



The Citizen TRAIL run 18

Hosted by

Sun City

SAT 15.09.18

**PRIZE MONIES UP FOR
GRABS TO THE VALUE OF
R20 000**

Online entries and event
information: www.citizen.co.za
Race Office: 062 915 8057

Online entries close
on 9 September 2018.
Free entry to Sun City
and Valley of Waves
for all participants
on raceday.

**Entries limited
to 1500**

**EARN
DISCOVERY
VITALITY
POINTS**

6 km - R70
START: 7:30

10 km - R145
START: 7:15

21 km - R165
START: 7:00

A temporary running licence of R35 will need to be purchased if a participant is not registered with ASA - 10 & 21 km only.

This trail run is in accordance with the rules of ASA and ANWN.

POWERADE

Sun International

TRAIL RUN INFORMATION

How to enter:

- 1) Online at citizen.co.za by 9 September 2018.
- 2) E-mail completed entry form as well as proof of payment to jjstrophies@gmail.com by 9 September 2018.
- 3) Thursday 13 September at Woodmead Retail Park – Food Court from 9:00 – 16:00.
- 4) Friday 14 September at Sun City - Valley of Waves (VOW) from 12:00 - 17:00.
- 5) On raceday (Saturday 15 September) at VOW from 5:30 - 7:00. All late entries will be charged an additional R20 (10 & 21 km only)

Starting times:

21 km - 7:00 10 km - 7:15 6 km - 7:30

Participants must display their race number on the front of their t-shirt and their running licence number at the back.

Routes:

The **6 km** will be around the Lost City inside the secure fencing with one self-help water point. Participants will start at VOW, exit at the service gate and head towards The Sun Vacation Club, turning onto the dirt road, past the Lost City Golf Course, back to Vacation Club, down into The Palace gardens and back to VOW. There will be a chicken route for wheelchairs and disabled people (easy wheels route).

The **10 and 21 km** will be inside the secure fencing of Sun City, incorporating the Lost City and The Palace gardens, with spectacular views of both the Gary Player and Lost City Golf Courses from the adjacent mountain and loops into Letaseng Game Reserve, affording participants the possibility to catch a glimpse of some game. The **10 km** will have two water points. The **21 km** will have five water points offering water, cold drinks and something to eat.

Raceday information:

Participants arriving before 7:00 on 15 September will gain free entry and secure parking to Sun City. Buses will transport everybody to VOW. Participants will gain free entry to VOW and non-participants will be allowed in at a special rate after 9:00. There will be shower and swimming facilities for all participants as well as a secure tog bag area.

Please take note:

- Food and drinks will be on sale at VOW
- Own food and drinks will not be allowed inside VOW
- Only swimming in proper attire will be allowed

Prize-giving will be on the stage at VOW from 11:00. If a winner is not at the prize-giving he/she will forfeit their prize. Prize monies will only be paid upon presentation of an ID document or driver's licence to prove age.

10 KM PRIZES			21 KM PRIZES		
Juniors Boys and Girls	First Second Third	Trophies			
Senior Men and Women	First Second Third	R500 R300 R200	Senior Men and Women	First Second Third	R3 000 R1 500 R1 050
Veteran Men and Women	First Second Third	Trophies	Veteran Men and Women	First Second Third	R1 000 R750 R400
Masters Men and Women	First Second Third	Trophies	Masters Men and Women	First Second Third	R400 R200 R100
Grand Masters Men and Women	First Second Third	Trophies	Grand Masters Men and Women	First Second Third	R300 R200 R100

ALL FINISHING PARTICIPANTS WILL RECEIVE A MEDAL

For more details visit citizen.co.za

Discovery Vitality members participating will earn up to 300 fitness points for completing the 6 km, up to 600 points for completing the 10 km and up to 1 500 points for completing the 21 km. Points will be automatically awarded and will take up to four days to reflect on the Vitality Points Monitor.