

# Mmametlhake

## 5 & 10 km

# fun run/walk

the 1<sup>st</sup> leg

When: Saturday 2 May 2015

Time: 7h30 am

Where: Mmametlhake Post Office

### Entry fees

	10km	5km
Adults	R30	R20
Scholars	R20	R10

A fund raising initiative for



### Pre-entries

MFCC office at Mmametlhake Post Office building

Office hours: 7 April 2015 – 30 April 2015

**Entries** on the day of the race at the venue  
from 5h30am – 7h15am

Join us for aerobics  
after the race and other  
fun activities



### Enquiries

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## The purpose of the fun run/walk

1. To promote a healthy lifestyle by encouraging the community to participate in sporting activities.
2. To raise funds for Mmametlhake Family Care Centre, an NGO which has been in existence since 2005, building and developing the community through:-
  - Childrens's after care program – Helping children with their homeworks and other educational programs.
  - Community dialogues – Meetings with local community members to discuss community challenges and finding local solutions.
  - Youth skills development – Sport facilities, library and computer skills training.
  - True Love Waits – Prevention of teenage pregnancy, STIs and HIV/AIDS through abstinence.
  - Home Based Care Work – Supporting and caring for people who are living and affected by HIV/AIDS.
3. Contact us on 0127212003 [info@mfcc.co.za](mailto:info@mfcc.co.za) to partner with us. Let's join hands to make impact the community through participation.

## Rules and information

1. All participants must attach their race number in front of their vests.
2. No medals will be issued to participants who don't have a race number.
3. It is the responsibility of each participant to ensure that they are fit to participate.
4. Organisers will not be held responsible for any injuries or any health condition that may arise due to participating in the race.
5. The race committee reserves the right to accept or reject any entry.
6. There will be sufficient water points along the route.

