

Rockies

Rockies Gerald Fox Memorial Race with G Fox and Discovery Vitality



Virtual Race 18 & 19 September 2021

21.1 KM, 10KM & 5KM Fun Run

Entry Fee R90

PARKTOWN
HIGH SCHOOL FOR GIRLS



Virtual Race: The annual Rockies Gerald Fox memorial race with G Fox and Discovery Vitality will take place in 2021 as a virtual race due to COVID-19, and is open to all runners. Vitality points will be awarded for entrants with a recognised device.

Running the route? Runners wanting to run the route on the weekend of the race can do so but numbers and times will be managed to avoid congestion on the route due to COVID-19. The batches will be limited to current COVID-19 regulations per 20 minute period, runners to start within the allocated time. Those running the route should note that it is a club run and not an official race, there is no official start or finish.

Goodie Bags! Goodie bags available for an extra R35. Includes race t-shirt and medal. Funds raised will go towards Parktown Girls and Joburg Zoo. Goodie Bags can be collected from Parktown Girls (Friday 17 September 9am-14:00); or at the Zoo—Jan Smuts Entrance (Sat 18 & Sun 19: 7am-9am) or couriered for an extra fee.

Make a donation: Runners making a donation to Parktown Girls or Joburg Zoo will go into a draw to win a food hamper donated by BRM.

RULES FOR THE 10KM AND 21.1KM RACES

The race is held in accordance with 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 be arising out of their participation in the race.

All athletes participate at their own risk. Athletes acknowledge that by entering the event, they are medically fit to participate.

All athletes must supply the name and contact number of their next of kin on the entry form.

Licensed athletes must wear club colours and their 2021 licence number on the back and front of their vests, and if possible the race number worn on the front of their vest.

No temporary licences required for a virtual race.

Running with earphones is not safe. Please do not run with earphones for this race, it is contravention of the IAAF rule 144.2b.

Minimum age for participation: 21.1km | 16 years old and 10km | 15 years old.

No Prizes for the Virtual Race.

No refunds. Littering is not allowed.

Race Office: 072 472 2042

Enter at [entryninja.com](https://www.entryninja.com):

<https://www.entryninja.com/events/76865-rockies-and-discovery-vitality>



G. FOX

Think Clean, Think Safe, Think Fox

