

Rockies

Rockies Gerald Fox Memorial Race

with G. Fox
and Discovery Vitality



RUN
SERIES

21.1KM | 10KM | 5KM

SUNDAY, 17 SEPTEMBER 2017

Johannesburg Zoo

Complete all four and receive a limited edition medal at each race!
Discovery Vitality members receive bonus fitness points for participating.

Spring into action with the Discovery Vitality Run Series.

We're bringing together four of the most iconic races in Joburg. This race is 4 of 4 in the Series and all finishers receive a limited edition interlocking medal. Plus, earn bonus Vitality points for participating.

Get fired up this running season and enter today!

ENTRY INFORMATION

Distance	Pre-entry (closing 11 Sep 2017)	Temp licence
21.1km run	R120	R25
21.1km and 10km (Athletes 60+)	R60	
10km run	R100	R20
10km walk	R100	R20
5km fun run	R60	

- Electronically timed event
- Entries for all races are available online at www.discovery.co.za/vitality/runseries
- Online entries are limited to 6 000 entries across all distances.
- The first 2 500 runners to enter the 21.1km and 10km race (online or at selected running outlets) will receive a t-shirt at the end of the race.
- Enter online at: www.discovery.co.za/vitality/runseries

COLLECTION

Saturday, 16 September 2017, 09h00 – 16h00 at the JHB Zoo service entrance on Upper Park Drive.

Sunday, 17 September 2017 before the race event from 5h00.

GENERAL INFORMATION

Entries will also be available and accepted at the following shops:

Randburg Runner

(011) 888 9644 Manlam Court, Shop 3/4, 5th St, Linden

The Sweat Shop

(011) 325 2567 Dunkeld West Centre, Cnr Jan Smuts and Bompas, Dunkeld

(011) 467 5966 Shop U4A, Fourways Crossing, Cnr William Nicol Dr and Sunrise Blvd, Fourways

(011) 450 1847 Bedford Arcade, Van Buuren Rd, Bedfordview

(012) 665 0048, 50 South Downs Shopping Centre, Karee St, Irene

Orlando Running Club

Johannes 073 944 2571, Orlando Community Hall



G. FOX

Think Clean, Think Safe, Think Fox



Start Time

Distance	Time
10km and 21.1km	07h00
10km walk	07h10
5km fun run	07h10

- The race start is in Upper Park Drive cnr Ettrick and finishes in the Zoo
- Parking will be available at the Zoo parking lot for R15. Parking will also be available at Saxonwold Primary School and the War Memorial.
- Limited parking is available at Zoo Lake
- A portion of the race proceeds will be donated to the Johannesburg Zoo. Over R155 000 has been donated to the zoo over the last six years.
- No pets allowed in the Zoo
- Race results will be available two weeks after the race on: www.rockies.co.za
- Race Office: info@rockies.co.za
086 107 6259 | 084 674 3290

VITALITY POINTS

Discovery Vitality members receive bonus fitness points for completing the race.

Distance	Vitality fitness points
5km	800 points
10km	1 100 points
21.1km	2 000 points

Terms and conditions apply.

PRIZE GIVING

Starts at 9h30

	Runners			
	21.1km		10km	
	Men	Women	Men	Women
1 Open	R2 000	R2 000	R1 000	R1 000
2 Open	R450	R450	R350	R350
3 Open	R300	R300	R250	R250
1 40 - 49	R450	R450	R400	R400
2 40 - 49	R300	R300	R250	R250
1 50 - 59	R350	R350	R350	R350
2 50 - 59	R300	R300	R300	R300
1 60 - 69	R250	R250	R250	R250
1 Junior	R350	R350	R300	R300
2 Junior	R250	R250	R200	R200
	Walkers - 10km			
	Men	Women		
1 Open	R700	R700		
2 Open	R300	R300		
3 Open	R200	R200		

RACE RULES

- The event is held under the rules of ASA and CGA. Athletes indemnify the national, provincial and regional bodies, sponsors and organisers of the race against any or all actions of whatsoever nature, whatever the same may arise out of their participation in the race.
- All athletes participate at their own risk. Athletes acknowledge that by entering the event, they must be medically fit to participate. All athletes must supply the name and contact number of their next of kin on both the race number and entry form.
- Licensed athletes must wear club colours and their 2017 license number on the back and front of their vests, with the race number worn on the front of the vest. Licensed athletes who do not wear their 2017 license numbers must purchase a temporary license on the day or face disqualification.
- Temporary licensed athletes must wear plain clothing with the issued temporary license on the back of their vest. No temporary licenses are issued for marathons or ultra-marathons.
- Athletes competing for category prizes must wear clearly visible age tags of the appropriate size, on the back and front of their running vest.
- No seconding allowed.
- International athletes must provide a clearance letter (from their country of origin) to the organisers and chief referee prior to the start of the event. Prizes will be withheld if this rule is not adhered to.
- Walkers competing for walkers' prizes (if any) must wear their walker tags on the front and back of their running vest.
- No blades, cyclist or mechanically operated devices allowed in the race.
- Wheel carts/prams, or wheelchair athletes must start at the back of the field.
- No animals or pets are allowed to participate.
- Only South African athletes are eligible for team prizes. The domicile rule applies.
- All instructions from traffic and race officials must be obeyed at all times.
- Prize winners must present their proof of age to the referees before the prize giving. Prizes will be withheld until all the necessary details of the winners are confirmed.
- Any objections must be lodged within 30 minutes before or after prize giving in writing to the chief referee accompanied by R300, which is refundable if the appeal is upheld.
- Only those who have completed all the information required in the race entry/number are eligible for prizes.
- No refunds.
- No earphones, iPods and similar devices are allowed, as they are in contravention of IAAF rule 144.2b and may lead to disqualification.
- Runners in the 21km must be 16 years or older on race day. Runners in the 10km must be 15 years or older on race day.
- Athletes may not run with another athlete's race number unless a prior arrangement with the race organiser was made.
- The race organiser retains the right to refuse entry and reject persons under the influence of drugs or alcohol, who are disorderly, or engage in inappropriate behaviour, vandalism or evade paying for admission.
- Athletes who participate without buying a race entry will be disqualified, will not be entitled to any benefits associated with the race and will be liable for a double entry fee charge. Habitual offenders (those who regularly participate without purchasing a race entry) will be called to a CGA disciplinary.
- Licenced athletes not wearing club colours may face disqualification.
- Littering is not allowed. Athletes are to dispose of any litter in appropriate bins and can be disqualified if they litter.
- Cut-off time: 3.5 hours.
- Foreign athletes are not allowed to run with a ASA Provincial licence and are required to purchase a temporary licence or face disqualification. (Refer to IAAF rule 4.)
- Foreign athletes are not allowed to run in club colours unless such club exists in their country of origin or they are in possession of a refugee status permit or are naturalised citizens of RSA. (Refer to IAAF rule 4.)