

Active Community Cup



Join the community and get active!

The City of Onkaparinga Active Community Cup is a walking/running event held every Wednesday over 8 weeks with the aim of improving personal fitness and wellbeing. Each week your time will be recorded and points will be awarded depending on your consistency, participation and improvement (all results are determined after week 7 as week 8 is the presentation and fun run). You don't have to be a fast runner to be in with a chance to win. The biggest prize is the fitness you gain over that time!

Dates

(Wednesdays)

May – 6, 13, 20, 27

June – 3, 10, 17

June – 24 (Presentations)

Times

Flexible starting times (team mates do not have to start together). Come down any time between **7am - 5pm** (last start).

Teams

Make up a team of up to **5 participants** (friends, colleagues, family, workmates). Individuals can enter but do not qualify for team prizes. **Anyone can enter!**

Cup/Award Categories

- **Most Improved Team** – 4km, 2km, mixed 2km & 4km (cup categories)
- **Most Improved School Student Team** – 4km, 2km, mixed 2km & 4km
- **Highest Team Points** – 4km, 2km, mixed 2km & 4km
- **Fastest Team Overall**
- **Fastest Individual**
- **Fastest Female** – 4km, 2km
- **Fastest Male** – 4km, 2km

Entry Form

Enter online at www.sa.lifebeinit.org or fill out the form (overleaf) and post to: 'Life. Be in it', 105 King William Street, Kent Town SA 5067. See entry form for payment details.

Entry Fees

Teams* \$120 inc. GST

For a team of 5 this equals \$24 entry fee per person or \$3 per person per run.

Individuals* \$35 inc. GST

Teams (school students) \$60 inc. GST

For a team of 5 this equals \$1.50 per person per run.

All entrants receive a **free t-shirt**.

*Concessions available – conditions apply.

Entries close Thursday 30 April 2015.

Enquiries

'Life. Be in it'

A 105 King William Street, Kent Town

P (08) 8362 2150

F (08) 8362 2154

E events@sa.lifebeinit.org

W sa.lifebeinit.org

Join the conversation

#activecommunitycup

Course

You can walk or run the **2km** or **4km** course along the foreshore starting and finishing at the **Christies Beach Surf Life Saving Club**.

Follow the signs and watch out for the U-Turn signage throughout the course for your distance. Keep to the left of the shared pathway to ensure safety for everyone.

Toilets and showers will be available at the surf life saving club.



PROUD PARTNER



SUPPORTED BY





Entry Form

ENTRY FORM & TAX INVOICE
 Life Leisure Events Management Inc.
 ABN 32 471 986 693
 If you need a tax invoice please copy this form.



Office Use Only

This entry form along with payment to be lodged by **April 30 2015** or register online at www.sa.lifebeinit.org

ENTRY FEE \$120 per team OR School Children **\$60** per team OR **\$35** per individual OR **\$15** Individual school children (incl GST) **Concessions Apply**
 'Life. Be in it' 105 King William Street, Kent Town SA 5067 T (08) 8362 2150 F (08) 8362 2154 E events@sa.lifebeinit.org W www.sa.lifebeinit.org

We will accept entries up to the second run

Organisation Details

Please print clearly & tick appropriate boxes *Required fields

Organisation/Group Name* Private Company School

Address Postcode

Contact Person* Wk Phone

Mobile* Email*

Team Details

Category
 Active Community Cup 4km Mini Cup 2km Mixed Distance Cup (a mix of 2km & 4km team members)

Team or Individual Name (Max. of 15 letters)

FIRST NAME	SURNAME	Male/ Female	Age at 1/1/15	T-shirt size	Distance 2km 4km	Email address (If you wish to receive newsletters)	Concession please tick
1	<input type="checkbox"/> or <input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/> or <input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/> or <input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/> or <input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/> or <input type="checkbox"/>	<input type="checkbox"/>

Declaration – Please read this form & sign on the line below

1. "All entrants acknowledge that they enter in the The City of Onkaparinga Active Community Cup (ACC) entirely at their own risk."
 2. "In consideration of and as a condition of acceptance of our entry in the ACC for ourselves, our respective heirs, executors and administrators, we and each of us severally hereby waive all and any claim, right or causes of action and forever release and discharge all person, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agent and representatives and officers or all or any of them which we or anyone or more of us our respective, heirs, executors and administrators might otherwise have for or arising out of": (a) loss of life or injury, damage or loss of any description whatsoever and howsoever caused, suffered or sustained in the course of, consequence upon or incidental to our entry or participation in the said event, and (b) any publications, or use in any form of media whatsoever, of our or any one or more of our names, photographs, or activities in, or incidental to our entry or participation in the said event and whether for advertising or otherwise. 3. The above release and discharge shall be and operate separately in favour of all personal, corporations and bodies involved or otherwise engaged in promoting or staging the said event and the servants, agents, representatives and officers of all and any of them includes but is not limited to LLEM Inc, 'Life. Be in it' SA Inc, and any other sponsors. Privacy Information: 1. This information is collected by LLEM Inc, 'Life. Be in it' SA Inc, 2. This information will be stored on a database. You are able to obtain access to this information by contacting 'Life. Be in it' SA Inc.

Signature

I acknowledge that the whole team has read and agree with the above declaration and our details are correct.

Signature Date

Payment

Health Care Card must be shown at first run for concession rates.

Amount to pay	
Team fee	Total: \$120
Team with concessions (subtract \$4 per holder)	Total: _____
School Student Team	Total: \$60
Individual adult	Total \$35
Individual adult with concession	Total \$30
School Child individual	Total \$15

Payment made by:
 Cash Cheque EFT
 Visa Mastercard

Credit card details (or call 'Life. Be in it' on **8362 2150**)
 Cardholder name (print)

Card #

Expiry Date Signature:

EFT details – BSB: **065-005** A/c #: **1004 2631**
 (Email events@sa.lifebeinit.org to confirm your payment)

Cheques – payable to **Life Leisure Events Management Inc.**