



# Rattle Them Bones

## Fundraising Fun Run

### Osteoporosis Awareness

## Saturday, 30 November 2019

Time to **"rattle them bones"** at the annual NOFSA Fun Run. This event aims to raise funds and create awareness about a silent disease called osteoporosis. You will not only run for fun, but there will be lots of **prizes up for grabs** too! Our **first 200 runners** will be spoilt with a goody bag and lots more!

**WHERE:**

NG Kerk Bergsig  
Corner of Boland- and Protea Way,  
Vierlanden, Durbanville

**TIME:**

**Race starts** at 08:00 to 12:00

**REGISTRATION:**

**Bookings:** Close on the 28th of November.

**On the day** bookings will be R30 extra per entry.

**Registration on the day** starts at 7.00 - 07.45 AM

**BOOK ONLINE AT [WWW.ENTRYNINJA.COM](http://WWW.ENTRYNINJA.COM)**

**ENTRY FEES:**

Children 8-18 years R60 | Adults R100

Bring along your kids **0 to 7 years FREE!** Kids will enjoy face painting and jumping castles and **Sherpa Kids** will keep them busy and entertained. Food trucks and vendors will be on site. |

Contact [finance@osteoporosis.org.za](mailto:finance@osteoporosis.org.za) for more info



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### Personal

Name: \_\_\_\_\_

Surname: \_\_\_\_\_

ID Number: \_\_\_\_\_

Gender: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

### Medical

Emergency Contact Person: \_\_\_\_\_

Emergency Contact Number: \_\_\_\_\_

Medical Aid: \_\_\_\_\_

Medical Aid Number: \_\_\_\_\_

Blood Type: \_\_\_\_\_

Allergies: \_\_\_\_\_

Doctor Name: \_\_\_\_\_

Doctor Contact Number: \_\_\_\_\_