



THE ULTIMATE HUMAN RACE

[WWW.COMRADES.COM](http://WWW.COMRADES.COM)

# GET INTO GIVING

## JOIN THE CHARITY SEEDING BATCH

- The Aim is to raise R5 million for Amabeadibeadi Charities.
- CMA will reserve 1000 entries @ R5000 each for the Amabeadibeadi charity seeding batch.
- Runners can get 50 friends and family to sponsor them R100 each.
- Runners will start in their own separate seeding batch "CC" between C&D batches at the start.
- The Runners will receive an exclusive Goody Bag at the Charities stand at registration.
- Runners can log onto the CMA website and follow the link to sign up. Family & supporters can donate and leave messages of support [www.comrades.com](http://www.comrades.com).
- Incentive Prizes will be available to those who have raised the most funds.

# Amabeadibeadi



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## ENTRY PROCESS

This will be the same for all athletes from 1st September to 30 November 2010.

Runners will still have to qualify and comply with the CMA race rules.

Runners will have until 6th May 2010 to sign up and raise funds.

All funds raised will be for the Amabeadibeadu Charities, no refunds will be allowed if the runner does not qualify.

Runners who do not meet the R5000 target will start in their normal seeding batch



**Starfish**  
GREATHEARTS FOUNDATION  
TURNING THE TIDE ON AIDS



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