AVON 14th YEAR

iThemba WALKATHON
Join us in the crusade against breast cancer

WALKERS GUIDE 2019

IN PROUD ASSOCIATION WITH
KAYA 103 FM
woman&home magazine
BONA
NGO PARTNERS
CANSA

#iThembaWalkathon #iThembaWalk2019 #Stand4Her
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 2019 Avon Justine iThemba Walkathon event t-shirt (Only the first 19,000 entries who have qualified)
- Your very own walker number

- An Avon / Justine product
- A Caxton Magazine
- Other exciting goodies

WHEN

From Tuesday, 15 October till Saturday, 19 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, 15 October up until Saturday, 19 October @ R185 per adult and R125 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 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 19,000 entries received.

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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.

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www.ithembawalkathon.co.za
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**

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<thead>
<tr>
<th>WAVE</th>
<th>START TIME</th>
<th>WALK TIME</th>
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<tbody>
<tr>
<td>Red</td>
<td>7:30</td>
<td>Red coded numbers</td>
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<tr>
<td>Blue</td>
<td>8:00</td>
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<tr>
<td>Green</td>
<td>8:30</td>
<td>Green coded numbers</td>
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**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 & RIDE**

- Park and Ride bookings open till Friday, 18 October 2019
- 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
- Pick up & drop off zone
  - Canoe Club (Louw Geldenhuys Drive) as proposed by yourselves
  - Pick up time morning 06h00
  - Departure time from Marks Park 12h00 (this applies to all pick up points)
  - Departure Time 6:00
- Departure from all pick up points is strictly @ 06h00
  - East Rand Mall
  - Fairlands Walk
  - Royal Elephant
  - Silverstar Casino
ROAD CLOSURES & 5KM & 8KM ROUTES

ROAD CLOSURES

- TL Ingalele & Barry Hertzog Ave
- TL Muirfield Rd & Barry Hertzog Ave
- TL The Braids Rd & Barry Hertzog Ave
- TL Troon and Barry Hertzog Ave
- TL Greenhill Rd & Barry Hertzog Ave
- TL small road between Greenhill and Kei Rd
- C/O Umgeni Rd & Barry Hertzog Avenue
- TL Judith Rd & Barry Hertzog Ave
- C/O Congo & Niger Rd
- C/O Congo & Hill Rd
- C/O Judith & Orange Rd
- C/O Louw Geldenhuys Dr & Ingalela Rd
- TL at Louw Geldenhuys and Oillants Rd
- C/O at Louw Geldenhuys Dr & Muirfield Rd
- TL Barry Hertzog & Sabie Rd
- C/O Barry Hertzog & Umgeni Rd
- TL Beyers Naude Dr & Juduth Rd

DESCRIPTION

- No Access 05:00-11:00
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LIMITED ACCESS

Only vehicles to venue parking or residents with disc, VIP, staff, vendors, access or route. 06:00 - 07:30

START

FINISH

HEAVY DELAYS

05:00 – 15:00
BEYERS NAUDE DR

NO ACCESS

VIP/Staff

DROP OFF

5 km

8 km

General drop off

Water stations

Road Closure

Free Parking

Route to VIPS free parking
1. Parking Area C will be used for Disabled walkers, Management and Emergency Services.
   a. 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.
   b. Only selected emergency vehicles will be allowed to access Judith Road during this time.

2. Parking Areas C, D and E will be open to all. Based on a first come first served basis.
   a. 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.
   b. Marshals, Security, SAPS and JMPD will be in these areas to assist with getting vehicles in and out of the parking areas.
   c. All roads leading of Louw Geldenhuys / Orange Road will have limited access between 05:00 – 15:00 due to road closures.

3. Parking Area F – Roosevelt High School will be open to all.
   a. Access to this parking area will be via Thomas Bowler Road.
   b. Parking will be open from 5:00.

4. Park and Ride.

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 the event.
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.

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.

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 at R80 to walkers who have registered after the 19,000 cut off. Please note that these t-shirts will be limited and sold on a first come first serve basis.

LOST CHILDREN

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.
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.
FUN FOR THE WHOLE FAMILY

Get ready for the 14th annual Avon Justine iThemba Walkathon and help raise breast cancer awareness.

LIVE ENTERTAINMENT
Kaya FM presenters will broadcast live from the event.
Post-walk entertainment and prize giveaways on stage.

CHILDREN’S PLAY AREA
Allow your little one to enjoy our Children’s Play Area at the finish.

DOGGIE WALK
Bring your furry friend they join for free!

FOOD STALLS
Meals, snacks and drinks are available at the walk.

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

#stand4her

Since it was founded in 1886, Avon has been a vehicle for change. When social stigma inhibited women from earning their own wage, Avon offered a pay check. When traditional office structures inhibited women from working around motherhood, Avon offered a flexible environment. When women had nowhere to turn to support them through the trauma of breast cancer, Avon partnered with experts to offer resources, advice and support.

The Pink Light Project is a global education campaign, developed in association with Cancer Research UK to deliver the Avon Breast Cancer Promise pledge to help women globally know the risks, know the signs and know how to take action. Thanks to the astonishing efforts of Avon’s millions-strong network of women around the world – associates, Representatives and customers – in spreading the word, the message reached 337 million women.

Please Visit our website for more information on our wonderful NGO Partners

www.ithembawalkathon.co.za