



RAC
Rand Athletic Club

RAC 60KM LONG RUN

SUNDAY 24 JULY - 5AM

ENTRY FORM

The RAC Long Run is our last pre-Comrades long training run. It is traditionally run five weeks before Comrades, after which runners begin to taper in preparation for their REALY long run. The long run is not an official race, there will be no traffic marshalls along the route so please exercise caution with traffic and at intersections. The route is marked and runners will receive a map on the day. Refreshment tables will be provided every 3km - 4km, and will cater for runners doing up to 08:30 mins per kilometer.

Name:	<input type="text"/>		
Surname:	<input type="text"/>		
ID Number:	<input type="text"/>	Club:	<input type="text"/>
Cell:	<input type="text"/>	Email:	<input type="text"/>
DOB:	<input type="text"/>	Next of Kin:	<input type="text"/>
Age:	<input type="text"/>	Contact Cell:	<input type="text"/>
Gender:	<input type="text"/>	Tshirt size	<input type="text" value="S"/> <input type="text" value="M"/> <input type="text" value="L"/> <input type="text" value="XL"/>
Entry Fee:	<input type="text"/>	Donation:	<input type="text"/>

R200 Pre-Entry
T-shirts for the first 250 pre-entries

Would you like to make a donation to our Comrades
Travel Fund - Helping Comrades get to Comrades?

Rules & Regulations:	<p>Runners are encouraged to enter in advance, to alleviate queues on the morning. Please visit our website www.rac.co.za for entry details, or you can get your entry at the RAC Time Trials on Tuesday evenings.</p> <p>All participants must be in possession of a valid entry band issued by the organisers, which must be worn for the duration of the race. As this is not an official race, there will be no traffic police or marshals on duty. The route will be marked and participants will be given a route map on the morning of the race.</p> <p>All participants should be Comrades runners over the age of 21, and must sign the indemnity clause below.</p>
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Indemnity & Legal Liability Waiver:	<p>I understand that road running events are potentially dangerous. I hereby acknowledge that I participate at my own risk. I declare that I am medically fit and healthy, and I agree not to hold the Rand Athletic Club (RAC), the organisers, sponsors, partners, participants or any other person assisting in the organisation of this event liable for any injury or illness which I may suffer, directly or indirectly, as a result of my participation, or for any damage to my property or loss of property which I may suffer, directly or indirectly, as a result of participating in this event.</p>
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Signed: Date:

FNB - RAC EVENTS

Branch Code: 254005 . Account No: 63007630072

* Reference: Name Surname *

Please email your entry form to randathleticrac@gmail.com

Mike: 084 512-8462 / Meg: 082 770-0854