

17 August 2021

Dear Colleagues,

See the below the call for participation to honour health workers. This initiative originally started off this as a Night Run for Nurses, but changed it this year due to COVID-19, to honour all health workers.

All the major cities are targeted during October with the following dates and additional flyers for these events will follow:

**Cape Town – 2<sup>nd</sup> October**

**Joburg – 9<sup>th</sup> October**

**Qgeberha (PE) – 16<sup>th</sup> October**

**Pretoria – 23<sup>rd</sup> October**

**Durban – 30<sup>th</sup> October**

**Bloemfontein not on board yet**

Hope to see you there!

Take care, Nelouise

**Dr. Nelouise Geyer** RN PhD FANSA

Chief Executive Officer (NEA)

# NIGHT RUN

## HEALTHCARE WORKERS

TO  
HONOUR

7KM RACE • SAT 9 OCTOBER • 6PM-8PM

### VENUE:

Mark's Park Sports Club,  
Judith Road, Emmarentia

### ENTRY FEE:

R100 per person

R50 for children under 12

### FUNDRAISER:

Bursaries for student nurses

Brought to you by:



In partnership with:



Supported by:



ENTER ONLINE:

[WWW.THEEXCEPTIONALNURSE.CO.ZA](http://WWW.THEEXCEPTIONALNURSE.CO.ZA)

SAVE LIVES - BE A NURSE

Please assist friends and family with no internet access, to register.

# NIGHT RUN HEALTHCARE WORKERS

WELCOME TO THE 7KM NIGHT RUN TO HONOUR HEALTHCARE WORKERS

BROUGHT TO YOU BY THE EXCEPTIONAL NURSE CAMPAIGN

This family-friendly event is open to **EVERYONE**, not only healthcare workers!

Please enter online at [www.theexceptionalnurse.co.za](http://www.theexceptionalnurse.co.za)

The first 2 000 entrants will receive 2 super free gifts at registration. The NIGHT RUN will officially start at 6pm.

## RULES AND REGULATIONS – TERMS AND CONDITIONS:

Please carefully read the following information.

1. The 7km NIGHT RUN to honour HEALTHCARE WORKERS has been organised following the official Code of Conduct for Fun Runs.
2. Bookings and payments to be done online: [www.theexceptionalnurse.co.za](http://www.theexceptionalnurse.co.za).
3. Entries close on Tuesday, 5 October 2021. We are limited to 2 000 entries. The race organisers reserve the right to accept or reject any entry.
4. The entry fee is non-refundable unless the entry is rejected.
5. Once you have entered and paid online, you will be able to print out your race entry ticket. Your personal NIGHT RUN ticket must be carried on your person for the entire race.
6. Registration and free gift collection will officially open at 3.00 pm on the RACE DAY.
7. All runners must use headlamps after 6pm, available at all Crazy Store outlets.
8. All runners are advised to wear bright colours – no plain black tops are to be worn.
9. Distance markers will be placed at each kilometre mark.
10. No dogs or bicycles may participate in the event.
11. A water station will be situated at the halfway mark only. All runners are required to carry their own water, should this be needed.
12. Wheelchair users must please contact the organisers timeously to make arrangements for their participation.
13. Cut off time for the 7km NIGHT RUN is 1 hour and 45 minutes.
14. Marshalls, traffic and security officials must be obeyed at all times. If participants are instructed by any race, medical, traffic or security official to stop they shall do so immediately.
15. Public parking is available at the venue. Race organizers will provide security guards but parking will be at the owner's risk.
16. Liability: The organisers and sponsors accept no responsibility for injury or accident resulting from participation in the race.
17. The 7KM NIGHT RUN to honour HEALTHCARE WORKERS takes place in an environmentally sensitive area. Participants may not litter or damage the environment in which the event takes place. Participants who do not respect the instructions regarding litter may be subject to a fine or a ban from future events.
18. The proceeds from the NIGHT RUN entries will go towards bursaries for student nurses.
19. The general public and COVID-19 SURVIVORS are invited to line the 7km race route to celebrate our healthcare workers.
20. This is going to be an AMAZING EVENT! Let us do our part to round up colleagues, friends and family to join us.

## COVID-19 PROTOCOLS:

The 7km NIGHT RUN will be a PHYSICAL and a VIRTUAL event.

As number restrictions are currently expected, we have three options available:

1. Run with healthcare workers at 6.00pm from the main NIGHT RUN venue.
2. Run an organised 7km route from designated Run/Walk for Life Club venues. Your proof of entry will be required.
3. Run a 7km route from ANYWHERE!

Should COVID regulations prevent the main 7km NIGHT RUN event from taking place, only options 2 or 3 will be available.

WE HONOUR AND EXPRESS DEEP GRATITUDE TO ALL THE EXCEPTIONAL HEALTHCARE WORKERS OF OUR NATION.  
YOUR COMPASSION AND KINDNESS MEANS THE WORLD TO YOUR PATIENTS – THANK YOU.