The Constantia Village K-Way 15km and 5km Virtual Charity Races 2021
Hosted by K-Way VOB Running Club
In Support of the Volunteer Wildfire Services (VWS)
Saturday 13 to Monday 22 March 2021

PUT YOUR BEST
foot forward

THE CONSTANTIA VILLAGE

Race Distances, Dates and Entry Fees
- 15km run/walk   R 50.00
- 5km fun run/walk   R 50.00

The selected event must be completed during the 10 day window between Saturday 13 to Monday 22 March 2021

Entry
- Online only at RaceTraq (www.racetraq.co.za).
- Closing date: Monday 22 March 2021

Results, Medals and Lucky Draw Prizes
- Optional medal for all participants that complete the 15km or 5km events
- The cost of the medal will be donated to the Volunteer Wildfire Services for those who do not want a medal. This option can be selected online during entry
- All finishers will be eligible for the lucky draw prizes
- Collection of the optional medal and lucky draw prizes will be at Constantia Village Cape Union Mart store
- An email will be sent to you with a link to enter your finishing times after you have completed the event
- Running and walking results will be published separately

Race Route
- Please stick to your neighbourhood and/or regular training route

Race Rules
- Please adhere to all COVID-19 restrictions & social distancing measures
- Please run with and wear your mask when around people
- Please respect all City by-laws
- Littering is strictly prohibited
- Be aware of your personal safety. Do not run alone. Stick to small groups or use a buddy system. Inform a fellow club member, friend or loved one of the route you will be running.
- You enter this event voluntarily and entirely at your own risk
- While this is a virtual run, clubs and club members are still obligated to ensure lockdown legislations are not contravened
- Due to the nature of virtual events, no security or medical support will be in place
- Although athletes may participate in club colours, ASA License Insurance and Public Liability Insurance will not cover members

Enquiries
      E-Mail: racedirector@kwayvob.co.za