget to put on your sunscreen / wear your hats for the walk and extra bring cash for food stalls, vendors and NGO stands.

We have been warned about an unfortunate new trend by SAPS at mass participation events. Participants carrying backpacks have had their bags slit and their valuables stolen during races and concerts. Please be warned. If you have a back pack, please carry this on your chest, especially when waiting in crowded start chutes or in queues.

Park and ride

- Park and Ride bookings open till Friday, 19 October 2018
- Click on this link to purchase your ticket online, credit card sales only: <http://www.tixsa.co.za>
- The shuttles will drop walkers on the corner of Judith Avenue and Beyers Naude Avenues
- Pick up will be at the main gates to Marks Park Sport Club in Judith Avenue

Departure times from all Park and Ride venues:

East Rand Mall

Departure Time 6:00

Silverstar Casino

Departure Time 6:00

Royal Elephant Hotel & Conference Centre Centurion

Departure Time 6:00

Fairlands Walk

Departure Time 6:00

ROUTES

Road closures



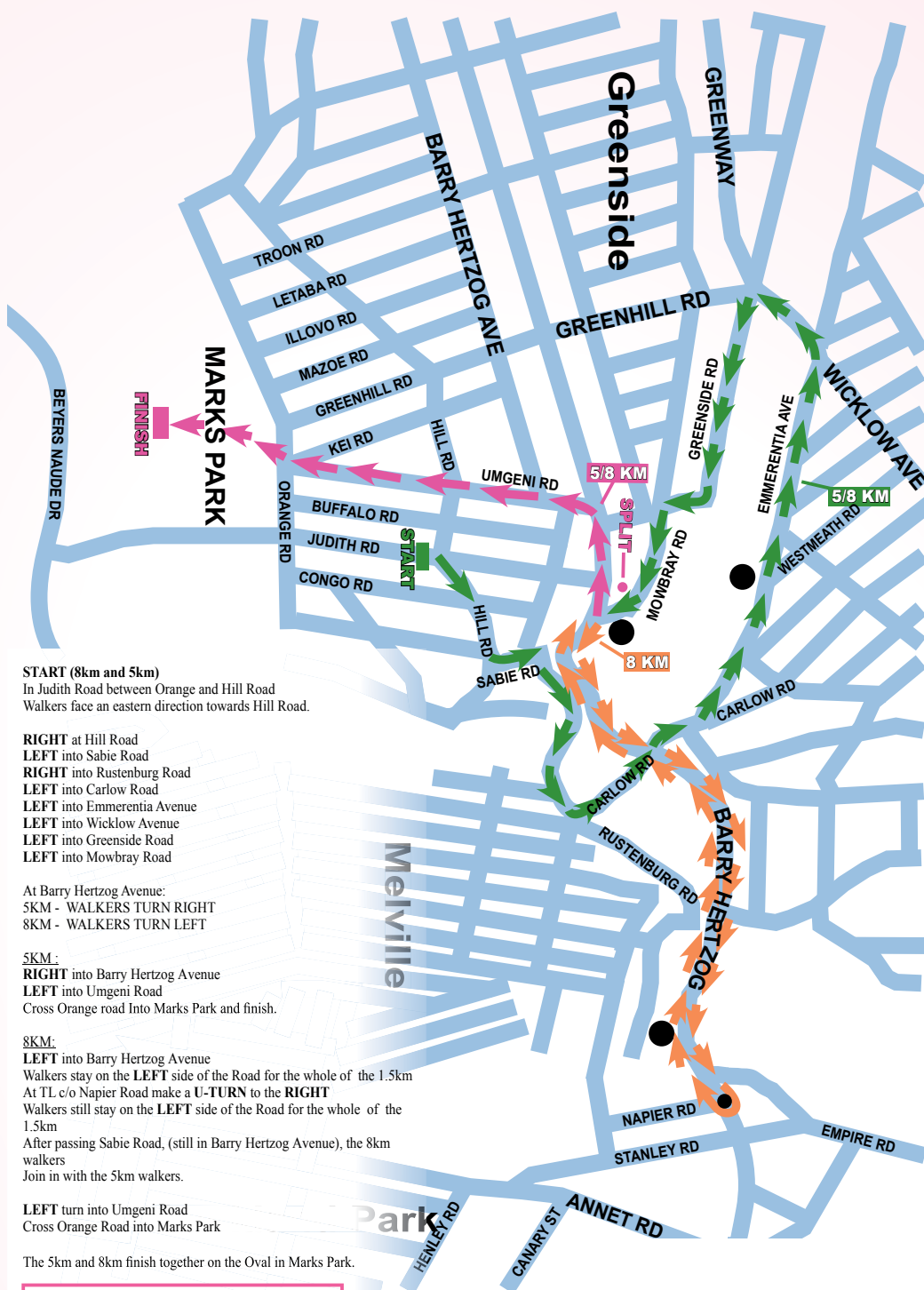
Temporary road closures on Sunday 21 October 2018, as listed below, are to ensure the following:

- To prevent participants parking and obscuring the walking route and causing inconvenience to the residents.
- To safe guard the walkers during the walk between 5:00am and 10:00am.
- To allow residents access although access will be restricted while walkers are on the route.

Temporary Road Closures between 5:00 – 12:00

1. Judith Road & Beyers Naude Drive
2. Judith Road & Barry Hertzog Avenue
3. Sabie Road & Barry Hertzog Avenue
4. Rustenburg Road & Carlow Avenue
5. Komatie Road and Greenhill Road
6. Barry Hertzog Avenue & Napier Road
7. Empire Road & slipway to Emmerentia Avenue
8. Barry Hertzog Avenue & Gullane Road
9. Barry Hertzog Avenue & Umgeni road
10. Barry Hertzog Avenue & Greenhill Road
11. Greenhill Road & Clovelly Road
12. Komatie Road & Troon Road
13. Troon Road & Hill Road
14. Orange Road & Letaba Road
15. Orange Road & Illovo Road
16. Orange Road & Mazoe Road
17. Orange Road & Greenhill Road
18. Barry Hertzog Avenue & Mowbray Road
19. Judith Road & Hill Road
20. Greenhill Road & Mowbray Road
21. Greenhill Road & Greenside Road

ROUTES



PARKING



- Parking Area A will be used for Disabled walkers, Management and Emergency Services.
 - Access to this area will be via Marks Park main gate only. Use Beyers Naude Road and turn on to Judith Road. Proceed up Judith Road to Marks Park main gate. Security and Marshals will direct people to correct parking areas from there.
 - This parking area will have **NO ACCESS** between 6:30 and 9:00 due to the start of the walk taking place in Judith Road.
 - Only selected emergency vehicles will be allowed to access Judith Road during this time.
- Parking Areas C, D and E will be open to all. Based on a first come first served basis.
 - Access to these areas will be via Louw Geldenhuys / Orange Road. The road will be open all day and vehicles can enter and exit at will.
 - Marshals, Security, SAPS and JMPD will be in these areas to assist with getting vehicles in and out of the parking areas.
 - All roads leading off Louw Geldenhuys / Orange Road will have limited access between 05:00 – 15:00 due to road closures.
- Parking Area F – Roosevelt High School will be open to all.
 - Access to this parking area will be via Thomas Bowler Road.
 - Parking will be open from 5:00.
- Park and Ride.
 - Various options available. For more information <http://www.ithembawalkathon.co.za>.

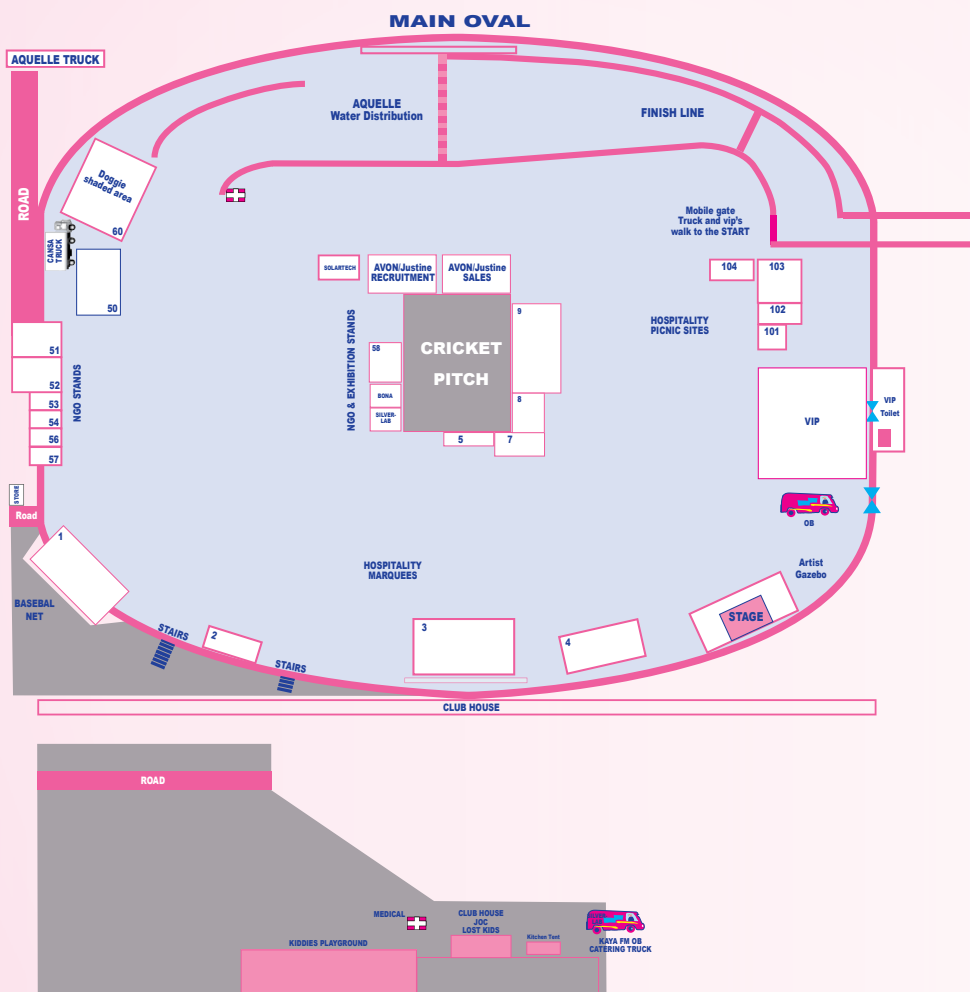


Car Guards: Look for official 'iThemba Walkathon' car guards / marshals wearing our event shirt. Please follow all directions from JMP and iThemba Walkathon Officials.

No other car guards are part of the event.



EVENT AREA



HOSPITALITY	
NAME	SITE NR
Avis Budget	1
SAIBPP	2
Entsika Consulting Services	3
Omnia	4
Systagenix Wound Management	5
Metrobus	7
African Mining & Trust	8
McDonalds	9
SA Reserve Bank	101
Doves	102
Gauteng Provincial Treasury	103
Gem Diamonds	104

NGO	
NAME	SITE NR
Look good Feel better	50
Wings of Hope	51
CANSA	52
POWA	53
Tears	54
1000 Women Against Domestic Violence	56
Lawyers Against Abuse	57
SANBS	58

OTHER	
NAME	SITE NR
Doggie Shaded Area	60

Safety first

The Avon Justine iThemba Walkathon is an alcohol free / non-smoking event.

Walkers please keep to the left; walkers and participants with strollers, etc. keep to the right.

If walking with small children, please watch and direct them through the walk.

There is a First Aid station located within the Finish Festival.

Please follow any directions provided by walk officials, volunteers and police / security.

No glass bottles (including glass water bottles), containers etc. allowed at the venue.

Weather: Check the weather for the day of the walk and prepare accordingly with sunblock, suitable clothing and food / water. **Water:** There are water points situated every 2km on the route. Please make sure you have any additional refreshments for the length of the course, it is forecast to be very hot.

Walking with children: All participants who will be walking with children must have a safety wristband, which we supply, for each child. All free walkers under 2 need to be registered at Walk Pack Pick Up / Walk Day and wear their official safety wristband completed with their name and their guardians contact details.

Reminders

Please attach your walk number so it is visible on the front of your shirt. This is how you will be identified as an iThemba Walker.

NO WALK NUMBER, NO WALK!

Teams may walk in a group or separately. It is completely up to you!

Friends and family are welcome to meet up with participants in the general festival areas. Only iThemba walkers will be allowed in the finish area.

Come ready to walk. There are no lockers or bag drop facilities at the event. Plan to keep any items you bring with you, or leave valuables at home.

We accept: cash, Visa and MasterCard. **There won't be an ATM at the Finish Festival** so bring some cash for the Festival & vendors.

Lost children

Collect your kiddies ID wristband at the children's registration area at Walk Pack Pick Up or the Kiddies Play Area before the walk.

Please report anyone lost to the staff at the JOC, situated next to the kiddies play area.

We have flags located nearby so you can allocate a meeting point with your kiddies/group!

t shirts for sale

Limited T-shirts will be available for purchase @ R80 to walkers who have registered after the 20,000 cut off. Please note that these t-shirts will be limited and sold on a first come first serve basis.



No children will be allowed to walk alone, they must be accompanied by a parent.

All children will be required to wear identification wrist bands. Wrist bands will be provided when collecting your goodie bags.

Please ensure you provide the correct information to ensure for easy identification. If your child gets lost, please go directly to the lost children area.



Doggie walk

BRING YOUR FRIENDLY FURY CANINE TO JOIN IN THE FUN WITH THE DOG WALK AT NO EXTRA CHARGE.

PLEASE NOTE THE FOLLOWING WITH REGARDS TO THE DOG WALK:

- All doggies must be registered at walk number collection registration.
- Please make sure your doggie is on a leash at all times.
- We will provide doggie water refreshment stations along the route however please ensure you bring enough food and water for them.
- The Dog Walk is restricted to 5km.
- An area will be available for you and your doggie at the finish area "village".
- A registered vet will be available should your doggie require any medical attention.

WE WELCOME ONLY FRIENDLY CANINE FRIENDS - PLEASE BE MINDFUL WITH YOUR DOG'S BEHAVIOUR.





Live Entertainment

Kaya FM presenters will broadcast live from the event.

Post-walk entertainment and prize giveaways on stage.

Cansa Shavathon

Shave or spray to show your support for a cancer survivor at the walk.



Children's Play Area

Allow your little one to enjoy our Children's Play Area at the finish.



Food Stalls

Meals, snacks and drinks are available at the walk.

Doggie Walk

Bring your furry friend they join for free!



PLEASE VISIT OUR WEBSITE FOR MORE INFORMATION ON OUR WONDERFUL NGO PARTNERS



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www.ithembawalkathon.co.za