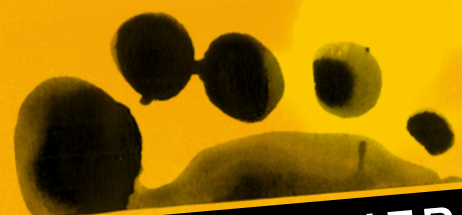


A photograph of two women running through a grassy field with trees in the background. The woman on the left is wearing a bright pink long-sleeved shirt and black leggings, and the woman on the right is wearing a white short-sleeved shirt and dark shorts. Both are smiling and giving thumbs up.

10 years run2gether 2007-2017

experience  
the KENYAN way...

# Annual Report 2017



**RUN2GETHER**

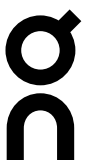
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Thomas KREJCI on his first visit in Kenya in February 2008

## Foreword 10 years run2gether

Dear run2gether Members, Friends,  
Supporters, and Running Camp Participants!



In the last ten years a hand full of young runners grew into a big team, many wonderful social projects for the children in Kiambogo were created and our prided club became more and more established.

**run2gether** began with a rough idea, which led to many great projects so far.

When looking back at 2017 we see that **run2gether** and Kenya brought home a world championship title and a lot of trust from the Kenyan Athletics Association. Our talent in the middle distance runs James KIBET is already knocking on the doors of the world-class of runners. This example clearly shows that our hard work and effort from the last ten years is paying off.

If we look back even further it becomes evident that next to all the successful athletes our actively engaged club members have also helped to make the first ten years possible:

Thanks to the tireless effort of Thomas KRATKY and the increasing number of supporters our **run2gether** Child Sponsorship program and the involved social projects are not only very successful for our club but also becoming increasingly important for the inhabitants of Kiambogo.

Our club's treasurer Michael REITER is a significant connecting element between the administrative machinery and the responsible persons of the relevant division. Mike provides us with accurate information to financial matters quickly.

The numerous guests of our running camps in Austria, Italy and Kenya are perfectly looked after by Tim KOCH, who is responsible for the coordination and processing of all bookings.

Kerstin PETZ does not only treat our professional athletes when it comes to physiotherapeutic issues, but also shows

our running camps guests how to improve their performance through nutrition and the use of mobigym.

Several of our volunteer members are traveling many miles each weekend to ensure that our athletes arrive at the competitions on time and are looked after during and after the race. This would not be possible without the commitment of the numerous drivers and the coordination carried out by Johann (Heinzi) HEINZL.

Up until now Gabriele BLEIER and Isolde HÖFINGER-PATTIS were responsible for the care-taking of our members. Gaby was responsible for the management of our members, while Isolde took care of the member support and the public relations work. In the future Isolde will be responsible for the entire support of our members.

Ursula KADAN is in charge of the layout as well as of the graphical design of our brochures and annual reports.

As club president I am very proud and thankful for ten years of **run2gether**. I thank each and every one of you for your support and I am already looking forward to our projects in 2018!

Sincerely,

Thomas KREJCI

**run2gether** President

In all of our articles about the **run2gether** activities we used gender-neutral wording. Naturally the wording is addressed to all of our female and male athletes, as well as to all runners, members, supporters and friends.





Our Lucy Wambui MURIGI becomes world champion

## 2017 - The Year in Review

### The Year in Running

#### Highlights

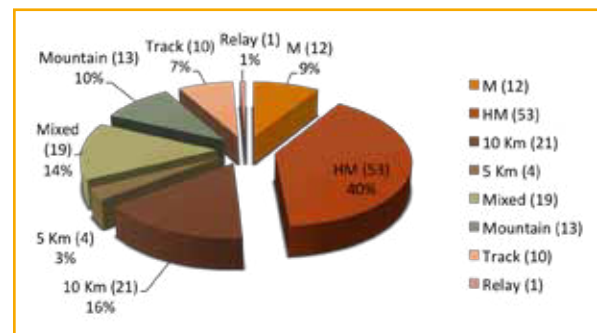
As already shown in previous years our professional athletes are very busy throughout the year. **133 completed competitions**, great athletic performances and results and very talented new runners clearly show that we can look back at a very intense year.

In the beginning of 2017 several of our runners were able to achieve good placements in the first spring competitions in Italy, Germany, as well as in Switzerland. One of our greatest hopes Pauline Naragoi ESIKON (71:20 minutes), as well as Philimon Kipkorir MARITIM (61:56 minutes) improved their fastest time on the half marathon route of the highly occupied Stramilano in Italy. Viola CHEPNGENO and Lucy LIAVOGA are young talents, who we were able to recruit for our female team.

In April of 2017 the first marathon of the season took place in Zurich. Vincent Kipkorir TONUJ won the day with a new personal record of 2:12:57 h. Vincent was able to beat this record by 45 seconds at the Ljubljana Marathon in October.

At the first local highlight in May, the Austrian Women's Run

in Vienna, Pauline Naragoi ESIKON achieved third place and yet again we were able to celebrate another podium finish. The **run2gether triumph at the Großglockner** marked another athletic, but also emotional highlight of the season. For the third time our mountain queen Lucy Wambui MURIGI was able to win this special competition. Another exciting race was the Jungfrau Marathon. After good results in 2016 Geoffrey Gikuni NDUNGU focused his entire preparations to-



The distribution of 2017 races according to distance





Double victory at the Großglockner Mountain Run for Gikuni and Eric

wards this competition. Our other great mountain runner Eric Muthomi RIUNGU and Gikuni led the competition for the majority of the time. However upon the last ascent Gikuni showed his talent and extensive effort once again and was able to finish before Eric at the peak of the Großglockner.

The 30<sup>th</sup> of July marks another special day and victory for **run2gether**, as Lucy Wambui MURIGI brought home the **first Kenyan mountain run world championship title** from the Italian village of Premana. After finishing second in 2014 this was a truly deserved success, which did not only influence Lucy and **run2gether** but also resulted in a change of thoughts for the Kenyan Athletics Association. This led to our Mount Longonot Sports and Recreation Centre in Kiambogo to become the first official mountain running camp of Kenya. Furthermore our club president Thomas KREJCI was assigned to organize mountain runs in Kenya and suggest members for a Kenyan mountain running team.

Our runner James KIBET turned out to be a truly fantastic new addition to our team. Starting off in July, he showed off his extensive talent with many great performances in the middle distance. One of the highlights was the ISTAF Meeting in Berlin, where James finished third place at the 5000 metre distance with a time of 13:11,88 minutes. Overall James ended the year 2017 as the top 4 of Kenya's middle distance runners.



James finished second over 5000 m at Gala di Castelli in Bellinzona

Another top placement was achieved in the Czech-League by Amos Kibiwot KURGAT, who, with a personal best of 27.53 minutes, was able to finish 5<sup>th</sup> at the 10k run in Prague in September.

Even though the half marathon in Wachau, which marks the end of our running camps in summer, did not fully go according to plan from a team perspective, our runner Wilson CHEROUYOT was able to finish 2<sup>nd</sup> place with a personal best of 61:03 minutes.

Our summer team, which takes care of our guests at the Hochrindl mountain pass, was also able to achieve top performances. Many new as well as known faces have contributed to a successful season in 2017. In hour long drives and many miles on European roads the volunteers made sure to get our athletes to numerous competitions in Austria, Italy and Switzerland and also brought them back safely.

**Thanks a lot** to each and every one of you for driving, caring and providing a place to sleep for our athletes! Your relentless effort and open heart are a valuable contribution to the functioning of our club.

### Team Kenya

In 2017 we decided to carry out a preliminary expansion of the Kenyan team. On the one hand we looked for new talents and on the other hand we wanted to increase the performance within the team by adding internal competitors. Within the year the team therefore grew to more than 70 runners. **54 of those run2gether athletes** were then able to qualify for competitions in Europe.

|                        | Total      | Male       | Female     |
|------------------------|------------|------------|------------|
| <b>Starts:</b>         | <b>339</b> | <b>225</b> | <b>114</b> |
| <b>Team in Europe:</b> | <b>54</b>  | <b>41</b>  | <b>13</b>  |

|  |                      |
|--|----------------------|
| <b>Completed distance during competitions:</b> | <b>5.957,8 km</b>    |
| <b>Total altitude done:</b>                    | <b>&gt; 6.1850 m</b> |

### Trials in Kenya

One of the most important instruments to find suitable talents are the numerous trials organised by **run2gether**. Almost every month we were able to invite various young talents from different regions in Kenya to compete at our running track and centre in Kiambogo. Due to an advanced level of networking we were also able to quickly spread the news about upcoming events in Kiambogo and were very pleased



Numerous trials at our running track in Kiambogo

with the high number of participants. The obligatory trials for our athletes were mostly used to monitor the overall performance for the upcoming competitions in Europe.

Our coach Joseph NGURE and Geoffrey Gikuni NDUNGU carried out the implementation and evaluation of these trials.

### Team Austria

The last couple of years already showed a clear trend of young Austrian talents towards our Austrian youth team. At different **cross, street and track competitions** Anna GROSS, Martina WALCH, Lara GAMBERGER and Max PFEIFER were able to achieve excellent results.



*Austrian talent Carina wins at Grazathlon*

Remarkable results were achieved by Carina REICHT and her coach Roman TRAMOY-WEGER, as Carina not only won the Styrian championship title at a distance of 3000 metres but also achieved the vice state championship title in both 800 metres and 1500 metres, a victory at the Grazathlon, as well as the Mana Speedtrail and most importantly, at the quarter marathon in Graz.

We wish all of our young Austrian talents an injury-free season and lots of success on the upcoming competitions!

### Partner Africa&Sport

Since 2012 **run2gether** cooperates with **Africa&Sport**. This cooperation provides our athletes with the chance to compete at various well-known competitions in Italy in spring and autumn.

In 2017 our athletes competed in 68 (!) races in Italy. Another improvement for our talents was carried out by **Africa&Sport** in 2017. Our athletes now have the opportunity to enjoy housing in Varese, which leads to better training opportunities, longer recovery periods and the ability for self-sufficiency in between the numerous races.



*Isolde Höfing-Pattis, Editor*

## Special Events

### Wings for Life World Run

This year marked the second time of **run2gether** members participating within different groups in various countries at the Wings for Life World Run.

The biggest **run2gether** group met in Vienna and was part of this charity run with more than 13.000 participants. This race is different from all others of the season as a so-called catcher car follows the runners. As soon as the catcher car is at the same level as the runner, the race ends for the runner. **run2gether** started with **33 runners** and achieved **448 kilometres** for the benefit of the spinal marrow research.



*33 run2gether amateurs participated in the Wings for Life World Run*

### Austrian Women's Run Vienna

Just like in the last couple of years **run2gether** was also a part of the biggest Austrian women's run in Vienna in 2017. Next to our two professional athletes Naragoi ESIKON and Carina REICHT, we also participated in the race with a group of female hobby runners. Point of interest at the **run2gether exhibition stand** was the lottery, which we introduced at this event. With more than 400 participants and many visitors we were quite busy. Therefore thanks to every member, who helped to represent our club at this event!



*Pauline ESIKON draws the winners of our lottery*





*17 of our amateurs run2gether around Vienna*

### Vienna Rundumadum

In 2016 this special run was tested and approved by our **run2gether** hobby runners. The Vienna Rundumadum can be finished as an individual runner or as part of a team of relay runners who compete on different distances. This race really sums up our motto: **"run2gether"**.

In 2017 we were participating with 17 runners. Two teams consisting of six runners, one team consisting of three runners and two individual runners conquered the 120 kilometres around Vienna. The two teams with six runners each ran the whole route together and met with the rest of the 17 runners at the finish line. This race not only showed fantastic running routes around Vienna but also gave the participants the opportunity to spend a beautiful day together!

*Isolde Höfinger-Pattis, Editor*

### run2gether Running Camps

After a successful introduction of our running camps in 2016 we were able to continue our work with our partner JUFA-Hotel at the Hochrindl mountain pass in 2017. In order to further improve the program of the previous years, we introduced new options for our guests next to our tried and tested choices. On the one hand, the participants of the running



*Each guest has her own pace maker at Hochrindl*

camps were able to receive advice for an optimal nutrition from our physiotherapist and dietician Kerstin PETZ. On the other hand, Thomas KREJCI gave input for the right training routine to enhance the overall performance and well-being. Also the new training at the running track in Feldkirchen guided by the multiple Austrian championship titleholder Roman TRAMOY-WEGER. The stunning landscape of the Nockberge is only the tip of the iceberg at our running camps.

Another joyful development is our offered running camp in South Tyrol, Italy in June. The one week stay at the **Hotel Cendevaves** is also completely integrated into our overall schedule in summer. Therefore we are very pleased to say that in 2018 we will be back to be hosted by the Stuffer family once again.



*Idyllic Morning Run in the South Tyrolean Dolomites*

Even though the course of the running camps went quite well, we unfortunately had to discover slightly declining numbers of participants in 2017. We really hope that this was a one-time thing and bookings will go back to "normal" in 2018.

At our **Mount Longonot Sports & Recreation Centre in Kiambogo** the numbers of bookings are steadily increasing. The new guest rooms, as well as the larger dining room have opened new doors for **run2gether**. The 400 metre running track also attracts more and more performance-oriented guests. This development strongly supports our **run2gether** projects and we hope that this will continue throughout 2018. The team, as well as camp manager Geoffrey Gikuni NDUNGU will put in their utmost effort to enable all guests to have an optimal stay at the camp.



*We offer seven guest rooms in typical Kenyan style*



*A lot of space to play for at our nursery school*

A visit to the camp does not necessarily have to be about running. The children in our nursery school and other partner schools are always looking forward to visitors from Europe. In order to get to know the beautiful country of Kenya our wild life guide Paul Njoga GIKUNI offers great tours and safaris near the camp.

If you have any questions or if you are interested in joining one of our offered **run2gether** running weeks, feel free to take a look at our website <http://run2gether.com/laufwochen/> or contact [tim@run2gether.com](mailto:tim@run2gether.com).



*Tim-Phillip Koch, Running Camps*

## run2gether Members

The end of the year 2017 not only marked the 10-year anniversary of **run2gether**, but also marks another positive year when it comes to new members. Currently there are **165 members** in our club. From 2016 to 2017 we were able to grow by 13 members. With the support of 134 full members, 31 supporting members and 50 supporters of our summer running camps, this income is an **important financial basis for run2gether**.

The steady increase of members from abroad certainly shows that the goals and social projects of **run2gether** also attract people far beyond the Austrian borders! Obviously this development is very satisfying for **run2gether** and motivates us in our further projects. As of 2017 we have 36 members from Germany, three from Switzerland, as well as two from Italy, Finland and one each from Luxembourg and Russia.

In Austria we now have members from all nine states, even though the majority is from different parts of eastern Austria.

Most of our new members get to know **run2gether** through our offered running camps. Some also inform themselves about our club on our website, or get information from the brochures, which we hand out at different running events. Furthermore our runners always meet other people and athletes at their competitions and tell them what we are about. Our flamboyant sports wear with the **run2gether** logo help to leave a lasting impression.

All questions and inquiries about **run2gether** and its members will be answered by Isolde HÖFINGER-PATTIS in the future. Feel free to contact her at the [mitgliedschaft@run2gether.com](mailto:mitgliedschaft@run2gether.com). Thankfully Isolde is taking over the department of member support. Due to private circumstances Gabriele BLEIER is no longer in charge of this department, as it is very challenging to process the enquiries of the members in a timely manner. Gabriele was an active part of our team for the last four years and had a great time supporting the functioning of **run2gether**.



*Gabriele Bleier, Membership Support*

Dear Gaby, thank you very much for your commitment, your time and your dedication for **run2gether**! We hope you will further enjoy being part of **run2gether**!

## run2gether Child Sponsorship Program

While in 2013 there were only 30 children in our child sponsorship program, we can now proudly report more than **186 Kenyan children** within our program. The sponsorship program, as well as the sponsors enable us to finance new projects like our own **run2gether** nursery school.



*Thomas KRATKY regularly visits our sponsored children*

This impressive number would not be possible without our sponsors from Germany, Austria and Switzerland and many other European countries. The monthly contribution of € 20 per child not only provides for the wages of the teachers at the nursery and the primary schools in Kiambogo, but also covers their meals, teaching material, as well as the water and electricity bills. Furthermore we were able to organize places in schools for especially eligible children and to purchase new wheelchairs for two children with physical disabilities.

On our homepage you can find a special section for our sponsors where they can find a profile for each child with pictures, drawings and articles. There we provide the sponsors with information on the development of their sponsored child.



Further information regarding our Child Sponsorship Program can be found at <http://run2gether/?portfolio=patenschaft> or can be received by messaging Thomas KRATKY at [patenschaften@run2gether.com](mailto:patenschaften@run2gether.com).



Thomas KRATKY,  
Child Sponsorship Program

## run2gether Projects

### Mattresses for KIAMBOGO families

Finally in March it was time again for our Sponsorship Children's Festival! At our stadium in Kiambogo we hosted 140 children at this special event. In the course of the day we also celebrated the end of our "mattresses for KIAMBOGO families" project by handing over the mattresses to our sponsored children.

As in the past, many of our **run2gether** members and friends thankfully supported this project financially and therefore we were able to purchase 600 mattresses as well as a new pair of shoes for each child. Nahashon Karuri GITONGA was our contact person on site and helped to organise the delivery of the mattresses with two lorries. Furthermore, we also managed to get one full suitcase with mail and little packages from Europe, which were sent to the sponsored children.



On the day of the event all guests at the camp and our athletes supported us with tasks ranging from preparing 850 jelly sandwiches to supervising the various athletic challenges and games. More than 350 children and adults participated in our Children's Festival.

The children enjoyed different games like target shooting, a sack race and even got to draw for their sponsors in Europe.

Meanwhile the parents were asked to fill out health questionnaires regarding their children. The information we acquired on that day helped us to launch a project called "Health for



The children draw eagerly for their sponsors

KIAMBOGO families" in fall. You can find details about this project on the following pages.

After the sandwiches were given to the participants of the Children's Festival, our sponsored children received their mattresses as well as shoes. Every single sponsored family received three to four mattresses and 2 kilograms of groceries. This was documented on numerous pictures and videos.

A big thank you to all supporters of our **run2gether** Child Sponsorship Program for their contributions and help.  
**Asante sana!**



The mattresses are awarded to the sponsored families

### run2gether Equips Medical Unit in Kiambogo

While our athletes compete at various races in Europe all summer, the improvements in Kiambogo do not stand still. In 2017 one of our focused goals were health projects.

A couple of months ago a general practitioner who did not have the necessary funds settled down in Kiambogo. One of our first activities was to equip his medical station in Sision, a district in Kiambogo, to give him the opportunity to finally treat patients there.

The building in which the medical unit is located was once built by the Kenyan government. Even though the building was not used for many years it is not certain whether or not it comes to a grant by the relevant public authorities. Due to this, representatives of the public contacted us and asked for support. Peter Chege WANGARI, who is mainly responsible for all **run2gether** social projects in Kiambogo, went on site



Our Children's Festival is in full swing



to get a real impression of the issues. He was able to quickly assess the most important necessary equipment.

Therefore we decided to use our sponsorship contributions to finance and establish the equipment for the medical unit. A lockable room was arranged and equipped with shelves, chairs for waiting patients. Furthermore the building was supplied with electricity, which was needed to store perishable medicine.



*Sufficient space for medical testing materials*

One of our responsibilities at **run2gether** is to give the citizens of Kiambogo, as well as our sponsored families access to basic medical care. Therefore thanks to all **run2gether** members and sponsors for enabling us to make these changes!

### Health for KIAMBOGO families

In November of 2017 we were able to successfully implement our first health project by a school doctor in the schools of Kiambogo.

With the support of our European sponsors we were able to organise eye examinations for all 1.100 students of our three partner schools in Kiambogo. While we supplied and financed the necessary medicine, as for example eye drops and antibiotics for about 30% of students, only 17 students had to be further examined at the eye clinic of Lions International in Nairobi.



*Lining up for eye examination*

For most of these children this day was absolutely special, as the trip to the capital of Nairobi was their first visit to a place outside of Kiambogo. The excited children were accompanied

by Elizabeth, who works as a secretary at the primary school Kiambogo, by Kasaro, who is the principal of the school, and Geoffrey Gikuni NDUNGU, who was responsible for carrying out this project.



*Detailed eye examination occurs in Nairobi*

At the eye clinic the 17 children were further examined. Surprisingly only one single child received a prescription for glasses and another had to undergo surgery.

The parents, as well as the teachers in Kiambogo were very thankful for this opportunity as the examination would not have been possible without the effort and support of **run2gether**.

We are excited about the successful completion of this health project and will continue with further projects and medical specialists in the future.

### Laptops for the Students and Teachers in Kiambogo

In spring of 2016 we had a special surprise for the students and teachers at the schools in Kiambogo. Due to a generous donation by Raiffeissen Informatik, in which Thomas KRATKY works as a division manager in the department of customer management, we were able to deliver 50 functioning laptops to Kenya. The delivery took a couple of months and was carried out by holiday guests and athletes.

At the festival at the end of the school year five laptops and a new laser printer was given to the primary school Sision. The principal Peter MUIRURI was moved to tears and announced that thanks to **run2gether** he is now able to call his school a digital one.



*The laptops offer new specific learning opportunities*

The teachers now use the laptops to plan and prepare the contents of the classes as well as the tests.

Another 20 laptops were used to equip an IT room at the secondary school. The 14 to 18 year old students proved to be experts and quickly used the laptops for their studies. Moreover a new printer was purchased and the monthly costs for accessing the Internet were financed by **run2gether**. The principal of the school stated in his thank-you speech that he feels like the school has reached a new century and he will be able to integrate the IT-classes in the curriculum of all classes.

The rest of the laptops were given to the teachers working at the secondary school and the primary school of Kiambogo and to some of our athletes to digitally record their training and performances.

*Thomas KRATKY, Editor*

## run2gether Financial Report

### Financial Report 2017 (rounded to € 100)

#### Revenue

|                                   |        |
|-----------------------------------|--------|
| Revenue running camps             | 89.600 |
| Proportional revenue competitions | 41.500 |
| Revenue Child Sponsorship Program | 42.100 |
| Revenue sponsoring                | 23.500 |
| Revenue membership fees           | 10.700 |
| Revenue of donations              | 36.900 |
| Revenue sale of running gear      | 11.200 |
| Other Revenue                     | 1.900  |

#### Expenses

|   |         |
|---|---------|
| Personnel expenses                            | 0       |
| Flight expenses                               | -54.000 |
| Travel expenses and vehicle expenses          | -20.100 |
| Insurances                                    | -6.300  |
| Catering costs and running gear               | -30.500 |
| Articles, advertisements and other expenses   | -17.900 |
| Surplus                                       | 128.600 |
| Usage for Child Sponsorship Program           | -42.100 |
| Investment "Mattresses for KIAMBOGO families" | -7.900  |
| Maintenance of camp Kiambogo                  | -23.300 |
| Savings for upcoming projects                 | 55.300  |



We want to thank all of our running camp guests, members, donators, volunteers and supporters of the Child Sponsorship Program!

*Michael Reiter, Treasurer*

## Fundraisers and Charity Events

In 2017 we received very generous donations from many **run2gether supporters** once again.

At the beginning of the year we were pleased to report a new donation record for our annual Family Sponsorship Program "**Mattresses for KIAMBOGO families**". In the course of the completion of the project we received a donation consisting of 25 phones by the **ASFINAG** AG construction management for teachers and athletes in Kiambogo.

In 2017 we were once again supported by the **Austrian Women's Run**. All runners, who participated and registered online, donated € 1 to **run2gether**.

For the very first time we also received a very generous amount for 3500 kilometres of running at the **Friedenslauf der NMS Seitenstetten**. With the proceeds of a lovely fundraiser organized by four teens from Lienz we were able to purchase a **swing for the run2gether Nursery School**.

In December the **1st Stubenberger Adventlauf** took place and we were delighted about the generous donations towards our future project "Water for KIAMBOGO families". At the traditional Christmas tree sale the **TSV Neustadt** also supported us with a noble donation.



*The organizer 1st Stubenberger Adventlauf with Thomas KREJCI*

All together **run2gether** received donations of more than € 36.900 in 2017! Thank you very much for each and every donation!

*Isolde Höfinger-Pattis, Editor*

## run2gether Race Day Organization

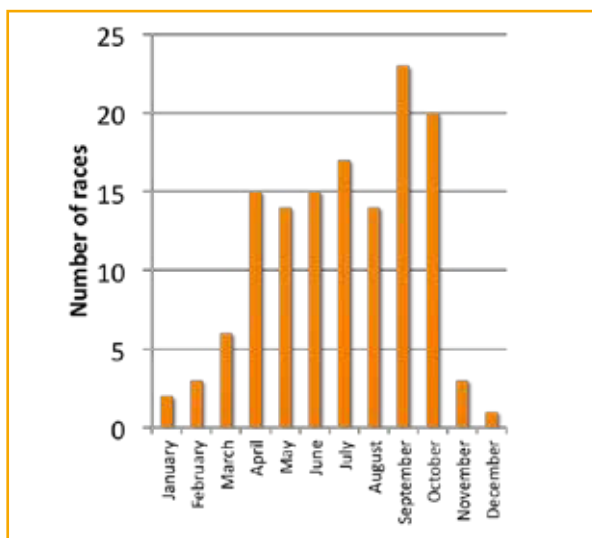
In 2017 **our run2gether athletes** participated in **more than 130 races**. Thanks to our drivers who are registered on our **drivers platform** this was possible! Thank you for achieving the nearly impossible by transporting our athletes to every race on time, taking care of them in the course of the day and safely driving them back after they've crossed the finish line.

At this point I would like to thank all of our little helpers, drivers and friends, who offer our athletes a place to sleep. A special thanks goes out to Jacek WOZNICZKO, Isolde



HÖFINGER-PATTIS for spending thousands of kilometres in the car and to Birgit PFEIFER for making numerous over-night stays possible. We couldn't do what we do without you!

The number of different races and events each weekend is a logistical challenge for our drivers and us. On some weekends we have to organise drivers and helpers for up to 5-6 different events with more than 20 athletes competing.



*Peak racing season is between April and October*

The time between June and October marks the high season of running competitions in Austria. That's why we are always looking for further helpers, who take care of our athletes at different events. The race schedule will be published on our drivers platform on our website – **it's always worth it to take a look and register!**

If you are interested in the race day organization feel free to register online. We use Facebook and WhatsApp to inform race day organizers about current events.



Thank you very much for your support!

[johann@run2gether.com](mailto:johann@run2gether.com)

*Johann Heinzl,  
Race Day Organization*

## run2gether Group Runs

In 2017 we organised **run2gether** group runs, as we already did the previous three years, for which regularly met in Vienna at the Prater Hauptallee at 6:30 p.m.

All together we were able to run with more than **380 participants** on **52 meets** of our run groups. On average there were eight runners at each event, some joined us more than 35 times.

On this occasion we would like to thank everyone for participating! In summer, when our Kenyan athletes were joining us, the group runs were especially busy. Proudly our runners, our remarkable running gear and the whole running group

attracted a lot of attention of other runners.

A special highlight was using the group runs as part of the preparation and exchange of experiences for different events, like the Austrian Women's Run in Vienna, the Wings for Life World Run, the Vienna City Marathon, Wachau Marathon as well as Wien Rundumadum.



*Kenyan visitors at the run2gether running group*

As already done in the previous years we organised the training units to consist of variable tasks. Themes ranged from the right warm-up and stretching, to running gear and shoes, as well as to long runs and speed work. A big thank you goes out to Helmut GASS and Roman SCHMIDT, who always came up with new ideas to make every training special. The positive feedback confirms that the all the hard work and effort are paying off! In 2018 we have new and special training units planned and are looking forward to seeing you and many others at the **run2gether group runs** in Vienna!

In order to join our **run2gether** group runs **you do not have to be a member of run2gether!** So invite your friends and family to join us!

You can find more information about the group runs on Facebook:



For further information please contact Johann HEINZL at [laufftreff@run2gether.com](mailto:laufftreff@run2gether.com).

Keep on running!

*Johann Heinzl, Coordinator of Vienna Group Runs*

## 3<sup>rd</sup> Members-Only Running Weekend at Stubenbergsee

On the first weekend of December 50 members joined us for our 3<sup>rd</sup> Members-Only running weekend at the Styrian Stubenbergsee. After arriving at the JUFA-hotel Stubenbergsee on Friday, we started our weekend with a torch relay and a relaxed dinner. On Saturday the members drove to Neuhaus

am Klausenbach, where they were welcomed at the **Aktiv Praxis Altenhof** of our sports physiotherapist Kerstin PETZ. There we were able to look at the new physiotherapy practice and also our new **run2gether club office**, where Thomas KREJCI spends most of his time.

Kerstin and Thomas invited us on a beautiful hike in the border region of Styria and Burgenland and then provided us with snacks at the practice. At the annual member information event we talked about the highlights of the year and informed our members about the changes that 2018 will bring to **run2gether**.



*run2gether members are invited at Aktiv Praxis Altenhof*



*run2gether members support the 1<sup>st</sup> Stubenberger Adventlauf*

On Sunday the **Stubenberger Adventlauf** was the highlight of our program. This event was planned by five motivated school graduates from Graz in favour of our planned project to provide water for the families in Kiambogo. The event was organised by our running talent Anna GROSS, her four friends, their school, friends and families. The Adventlauf was a beautiful event for a great cause!

Thank you very much to all participants, who made the weekend turn into another special **run2gether meeting!** We are already looking forward to another Members-Only weekend in 2018!

*Isolde Höfinger-Pattis, Editor*

## Contacting run2gether

| Name  | Position                                       | Main Duties   | email  |
|---|--|---|--|
| Thomas KREJCI   | President                                      | Athlete Management<br>Sponsoring<br>Webmaster Homepage and Facebook   | info@run2gether.com  |
| Michael REITER  | Treasurer                                      | Finances<br>Donations<br>Online shop – run2gether apparel   | mreiter@office.sh  |
| Isolde HÖFINGER-PATTIS  | Membership Support                             | Membership registration<br>Membership dues<br>Website: member and athlete profiles<br>Editor-in-Chief: annual report<br>Annual get-together (running weekend) | mitgliedschaft@run2gether.com<br>isolde@run2gether.com   |
| Thomas KRATKY   | Child Sponsorship Program<br>Charity campaigns | Child sponsorships and charity campaigns in Kiambogo<br>Website: children profiles<br>Editor: website, Facebook, annual report                                | patenschaften@run2gether.com   |
| Tim KOCH  | Running Camps                                  | Booking of running camps in Austria and Kenya   | tim@run2gether.com   |
| Johann HEINZL   | Group Runs<br>Race Day Coordination            | Vienna group runs<br>Coordination of drivers<br>Website: driver platform  | lauftreff@run2gether.com<br>johann@run2gether.com  |
| Johann HEINZL<br>Thomas KRATKY<br>Franz GLASHÜTTNER<br>Isolde HÖFINGER-PATTIS | Athlete Support                                | Coordination of Vienna lodging<br>Coordination of Vienna lodging<br>Coordination of Graz lodging<br>Coordination of Innsbruck lodging                         | johann@run2gether.com<br>thomas.kratky@gmx.at<br>franz.glashuettnr@gmx.at<br>isolde@run2gether.com |





Athletes and members work together for the success of run2gether

## Preview 2018

### Mount Longonot Sports and Recreation Centre

The Mount Longonot Sports and Recreation Centre not only gives Europeans the possibility to train with Kenyan athletes in their home country, but also serves as a base for our professional athletes. In different groups they complete their various training units there.

**run2gether** is already quite well-known in Kenya. This is also due to the fact that the Kenyan Athletics Association declared to increasingly support mountain running after Lucy Wambui MURIGI won the world championship title in mountain running in 2017. Although currently only **run2gether runners** are part of the Kenyan mountain runners team at bigger events, the Mount Longonot Sports and Recreation Centre shall become a **breeding ground for mountain running talents** from all over Kenya. A story about this goal was already nationally broadcasted on Kenyan TV. Not only will this result in a tremendous amount of work but this is an amazing chance for us to further establish **run2gether** in Kenya.



Lucy's world championship title boosts up

### run2gether Running Vacation

The core of our club's philosophy – learning with and from one another – is the summer running vacation, which we organised for the 11<sup>th</sup> time in 2017. We started with 25 guests in 2008 and can now proudly say that we host more than 200 guests from **mid June to mid September**.





*Outside mobigym in scenic Grödnertal*

## Italy

Since 2015 we offer our guests to stay at **Grödnertal** with our Kenyan athletes during the first week of our running camps. **Hotel Cendevaves**, which is owned by the two passionate runners Birgit and Christian STUFFER, is a wonderful place to relax after the different trainings offered by **run2gether**. The beautiful running routes in the South Tyrolean Dolomite Alps near the cosy 4-star hotel vary in distance and level of difficulty and therefore the stay there will meet every need. We are looking forward to returning in 2018!

## Austria

In the heart of the Nockberge runners can find routes for all different levels of performance. This is why the location is such a good base for the training units with our athletes. The **JUFA-hotel** Hochrindl offers big rooms, a sauna, a gym, a leisure room, as well as free wifi and a big parking lot. Despite the varying program there is enough time to have a break at the hotel, exchange with other runners, join our activities and have fun with our other guests and athletes.

Choose and book a week now to join our popular running camps and train with some of the best runners in the world!

You can easily book our running camp through our homepage <http://run2gether.com/laufwochen/> or email us here: [tim@run2gether.com](mailto:tim@run2gether.com)



*Running at picturesque landscapes at Hochrindl*

## Sponsors and Generating Revenue

We attach great importance to a good cooperation with our sponsors but unfortunately we have to realize every now and then that it is just as difficult to find good sponsors as it is to keep them long-term. That is why it is all the more gratifying that with our **main sponsors ON** we have established a good and constructive cooperation throughout the years. The **thermal bath Loipersdorf** has also supported our club for many years already by allowing our athletes to enjoy a whole week at the thermal bath including accommodation and catering before and after the main race season. Some of our other partners who have supported us in previous years include: **Integrated Consulting Group, ams, Aktiv Praxis Altenhof, the Austrian Women's Run, the Hotel Cendevaves, Africa&Sport, Traildog Running and Compresssport.**

It cannot be repeated enough how important our sponsors are for a stable revenue creation for **run2gether**. If you would like to help find or suggest sponsors, please contact our club president Thomas KREJCI at [thomas@run2gether.com](mailto:thomas@run2gether.com)!

## run2gether Projects 2018

### New Project „Water for KIAMBOGO families“

The “Water for KIAMBOGO families” is one of the projects we are eager to re-  
2018 and the ye-  
to recent peri-  
the every day  
predominantly  
in Kiambo-  
Unfortunately the  
**this region** is not  
sufficient and there-  
fore we decided to find additional solutions for the supply of drinkable water in Kiambo-  
go.



*Water supply and medical care for children in Kiambo-  
go*

### Health Project

Even though an adequate supply of water is of great importance, it is also one of our most significant tasks to provide **basic medical care** for the citizens and children of Kiambo-  
go. Together with “Water for KIAMBOGO families” this is our second long-term project, which we want to implement in the following years.

In 2018 we want to continuously support the medical unit in Kiambo-  
go and also provide more treatments by the school



doctor for the local children. Therefore we are planning an examination by an ENT-specialist as well as by a dentist for all children of the Nursery and the two Primary Schools in Kiam-bogo. Obviously we make no differentiation whatsoever the children are part of our child sponsorship program or not. The doctors will examine all children from the different schools, meaning more than 1.000!

## Race Day Organization

In order to enable our athletes to compete in as many races as possible without additional expenses, **run2gether** needs well-thought-out organisation and logistics. Unfortunately due to the amount of races we always face a lack of drivers.

Therefore we really look forward to being supported by you! The support and guiding at the competition is a mutual enrichment for both parties and gives you the opportunity to exchange with our athletes. If you are also willing to help our **run2gether athletes**, please contact our coordinator Johann HEINZL at [johann@run2gether.com](mailto:johann@run2gether.com).



*Fam. Pfeifer was hosting and coaching many run2gether athletes*

## run2gether Membership

Being a member of **run2gether** not only means being part of a special running club, it also links competitive and hobby sports and furthermore, connects the European and East African way of life. Our three pillars; competitive sports, social projects and running camps, are a unique combination which make our club exceptional and inimitable.



*run2gether connects competitive and hobby athletes from Europe and Africa*

**Every single run2gether member**, whether a supporting or full member, **contributes to the success** of our three pillars. In this respect, people, who do not even run at all, are also very welcome to join our club for the cultural exchange between Europe and East Africa!

Thank you for the timely payment of your membership fee!

Advantages of a **run2gether Membership**:

- You are entitled to participate in the Austrian championship. If you are interested please inform our club president Thomas KREJCI on time.
- Access to our **run2gether online shop**
- **Discounted price** when booking our summer running camps
- **Booking privilege** for our camp in Kenya and waived fees for the accommodation costs at the camp if you book external safaris
- Invitation to the annual **run2gether Members-only weekend**
- 10% discount at the **Traildog Running** store in Vienna



## run2gether goes Instagram

As you probably already noticed, **run2gether** is well represented on Social Media with current posts. Since 2018 we are now also part of Instagram, so please follow us! At <https://www.instagram.com/run2gether/> you can also check the newest posts without having to register with your own account.

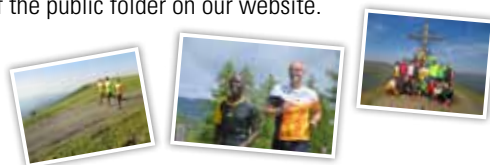
Thank you Martina WALCH for taking care of our new Instagram account!

You can send suggestions and great pictures of **run2gether** events and runners to [martina@run2gether.com](mailto:martina@run2gether.com).



## run2gether Photo Database

The expansion of our club results in countless pictures from different events in the last years. The amount of pictures will now be archived in a database. In the course of our database we will also create a public folder where members can upload pictures of events and running camps and exchange them with others. This will help to make our photos available to all of our running camp guests. We will inform about the use of the public folder on our website.



The **run2gether** photo database will be organised, coordinated and administered by Jacek WOZNICZKO. If you have any questions, please contact Jacek at [fotos@run2gether.com](mailto:fotos@run2gether.com).

*Isolde Höfinger-Pattis, Editor*



run2gether's new hope James Kibet

## Club news

### The run2gether Team of 2018

The expansion of our team in 2017 led to more motivation and internal competition but unfortunately did not lead to the expected increase in performance. This resulted in a **reduction of team members** which was carried out in consultation with our team of trainers who chose the most suitable athletes with the biggest performance potential for 2018.

One of our top runners is James KIBET. Due to his extraordinary results at important races in Italy and Berlin, he was not

only able to reach the world-class runners but also managed to receive a **3-year-contract of our main sponsor ON**. This represents the huge appreciation of his performance and also presents a marvellous opportunity for our new hope James.

### New „Old“ Coach

Peter Mathu TITI, who was the Kenyan national coach for many years, was our main coach in the first two years after our club was established. He was able to realize the first big successes for **run2gether**. After having successfully worked as a coach in Thailand, he has now returned to Kenya and **run2gether**. Due to the on-going link with **run2gether** club president, Thomas KREJCI was able to re-employ Peter Mathu TITI as our main coach for our athletes. In January of 2018, Peter started his work and is now responsible for the coordination and supervision of the trainings of the team together with coach NGURE. With their help we want to increase the performance of our athletes to the highest level. We are very excited to have Mathu and his quite strict leadership style back in our team!



Part of the run2gether team in the camp in Kiambogo





*Full attention while listening to the coach*

## New Regional Developments in Kenya

In 2017 the parliamentary as well as the regional elections took place in Kenya. The new regional government was very open-minded about our **“Water for KIAMBOGO families” project**. Furthermore the establishment of the region as the **tourism and running region** of Kenya also seems quite realistic at the moment. The development of an **academy for runners**, seated in Kiambogo, is also under discussion at the moment. Together with the improvements of the basic supply of the citizens this would result in an enormous upswing for Kenya’s economy and increased recognition for **run2gether**. For the first time we are recognized and supported by higher political levels.

## Team Races for Our Members

In 2016 and 2017 we were able to motivate a high number of **hobby runners** to participate in special running events. Therefore a larger **run2gether team** was starting at the Wings for Life World Run, the Austrian women’s run and the Vienna Rundumadum.

Smaller teams also participated in smaller city runs, the Wolfgangseelauf, Mozart 100 or the Großglockner run.

This tradition will be further continued in 2018 in order to also offer an **adventurous togetherness to our amateur team**. We make sure to inform you about special team events on time. Some of them are already booked in our **running schedule**!



*Baton change/relay change at Vienna Rundumadum*

## 4<sup>th</sup> run2gether Members-Only Running Weekend

In previous years we had the opportunity to spend three **run2gether running weekends** with our members. At the end of the season, members meet for 2-3 days to run, talk and meet through joint activities. In fall of 2018 we will offer a Members-Only Running weekend again. The program and date of the event will soon be set and Isolde HÖFINGER-PATTIS will send further information to you.



## Baby2gether

This year we also have great news from our club president Thomas KREJCI!

From the idea to the establishment Thomas put his time, passion and tireless effort into **run2gether**. Kerstin PETZ who was supporting us as a sport physiotherapist was also there from the very beginning and helped many of our athletes with her knowledge and therapy! For many years both of them are working side by side.

Therefore we are very happy to announce that on the 11<sup>th</sup> of February their first child Daniel was born!



On behalf of all **run2gether** members, sponsors and friends we would like to wish you the very best and we hope you enjoy your time as a family! We wish Daniel a life full of joy, happiness, love, luck and health!

*Isolde Höfinger-Pattis and Thomas Kratky, Editors*

# Timeline 2007-2017



| Date   | Division        | Event   |
|--------|-----------------|---|
| Aug.07 | Club            | The Austrian Gymnastics Club Fürstenfeld and the Bushtrekkers Kenya Club establish a <b>club partnership</b> . Initiator and founder is Thomas KREJCI.                    |
| Jul.08 | Running Camp    | First running camp at the Heblalm with 25 guests.   |
| May.09 | Club            | The name <b>"Running team run2gether Austria"</b> is determined on the 19 <sup>th</sup> May of 2009.  |
| Jul.09 | Running Sport   | For the first time Geoffrey Gikuni NDUNGU wins the Großglockner Run. In the following years he wins four more times.  |
| Jul.10 | Running Camp    | First running camp at the Turracher Höhe with 75 guests.  |
| Nov.10 | Camp Kiambogo   | The <b>Mount Longonot Sports &amp; Recreation Centre in Kiambogo</b> , a training camp for athletes and guests, is opened up after ten months construction period.        |
| Oct.11 | Running Sport   | Course record for women and triple victory for men at the marathon in Graz.   |
| Nov.11 | Running Sport   | Geoffrey Gikuni NDUNGU wins <b>Dublin Marathon</b> with a course record of 2:08:33 h. One year later he defends his title.  |
| May.12 | Social Projects | A school kitchen is built in the Primary School in Kiambogo.  |
| Jul.12 | Running Sport   | Lucy Wambui MURIGI wins the Großglockner race. She is able to repeat this victory in 2014 and 2017.   |
| Aug.12 | Running Sport   | Paul Maticha MICHIEKA wins <b>Zermatt Marathon</b> as the first Kenyan runner. He repeats this victory twice in a row.  |
| Nov.12 | Camp Kiambogo   | Start of construction of the 400 metres running track for athletes and the schools in Kiambogo.   |
| Jan.13 | Social Projects | After <b>opening the run2gether Nursery School in November 2017</b> begin of the child sponsorship program. Henceforth 30 children are taught at the local orphan school. |
| Apr.13 | Running Sport   | Geoffrey Gikuni NDUNGU ranked 3 <sup>rd</sup> at the Vienna City Marathon with his second-best personal time.   |
| May.13 | Running Sport   | Joyce Jemutai KIPLIMO wins the 5k at the Austrian Women's Run in Vienna with a fantastic time of 15:46 minutes.   |
| May.13 | Camp Kiambogo   | <b>First expansion:</b> An additional guestroom with four beds and a room for the coach is build.   |
| Sep.13 | Running Sport   | Geoffrey Gikuni NDUNGU wins as the first Kenyan runner the Jungfrau Marathon with a time of 2:50:28 h.  |
| Nov.13 | Social Projects | New toilet facilities are built for the students of the Primary School Kiambogo.  |
| Feb.14 | Social Projects | <b>Chicken for KIAMBOGO families:</b> 230 living chicken are given to the families of our sponsored children.   |
| Apr.14 | Running Sport   | Daniel Kinyua WANJIRU runs the half-marathon in less than 60 minutes for the first time. With a time of 59:59 minutes he was able to rank 3 <sup>rd</sup> .               |
| Sep.14 | Running Sport   | Lucy Wambui MURIGI becomes <b>vice world champion</b> of the WMRA at the mountain race in Italy.  |
| Oct.14 | Running Sport   | Daniel Kinyua WANJIRU runs 2:08:18 h at his first marathon in Frankfurt.  |
| Dec.14 | Camp Kiambogo   | After a very long construction period we celebrate the opening of the 400 metres running track.   |
| Dec.14 | Camp Kiambogo   | <b>Second expansion:</b> Three additional guest rooms are built.  |
| Mar.15 | Social projects | <b>Blankets for KIAMBOGO families:</b> Our sponsored children and their siblings receive 590 blankets.  |
| Sep.15 | Social Projects | All classrooms at the Primary School Kiambogo are now supplied with electricity.  |
| Sep.15 | Social Projects | We celebrate our <b>100<sup>th</sup> sponsored child</b> .  |
| Mar.16 | Social Projects | <b>Tools for Kiambogo families:</b> Our families receive 350 tools for the fields and 450 cooking pots.   |
| Apr.16 | Social Projects | We build a teacher's room for the Primary School Sision.  |
| Jul.16 | Running Camp    | First running camp at the Hochrindl mountain pass with 240 guests.  |
| Dec.16 | Camp Kiambogo   | <b>Third expansion:</b> A dining room and recreation room is now available for the athletes and guests.   |
| Mar.17 | Social Projects | The students and teachers in Kiambogo receive 50 laptops.   |
| Mar.17 | Social Projects | <b>Mattresses for Kiambogo families:</b> Our children receive 600 mattresses.   |
| Jul.17 | Running Sport   | Lucy Wambui MURIGI becomes the first <b>mountain running world champion</b> of the WMRA.  |
| Aug.17 | Running Sport   | James KIBET ranks 3 <sup>rd</sup> at the ISTAF world-class meeting in Berlin at the 5000 metre distance. He finishes the season as 4 <sup>th</sup> overall in Kenya.      |
| Sep.17 | Social Projects | <b>Dispensary for KIAMBOGO:</b> run2gether finances the supply for the medical unit in Kiambogo.  |
| Nov.17 | Social Projects | <b>Health for KIAMBOGO families:</b> An eye specialist examines 1.100 children in Kiambogo.   |
| Nov.17 | Running Sport   | Carina REICHT sets a record in Styria at 800 metres, 1500 metres and 3000 metres.   |
| Dec.17 | Social Projects | At the end of the year <b>185 children</b> are part of our child sponsorship program.   |
| Dec.17 | Club            | run2gether consists of <b>155 active members</b> .  |





# Racing Calendar 2018

We've put together the most popular events in a racing calendar to give you a preliminary overview of the most important races our **run2gether** athletes will likely be competing in. Ultimately however, the selection of races is determined by the current condition of our runners; so be sure to check out our homepage to see which races our runners will actually be competing at.

The races **marked with an \*** indicate those that are very popular with our **run2gether** members and/or those that offer team/relay events.

We rely on volunteers who can take our pro runners to events and if possible, even provide overnight accommodations. Both help to reduce or eliminate added costs for our athletes. If you would like to support our **run2gether** athletes at an event, please contact our coordinator Johann HEINZL at [johann@run2gether.com](mailto:johann@run2gether.com).

## July 2018

- 01.07. La Maratona di Cielo  
Tre Campanile
- 07.07. Zermatt Marathon
- 08.07. Strba 31k
- 14.07. Karwendel Mountain Run
- 15.07. Großglockner Mountain Run
- 21.07. Jakobi Run
- 27.07. City Run Villach
- 28.07. Attraverso la Mura
- 29.07. Schlickeralm Run  
Giir di Mont  
Grintovec

## August 2018

- 04.08. Glacier 3000  
Maratonina Citta di Scorze
- 05.08. Thyone-Dixence
- 11.08. Münsiger Louf
- 12.08. Sierre-Zinal  
Unterengadin Summer Run
- 18.08. Lech Mountain Half Marathon
- 19.08. Engadin Summer Run
- 25.08. Vorau Half Marathon  
Giro delle Mura Feltre
- 26.08. Kärnten Läufer  
Kitzbühler Horn Run

## September 2018

- 02.09. ISTAF Meeting Berlin  
Achensee Run  
Marcialonga Run
- 08.09. Jungfrau Marathon  
10k Prag
- 09.09. City Run Ebberichsdorf  
Wallersee Half Marathon
- 15.09. WMRA World Mountain  
Championship in Andorra
- 23.09. Wachau Half Marathon\*  
Udine Half Marathon
- 29.09. Wienerwald Ultra Trail\*  
Nightrun Innsbruck
- 30.09. Mezzo di Aosta  
Corri Pavarina  
Pordenone Half Marathon

## October 2018

- 06.10. Wiener Höhenstraßen Run
- 07.10. Turin Half Marathon  
Trieste Half Marathon  
Telesia Half Marathon
- 13.10. Rovereto Half Marathon
- 14.10. Treviso Half Marathon  
Graz Marathon  
Ascona-Locarno Half Marathon

- 21.10. Wolfgangsee Run  
Cremona Half Marathon
- 28.10. Venice Marathon  
Dublin Marathon  
Arezzo Half Marathon

## November 2018

- 01.11. La Corsa dei Santi
- 03.11. Wien Rundumadum\*
- 04.11. Nizza Marathon  
Turin Marathon
- 11.11. Ravenna Marathon
- 18.11. Verona Marathon  
Palermo Marathon
- 25.11. Florence Marathon

## December 2018

- 02.12. Lodi Half Marathon
- 31.12. WeRunRome 10k





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