



LONG WALK 2023

CHECKLIST:

Bib

- Please put your bib on properly and wear it for the duration of the walk. It must be worn over all other clothing.



LITTER:

- Please do not litter anywhere on the route
- Cardboard litter bins will be at every marshalling position as well as leading up to and leaving stops



ATTIRE / DRESS:

- Takkies (worn in) & ankle socks (+spare socks) – NO SHOES NO WALK
- TMC Students to wear PE Kit
- Visitors wear sensible Shorts and shirt
- Sunblock
- Hat & Sunglasses
- Black bin bag/rain jacket (if it is raining)



CONDUCT / RULES AND ETIQUETTE

PLEASE:

- Don't incite dogs or ring gate buzzers when walking through the neighbourhood
- Don't run ahead as you will be stopped (THIS IS A WALK NOT A RUN)
- **If you go ahead of the Pacer (Walking Marshal who leads the walk) your bib will be taken from you at the next stop and you will be disqualified.**
- Don't walk 4 abreast on the roads
- Don't walk alone
- If you bail you must hand your bib in at Walker Control on Savory Field. Don't just walk off the course and go home.
- Please obey marshalls at all times
- Stay on the route
- Use common sense
- Walk on the pavements not on the roads
- The committee reserves the right to make changes to the route at the last minute for the safety of the walkers.

IMPORTANT HEALTH NOTES

- Warm up
- Wear anti-chaffing cream
- Remember to put on sunblock
- Keep hydrated – drink water and refreshments at stops
- Don't take anti-inflammatories – masks injuries
- Obey the rules – this will avoid injuries
- Allergy sufferers – carry emergency treatment
- Do not share medication



HAVE A WONDERFUL AND INSPIRED DAY

- Walk as far as you can to reach your goal
- Enjoy your time with your children/friends and peers
- Celebrate this one of a kind event
- Support/ Encourage one another along the way



Please go to our website and read through the various documents pertaining to the long walk:

<http://www.thomasmore.co.za/fundraising-events/>