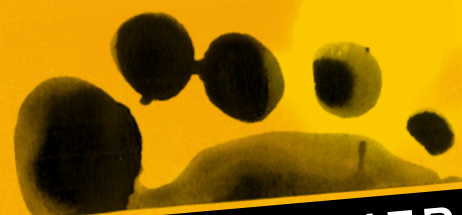




experience
the KENYAN way...

Annual Report 2020



RUN2GETHER

AUSTRIA-KENYA
ITALY-GERMANY-SWITZERLAND

amun
Sensing is life.

LOIPERSDORF
ENTSPANNUNG ERLEBEN

Osttirol
Dein Bergtirol

**g
n**



Sarah, Kerstin, Thomas and Daniel at the Camp in Kiambogo

Preface

Dear run2gether members, friends, supporters and participants of our running camps!



Sometimes things don't quite go as planned – this best describes 2020. The year where all of us faced unknown difficulties and challenges.

After a successful first couple of months of 2020 with lots of guests in our camp in Kenya, as well as great performances from our Kenyan athletes the pandemic hit us big-time in March. In the beginning there was still hope for some of the planned European races to take place and to host our running camps in Kals. However, unfortunately for the first time in 12 years we had to cancel our entire season. Despite the circumstances we came up with numerous ideas and novelties to get everyone through 2020.

The solidarity and financial support which we got to experience throughout our **athlete sponsorship program** is still making us feel very emotional. The **virtual run2gether challenges** brought all of us closer together, at least virtually. We are still excited about the unexpected high number of participants.

The **virtual running camps** were taking place thanks to the help of many professional and experienced amateur runners, who were able to teach a great deal about running. The athletic support for our athletes in Kenya was executed via individual online coaching. But nothing beats our excitement when we were finally able to open up the camps in Kiambogo once again in October!

On a national level we are celebrating great performances by Luna WINDSPERGER, a 15-year old girl who joined our **run2gether** team in 2020. Carina REICHT however faced some difficulties due to an injury and the pandemic, but she is hopefully soon returning to her prior personal bests!

Despite the challenges that 2020 brought upon us we can proudly present the constantly positive development of our social projects. With the support and supervision of Thomas KRATKY we now have more than 300 children in our child sponsorship program and therefore enable the youth of Kiambogo to have a real future perspective.

In the near future we would like to pave the way for a truly unique project in the mountains of East Tyrol, where we are planning to lead an international high altitude performance center.

We are convinced that we will be able to return to the mountains of Kals this summer to once again host our popular **run2gether** summer running camps. Our athletes are looking forward to many participants and beautiful moments with our members and guests, who they still miss so dearly.

Your chairman Thomas KREJCI

Wherever used in the course of the annual **run2gether** report a pronoun in the masculine gender shall be considered as including the feminine gender unless the context clearly indicates otherwise.



During the pandemic in 2020 our athletes only had very few internal races

Review of 2020

Athletic Review

Highlights

In the beginning of each year our Kenyan athletes participate in local races to best prepare for the upcoming season. In February Nairobi hosted the **national cross-country championships**. We travelled all the way from Kiambogo to enter the 10k race with four men and four women. Even though the conditions of the route were rather bad we can look at great performances by Caroline Makandi GITONGA and Charles Karanja KAMAU, as well as four youth runners from our **run2gether** Athletics Academy who were able to qualify for the championships.

Only one week later Caroline's twin sister Purity Kajuru GITONGA shined with her performance at a new mountain race. The **1st Mount Kenya Mountain Running Championships** attracted about 2000 participants to the start line. The main challenge of the race was the altitude of up to 3000 meters. Purity won this new format, leaving many experienced mountain runners behind.

In the beginning of March this success story continued with Caroline, who came in 2nd in the 10k race of the **"Beyond Zero Half Marathon"** in Nairobi. At the award ceremony she was honored by the Kenyan president himself.

At the same time the pandemic started to spread around the world. While many of the spring races were cancelled or postponed throughout Europe our athletes were in the middle of their training programs. In order to keep their motivation high we decided to host four **virtual run2gether challenges** as an incentive.

At the end of May we then had to cancel our summer running camps for good. The world-wide travel restrictions paired with local legislation just did not allow for our beloved running camps to take place. Our Kenyan athletes were therefore not able to travel to Europe for the first time since 2008!



National cross-country championships in Nairobi

With the exception of very few internal trials on our running tracks, where we sponsored some prize money for the winners, our athletes were mostly training on their own as social distancing was also practiced in Kenya.

In autumn our athletes then got a bit of the usual race atmosphere back. First, we got our Kenyan team to participate in the **hybrid-half marathon in Graz**. Successfully so! Our **run2gether** married couple Teresiah Kwamboka OMOSA and Dickson Simba NYAKUNDI both scored 1st place. But that's not enough! Purity Kajuju GITONGA, Ronah Nyaboke BYABO-CHOA, Kipkorir BIRIR and Lengen LOLKURRARU were right there on the podium with them, running 2nd and 3rd place.



Start line at the Mountain Running championships

Later that autumn Athletes Kenya, supported by **run2gether**, hosted the **Mountain Running Championships** on the route initially planned for in 2018, where our carefully planned mountain running world championships were sadly cancelled on the day prior to the race due to issues within the Kenyan athletes association structure. Even though our athletes did not win the event, we are very satisfied with the performances of Teresiah Kwamboka OMOSA (4th place) and Lengen LOLKURRARU (10th place). Next to the athletic agenda of this event our participation brought on another task for the future of **run2gether**. Our chairman Thomas KREJCI and Geoffrey Gikuni NDUNGU were asked to join the Kenyan mountain running board in order to secure a long-term establishment of mountain running nationally. As a club this is a huge honour and sign of appreciation for us!

Due to the pandemic our Austrian Carina REICHT struggled to participate in races. After ending 2019 with numerous amazing accomplishments, she used the winter to train and prepare for the student-cross-country world championships in Marrakesh in March, which sadly ended up being cancelled due to the outbreak of the pandemic.

Together with our second young **run2gether** youth talent Luna WINDSPERGER, Carina successfully competed in the **Styrian Cross-Country Championships**. Carina won the 4800 m race for the U20 and Luna, who started for the first time in her **run2gether** bib, won the 2400 m race for the U16.

At this point we would like to take the time to quickly introduce you to Luna: Luna was born in 2005 and is not only a



Luna at her first U18 state championships in Klagenfurt

running prodigy, but furthermore a successful youth talent in the Austrian football academy of Sturm Graz. Her potential in running was first seen at the Austrian women's run in 2019 where she ran 5k in 18:37 minutes. Since then, Luna is being supervised and coached by Roman TRAMOY-WEGER, while Carina has decided to go with a new coach last autumn.

In 2020 Luna managed to get acknowledged in the local newspapers several times for breaking the 33-year-long Styrian record for 3000 meters numerous times throughout the year. Carina REICHT had to miss most of the season due to a persistent injury.

Virtual run2gether Challenges

The idea for the race series came to us in the first couple of weeks of the pandemic. Tim KOCH, Martina WALCH and Thomas KREJCI were the organizers behind this completely new virtual format. The main goal was to offer some sort of incentive for our Kenyan athletes to keep up their hard work and discipline in four different races throughout a 6-week period.

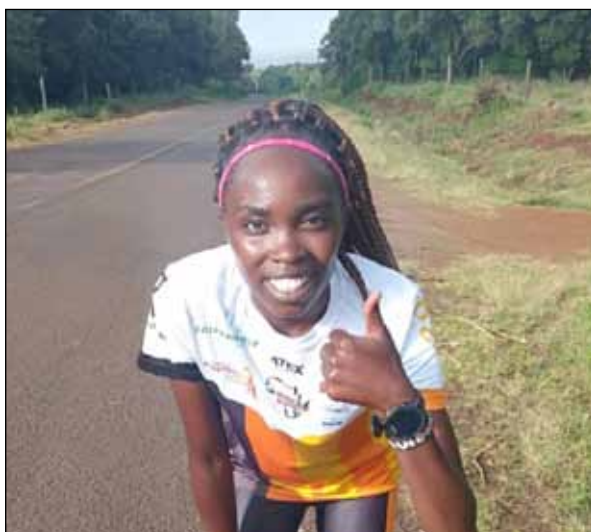
We were very clear on one thing throughout the pandemic: even if there are no races at all, the quality of training needs to be on a high standard in order to compete successfully in the future. At the same time we wanted to offer the possibility for our club members and friends in Europe to race against our Kenyan runners.



Edgar, one of many ambitious participants in our virtual challenge

A small prize money for the fastest five men and women on the Kenyan team was another incentive. In order to finance this, we asked participants of the race to donate instead of paying a race entry fee.

What started as an idea actually led to fantastic performances from all of the participants and once again showed us how great solidarity and team spirit can feel. With more than 1200 runners from 11 different nations we can proudly say that the **1st Virtual run2gether Challenges** were an absolute success. The great participation as well as the financial support allowed us to reward not only the fastest 5 runners, but actually the fastest 10!



Purity was one of the best women in our challenges

In the virtual **run2gether** challenges our three ladies Tere-siah Kwamboka OMOSA, Purity Kajuju and Caroline Makandi GITONGA were battling each other. Ronah Nyaboke NYABO-CHOA and Mary Wangari WANJOHI also showed off great race times.

In the male category Dickson Simba NYAKUNDI, Charles Juma NDIEMA, Douglas KIPSEREM, Joel Kipkenei MELLY, Philimon Kipkorir MARITIM, Lengen LOKURRARU, Elvis KIP-KOECH and Geoffrey Githuku CHEGE evidently demonstrated their hard training in the previous months.

Our challenge also made it into the local Kenyan media where they did not only happily mention the races but furthermore our athlete support program.

Anti-Doping Activities

**SAY NO!
TO DOPING**

run2gether supports our professional athletes in athletic, medical, therapeutic and organizational challenges. Our athletes get regular information on anti-doping and the resulting consequences of the intake of prohibited substances. We are very clear that **there is no place whatsoever within run2gether for athletes who use doping**. Any breach or violation of this rule will lead to immediate suspension from our club.



Training of our young talents as part of the run2gether Athletics Academy

run2gether Athletics Academy

Our youth support program has been one of our most important activities in Kiambogo. Even though the possibilities were quite restricted this past year due to the mandatory closing of our camps from March until October, our youth coach Peter Ndegwa NYAMBURA, formerly a **run2gether** athlete, has managed to further develop the **run2gether Athletics Academy**. Normally our young talents spend their school holidays in our camp, where they do not only train but furthermore receive three meals a day. Every day there are 1-2 teachers from Kiambogo in the camp to help out with any educational issue the talents face. After reopening the camps in October Peter was hosting several trainings at the camp.

We truly hope that our youth will be able to show off their skills and talent at many regional and national races in 2021.

Corona in Kenya

While Europe was going into lockdown in spring of last year Kenya did pretty much the same. There were enforced lockdowns, curfews, mandatory masks as well as social distancing implemented in order to maintain the health and security of the Kenyan population.

The expected catastrophe of the Covid-19 pandemic has thankfully not taken place in Africa and Kenya so far. The factors contributing to this are most certainly the lack of test centers as well as the rather young population of Kenya, where 98% of the inhabitants are younger than 65 years. Furthermore, the geographic spread of the population, with 72% living in urban or rural areas, just like the income opportunities (the majority of the people works as farmers, therefore spend most of their days outside alone) are aspects that explain this phenomenon (Source: <https://wko.at/statistik/laenderprofile/lp-kenia.pdf>).

For our athletes and employees at the camp corona was most definitely a disaster, as they normally finance their lives with the prize money and wages earned within the summer season. Everyone supports their large and extended families in order to pay for school, groceries and everyday goods. Finding an alternative job is almost impossible. A year without

the income provided by the structures of **run2gether** means drifting into poverty, as there is never enough money to save on the side.

Even though our athletes spend most of their time with their families, it was important for us to stay in contact with them to show our support during these hard times. Our chairman and athlete manager Thomas KREJCI created various training plans and was in touch with our athletes at least once a week.



Gikuni was working more and more at the local farm

Geoffrey Gikuni NDUNGU experienced 2020 as follows:

„2020 had been a year of many challenges after the outbreak of the Corona virus, with many expectations and being very focused on my training only to be cut short by the virus. I had to change the approach of life after knowing many things can happen. I took much time taking care of my farm with sheeps and cows. Spending time with my family was like mandatory, because of restrictions of movement and then it became a “new norm”.

Training was still part of my time schedule, because I was motivated to take part in run2gether challenges. The support from our European friends and sponsors made our athletes' lifes much easier with monthly support and even the prize money facilitated as well. In my village most of the people spend their time with field work, where they could get something to eat.

Fortunately, we had no infection cases in Kiambogo. The hard lockdown is over now. We still have some regulations to follow like everywhere, but everything is working quite well in the area. Despite all this, my family had something to smile, because we were blessed with our third born baby Sarah Wanjiru Gikuni, this is something we are very proud of.”

run2gether Offsprings

2020 was not only the year of many great challenges, but furthermore the year of numerous babies on the team. In February Sarah was born, the second child of Kerstin PETZ and Thomas KREJCI. In summer this was followed by another Sarah, the child of camp manager Geoffrey Gikuni NDUNGU

and Lilian NDUTA, head teacher of our Nursery School. Then Jane Wanja NGANGA gave birth to her third son Felix, Peter Wangari CHEGE who is responsible for our social projects became the proud dad to a little girl named Precious and a little Mary joined the family of our athlete Ronaldo Ngigi KARIUKI.

We wish everyone all the best for the future of their little and big families!

Deaths

Unfortunately, we also had to say goodbye to some very important people who have contributed to **run2gether** throughout the years.

Within the short period of four months both of the owners of the Sonnenhof in Kals am Großglockner passed away. Isolde and Robert VEIDER supported **run2gether** since 2018 and let us use their house for the Kenyan Lounge.

Klaus Landauf, journalist and camera man, supported us with numerous videos and contributions throughout the years. He enabled the showing of breathtaking pieces of **run2gether** on the Austrian TV channels ORF Sport as well as ZIB Sport. There were many other projects we were planning to realize over the next few years, Klaus will be dearly missed.

In autumn Karl HÖLZL passed away unexpectedly. He was an enthusiastic runner, running camp participant, friend and supporter of **run2gether**. Each year Karl made it possible for us to participate in the Business Run in Wels.



BABA Geoffrey

Another heavy blow shocked our **run2gether** team when the father of our co-founder Geoffrey Gikuni NDUNGU died. BABA Geoffrey, as we called him, supported our club from the very beginning. He was a long-term partner and was an absolute crucial part of the development and construction of our Mount Longonot Sports & Recreation Centre. He shaped our activities in Kiambogo with his joy, hospitality and hard work.

Our deepest condolences go out to everyone's family!

Isolde Höfinger-Pattis, Editor





The mountain village Kals is an ideal place for different training methods

run2gether Running Camps

After our first ever season in Kals am Großglockner we were looking forward to spending another summer in East Tyrol in 2020. The year before we had managed to integrate our Kenyan runners in the local village and everyone was inspired by the region, the routes, the people and the warmheartedness, which we got to experience in the village and our accommodations. The fact that none of us would spend any time in Kals in 2020 was simply not foreseeable. We were very hopeful until the very end to have some sort of running camp in summer, but this was not the case at the end of the day. Our athletes were not allowed to enter the country and therefore the carefully planned camps had to be cancelled. We want to thank our hotel partners for their understanding. In August 2020 we did get to spend a brief couple of days in Kals and met up for a "come2gether".

We are now hoping to continue our **run2gether** running camp success story we had in 2019 in the upcoming summer months. We are looking forward to many new and old guests. The team is already preparing everything for you – from new routes to an exciting new program.

Going on an active holiday in Kals will be possible in 2021, just like a holiday at the Hotel Cendevaves **** in June! If you're interested, please go ahead and book via our new booking platform on our website!



Breathtaking landscape around Kals

Camp Kenya

In 2019 our guests were very excited about our renovation and expansion work in the sanitary areas, as well as the newly-built Makuti house with its own shower and bathroom. Early 2020 we have managed to add a second house to the collection. The Turkana house offers a sophisticated standard for our guests. With these two investments we have been able to expand our accommodation offers to truly fulfill any wishes the guests may have.

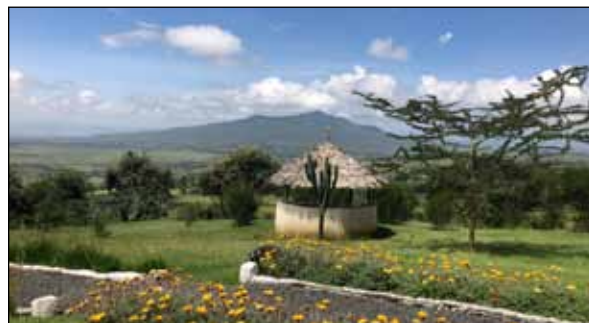
The number of bookings for 2020 were quite high, due to that the pandemic hit us extra hard. Some of our guests had to leave the camp abruptly in March when the government decided to put the country into lockdown. This did not only lead to our guests having to leave the premises but also our staff and athletes had to do so. For the very first time since its opening in 2010 our Camp had to be shut down completely. Fortunately, we were able to reopen in October. Even though we were not allowed to host guests from Europe, as the travel restrictions were still in place, we could at least offer our athletes to return to the running center for their regular training.



Stunning views from the veranda of our new round houses

Our local team is very excited about the number of bookings we have already received for 2021. Let's hope for normality to kick in soon so many guests can enjoy the beautiful country of Kenya with its incredibly interesting nature and culture.

If you have any questions regarding our summer running camps please visit <https://run2gether.com/?portfolio=das-original-run2gether-hoehenlaufwochen> or contact us via e-mail at tim@run2gether.com.



View from the camp towards Mount Longonot

 Wochenplan 1 - Speed up - Straßenlauf <small>Überblicksplan: Infos zu all unseren Trainings und "Aufrechen - Intervall"</small>						
Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
06.30 Morgensparken 11.00 Morgensparken 17.00 Morgensparken 20.00 Live	06.30 Morgensparken 11.00 Morgensparken 15.00 Morgensparken 17.00 Morgensparken 20.00 Live	11.00 Morgensparken 15.00 Morgensparken 17.00 Morgensparken 20.00 Live	06.30 Morgensparken 11.00 Morgensparken 15.00 Morgensparken 17.00 Morgensparken 20.00 Live	06.30 Morgensparken 11.00 Morgensparken 15.00 Morgensparken 17.00 Morgensparken 20.00 Live	06.30 Morgensparken 11.00 Morgensparken 15.00 Morgensparken 17.00 Morgensparken 20.00 Live	

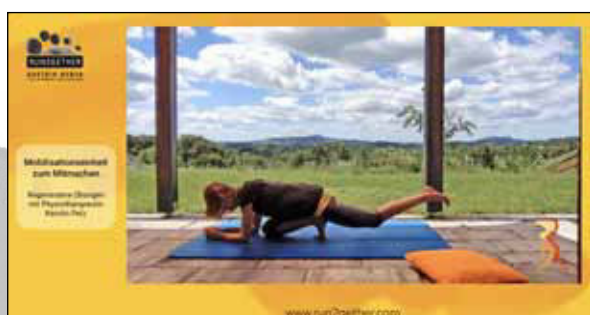
The planned training for the "speed up" running camps

run2gether Virtual Running Camps

An entire summer without **run2gether** running camps is not quite the summer we all want. Therefore, we were looking for ideas and options on how to offer a virtual running camp to our loyal customers and guests, who already booked a holiday with us.

We therefore created the virtual **run2gether** running camps. Our goal was to bring our most important features from on-site running camps into the virtual world. We wanted to create a strong exchange between athletes and runners where we could benefit from each other's cultures and experiences. Substituting our Kenyan athletes was obviously impossible.

In order to meet specific requirements and interests of our guests we hosted four special subject areas within the eight weeks of summer. The topics ranged from **"fit and healthy"**, **"mountain- and trail-running"**, **"speed up – road running"** to **"fascination marathon"**. A suitable training plan according to each topic helped to structure the event with an interesting accompanying offer. A vast number of running experts was allocated in order to answer all questions via video.



Physiotherapeutic videos were offered to our guests

Austrian professional athletes like Valentin PFEIL and Christian STEINHAMMER were involved just as much as experienced marathon runners and amateurs. Bernhard SIEBER, who participated in the Olympic Games in Rowing in 2016 and Wolfgang SEIDL were our two experts for mental training. Thanks to our physios Doris KURZ, Kerstin PETZ and

Viktoria BRUNNER of the Aktiv Praxis Altenhof we were even providing detailed and specific exercises for strengthening, mobility, regeneration as well as for working out with a foam roll. Sandra NISS and Harald BERGHOLD supported on any questions regarding nutrition. The contents could be downloaded by our participants and we even provided typical Kenyan recipes to cook at home. Videos of our athletes' lives in Kenya, as well as live chats with our athletes and experts brought a personal note to the virtual event.

While our athletes received a small financial compensation, all of our European experts shared their expertise for free! Thank you so much for your support!

The participants of the running camps gave great feedback.



Therefore, we are proud to look back at our first virtual running camps, even though we do hope to go back to our original on-site events again in 2021. We are looking forward to seeing you in Kals this summer!

Tim Philipp Koch, Running Camps

run2gether Members

Just like any other club we can only function with our active members and supporters by our side. Even though our running camps were cancelled just like most of the races in Europe we can look at 21 new **run2gether members**.

We have reached our highest number of members so far with a total of 188 members, 154 of which are full members and 34 which are supporting us with a sponsorship membership. 65% are from Austria, 30% are from Germany. The rest comes from Switzerland, Italy, Finland, Slovenia and Russia. Interestingly 57% of our members are between 41 and 60 years old, while only 20% are between 18 and 40 years. For the future we therefore also want to expand our offers in order to get some younger members on board too!

Another novelty took place in autumn of 2020. While we normally host a **run2gether** members-only weekend in November we had to go with a virtual event this time. More than 40 members joined us via video call on December 11th to follow



Our members normally meet for an active weekend in Autumn

the reports from the responsible **run2gether** team members. Due to the positive feedback, we are planning to keep this weekend a hybrid event in future, where we host an on-site as well as a virtual event at the same time in order to have as many of you join our board meetings. You can find the advance notice on page 18 of the annual report.

Isolde Höfinger-Pattis, Membership Support



Our nursery school kids playing on their new playground

run2gether Child Sponsorship Program

In 2020 we tried to address the special needs of the population of Kiambogo, with a focus on children. One of our most important mottos in our social project is help for self-help. This means that we are trying to involve as much help from the local population as possible. With pride and gratitude, we would like to take a further look at our activities with our donors and supporters.



The children in Kiambogo are especially important to us

300th run2gether Sponsored Child on Christmas Eve 2020

On Christmas eve of 2020 a special message was brought to us. We have managed to sponsor 300 children within our **run2gether** project.

Leah NAMNAI, who is a member of our **run2gether** Athletics Academy, is currently in her 8th year at the Primary school.

We wish all of our sponsored children and Leah all the best for their future.



The run2gether Nursery School was expanded

run2gether Projects

Even though 2020 was very different to what any of us expected, we were still able to implement many different social projects and small activations in Kiambogo.

Here is an overview of 2020 and 2021:

- Trees for KIAMBOGO families
- Bathrooms for the Primary School Sision
- Expansion of the **run2gether** Nursery School
- Laptops for our teachers at the Primary School Kiambogo
- Food for KIAMBOGO families
- Shoes for KIAMBOGO families
- HELP for our **run2gether** athletes
- Renovation of class rooms at the Primary School Kiambogo
- Desks and chairs for the Primary School Kiambogo
- School kitchen for the Primary School Sision
- Bathrooms for teachers at the Primary School Sision
- Continuation of "Water for KIAMBOGO families"
- Teacher for the new partner school Primary School Longonot



The Primary School Sision received new bathrooms



Handover of the trees to our families in February 2021

Trees for KIAMBOGO Families

In 2020 we wanted to specifically support our **run2gether** children. Therefore, we supported each child's family with 10 trees. The trees are meant for the agricultural land of the families to act as a windshield and water reservoir in the ground.

They were finally given to the families in March of 2020 as part of our annual children's festival. The plan was for each child to furthermore plant one tree in the **run2gether** arena. The holes were previously dug up in order to make the preparations easier. Unfortunately, the pandemic hit and we had to cancel this part of the program as our European guests had to leave the country and fly home. This was then finally caught up on in February of 2021.



Letters for our run2gether Children

Our request to our members to send out letters to their sponsored children was met by more than 130 sponsors last year. It was incredibly touching for us that we received more than 350 hats in **run2gether** colors which were made by many sponsors and their friends last year.

The hats were supposed to be given to the children during the children's festival, but once again this had to be postponed due to the worldwide happenings. The hats are safely stowed



350 hats in run2gether colors made their way to Kenya

away in our camp, with the exception of 30 hats which have been given to the kindergarten class of our **run2gether** nursery school.

Shoes for KIAMBOGO Families

In summer we were finally able to give a part of our presents of 2020 to our sponsored children in Kiambogo. Even though the government had already decided at this point to keep the schools closed for the rest of 2020 we were able to host small groups of children in our camp. This was possible due to the health concept created by Peter Chege WANGARI as well as the vast health measures taken at the camp.



Measuring every child's feet for our shoes project

Peter and his team took more than 500 photos of this event which were later forwarded to the sponsors.

We have been in touch with Mary NDEGWA, the head teacher of the Primary School Kiambogo, throughout the last year. She reported that the children were left on their own with the learning materials. The homeschooling standards in Europe are simply not possible in Kenya due to the lack of infrastructure. The entire school year of 2020 will therefore be repeated. Thankfully none of our sponsored children and their families have been knowingly corona-positive so far!

Visit by the School Kids of Primary Sision at our Camp

Every now and then the **run2gether** camp gets a surprise visit by sponsored children.

In 2020 students and teachers of the Primary School Sision delivered five big bags of vegetables and fruit to our camp. The staff, athletes and camp guests from Europe were brought to tears by this gesture. This sign of appreciation and gratitude is huge, as many of the families of the 100 supported children barely have enough to eat for themselves.

Laptops for Teachers in Kiambogo

In 2020 we got a generous donation of 50 fully functioning used laptops from the Raiffeisen IT GmbH & Co KG from Vienna. The first two laptops were given to two very enthusiastic teachers at our partner schools.

The rest of the laptops are still waiting for the chance to get transported to Kenya. If any one of you is travelling to Kenya in the next couple of months, please contact us to take one or two of the laptops with you. They are very needed! To get in touch please talk to Thomas KRATKY (patenschaften@run2gether.com).



One time we had to support our families with basic foods

Food for KIAMBOGO Families

In June our athletes in Kiambogo told us that the local food supply had come to a halt. While the families of our sponsored children did have good harvests, they did not have the possibility to sell their goods at the local markets. One of the reasons for this was a Covid-19 cluster which led to a full closure of the market. Hence the farmers did not have any sort of income to buy basic foods.

During this time **run2gether** came in to help. Peter Chege WANGARI was instructed to buy basic foods (720 kg corn flour, 480 kg sugar, 560 kg rice, 240 litres of oil) and organize the distribution to the families. This was accompanied by huge bureaucratic barriers and stringent safety requirements. Only one member per family was allowed to enter our premises with a mask on in order to pick up the allocated share of food. Our hardworking athletes finally got the authorization to hand over the groceries to 240 families within a maximum of 30 minutes.

HELP for our run2gether Athletes

The world-wide measures to deal with the pandemic hit the **run2gether** athletes especially hard. After months of tough training, they were ready in spring of 2020 to race in Europe in order to follow their profession as athletes.

In accordance with our club's motto "2gether" we saw it as our personal responsibility to help our athletes and their fami-

lies during these uncertain times. Our club's board therefore decided to financially support each athlete with KSH 10.000 (€ 100) a month until the end of 2020, so their families do not have to suffer from hunger or poverty.



Since our club only has limited resources at hand we brought the project "**HELP for our run2gether athletes**" to life. The project offered three different options to support:

1. A limited sponsorship with a monthly payment of at least € 20 until the end of 2020 for one of our athletes. During this time the sponsor had the possibility to contact the athletes about the training plans, progress and general life in Kenya.
2. Participation in our virtual **run2gether** challenges, see page 4 for more information.
3. One-time donations.

We are still incredibly grateful for all of your support and financial donations!

Due to the generous voluntary payments and the fact that the pandemic has not ended yet we have decided to continue our monthly support for the first quarter of 2021. If you still want to help us out please go ahead:

Bank information

Laufteam run2gether Austria
Raiffeisenbank Graz-Straßgang
IBAN: AT94 3843 9000 0080 6992
BIC: RZSTAT2G439
Purpose: HELP for our run2gether athletes



We would like to thank you from the bottom of our hearts for your generous donations and your support!

Thomas Kratky, Child Sponsorship Program & Social Projects



Athlete Simon working on his farm

Financial Report 2020 (rounded to € 100)

Income

Income running camps	8.300
Partial income races	8.300
Income child sponsorship program	73.000
Income sponsoring	17.100
Income membership fee	14.100
Income donations	97.900
Income sale of equipment	1.200
Income miscellaneous	24.200

Expenses

Costs for personnel	0
Costs for flights	-1.700
Costs for travelling, vehicle	-17.000
Costs for insurances	-5.800
Costs for accommodation and equipment	-1.300
Costs advertisements, fees, miscellaneous	-13.100
Surplus	205.200
Support Kenya TOTAL	-100.000
thereof child sponsorship programs	-16.800
thereof Covid-19 athlete support	-36.900
thereof "Trees for Kiambogo families"	-4.800
thereof without specific project	-41.500
Surplus for upcoming events	105.200



We want to thank all of our running camp guests, members, sponsors, supporters and volunteers for their support!

Michael Reiter, Treasurer



Social distanced handover at the "Tour de Laufrausch" stage race



Charity Run „Corri con Samia“ in favour of run2gether

Donations and Charity Events

Overwhelmed by the great and generous donations we would like to thank each and every one of you for helping our club throughout this tough time.



Kommune 100k challenge: Instead of 100k they ran an amazing 210k!

With a particularly generous donation we were able to buy 5000 trees for our project **"Trees for KIAMBOGO families"**.

Another incredible wave of solidarity came with the **virtual run2gether challenges** and our **athlete sponsorship programs**.

In the middle of the first lockdown the Sportunion Klagenfurt hosted the **"Kommune 100 km Challenge"** where a residential community completed 210 km on their premises (529 laps of 400 meters each) for our athletes.

The 50k stage race **"Tour de Laufrausch"** hosted by the running club Laufrausch was another great event that contributed to **run2gether**.

Our cooperation partner in Italy, Africa&Sport, donated within their yearly charity race **"Corri con Samia"**.

Despite the circumstances and restrictions Peter from Germany once again hosted his traditional **Christmas Tree sale**.

Thank you and **Asante Sana** to all of the instigators, helpers, supporters and sponsors for your solidarity and loyalty!

Isolde Höfinger-Pattis, Editor



At the Nursery School the children received new school uniforms and hats from their sponsors

Recent news and preview 2021

Mount Longonot Sports & Recreation Centre

Last year we celebrated the 10-year anniversary of the establishment of our camp in Kiambogo. Since the completion in November of 2010 we got to host more than 650 guests during 6500 overnight stays. Many extensions and expansions helped to deal with the increasing demands. At this point the camps can be travelled to all year. It has 3 double- and 3 four-bed rooms with 26 guest beds, as well as two detached round houses with 4 beds each. The Makuti and Turkana house offer a bathroom and veranda each.

Despite this establishment we do not see ourselves as a typical tourist location. Therefore, we stay true to the local Kenyan architecture and the simplicity of the facilities in order to fulfill our slogan "living with each other to benefit from each other".

At our **Mount Longonot Sports and Recreation Centre** we make it easy for you to join the daily life of our athletes, who spend the majority of their training days at the camp anyways. You train together, eat typical local meals, regenerate according to Kenyan standards and most importantly laugh together. In addition to this, our guests can book several guided tours to experience the local nature and culture of Kenya.

The camp led by Geoffrey Gikuni NDUNGU is almost fully operated by **active or previous run2gether athletes**.

Since 2020 everyone interested in a holiday with us can book via a completely new booking system which you can find on our website along with information on costs, capacity and everything else you could possibly want to know.

run2gether Running Camps - Austria and Italy

Since 2008 we offer European athletes and guests the possibility to join us from June to September for a high-altitude holiday with our Kenyan professional athletes. We have planned for a relatively normal season in 2021 and therefore hope for the local measures to allow for it.



2008 the first run2gether running camps took place in Austria

Our first running camp will take place in June (13.06.21-19.06.21) in Grödnertal in South Tyrol, Italy. Birgit KLAMMER and Christian STUFFER are the running owners of Hotel CENDEVAVES **** at the Monte Pana. For the past years they have hosted us with a great deal of hospitality and shown us around their local mountains in the South Tyrolean Dolomites.



Training amidst the beautiful mountains of South Tyrol's Dolomites

From the 20th of June onwards, we will move over to Kals am Großglockner for 10 weeks. In 2019 we spent our first summer here and were overwhelmed with the hospitality of the locals, the breathtaking landscape and the variable running routes in the area. The **Kenyan Lounge** will remain the main meeting point for all joint activities. The lounge was set up with lots of details in the Kenyan style and is only meters from the different accommodations, which means there is always someone around. Due to the current circumstances our running camps come with comprehensive cancellation policies.

At this moment in time we are not able to estimate whether or not our runners will be able to get to Europe for the summer. Despite this we will definitely host the running camps in Kals this year. In case our Kenyans cannot travel we will host the weeks with local experts and offer an exciting alternative high-quality program.



The running camps will take place in Kals for the second time in 2021

If you are looking to get more information on our offers, calendar and capacities, please visit the booking platform on our website www.run2gether.com or send an email to tim@run2gether.com.

Book a spot for our summer running camps in Grödnertal or at Kals am Großglockner and benefit from the individual training with some of the best runners worldwide!

RunOsttirol



This name was given to an exciting new project which aims at making East Tyrol and Kals am Großglockner an international high altitude performance center in the long-term. Routes on different altitudes, with different distances and variable soil are currently being built. One of the steps towards this goal is the construction of an interval race track around a newly-built local water reservoir at an altitude of 2300 meters, which has already been financed locally. Other running routes in the area of the water reservoir and in the valley itself will follow.

This project is financially supported by the country of Tyrol and the European Union and will lead to a new long-term home for **run2gether**.



In East Tyrol a running center will be established with the help of run2gether

Besides to before-mentioned investments the area is planning on establishing a **"House of Running"**, which will host the general point for information for running in East Tyrol. Sports medicine, a sauna as well as an African restaurant will make the concept complete and the "House of Running" will become the new vital, intercultural place for meetings.

During our summer running camps this will be the perfect place to relax and meet for experiences of all kinds.

If you would like to find out more please visit the website www.runosttirol.com for updates.

run2gether Competition Support

As soon as our health, local travel restrictions and races will be back to normal our Kenyan athletes will be able to travel to Europe again. We are very hopeful that this will be possible in Europe in summer of 2021. This will also kick off the **run2gether competition support** system which has been privately organized since the beginning of our club. Our Johann "Heinzi" HEINZL, who used 2020 to build himself a beautiful house, will be organizing and coordinating everything around it.

run2gether Social Projects

Due to the pandemic and its measures in Kenya we had to postpone different projects in 2020. Our main project and goal is the long term **supply of water** for Kiambogo.

Another project which we are looking to realize in the near future is an **ENT examination of around 1000 children** organized by Primarius Univ. Prof. Dr. Christian WALCH and his wife Karin, who are both members since day one.



The new school kitchen at the Primary School Sision is now completed

New School Projects started in Kenya

At the end of 2020 we have continued our social activities with three new school projects.

Primary School Kiambogo

The classrooms at the Primary School have been left completely empty in 2020 due to lockdowns. Only the oldest students were taught again from October onwards. Therefore, we wanted to use the time until the start of the new school year in January of 2021 to renovate the school.

In order to do so we have actively worked together with the population once again. While **run2gether** financed the materials the parents of our sponsored children were asked to contribute in the form of labor.



New desks and chairs for the Primary School Kiambogo

In coordination with the parent representatives, the head teachers and our coordinator Peter Chege WANGARI the following tasks were decided on:

- New flooring in all 16 class rooms (in 2 different construction phases)
- Painting of all classrooms
- 16 new chalk boards
- New desks and chairs

Primary School Sision

The school located about 2.4 km from our camp has a new kitchen now. While the students at the Primary School in Kiambogo have received one warm meal a day throughout the last few years, the Primary school in Sision has struggled to provide this in the past due to a lack of resources. In the past three years only the Kindergarten class got to enjoy a warm bowl of porridge cooked by the chef paid for by **run2gether**. This is all about to change now!

Since the new school year started in January of 2021 500 students can excitedly munch on a warm meal a day. While **run2gether** paid for the kitchen, a big pot and the monthly wage of the chef another international organization has come in to pay for the ingredients.



The official opening of the new school kitchen at the Primary School Sision

Primary School Longonot

Due to the fact that we have been supporting 20 children from another school approximately 5k from our camp since the beginning of 2020, we have decided to take this school on board as our 4th partner school. From 2021 onwards we therefore take care of the monthly wages of an additional teacher as the classes are completely overcrowded with about 50 students per class. Other projects are currently being planned in order to support the infrastructure.

Thomas Kratky, Child Sponsorship Program & Social Projects



The Primary School Longonot will become the 4th run2gether partner school

Sponsors

We are more than happy that all of our sponsors are still on board despite the current circumstances with the pandemic.

Even though the last year was not easy we can still count on the **running brand ON** as our main sponsor. The village of **Kals am Großglockner** as well as the **local tourism board Osttirol** have been by our sides since 2019. **Africa&Sport** is continuously supporting us in Italy.

As soon as our athletes are allowed to travel to Europe we can accommodate them in a free flat provided by the **Gemeinnützige Bau- und Siedlungsgenossenschaft Frieden** in Vienna. The **Therme Loipersdorf** and the **Integrated Consulting Group** are further long-term sponsors who we can truly count on. Even though it has come to internal changes within **ams AG** we are still hoping for their support in the future. Our physiotherapeutic support by **Aktiv Praxis Altenhof** is another big piece that we can still proudly count on!

run2gether Race

After all of the major city marathons were cancelled in spring of 2021 we have decided to host our own marathon in May of 2021. Austrian and European top athletes will have the opportunity to reach the **limit for the Olympic Games in Tokyo** during this race. This is especially attractive as the qualification period ends shortly after our event. The athletes will be



Taken care of at the very best by the physios of the Aktiv Praxis Altenhof

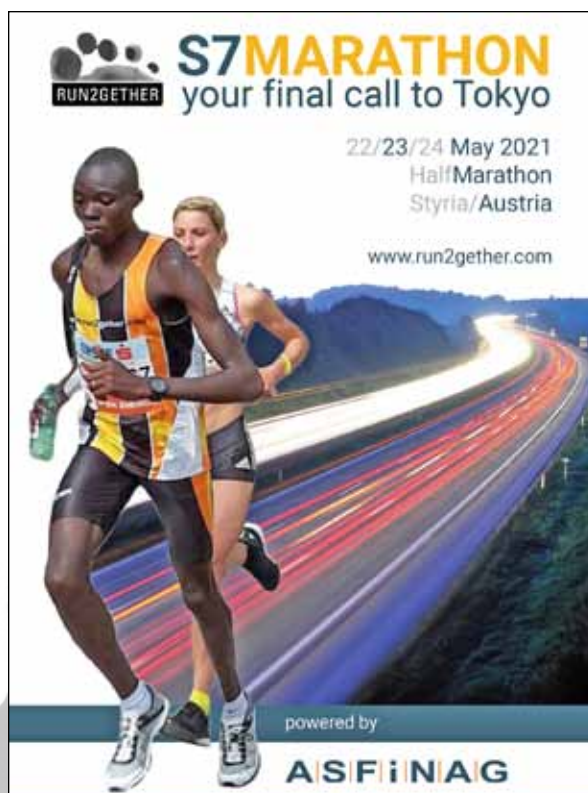
supported by our Kenyan pacemakers and a fast route along the newly-built S7 road. Thanks to our cooperation partner ASFINAG we are allowed to use part of this road for our truly unique running event.

Our **virtual run2gether marathon challenge of 2021** will give amateurs the chance to race the 42.19k from the 1st until the 21st of May in numerous smaller parts to run their own personal best.

At this point in time the **1st Kalser Panorama Trails** on the 26th of June are still not taking place for sure. As this event is being hosted together with the educational center of Kals we have to wait for it to be confirmed.

If you are looking for more information please visit www.run2gether.com or our social media channels (Facebook, Instagram, Twitter).

Isolde Höfinger-Pattis, Editor





A breath of fresh air in our coach team

Club news

run2gether Team Kenya

In the past year we have not been able to monitor our new talents properly, as national, regional and even internal races were scarce. We are hoping to get back to a proper performance review in 2021.



Introduction of our new coach team for our professional athletes

Furthermore, we are also dealing with some changes in our coach structure. Joseph Karatu NGURE our long-term coach will be moving on to a new task in the future. Since February of 2021 Thomas Makini OSANO and **run2gether Athletics Academy** coach Peter Ndegwa NYAMBURA are leading the training for our professional runners. Peter Mochere ANGWE-NYI is supporting here by dealing with organizational issues and the communicating with Athletics Kenya.

Our camp in Kiambogo shall become the “new home of champions” in the near future. Two aspects are specifically important in this. We expect our team members to perform at their personal best not only when it comes to running but also when it comes to team activities with **run2gether**. Our club is so much more than an open door to the international running scene. In order to guarantee this we will finance a coach certificate for youth coach Peter Ndegwa NYAMBURA. Two important decisions that will help **run2gether** to become more established as a running center in Kenya.



Our athletes are representing run2gether on their daily run



Our young talents are always motivated

run2gether Workshops

Normally the club's board will meet at the beginning of each year for a 2-day workshop in order to deal with the most important topics and tasks for the upcoming season. This hasn't been possible just yet due to Covid-19. Our communication is currently taking place via video calls.



The run2gether workshop of 2021 has not taken place yet

run2gether Memberships

Since the founding of **run2gether** we can proudly look at an increase of **memberships** each year. Even though the demographic distribution of our members is not necessarily helping in leading an active club we attempt to find new ways and possibilities for our members to join activities. Furthermore, you help Kenyan athletes with your membership.



Benefiting from each other and reaching common goals - the run2gether motto

A **full membership** includes:

- Membership of the Austrian track and field association and therefore **participation in Austrian championships**
- Access to our exclusive **run2gether online shop**
- **Discount** when booking our summer running camps
- **Booking privileges** for our camp in Kenya and special conditions for booking external tours (no accommodation costs in the camp during the trip)
- Invite to the annual **run2gether members-only running weekend**
- **Annual report** for members (print version)

6th run2gether Members-Only Running Weekend

Save the date: 5.-7.11.2021

Isolde HÖFINGER-PATTIS will inform you about the program and the place in time!



Looking forward to seeing all of you again at the 6th members only weekend

General Meeting

As part of our annual running get-away we inform our club members of our past and future activities. As laid down by the applicable law the general meeting needs to get together every two years to appoint a chairman. This will happen within the **run2gether** members-only weekend as in the past. All full members who are present this weekend will receive 1 vote. Due to the positive feedback in December 2020 we are planning on making this meeting available online as well.

Our recording clerk Isolde HÖFINGER-PATTIS will send out the invitations in time!

Isolde Höfinger-Pattis, Editor

Our Kenyan athlete team

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Isolde HÖFINGER-PATTIS	Membership Support	Membership registrations and dues Annual get-together (running weekend) Editor homepage, Facebook, annual report	mitgliedschaft@run2gether.com
Thomas KRATKY	Child Sponsorship Program & Social Projects	Child sponsorships and social projects in Kiambugo Editor homepage, Facebook, annual report Club database & privacy officer Vienna group runs	patenschaften@run2gether.com
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