

**The 3<sup>rd</sup> annual Potjie Race 2010, Moganshan**  
**Saturday September 18<sup>th</sup> 2010**  
**1.5km Swim, 40 km Cycle, 10km Run**

**INDIVIDUAL ENTRY FORM (please fill in one form per person entering the race)**

Please email **SIGNED** forms back to Evan at [evan@nakedretreats.cn](mailto:evan@nakedretreats.cn) before the **1<sup>st</sup> September 2010**

To confirm, please bring the total amount payable in cash to naked retreats office at no. 62 Gao An Lu, 1<sup>st</sup> floor, between Hengshan Lu and Jian Guo Lu, office hours 9am to 6pm from Monday to Friday.

**Full Name:** \_\_\_\_\_

**MALE:**

**FEMALE:**

**Email Address:** \_\_\_\_\_

**Tel Number:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

*I declare that I am entering The Potjie Race 2010 of my own choosing and no liability will be placed on the Organisers for any injury and/or any property lost or damaged while participating in the event. I confirm that I have no medical disabilities, which would endanger myself or others taking part.*

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Please indicate which items you would like to take**

<b>RACE ENTRY ONLY</b> (Incl. marshals, drinks and some limited safety options)
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	300 rmb pp
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<b>POTJIE BBQ</b>
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	200 rmb pp
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A traditional South African stew that is made up of chunks of meat, potatoes and vegetables, all thrown into a potjie (cauldron) and slowly cooked over an open fire. This is prepared the morning of the race and left to simmer and stew for hours while contestants complete the race.
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(soft drinks and beers included)
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Please indicate total no. of ppl including friends and family: _____
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**POTJIE WEEKEND PACKAGE**

1,690 rmb pp

Bring your family and friends and make a weekend of it!

**Accommodation****2 nights accommodation at naked retreats**

*(based on double occupancy, room allocation on first come first serve policy)*

**Meals****2 x Western style breakfast + additional refreshments and snacks**

*(includes eggs and bacon, Doug's freshly baked bread, tomatoes and mushrooms, fresh fruit, cereal, tea and coffee)*

**1 x pasta mariana dinner (Friday night)**

*(Friday night's dinner full of carbs and fresh vegetables before the race)*

**1 x Potjie BBQ (Sat night)**

A traditional South African stew that is made up of chunks of meat, potatoes and vegetables, all thrown into a potjie (cauldron) and slowly cooked over an open fire. This is prepared the morning of the race and left to simmer and stew for hours while contestants complete the race.

*(includes soft drinks and beer)*

**Transportation**

Round trip bus transfer from Shanghai to naked retreats  
(Depart Fri 5pm return Sun lunch)

Please specify if transport of bike is needed, please DO NOT turn up with a bike if you haven't notify us in advance as there may not be enough space for your bike.

Please indicate total no. of ppl including family and friends: \_\_\_\_\_

**OPTIONAL BIKE RENTAL with helmet**

150 rmb

Please let us know the size of bike required

**Entries close on the 1<sup>st</sup> September 2010 !**