



Walking for Fitness and Pleasure

ABN 19.477 337 506

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GLENSIDE SA 5065
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Emergency phones on day
8556 2629 Christine or
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2nd Long Walk 2019 CHARLESTON / WOODSIDE

- WHEN:** Sunday 1st September 2019
- TIME:** Walk begins at 10: am
- WHERE:** Meet: Half km. along Kings Road from Pfeiffer Road
UBD 126 F12
- COST:** **WF&P Members: \$45.00pp (includes: Lunch, etc& GST)**
Non-members: \$55.00pp (includes: Lunch, etc& GST)

Please bring usual backpack; and 1 litre of water (inadequate fluid intake can lead to dehydration and illness) Comfortable lace-up walking shoes with a *good tread* are a must to minimize the chance of a fall. **Please be prepared-sun cream and a hat** if warm - **jacket and warm/wet weather gear** if the forecast is not good for the day. In this case a change of clothes including spare socks, left in the car may a good idea. We recommend that you do not wear Jeans.

VIP: Please advise us if you can't come at the last minute- We really do need to know beforehand so we don't *over cater*, we know the number of *leaders* needed on the day and that fellow walkers are not kept waiting.

Refunds will only be given in exceptional circumstances. An administration fee will be charged on any refunds given.

Please return application form *with money before Wednesday 28th August 2019 to:*
Walking for Fitness & Pleasure. P O Box 286 Glenside 5065 or to your leader

Application form: 2nd Long Walk 2019: Charleston / Woodside

NAME /S _____

ADDRESS _____

TELEPHONE _____ EMAIL _____

AMOUNT ENCLOSED _____

Any special Dietary Needs? _____

INDEMNITY:

If this is your first walk with us, you will be required to sign an enduring indemnity.
If you are a regular W F & P walker/member, please state which group/leader you currently walk with. _____

SIGNATURE: _____ DATE: _____

Please note we must receive all monies the Wednesday before the walk. Money will not be accepted on the day.

Celebrating 30 years - and more.