iThemba Walkathon

Join us in the crusade against breast cancer

AVON Justine 14th YEAR

SURVIVORS GUIDE 2019

IN PROUD ASSOCIATION WITH

NGO PARTNERS
DEAR SURVIVOR

It is our honour and privilege to welcome you to the 2019 Avon Justine iThemba Walkathon!

Because we want to make your day as enjoyable as possible, we have compiled this Information Guide outlining all the important information you need for event day.

Please pay close attention to the information herein, and if you have any further questions or concerns do not hesitate to contact us at hospitality@ithembawalkathon.co.za or on 087 097 0011.

Get ready for the biggest Crusade of Hope, because we cannot wait to meet you!

EVENT INFORMATION

DATE: Sunday, 20 October 2018
VENUE: Marks Park Sports Club, Judith Road, Emmerentia
TIME: 07:30 – 14:00
WHAT YOU WILL RECEIVE:
• A special Survivor Sash and t-shirt
• A Goodie Bag containing an Avon Justine product, a Caxton magazine, and other exciting inserts.

SURVIVOR COLLECTION INFO

Because you are so special to us, you will collect your Walkers Pack, sash and t-shirt at the dedicated Breast Cancer Survivor corner at our Registration Venue on the following dates and times:

Tuesday, 15 and Saturday, 19 October 2019
From 10:00 to 19:00.

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]

www.ithembawalkathon.co.za
We want to show you off and spoil you a little by escorting you to the start line and having you be the first to commence the 14th annual Avon Justine iThemba Walkathon.

**EVENT DAY**

Those of you who will need special transport to the start line, don’t worry we have got you covered - a golf cart dedicated to our Survivors with your very own chauffeur will be at your service.

In order to ensure that all our survivors arrive at the start line together and on time, please meet your coordinator at the following location and time:

**LOCATION:** At the Breast Cancer Survivor banner located at the TOP of the field opposite the Clubhouse.

**TIME:** From 06:30-07:00am

**START TIME:** 07:30am

Please make sure you are on time as we do not want to leave you behind.

If you have loved ones walking with you, they are more than welcome to join in the royal treatment.

There will be a First Aid station located within the Finish Festival. Please follow any directions provided by walk officials, volunteers, and police/security. Remember, it’s for your own safety.

**WHAT TO BRING**

Just in case you forget, here is your Event Day Checklist:

- Survivor t-shirt, with your walk number attached to the front
- Survivor Sash
- A hat - To protect those pretty faces
- Sunscreen
- Your medication [If necessary]
- Water [There will be water points along the route, but we don’t want you to get thirsty]

*[a super awesome smile to enjoy the day]*

**WRITE YOUR STORY**

Your strength and courage inspires us daily, and we believe that there are more people in need of such inspiration.

If you want to share your story with us, and do not mind if we share it on our website and social media platforms, please submit a testimony of 200-250 words to hospitality@ithembawalkathon.co.za.
FUN FOR THE WHOLE FAMILY

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

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.

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.

AVON PINK LIGHT PROJECT

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.

#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.

Please visit our website for more information on our wonderful NGO partners.

www.ithembawalkathon.co.za
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 event.