We’d like to invite your members to a FREE fun walk/run that we’re holding in October. 

This is also an event to prioritise your older runners (55+) and give them an opportunity to feel “forever young”. However, anyone at any age can join. And they can make it extra special by bringing along a parent/grandparent at whatever fitness level. There’ll be a 2,5km, 5km and 10km and the first, second and third in each category will be awarded a medal. Everyone who enters online will also receive a FREE t-shirt and stand a chance to win a R5 000 cash prize on the day.

It’s going to be a fun morning for the whole family! The popular Cowhouse market will be exhibiting at our venue (The Retreat Retirement Estate). There will be a jumping castle for the kids and live music on the lawn.

I’ve attached some pictures to give you an idea of the beautiful setting that this run will take place in as well as the event poster with further info

**Entry Link:**[**www.entryninja.com/events/77032-forever-young-run-walk**](http://www.entryninja.com/events/77032-forever-young-run-walk)

Find out more about The Retreat Retirement Estate: <https://www.facebook.com/theretreathazeldean>

Select Attending/Interested on our Facebook Page: <https://fb.me/e/KZsUV4GC>

**Venue:** The Retreat Retirement Estate, Hazeldean, Pretoria East

**Date:** 16 October 2021

**Registration starts:** 7:30am

**10km walk/run starts:** 8:00am

**5km walk/run starts:** 8:15am

**2.5km walk/run starts:** 8:30am

**R5000 lucky raffle draw:** 9:30am

**Your FREE entry will include:**

* A goodie bag
* An energy drink
* A branded t-shirt to all early bird entries only
* Earn Vitality & Momentum Multiply Points;
* Entry into the draw to win a R5 000 cash prize

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