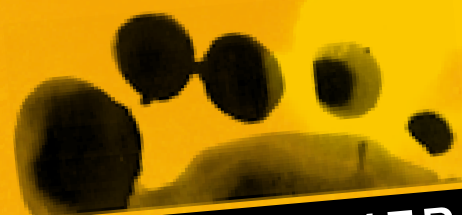




experience
the KENYAN way...

Annual Report 2015



RUN2GETHER

AUSTRIA-KENYA
ITALY-GERMANY-SWITZERLAND



Foreword

Dear Run2gether Members, Friends, Supporters, and Running Camp Participants!



If you've been to one of our summer running camps, then you know how you can go from feeling a bit distant and skeptical at first, unsure of what to expect, to making close friends, sharing laughs, and shedding goodbye tears all in just a handful of days... Well, I've known this array of feelings now for over eight years, and it's what motivates me to keep working on **Run2gether** with the help of other members. At the same time, these emotions also reflect my own **personal impressions** of the previous year. 2015 was an eventful one. Here are just a few of the things that shaped it:

- The summer running camps were fully booked and full of wonderful moments
- A clear increase in the number of guests in Kiambogo
- The completion of four new rooms in our camp in Kenya in January 2015
- The "Blankets" project and 110 sponsored children by the end of 2015
- Farewell to our best athlete and very close friend Daniel Kinyua WANJIRU at the end of 2014 (he switched to a Dutch manager)
- Collaboration with Austrian marathoner Christian Pflügl during the Vienna City Marathon
- Roman Tramoy-Weger as speaker at the summer running camps and as coach of several Kenyan marathon runners beginning in the fall of 2015
- Bitter losses at several important races
- The tragic death of our runner Benson Igogo WARIRA
- The protracted injury of Geoffrey Gikuni NDUNGU
- Numerous top performers and friends leave our team at the end of the year
- And finally, the first – and very motivating – **Run2gether** running weekend in November

This mixed bag of emotions was a challenge for me, as club president. At the same time, I had the feeling that we grew together more during the last year and were better able to pursue our goals as a team.

But there were a lot of helping hands that made it all happen.

And so I'd like to thank each and every one of you for volunteering your time and effort. All of your contributions – both big and small – have been vital for the ongoing success and **positive development** of our club. Thank you!

The year 2016 will certainly be an exciting one, with several big changes on the horizon. We'll be meeting a lot of new Kenyan athletes at our summer running camps and at races. And after six years, we're leaving the Turracher Höhe and heading to the **Hochrindl** (also located in Carinthia's Nock Mountains) for our summer camps, where the **JUFA Hotel** will be ready and waiting to accommodate us. Finally, we'll continue to update you on the latest developments, sponsorships, racing news, and diverse activities on our website. So stay tuned!



Thomas with Caroline & Purity at the Kenyan Cross Country Nationals 2016

I'll be looking forward to seeing you in 2016 and hope that the year will prove to be a motivating and inspiring one for all of us at **Run2gether**.

Sincerely,

Thomas KREJCI



2015 - The Year in Review

The Year in Running

Team

Our **Run2gether** team had another intense racing year. In Europe, the 2015 season began right in January for a few of our top runners, like Viola JELAGAT, Benard BETT, and Thomas LOKOMWA, who competed in tough races in Belgium and Italy. These races served primarily as preparation for major international half marathons in the Czech Republic, Italy, and Slovakia in March. Highlights here included **Lokomwa's repeat victory** in Milan and **Viola's exceptional performance** in Prague, where she finished fourth and ran her first sub-70 minute half marathon.

Our **Run2gether** athletes continued to shine in April at marathons in Austria (Linz), Switzerland (Zurich), and Germany (St. Wendel). In May, we got to witness other **first-place finishes**: at the marathon in Trieste, and both men's and women's victories, including a course record, at the half marathon in Piacenza. Viola set a new PR in Piacenza (69:27), which is also a women's **Run2gether** record.

Then in June, the Kenyan runners who coached at our summer running camps at the Turracher Höhe arrived in Austria. A few of them got right to work, running some very good times at races and demonstrating their potential. Among the new faces at the Turracher Höhe were Francis ERAIN, Ronaldo KARIUKI, Geoffrey CHEGE, and Paul MUCHAI.

The World Mountain Running Championships held at the Zermatt Marathon in Switzerland was billed as a highlight of the summer. Paul MICHIEKA, the winner from the previous year, was running, and so were two other **Run2gether** athletes, Isaac KOSGEL and Francis NGARE. That meant that the **Kenyan national team** was comprised solely of **Run2gether runners**. Unfortunately, the race panned out differently than expected, and Paul, our top finisher, had to settle for 7th place, a disappointment for him. Nonetheless, our team placed 3rd overall and got the bronze medal.

We continued to see a lot of exceptional running and strong finishes throughout the summer and the beginning of fall. There were weekends where our athletes made it to the podium at a total of six different races. The highlight was definitely the first-place finishes at the Wachau Half Marathon for both the women (Viola JELAGAT) and the men (Benard BETT). Even if there weren't any really giant success stories this year as in the previous one, we can still look back at a successful season overall.

Following several strong performances in the fall in Italy, all of our runners returned to Kenya safe and sound, where they competed at races on their home turf throughout our winter months.

However, all the races in Europe would hardly have been possible if we hadn't had so many people offering to welcome the runners into their homes, take them to the races, and help them at the events. **Thank you!!!**



In Tyrol at Isolde's before a race

We'd like to especially thank our Italian partner AFRICA&SPORT. They have often supported our athletes for weeks at a time, providing them with living accommodations, food, and transportation to races. Without them, our athletes would never have been able to compete so often in Italy!

The following statistics provides an overview of the 2015 racing year:

- 103 races in Europe
- 301 individual starts
- 205 podiums
- 104 first places (46 women, 58 men)
- 14 personal records
- 12 course records
- 42 athletes of the **Run2gether** team were in Europe

Running Track

The **Run2gether Kiambo Primary School Stadium**, ceremoniously opened at the end of 2014, now serves as the new training grounds for our pro athletes and guests. School students in the area also use the track. For 2016, we want to provide more access to the track for Kiambo schools and offer more support for young, new talent. The track is also used for **Run2gether** team qualifying events and for Kenya Athletics meets.

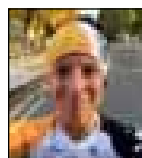
Geoffrey Gikuni NDUNGU

Unfortunately, we had to do without our top marathon runner and **Run2gether** co-founder Geoffrey Gikuni NDUNGU in 2015. Ongoing problems with his Achilles tendon forced him to drop out of two marathons in 2014 and to give up racing altogether in 2015 while he underwent rehab. In spring, he was treated in Switzerland, and in summer, after altering his running style with the help of Horst VON BOHLEN and intense follow-up physiotherapy provided by the Impuls Team (including Freddy SIEMES and Kerstin PETZ), he was able to slowly



Gikuni undergoing therapy

begin training. However, soon after increasing his mileage and tempo, the pain returned. An MRT revealed the disheartening diagnosis: partial rupture of his Achilles tendon. Gikuni once again decided to play it safe. Mohamed KHALIFER from Salzburg was consulted, who, after very painful treatment, advised him take it easy. By the end of the year, though, Gikuni could start training with the team again and is now back up to 200K a week. We wish him all the best and hope to see him at the starting line soon.



Isolde Höfinger-Pattis, Editor

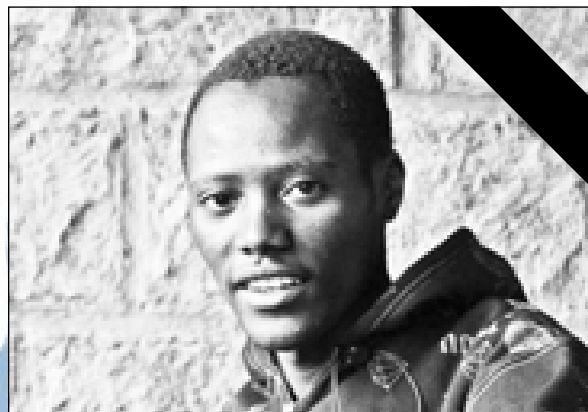
The Team in 2015

The Professional Run2gether Team

In 2015, our **Run2gether** team had 55 professional runners (13 women and 42 men). They participated at races in Kenya, and many of them competed in Europe as well.

Tragic Loss

Our **Run2gether** family unfortunately suffered a terrible loss in 2015. One of our most promising athletes, Benson Igogo WARIRA, died in a tragic car accident in Finland in August.



Benson Igogo WARIRA

Benson, who turned 20 in January 2015, had been supported as a school child through the **Run2gether** sponsorship program. As an established member of the team, he was interested in performing maintenance work at our camp alongside his training. His skills as a craftsman soon became apparent, which led to an offer of a 3-year apprenticeship in carpentry in Finland. Taken in by Finnish **Run2gether** guests, Benson began his apprenticeship in the summer of 2014.

Juha and Arja treated Benson like a son and accompanied him to races in Finland.

After they all went for a short visit to the Turracher Höhe in July 2015, where Benson could visit his friends and teammates, the three of them returned to Finland. Just days later, the tragic accident occurred that ended Benson's young life.

Through the tremendous financial assistance of many of our **Run2gether** friends, as well as the support of a German sponsor, who, through her contacts to an airline, helped us get greatly reduced transport costs, Benson could be transferred to Kenya, where his family laid him to rest.

We would like to thank all of you once again for your tremendous support!

Fire Destroys Gikuni's Parents' Home

Unfortunately, more bad news reached us from Kiambogo in November 2015. A gas canister exploded, causing a fire in Gikuni's parents' home. The entire house burnt down, but luckily no one was home. And thanks to a neighbor's quick response, the fire could be contained before spreading to the homes of Gikuni's and Paul's families.

All of the family's possessions were destroyed. The family was able to stay with neighbors temporarily. A fundraising campaign was started in Kenya, and we, too, asked for your support to help rebuild the home.



Reconstruction of Gikuni's parents' home

And so once again we're able to report on another tremendous wave of support from our **Run2gether** family. With your contributions and **Run2gether** emergency funds, the house was rebuilt!

Asante sana!!!

Isolde Höfinger-Pattis, Editor

Run2gether Members

As of 31 December 2015, **Run2gether** had **142 members**, an increase of 22 members from the previous year. In 2015, we welcomed 25 new members, while three members unfortunately left the club. We're very pleased about the large number of full members (113) and supporting members (29). In addition, 86 people became supporting members through their participation in one of our weeklong summer running camps. All of their contributions represent a vital financial pillar for our **Run2gether** club.



Peter, a Run2gether member, with Janet after the award ceremonies in Schlickeralm

We're also delighted to report that our members come from a total of **six European countries**. We have one member from both Luxembourg and Russia, two from Switzerland, three from Italy, 26 from Germany, and 109 members from Austria.

In the meantime, Austrian members hail from all nine states, with a majority of them living in Styria, Vienna, and Lower Austria.

Thanks to our up-to-date records, we're able to contact members directly, send them our annual report, maintain better control over login privileges for our online store, keep track of yearly membership fees more efficiently, and provide immediate rebates when members book one of our summer running camps. Efficient management of membership data is so important because there are five **Run2gether** members responsible for keeping the different areas of the club (sponsorships, memberships, treasury, PR, and pro-athlete support and driving platform) running smoothly.



If you have any questions about a **Run2gether** membership, feel free to contact me at:

mitgliedschaft@run2gether.com

Gabriele Bleier, Membership Support

We'd like to thank all of you for your 2016 membership fees!

Run2gether Sponsor-a-Child Program

Each year, 30 children are taught at the **Run2gether** Nursery School in Kiambogo. Located on the grounds of our running camp, our school opened its doors in January 2013 and has been successfully run by our teacher Lilian ever since. Following nursery school, the children attend the local primary school either in Kiambogo or in Sision, a district of Kiambogo. All school-aged children must pass an aptitude test before entering primary school. But thanks to the outstanding education the children receive at our nursery school, they have all passed with flying colors.



The Run2gether Nursery School children

Meanwhile, the **number of children** being financially supported by European sponsors has risen to **118!** In 2015 alone **33 new sponsors** joined, and others have already gotten on board in 2016. **We'd like to thank all of our sponsors for your generous support!**

For the sponsors we've set up various communication channels so they can keep up-to-date on the personal and academic development of the children they sponsor. For example, each child is also supported by a **Run2gether** athlete, who occasionally contacts the child's sponsor on Facebook or by email. But since communication with the runners is sometimes spotty, **Run2gether** also contacts the sponsors directly once or twice per year with information, pictures, or drawings by the children. In addition, we've also created an online profile on our **Run2gether** website with all relevant information for each sponsored child (<http://run2gether.com/info/run2gether-patenschaften/>). In time, we hope that these profiles turn into a "biography" for each of the children.



Fredrick Kanja NJUGUNA, one of our sponsored children

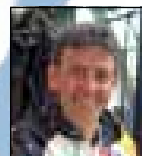
One of our main goals in 2015 was to wire all classrooms and offices at the primary school with **electricity**. During our visits to Kiambogo we had noticed how terribly dark the classrooms were in which up to 60 children are taught. Thanks to the support of our **sponsors** and the donations we received from last year's **Austrian Women's Run**, we were able to complete the project by the end of 2015. Fortunately, the classroom "eyesores" are now a thing of the past. **ASANTE SANA!**

Last year we once again organized our "**Run2gether Sponsor-a-Child Mail Service**", which gives sponsors the opportunity to send their children letters or a small package (no larger than an A5 envelope). We take care of the delivery and personally hand out the mail in Kiambogo. Over 40 sponsors took advantage of our mail service in 2015. For 2016, sponsors can send us their mail **no later than March 31** to Thomas KRATKY (Korngasse 2/9, 2201 Kapellerfeld, Austria) or by email: patenschaften@run2gether.com



Classroom lighting brings joy

If you're interested in becoming a **Run2gether sponsor**, please contact Thomas KRATKY directly at patenschaften@run2gether.com. You can also learn more about our program at: <http://run2gether.com/info/patenschaft/>.



Thomas Kratky, Sponsor-a-Child Program



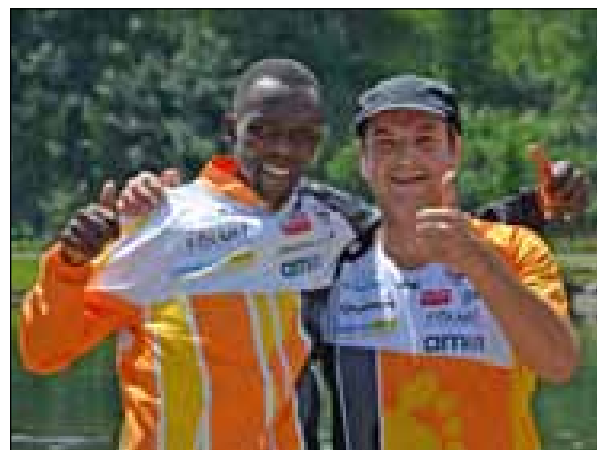
Run2gether Summer Running Camps

Fully booked throughout the summer of 2015! The positive trend we reported on in 2014 continued throughout 2015. The running community's interest in our unique mix of training and cultural exchange was so great that our long-standing accommodations hardly knew where to put us all. So this year, and for the first time, we also rented rooms in a neighboring hotel. That made it possible for us to offer camps from mid-June to the beginning of September for a total of **twelve weeks and 207 guests**.

In 2015 we also continued our partnership begun a year earlier with the family-owned **Hotel Hinteregger am Katschberg**. There, during the months of July and August, families have the opportunity to train with our **Run2gether** athletes and learn about Kenyan culture.

In 2015 we also introduced a weeklong running camp in South Tyrol's Grödnertal. Our hosts (and running fanatics!) Birgit and Christian Stuffer provided us with excellent accommodations at the **Hotel Cendevaves**. For one entire week, twelve guests got to explore the running paradise of Gröden. Though the concept here is somewhat different than at our traditional running camps, it was nonetheless a wonderful experience – and one that we will be offering again in 2016!

In order to get a first-hand impression of Kenya as the running capital of the world, 54 European guests visited our **Run2gether Mount Longonot Sports & Recreation Centre** in Kiambogo last year, for a total of **760 overnight stays**. So it was a good thing we had added four rooms to our camp at the end of 2014 in order to be able to accommodate everyone during the peak months of February and March.



Kenyan-German duo during a weeklong running camp in Austria

In spite of how pleased we are about the overall increase in guests, it's a bit disappointing that our camp in Kenya isn't used nearly enough during the (European) summer months. That's why one of our goals for 2016 will be to make these months more attractive to guests by offering other activities.

For information on our various **Run2gether** running vacation packages, go to <http://run2gether.com/laufwochen/> or contact Tim at tim@run2gether.com.



Tim-Phillip Koch, Running Camps

Run2gether Projects

Blankets for Kiambogo Families

Just like in 2014, we also organized a campaign in 2015 for our **Run2gether** children and their families in Kiambogo. From a logistics standpoint, it's very difficult to distribute individual Christmas and birthday presents to each sponsored child. That's why Thomas KRATKY invited all of our **Run2gether** sponsors to participate in the campaign "**Blankets for Kiambogo Families**". On account of the very poor living conditions, children frequently have to share a single mattress and a blanket. And so we thought that each of our sponsored children should get his or her own wool blanket to sleep under!

Nahashon KARURI, of our **Run2gether** guests by his GITONGA, once driving force behind in Kiambogo. He not only oversaw the production of the blankets, he ensured that each of them was embroidered with our **Run2gether** logo and also organized the transportation of the blankets from Nairobi to Kiambogo.



known to many running camp Kenyan name again was the our campaign

From December 2014 to January 2015, our sponsors and **Run2gether** friends donated a total of **600 blankets!!** And so not only did all of our sponsored children get a blanket (we



Together with her assigned runner, Margaret greets her sponsor Susanne

had 83 children at the time), but so did all of their brothers and sisters! That amounted to roughly 500 children, some of them living in families with 12 siblings!

In February 2015, Thomas KRATKY and Johann HEINZL handed out the blankets to the **Run2gether** children during a big village festival held on the grounds of our Kiambogo camp. Prior to that, all 200 guests were served tea and sandwiches. Our **Run2gether** athletes and many of our camp guests helped out with the preparations and with presenting the blankets to over 100 needy families.

On the following day, we handed out the remaining 100 blankets directly to older residents and small children in the village. Once again, both the givers and the receivers were overcome with joy. One especially moving moment was when a 100-year-old blind farmer, who was sitting alone in his dark hut, was given a blanket. He shed tears of joy when the blanket was placed around his shoulders.

This campaign was an ideal way to help the needy families we sponsor in Kiambogo. Many thanks to all **Run2gether** sponsors and donors for your exceptional support. **Asante sana!!**

Thomas Kratky, Sponsor-a-Child Program

Our Website: www.run2gether.com

We strive to keep the information on our website up-to-date with new articles on the racing results of our athletes, our latest projects and campaigns, our child sponsorship program, club members, and general club news. We've also made it a snap to **book one of our running camps** right on our website. And for our members, we've also revamped our **online shop**.

In addition to always fine-tuning our website, we're happy to report that it went online in **English, Italian, and Czech** in 2015. With the help from one of our members, Jeff TAPIA, who is translating the **Run2gether** articles into English, our international website visitors can now stay up-to-date on all the news in English.



Presenting the blankets to Kiambogo families

Thank you so much for your important work! If any of you could translate our news articles into Italian or Czech, please let us know. We'd be very grateful!

Since the summer of 2015, Isolde HÖFINGER-PATTIS has been managing the **Runner profiles** on our website. There, you'll find up-to-date info on our **Run2gether** athletes and their race results.

Run2gether members also have the opportunity of designing their own profile. We'll be glad to include pictures, personal information, and contact information in your profile. Just contact Isolde HÖFINGER-PATTIS at isolde@run2gether.com.

Don't hesitate to visit our site! After you register to receive our newsletter (available at www.run2gether.com), you'll automatically receive the latest articles every week.

Isolde Höfinger-Pattis, Editor

Run2gether Group Runs

In 2015 we decided to start a group run in Vienna. Our first one was on 10 April, which coincided with the Vienna City Marathon. Numerous **Run2gether** members met with **Run2gether** athletes for an easy jog. It was a great way to kick off the **Run2gether** Vienna Group Runs!



Weekly group run in Vienna

At first, we held the group run once a month, but now it's **every week**. So if you're in Vienna, come join us **every Thursday** at 6:30 p.m. We meet at the stadium parking lot next to the "Prater Hauptallee" (by the gate to the Hauptallee).

- The highlight after 8 months of group runs – more than **100 participants!**
- On 2 September 2015 we held a special group run for KIRA!
- Since October 2015, each group run has a **special theme**: long run, speed work, running technique etc.

You'll find all the latest information on Facebook!



We've got other things planned for the 2016 running year – for example, collaboration with Athletenwerkstatt, a personal training studio in Vienna. So just come and join us! I'm looking forward to our upcoming runs and hope our numbers continue to grow! If you have any questions, just contact laufftreff@run2gether.com.



Keep on running!

Johann Heinzl, Group Runs

Run2gether Race Day Coordination

In 2015, our athletes competed in over **100 races!** But to get to each and every one of these events, our athletes need drivers.

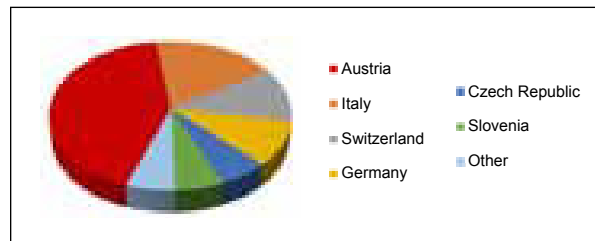


Lucy Wambui MURIGI winning the Muttersberglauf mountain run

Getting everybody where they need to be on race day can be a real logistical challenge on account of the large number of races we compete at, many of which are outside of Austria. And we especially need reliable drivers on weekends when numerous **Run2gether** athletes are competing at different races.

With the help of our current 15 drivers – oftentimes shuttling from one event to the next – our runners were able to participate at all the events they were registered for in 2015.

We'd like to thank all of our drivers, especially our road warriors Isolde, Thomas, Thomas, Christian, Martin, Wolfgang, Helmut, Josef, and Gaby. Start your engines for the 2016 season!!

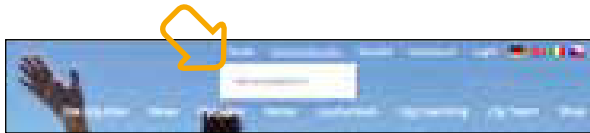


Our athletes competed in several countries

How can I help out on race day?

In order for our team to make it to a whopping 100 races (or more!) again this year, we desperately need more people who are willing to drive our athletes to a race on one or more weekends.

To better organize our “taxi service”, we’ve developed a driver platform on our website that offers drivers all necessary information about upcoming races. You’ll find the platform at the top of our homepage www.run2gether.com under „Veranstaltungen – Fahrerplattform“:



If you’re interested in helping out, please contact Johann HEINZL: johann@run2gether.com. He’ll be glad to answer any and all questions. **We can use all your help!!**

Johann Heinzl, Race Day Coordination

Inaugural Members-Only Run2gether Running Weekend in Gmunden

At the end of November 2015, we finally did it: **Run2gether** members met for a weekend of running at the lakeside town of Gmunden, Austria. Organizing such an event had been on our to-do list for quite some time.

A total of 35 members – coming from Vienna, Lower & Upper Austria, Styria, Salzburg, Tyrol, and even Baden-Württemberg – answered our call. The central geographical location and the warm-hearted staff at the Hotel Magerl made Gmunden the perfect spot to meet.

Aside from group runs along the shores of Lake Traun, we also lived up to the “2gether” part of our club by undertaking group activities. On Saturday, we visited the lovely Christmas market held in the town’s castle, and in the evening we had a group meeting to discuss what our club had accomplished that year and what all lay ahead. On the second day, following



Participants at our first Run2gether running weekend in November 2015

a morning run and a delicious breakfast, we took a private, 1-hour guided cruise on Lake Traun, where we learned a great many interesting facts about the region and the lakeside towns. We ended our wonderful weekend with a scrumptious midday meal at the Seehotel Schwan - after which we had to say our good-byes...

Thanks to all of you who came to our first **Run2gether** running weekend and made it a grand success!

We’d like to do the same in 2016 and will be informing you about the details of our second **Run2gether** weekend as soon as we know more!

Strategic Planning

On the day before our first **Run2gether** running weekend in Gmunden, the club’s board, along with a group of other highly committed members, met for the third year in a row for a strategy workshop to discuss important club activities. Due to the tight time schedule, we focused on only the most pressing concerns and divided up the most important tasks between us. In 2016 we plan to look at our future activities and projects in greater depth.

Isolde Höfinger-Pattis, Editor



Participants of our strategy workshop in November 2015

Run2gether Online Shop

So that you can purchase **Run2gether** running clothes any time you’d like (and not just during our summer running camps), we opened up our online shop back in 2014. There you’ll find all currently available products and sizes for both men and women. Apparel from the previous year is frequently available on sale.

You can access the **Run2gether** shop by going to: <http://run2gether.com/shop>. Since our clothing is available only to club members, you’ll have to log in to the store with your username and password that you received when joining.

Ordering clothing is a snap! Just log in to the store, select the products you’d like, place them in your shopping cart, and supply a delivery address. After clicking Send, you’ll receive a confirmation email of your order. And as soon as your payment is processed, your **Run2gether** clothing will be on its way ...

Michael Reiter, Treasurer



The Hochrindl is now the new home of our Run2gether high-altitude running camps.

Preview 2016

Run2gether Running Camps

Austria

Ever since 2008, we've been offering guests of our **Run2gether** running camps the opportunity to train with our top Kenyan athletes and learn about Kenyan life and culture.

We've now moved locations, and as of 2016 the home of our high-altitude running camps will be the **Hochrindl** and the JUFA Hotel. Set amidst the Nock Mountains in the Carinthian Alps, the Hochrindl is awaiting you with gorgeous running trails and new accommodations. Our long-standing running philosophy hasn't changed a bit, though! We still aim to learn "2gether" and benefit from each other's knowledge and culture. For detailed information, please visit **Run2gether** at: <http://run2gether.com/info/hochrindl/>



JUFA village set in the Nock Mountains

Italy

In 2015, we offered a **Run2gether** running camp on the high-altitude Alpine meadow of Seiseralm for the first time. Due to the great feedback we received, we'll be organizing another one there this year. Set in South Tyrol's gorgeous Gröden Valley, the Seiseralm offers fantastic training possibilities and wonderful 4-star accommodations at the **Hotel Cendevaves**. The wealth of running trails, combined with individual training plans and running analysis, are certain to help you reach your personal goals!

Training with Roman TRAMOY-WEGER



He's no longer a secret to guests of our **Run2gether** running camps. Roman TRAMOY-WEGER is one of Austria's most successful and experienced marathon runners, and he has been cooperating with **Run2gether** since 2015. Roman visited us at our running camps last summer for one evening each week to tell us about his experi-

ences and answer any questions we had.

And we'll be intensifying this wonderful partnership in 2016 by having Roman coach a few of our **Run2gether** athletes. We also hope to make Roman available to hobby runners (details to follow on our website) and have him share his expertise at upcoming **Run2gether** workshops.

Integrative Nutrition Optimization with Kerstin PETZ



As a physiotherapist, Kerstin PETZ has been offering her services to us since the very beginning of **Run2gether**. She was also part of the rehabilitation team that worked on Geoffrey Gikuni NDUNGU and his Achilles tendon injury. Starting in 2016, we'll also be making use of Kerstin's qualifications as a nutrition expert. Through integrative nutrition optimization, special nutritive elements stimulate metabolic functions that the body can use to control weight, reduce inflammation, speed up the healing process of wounds, and support rehabilitation.

We are planning to hold a joint running and nutrition seminar this year.

Helping Youth

The projects we've carried out in Kiambogo in recent years have centered on helping our sponsored children and school children. Now, with the completion of our 400-meter track we can also provide athletic support to talented children and youth of the region.

To achieve this goal, we intend to collaborate more with the local high school. We also want to open our **Run2gether Sports & Recreation Centre** in Kiambogo to young European athletes who desire to train with our runners.

Advantages of a Run2gether Membership

What brings our members together, aside from their individual running goals, is the interest they have in other cultures and in meeting new people. Running merely represents the basis of our club. Anyone can join – even non-runners!

Full membership includes many advantages and perks:

- **Run2gether** is registered with Austrian Athletics, Austria's track & field federation. As a full member, you are allowed to participate in national championships.



Only members can purchase the attractive Run2gether apparel

- Only members can purchase our **Run2gether** clothing. When you become a member, you receive your login password for our online **Run2gether** shop.
- As a **Run2gether** member, you receive discounts when booking a summer running camp in Austria.
- When members go on a multi-day safari in Kenya, they are not simultaneously charged for their overnight stays at the camp.
- In 2016 we'll also be offering you some **special rebates** – so stay tuned!
- Once a year, members are invited to join us for a **Run2gether** weekend full of group events and some easy-going runs.

Isolde Höfinger-Pattis, Editor

2016 Run2gether Projects

Tools for Kiambogo Families

In December 2015, Thomas KRATKY, who is in charge of our Sponsor-a-Child Program, kicked off our new project "**Tools for Kiambogo Families**", which will directly benefit all the families of the 112 children we currently sponsor.

The majority of the population in Kiambogo continues to live from subsistence farming. Machines are rare, and the fields are still largely worked by hand. In addition, families rarely have suitable pots and pans to cook for their families. And so, for 2016, we decided to provide **all families of our Run2gether children** with farming tools and cookware.



Once again, Johann HEINZL and Thomas KRATKY will be personally handing out the farming tools and cookware together with our athletes and a few other helpers. In this way, we can be sure that everything ends up in the right hands.

435 sets were already donated by the end of January 2016! **We thank all of our Run2gether sponsors and friends for your support!!!**

You still have until **31 March 2016** to participate! One set (consisting of one farm tool and one pot) costs € 12. You can wire money to our club account "Laufteam Run2gether – Patenschaften" at:

Bank: Raiffeisenbank Graz-Strassgang
IBAN: AT85 3843 9002 0080 6992
BIC: RZSTAT2G439

The name of the transfer should be "Tools for Kiambogo Families".

We'll be telling you all about our campaign in April when we deliver the tools. So be sure to visit us on our website and on Facebook!

Thomas Kratky, Sponsor-a-Child Program



The 2015 Run2gether team at the Sports & Recreation Centre in Kiambogo

Club News

An Evolving Team

Due to licensing agreements, we're only able to contract our pro athletes for one year at a time, which explains why there are occasional changes to the makeup of our **Run2gether** team.

That's also why we're always on the lookout for new talent, runners who we feel will be a good fit for our team. These are then the athletes who have the chance to train in our **Run2gether Sports & Recreation Centre** in Kenya according to our club philosophy.

They live and train in our camp for free. We then invite the top runners to compete at races in Europe, thereby giving them the opportunity to support their families with their prize money. Team members thus change from year to year. In order to maintain the quality of our team in 2016, we've decided to cap it at no more than 50 athletes. In this way, our runners will have optimal training conditions at our camp.

Since competition in our team is quite stiff, we want to improve our athletes' potential through new, more focused training. And we feel we'll be able to better achieve this with a somewhat "smaller" **Run2gether** team.

Unfortunately, we sometimes have to face the loss of some of our top athletes, who decide to leave **Run2gether** for more lucrative financial offers by larger teams or who otherwise are looking for a change. We're thus sorry that we'll be forced to do without some of our long-standing, successful runners like Isaac KOSGEI, Thomas LOKOMWA, Ester MACHARIA, and Francis NGARE, who left the team at the end of 2015.

It wasn't merely their athletic performance that was so important for our club, it was their human touch and the roles they played within the team as a whole and for the participants of

our running camps that made them cherished members. We wish them all the best in their future endeavors!!

But we're also excited about welcoming a host of newcomers. We'd especially like to mention Elvis KIPKOECH, who has already made a name for himself on the Kenyan team as a junior and who, at the age of 20, definitely ranks as one of our greatest hopefuls for the future.

Income & Sponsoring

One big challenge for **Run2gether** is the ongoing need for sources of income. As a non-profit organization, we rely on the timely payment of membership dues, the proceeds from our running camps, and donations from friends and members. Our sponsors and partners also play an important role in reaching our goals. Unfortunately, as of 2016, we'll be doing without one of our long-standing partners and sponsors, the company Garmin.

Meanwhile, however, we've found new partners who share our visions. We're thus proud to announce partnerships with **Compressport** and **Melasan**, two companies who will be supporting us both financially and with their products. In addition, **JUFA Hotels** and the **Hochrindl region** will be functioning as our new running camp "hosts" in Austria.

We'd like to thank our long-standing partners for their trust and support!

We're especially thankful for **helping us find new sponsors!**

At the same time, we always welcome clever ideas by our **Run2gether** members and friends. Peter CUJÉ, for example, is someone who has continually come up with new sources



Peter CUJÉ bagging Kenyan tea

of income. He's the man behind the creation of the "Mount Kenya" and "Runner's Secret" teas that can be purchased at our running camps.

It's ideas like these that catch on. Hannah ARNDT and her hand-knitted socks in **Run2gether** colors can also be purchased, making a nice little gift for family and friends. If you happen to have an idea or would like to organize a charity event, we'd be delighted to support you. We're currently in the process of col-

lecting a list of tips on launching ideas and creating campaigns and will be making it available to all members. If you have any questions, please contact Isolde HÖFINGER-PATTIS at isolde@run2gether.com

Tax Deductible

In 2015 we came one step closer to reaching a major milestone. With new legal measures at our disposal, we filed a petition with the Ministry of Finance to be formally recognized as a tax deductible organization.

Public Relations



At our strategy workshop, Ed KRAMER formally took over the role of public relations manager from our president Thomas KREJCI. Ed will now be in charge of getting the word out about **Run2gether** via all media channels. For questions, please contact: presse@run2gether.com

Contacting Run2gether

Name	Position	Main Duties	email
Thomas KREJCI	President	Athlete management Summer running camps Sponsoring Webmaster	info@run2gether.com
Michael REITER	Treasurer	Finances Donations Online shop – Run2gether apparel	mreiter@office.sh
Ed KRAMER	Public Relations	PR	presse@run2gether.com
Gaby BLEIER	Membership Support	Membership registration Membership dues	mitgliedschaft@run2gether.com
Isolde HÖFINGER-PATTIS	Membership Support	Website: member profiles Website: athlete profiles Annual get-together (running weekend) Editor-in-Chief: annual report	isolde@run2gether.com
Peter CUJÉ	Membership Support	Membership support for Germany, especially Baden-Württemberg	peter.cuje@web.de
Thomas KRATKY	Sponsor-a-Child Program	Child sponsorships Website: children profiles Charity campaigns in Kiambogo Editor: website, Facebook, annual report	patenschaften@run2gether.com
Tim KOCH	Running Camps	Booking of running camps HOCHRINDL/Austria and KIAMBOGO/Kenya Promotion of Run2gether in Germany	tim@run2gether.com
Johann HEINZL	Race Day Coordination Group Runs	Coordination of drivers Website: driver platform Vienna group runs	johann@run2gether.com laufftreff@run2gether.com
Johann HEINZL Thomas KRATKY Franz GLASHÜTTNER Isolde HÖFINGER-PATTIS	Athlete Support	Coordination of Vienna lodging Coordination of Vienna lodging Coordination of Graz lodging Coordination of Innsbruck lodging	johann@run2gether.com thomas.kratky@gmx.at franz.glashuettner@gmx.at isolde@run2gether.com

2016 Racing Calendar

March 2016

- 19.03. Kerzers Run
- 20.03. Stramilano Half Marathon
Wels Half Marathon
- 28.03. Medio Blenio

April 2016

- 02.04. Prague Half Marathon
- 10.04. Vienna City Marathon
- 17.04. Genova Half Marathon
- 24.04. Zurich Marathon
St. Wendel Marathon
Sarnico-Dovere Lago d'Iseo

May 2016

- 08.05. Trieste Marathon
Piacenza Half Marathon
Skopje Marathon
- 21.05. Radenci Marathon, Half Marathon
Karlovy Vary Half Marathon
- 22.05. Mainz Marathon
Torino Half Marathon
Austrian Women's Run
Stralugano Half Marathon

June 2016

- 05.06. Cortina - Dobbiaco 30K
Mondsee Half Marathon
- 06.06. Ceske Budjovice Half Marathon
- 10.06. Knittelfeld/St. Margarethen Summer Run
- 12.06. Katrin Mountain Run
Muttersberg Run
- 17.06. Weiz Energy Run
- 18.06. Mozart 100
Fürstenfeld Brunnen Run
Giro Podistice Udine
- 19.06. Baden City Run
- 25.06. Olomouc Half Marathon
Frohnleiten City Run
Gallneukirchen City Run
- 26.06. Steyr City Run

July 2016

- 02.07. Zermatt Mountain Marathon
Grabensee Run
- 03.07. Tre Campanile Half Marathon
Gernkogel Mountain Run
- 10.07. Sappada Half Marathon
- 16.07. Karwendel Mountain Run
- 17.07. Großglockner Mountain Run
Munich Bavarian Run
- 22.07. Villach City Run
- 23.07. Jakobi Half Marathon
- 24.07. Stralivigno Half Marathon
- 31.07. Schlickeralp Mountain Run
Premana Mountain Run

August 2016

- 06.08. Glacier 3000
- 07.08. Thyone - Dixene
- 13.08. Münsiger Run
Erzberg Run
Stinatz Half Marathon
- 14.08. Unterengadin Summer Run
Sierre - Zinal
- 20.08. Lech High Altitude Half Marathon
- 21.08. Kärnten Läufer Half Marathon
Engadin Summer Run
Steinbach 3-Hills Run
- 27.08. Ybbsitz Market Run
Giro delle Mura Feltre
- 28.08. Kitzbühler Horn Mountain Run

September 2016

- 03.09. Craft Women's Run Munich
- 04.09. Achensee Run
Asitzgipfel Mountain Run
Americana Bibione Team
Bibione 10-Mile Run

- 10.09. Jungfrau Marathon
Prague 10K
Vorau Half Marathon
- 11.09. Bologna Half Marathon
Ebreichsdorf City Run
- 17.09. Zwentendorf Danube Run
- 18.09. Wachau Half Marathon
Udine Half Marathon
- 24.09. Innsbruck Night Run

October 2016

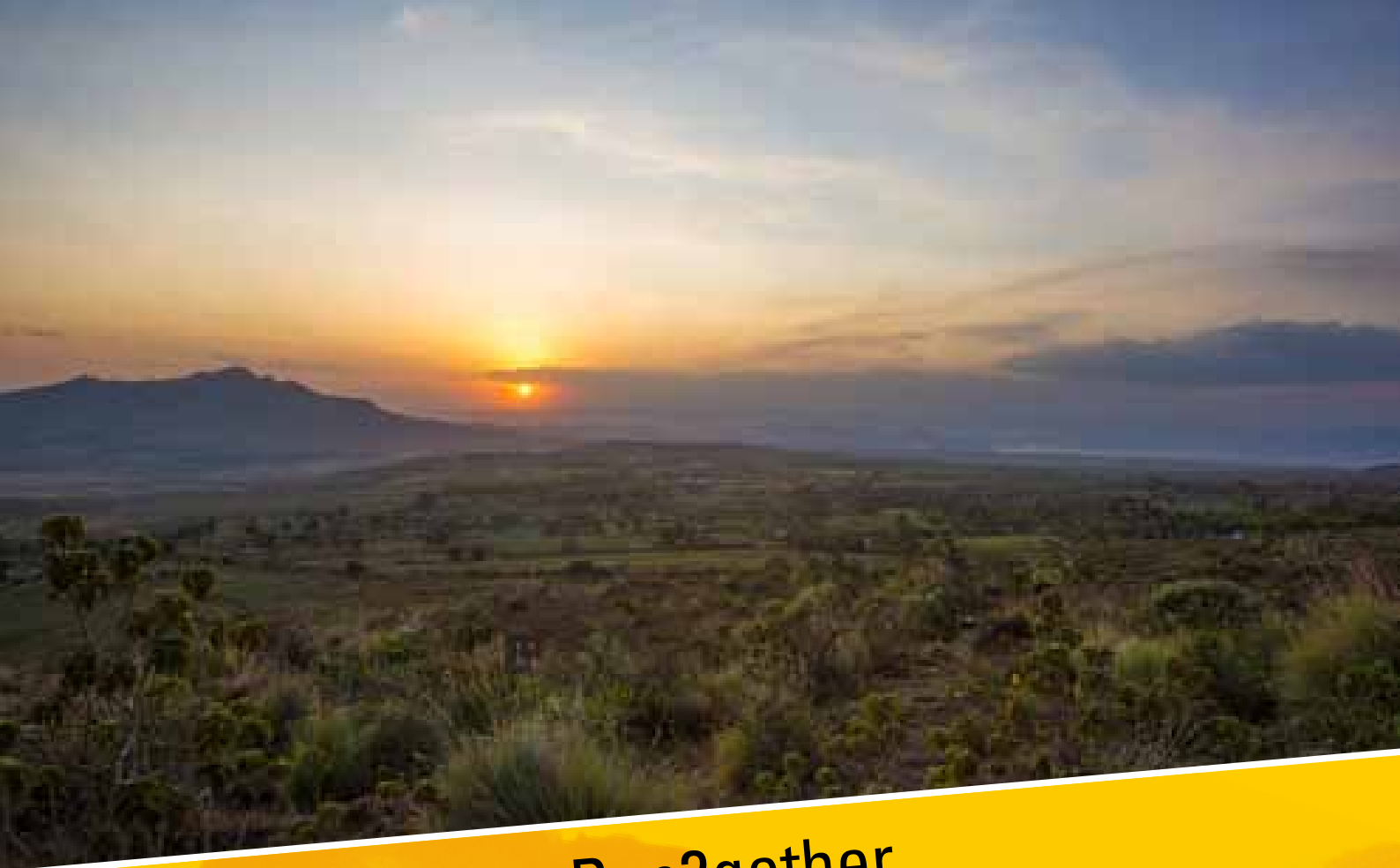
- 01.10. Vienna Höhenstraßen Run
- 02.10. Torino Marathon
Murten Run
- 03.10. Wieselburg City Run
- 09.10. Sparkasse 3-Country Marathon
Treviso Half Marathon
- 16.10. Lake Wolfgang Run
Cremona Half Marathon
Ascona - Locarno Half Marathon
- 30.10. Dublin Marathon
Frankfurt Marathon
Nairobi Marathon

We thought you might like to have a list of the most important races our **Run2gether** athletes will likely be competing at this season. Exactly which athletes will be competing where will be decided during the season and will depend on their training, their goals for the season, and the distances they specialize in. However, we do want to give our athletes the chance to compete as often as possible during the summer months in Central Europe, where there truly is an abundance of attractive races.

However, in order to keep transportation, food, and lodging costs to a minimum so our athletes can keep their prize money (oftentimes not much to begin with) for themselves and their families, we have to rely on volunteers who can take them to races and offer them accommodations.

Perhaps one of the races has caught your eye, and you'd like to line up at the start alongside one of our pro runners? Or maybe you'd like to accompany a runner or two to a race? It's a real joy to watch our **Run2gether** athletes prepare for a race and to experience first-hand their competitive spirit, see their rare abilities in action, and watch them step up on the podium at the awards ceremony ...

So if you'd like to be a part of it, please contact our race day coordinator Johann HEINZL at: johann@run2gether.com



Run2gether



AUSTRIA - KENYA
ITALY - GERMANY - SWITZERLAND

Postage and printing costs

We try hard to minimize all costs and would be grateful for your support in helping us to reduce postage and printing costs:

Laufteam Run2gether Austria
Bank: PSK Bank Köflach
IBAN: AT636000000510056639
BIC: OPSKATWW
„Druckkosten Jahresbericht“

Publisher

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