

Dear Runners,

It gives me great pleasure to welcome you to our running workshop, which will be held on the 19th of October 2013 at Rietvlei Nature Reserve.

Athletes will be charged R 85.00 p/p, registration will take place from 7h30 a.m.

We would like to invite all runners no matter what level of running you are. We are going to have two workshops.

08:00 – 09:00 **Beginners** running workshop: For beginners and those who wants to start running.

09:10 – 10:10 **Advance** running workshop: For those who have attend our first running workshop and any competitive running athlete)

Please make sure to bring a towel (one that is slightly bigger than a normal sweat towel) and a bottle of water.

Please note that there is a small tariff that Rietvlei will charge each individual.

Entrance fee:

Adults:	R13.00 p/p
Children 3-17yrs	R6.50 p/p
Senior (60yrs+)	R6.50 p/p
Vehicle	R18.00

Please confirm attendance on or before the 15 th of October 2013.

You can contact Hendrik on (084 507 9865 or hendrik@fit4u.co.za) or Jaco on (082 747 2424 or jaco@fit4u.co.za)

Best regards

FIT4U