GIRLS DAY OUT

INFORMATION SHEET

RECREATION SOUTH AUSTRALIA
AQUATICS • FITNESS & HEALTH
COMMUNITY • OUTDOOR

Register for the **Recreation SA**, **Girls Day Out** canoe paddle on **Sunday October 30th**. It is ok if you are a beginner, the day is about **fun** and **recreation** with funds raised going to the Cancer Council who help the approximately 15,700 women who are diagnosed with breast and gynaecological cancers each year.

The paddle is for female participants only and all paddlers must wear pink. Registration is $20 (with a minimum of $20 donations). Register online at www.recreationsa.org.

The paddle will start at **West Lakes Canoe Club**, Aquatic Reserve, **Bower Road**, **West Lakes**. Registrations open at **8am**. Equipment is provided (life jacket, boat, paddles) however you are welcome to use your own equipment. (Note: all boats must be human propelled.) The paddle will be starting at 9.30am with an approximate finish time of 11am. The track will be a leisurely paddle around Delfin Island (approx. 6km.) The track is susceptible to change in rough weather conditions.

HOW TO FUNDRAISE

1. You are required to fundraise $20 but aim for the stars! There is a prize for the person who raises the most money. Ask your family, friends and colleagues to support your Girls Day Out canoe paddle.
2. Fill out the 'Control Sheet' with your sponsors details. (You can download the form at www.recreationsa.org)
3. After you have collected your sponsors donations complete the 'Funds Raised Form.' (You can download the form at www.recreationsa.org)
4. Hand in the 'Control Sheet', 'Fund Raised Form' and money raised at the Registration Desk on event day or send to Recreation SA, 2a Midera Avenue, Edwardstown, 5039 by Monday November 7th 2011.

GIRLS DAY OUT
CONTROL SHEET
RECREATION SOUTH AUSTRALIA
PERSONAL DETAILS
First Name..... Last Name.....
Postal Address.....
Suburb..... Postcode.....
Telephone (H)..... (M).....
Email Address.....
Receipts will be available at Registration Desk on event day.

SPONSORS NAME	ADDRESS	TELEPHONE	EMAIL	AMOUNT