

# REGISTRATION INFORMATION REQUIRED

Please ensure that the information included in your registration is complete. Incomplete registrations means that your registration cannot be finalised until we have all the necessary information.

In order to register, you will need to have the following information at hand:

- Full Name & Surname (as on your ID document)
- ID number
- Birth date - helps the system to check your ID number is correct and minimize mistakes
- Contact details (name / cell no. / email) for your ICE (In Case of Emergency). Out of towners need to have a contact in Hermanus that could assist should there be an emergency on the walk)
- Medical Aid number, plan, dependent code, medical aid authorisation telephone number
- Blood type - this is critical and you will need to find out what it is if you do not know
- Allergies
- Chronic medication - although you take responsibility for your own medication, we need to know in case of emergency
- Profession - we'd like to know a bit more about you

If you have walked before, know which years you have walked so that you can list it. Walkers doing 5year | 10years | 15 years are legible for an award.

You will need to declare that:

- I am aware that the entry fee of R3490 (Early Bird - R2990) is **non-refundable** unless the event is cancelled by L2L.
- I am aware that the dates for the L2L 2024 walk is 14 - 17 March 2024.
- I am aware that I will need to collect my walking kit (including tog bag for first time walkers) in Hermanus on Wednesday, 13 March 2024 before 15:00. Or make the necessary arrangements so that I am ready to register on Thursday, 14 March at 5:30am.
- I am aware that the entry fee is payable to Lighthouse 2 Lighthouse Ladies | ABSA | Savings Account | Branch: Hermanus | Branch no. 632005 | Account no.: 9310 6399 96 | Reference: Full Name & Surname.
- I know that the primary purpose of this walk is fundraising; and I commit to raise a **minimum** of R5000.
- I commit to paying the MINIMUM fundraising amount within the required period (R2500 by 30 Nov 2023 **and** R2500 by 29 Feb 2024).
- I am committed to train to be fit enough to walk 100km over 4 consecutive days at an average speed of 4km/h over varying terrain, beach sand, pebbles, gravel roads and rocks.
- I am aware that if COVID-19 regulations limit the number of participants, then places for the walk will be allocated according to bank deposit sequence.
- I have read the above Terms & Conditions.

For more information feel free to contact Roeleen Wessels at [registration@lighthouse2lighthouse.co.za](mailto:registration@lighthouse2lighthouse.co.za)

