

The Potjie Race 2010, Moganshan
Saturday September 18th 2010
1.5km Swim, 40 km Cycle, 10km Run

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

Please email **SIGNED** forms back to Evan at evan@nakedretreats.cn before the **1st September 2010**

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

Name of Swimmer: _____ **Email Address:** _____

Name of Cyclist: _____ **Email Address:** _____

Name of Runner: _____ **Email Address:** _____

Team Name: _____

Team Contact Person: _____

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

RACE ENTRY ONLY (Incl. marshals, drinks and some limited safety options)	450 rmb per team 150 rmb pp
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POTJIE BBQ 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. (soft drinks and beers included)	200 rmb pp
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Please indicate total no. of ppl including friends and family: _____

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 1st September 2010 !