

# Experience the race IN YOUR OWN WHEELCHAIR

Donate the wheelchair to a disabled home at the prize giving.



Help **RAISE FUNDS** for our disabled athletes

Please RSVP by Friday 23<sup>rd</sup> August 2013  
Carl Greyling: carl.globelex52@gmail.com



[www.guts2glory.co.za](http://www.guts2glory.co.za) • [www.facebook.com/guts2glorysport](https://www.facebook.com/guts2glorysport)  
[twitter.com/guts2glory](https://twitter.com/guts2glory) • [www.youtube.com/user/guts2glorysport](https://www.youtube.com/user/guts2glorysport)  
[pinterest.com/guts2glory](https://pinterest.com/guts2glory)



Be part of this **CRAZY**  
*Challenge*

**15km Wheelchair race**  
**15km Fun run, Walk**  
**5km Fun run, Walk**

**Groot Constantia Wine Estate**  
Sunday 1<sup>st</sup> September 2013



This year, due to popular demand from our last year's participants, we're returning to the historic and picturesque grounds of the Groot Constantia Wine Estate and our dream is to accommodate **200 race participants**.

The race will cover **3 categories - Wheelchairs, crutches and on foot blind-folded** - to say that it's designed to be a physical and mental challenge of note is an understatement - we want people to be pushed out of their comfort zones!

**This year's event is designed to be bigger and better than last year and in keeping with this we're challenging contestants to up the ante somewhat:**

- Our disabled athletes will be required to do a 3 loop course in their wheelchairs of the lower vineyards on the Estate.
- The able-bodied contestants will be required to enter the race as a team of 2 and they will be required to do 1 x loop in a wheelchair; 1 x loop on crutches or with their feet tied together and 1 x loop blindfolded. In each of these heats - one in the team will be required to be the leader i.e. Pushing the wheelchair and leading the blindfolded person with a lead rope.

## Important TIMES to remember

Registration: 07:30am - 08:00am

### START TIMES

15km Wheelchair race: 8:30am

15km Runners/walkers: 8:45am

5km Runners/walkers: 8:50am

### No Limits Terminators fitness test

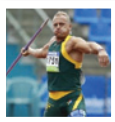
(our SA team comprising of 6 amputees, 2 physically challenged and 1 wheelchair athlete and their crew, climbing Mount Kilimanjaro against a USA team in January 2014): 11:00am

Cut off: 11:00am

Prize Giving: 12:00am (1st, 2nd and 3rd place for Wheelchair race only, medals for all, spot prizes)



## Our 'No Limits' Kilimanjaro Team



Heugene Murray  
(Team captain)  
Amputee



Oswald Kydd  
Amputee



Dane Wilson  
Amputee



Zizipho Ndlwana  
Amputee



Ridaar Davids  
Amputee



Kevin Waller  
Amputee



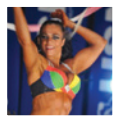
Dylan Da Silva  
Physically Challenged



Irish Matcheke  
Physically Challenged



Philemon  
Wheelchair Athlete



Lee Wyser  
(Mc Queen)  
(Project Director)



Gerhardt Pieters  
(Team manager)  
Physically Challenged



Lerika Coetzee  
(Fund Raiser)



Nicolene Mostert  
(Sport therapist)



Dr De La Rey  
Pretorius  
(Orthotist & Prosthetist)



Marcel Wyser  
(Live streaming  
& IT support)



Sean Falconer  
(Reporter)



Niel Gernishus  
(Fund Raiser)



Peter Luhanga  
(Journalist and  
Film Maker)



Alun Davies  
(Fund Raiser)



Paul Steyn  
(Back up Amputee)



Paul Nel  
(Back up Amputee)

# ENTRY FORM

Race distance  5km  15km

ID

Number

Surname

First Name

Postal Address

Code

Work/Home Tel

Cell

Email

Date of birth D/M/Y  Age

Number Collection  COLLECT ON RACE DAY

*In case of emergency*

Name

Relationship

Contact Tel

Payment

5km R50

15km Walk/Run R100

Wheelchair Disabled R70

Wheelchair Team R2500

*(wheelchairs need to be paid for prior to race)*

### Banking Details:

Account: Guts 2 Glory Foundation Trust

Bank: ABSA Bank

Current Account: 9273429626

Helderberg Bizstart Branch

Branch Code: 632005

*Please use your ID number as reference for EFT's and deposits.*

*Guts 2 Glory Foundation Trust Reg No.: IT124/2012*

### Indemnity/Waiver

I agree not to hold the organisers of the Crazy Chick Challenge or any other sponsors, or any persons assisting in the organisation of the RACE liable for any injury or illness which I may suffer directly as a result of participating in the RACE, for any damage to my property or loss of my property which I may suffer directly or indirectly as a result of participating in the RACE.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_  
for under 21's

Enquiries: Carl Greyling: carl.globelex52@gmail.com

Facebook: www.facebook.com/guts2glorysport