

THIS SUNDAY - SPAR REDHOUSE RIVER MILE

***PLEASE NOTE THE VENUE:
CANNONVILLE, SUNDAYS RIVER!!!***

Are you ready for this weekend?

Have you heard that we've got FOUR motorbikes as lucky draw prizes PLUS R1,000 CASH !!!

Herewith some more information with regards to Sunday's event. (See website www.rivermile.co.za for maps and other info)

GENERAL

All participants are required to report for entry at the Entries Tent (Tent directly in front of the entrance)

Consult website for maps and parking areas, please obey all traffic signs and marshals

A race wrist band will be supplied - it is compulsory to wear this at all times... ESPECIALLY for the lucky draws as this has your lucky number on it.

Please keep off ALL Jetty's as these are private property and do not park on private property or drive ways.

PLEASE do not litter whilst at the event, plenty of bins will be provided

If you are staying for prize giving, please put your lucky draw token (tear off stub on wrist band) into the boxes provided

Wrist bands must remain on at ALL TIMES - if your number is called and you're not wearing your band, you will not qualify for your prize (IMAGINE if this happens and it's the Jonway Motorcycle!!!!)

Dogs on leashes ONLY if you must bring them.

FOOD & DRINK

We have plenty of vendors and some craft stall at the event

Castle Lite Beer Garden is being manned by the Rotary Club of PE Sunrise

As the area is licensed, **NO ALCOHOL** may be brought onto / off the premises.

Swimming Events - REGISTRATION OPEN FROM 9am

You are required to be body marked at least 1hr before your scheduled event start (Registration tent) - please don't put sunlotion on before you see us.

Supplied SPAR branded swim cap is compulsory.

Disabled Mile swimmers will be transported to the start by boat, 15 min before the start of their event (Meet at the slipway).

All other swimmers are required to walk to the start.

Wetsuits and swim suits are only permitted in the Wetsuit Mile.

Swimmers without swim cap, body marking and/or wrist band will not be permitted into the start area.

Top 10 swimmers from last year will be seeded for the start of the Ladies and Men's Mile.

Trail runners & Triathlete's - REGISTRATION OPEN 7am

PLEASE come early, we have over 100 participants already registered.

Race Numbers will be supplied and must be put on front of shirt

Compulsory race briefing at 7.50am for the runners and 8.50 for the triathlon

Transition area is only for participants

All bags must be removed from transition prior to race

MTB cyclists PLEASE ensure that you have slime in your tyres - there are hundreds of thorns along the route.

YOUR FIRST MILE ?

If this is your first time at the River Mile, please bring plenty of sunblock (BUT DON'T APPLY until after you've been body marked) and ensure that you have a substantial breakfast before coming out.

The Rotary Club of PE Sunrise have teamed up with Quali Juice to provide a secure KIDZ ZONE for the youngsters. For a small donation you can leave your child in this area to play with complete piece of mind.

All the very best & see you and all your family this Sunday at Sundays River.

Best Regards

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