



experience
the KENYAN way...

Annual Report 2019



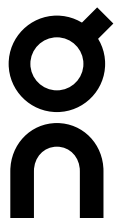
RUN2GETHER

AUSTRIA-KENYA
ITALY-GERMANY-SWITZERLAND

amun
Sensing is life.

LOIPERSDORF
ENTSPANNUNG ERLEBEN

Osttirol
Dein Bergtirol





Kerstin and Daniel are supporting Thomas at the summer running camp in Kals

Preface

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



Finding a new home is a massive challenge on many levels. After finishing off the **run2gether** running camps 2018 we were facing just that. Thankfully **Kals am Großglockner** has become not only a great scenic location but also a great partner

for **run2gether** in the beginning of 2019. Therefore, all of us were more than excited for the challenges and opportunities that this change brings to our club. Now at the end of 2019 we know that our effort and courage were definitely worth it!

The location of our new home and the "Kenyan Lounge" made it possible to integrate our **run2gether** running camps into the local village community. From the beginning the contact between the locals and the **run2gether** athletes was profound and sincere. Many joint activities with the local school (for example: running sessions during the school's sports festival, weekly running training for local children with a special interest in running, participation in the Glockner Ultratrail) helped this integration. The 220 participants of the 2019 running camps were also a big part of this and enjoyed the atmosphere during summer. The beautiful weather, technical running routes in a scenic environment and our motivated **run2gether** athletes were a superb combination to ensure a great experience.

Now it's time to take further steps regarding the cooperation with the tourism association of Osttirol and Kals am Großglockner in order to guarantee the long-term establishment of our home for this project. We are looking forward to this!

In our annual report we give a detailed overview of all major athletic happenings. We will look at the increased performance of **Carina REICHT** who managed to succeed despite

a serious injury in winter. Our Kenyan athletes did not only show positive outcomes, but unfortunately also disappointing results.

The sudden death of our long-term coach and mentor Peter Mathu TITI will be unforgotten. Therefore, it is our priority to ensure the continuation of the **run2gether Athletics Academy** which was once established by him. Our founding member Peter Ndegwa NYAMBURA has taken over this project and has impressed us in his new role since the beginning.

Having the support of an entire team of great athletes and club members leaves me with a positive attitude for the future.

I am very much looking forward to 2020, new encounters, many great experiences and opportunities!

Your chairman Thomas KREJCI



The local children from Kals pay a regular visit to our Kenyan Lounge

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.



After 2013 Caroline celebrates another victory at the Austrian Women's Run in Vienna

Review of 2019

Athletic Review

Highlights

We are looking back at an exciting and challenging year. The athletic year consisted of **124 races in eleven European countries** with great individual performances, personal bests, successful pace-maker jobs, cancellations due to injuries, disappointing marathon performances and the painful loss of our head coach.

Our twins Caroline Makandi GITONGA and Purity Kajuju GITONGA showed incredible potential. Very early on in the season Caroline ran a new personal best of 32.02 minutes in Turin, only two weeks later she also improved her personal best in a 5000 m race with a time of 15.42 minutes. On the Easter weekend Purity ran a new personal best of 33.23 minutes over 10 km in the German city of Paderborn.

In May this lucky strike continued for Caroline. At the **Austrian Women's Run in Vienna** she ran against an overall strong international elite and won the race with 15.47 minutes over 5 km. Purity on the other hand showed her skills in mountain running and received silver at the Großglockner mountain race.

Lucy Wambui MURIGI on the other side had a year with very mixed outcomes. After a very good start in March at the 15k Kerzer race in Switzerland and a great half marathon in Mi-

lano she was able to win the first race of the mountain running world cup in France. The aforementioned races were a great preparation for the upcoming world cup. However, after suffering an injury, which lasted all summer, the season was not looking as promising anymore. Following her injury she returned to Europe and won the last race in the world cup series in Slovenia and furthermore ran into second place at the 27k Wolfgangsee race in Austria. With two of seven possible world cup victories she did the impossible and ended up in second place last season!



Jane and Ronaldo celebrate their double victory in Italy

Our new talent Ziporah Wanjiru KONGORI had a great season in Italy and our **run2gether** team was very impressed with her performances. We were more than happy to welcome a familiar face back into our women's team. Jane Wanja NGAN-GA made a great comeback after her second pregnancy!

Our male athletes also deserve to be acknowledged for various races. Dickson Simba NYAKUNDI broke two personal bests in 2019. In the beginning of the season he ran the 10k race at the Giro Medio Blenio in Switzerland in unbelievable 29.15 minutes, in fall he then set another personal best with a time of 62.11 minutes at the half marathon in Cremona. At this very same half marathon James Murithi MBURUGA set a new personal best at 61.35 minutes and ended his season successfully. Charles Karanja KAMAU ran to victory with a time of 61.01 minutes at the **Wachau half marathon**. In June he also set a new record of 29.29 minutes over 10.000 meters in Kenya.

Another positive story is the one of Geoffrey Githuku Chege, who improved his personal time over 10k to 30 minutes in the German Oelde after he suffered from a serious back injury. Charles Juma NDIEMA did great at the Alster race with a time of 28.33 minutes over 10k.



Purity and Gikuni both win silver at the Großglockner mountain race

Our mountain running experts were more than impressed with the performance of Timothy Kimutai KIRUI in 2019. Geoffrey Gikuni NDUNDU was able to run into second place at the Großglockner mountain run. Unfortunately, the rest of the season mostly consisted of pain therapy and rehab due to an injury in his Achilles tendon.

Our Austrian talent Carina REICHT had an incredibly successful year despite an injury and the consequential difficult preparation in the beginning of the season. In the past couple of months Carina was able to run her way into the Austrian running elite. At the Austrian Women's Run in Vienna she finished off as part of the fastest ten runners, just like the year before. Furthermore, she competed in various international races, set **four new personal bests** (1500 m 4.27,24 minutes; 5000 m 16.44,17 minutes; 5k 16.48 minutes, 10k 36.19 minutes), competed in **two European championships**, won various youth titles and her very first national title in the general league. Besides all of these athletic accomplishments Carina also graduated from school and passed her **Matura** certificate. Congratulations Carina!



Carina representing Austria at the European Crosscountry Championships

Challenges

The outcome of our marathon group was less pleasant in 2019. This discipline is quite popular with our runners, however at multiple in Treviso, Salzburg, Dublin and at the Jungfrau mountain marathon we were not happy with the outcome of our athletes. Therefore, we take this as an incentive to properly analyze the preparation, as well as the statistics from the races to make the right decisions in the future.

Medical and physiotherapeutic treatments

As an elite athlete you are also prone to certain injuries. While the health systems in Europe are generally good our athletes cannot expect the same form of treatment in Kenya. Hence, we make it our responsibility to offer as many treatments and tests as possible while the athletes are staying in Austria.

Since the very beginning of our club we are working together with the **Aktiv Praxis Altenhof**. We have not only found great sport physiotherapists in **Kerstin PETZ** and **Doris KURZ** but furthermore responsible cooperation partners and sponsors. Our athletes have the possibility to receive physiotherapeutic support and therapy during our summer running camps as well as any other time if need be. The cooperation with this team and their excellent network of doctors enables us as **run2gether** to provide the best possible medical care for our athletes. Kerstin and Doris are also a big part of our summer running camps where they share their knowledge and excellent skill set with our guests.

run2gether Team Kenya

In the past year we hosted 46 athletes over ten months in Europe. More than half of the 124 races were coordinated



Physiotherapeutic support – essential for our athletes

by our partner **Africa&Sport**. Without this support our runners would not be able to participate in the number of races. **Africa&Sport** does not only offer accommodation and excellent training for our athletes, but furthermore goes out of their way to support the athletes at well-known races in Italy and Switzerland.

Death of head coach Peter Mathu TITI

In 2019 we were devastated when we heard about the severe illness of our head coach **Peter Mathu TITI**. He acted as a coach and trainer for our club since the very beginning and therefore worked closely with us as he was responsible for the performances of our athletes. Some of his greatest accomplishments were the victories of Daniel Kinyua WANJIRU who won the London Marathon, as well as our Geoffrey Gikuni NDUNGU and many more.



Our athletes say their last goodbye to coach Peter

After spending several years in Asia Peter returned back to Kenya in 2018 where he was more than willing to get back into his old position as head coach for **run2gether**. Together with the second coach Joseph Karatu NGURE they formed a young, dynamic and disciplined team. In 2018 he founded the **run2gether Athletics Academy** in order to support the youth and fulfill his life-long dream.

On April 11th 2019 coach Peter closed his eyes for the very last time in the presence of his family and many of our athletes in the **run2gether camp**. The loss for his family is unfathomable and he also leaves a big gap in our club.

Anti-Doping Activities

Our club does not support, nor has ever supported any form of doping. Therefore, this is part of our very core and **we do not have any tolerance for substance-abuse**. Our club, our officials, our voluntary workers, coaches and volunteers clearly dissociate themselves from any fraudulent methods which lead to increased performance in any sports, including running.

It is therefore our responsibility and active decision since the very beginning to provide information, educational work as well as workshops for our athletes on a regular basis. We make sure that each athlete understands the consequences of doping and the intake of prohibited substances. Each year

SAY NO! TO DOPING

we offer various opportunities in our running camp in Kenya where athletes receive first-hand information from the Kenyan anti-doping authority (ADAK).

We support our athletic team in organizational, athletic, medical and therapeutic aspects and make sure that **at any point** it is clear that there is no room for doping within the **run2gether** community.

Youth development in Kenya

run2gether Athletics Academy

In 2018 we started this important project when we decided to take talented teenagers aged 12 to 16 years on board. In the school holidays these young talents then had the chance to participate in a training camp where they not only trained in small groups, but also had the pleasure of training with our athletes. This program is not only a promising start into a possible career as a runner, but furthermore helps the parents on different levels as they can rest assured knowing that their children are taken care off.

After the tragic death of Peter Mathu TITI our former runner **Peter Ndegwa NYAMBURA** has now taken over this challenging task. Peter NYAMURA is working very hard to meet our high expectations and the standards set out by the late **Peter Mathu TITI**.

The children really enjoy our program and look forward to train with us. As the **run2gether youth team** they compete in their first races and we are very happy to see their names on top of the list.



Our youth talents enjoy their new challenges

Thankfully, many local teachers support us by teaching and caring for those teens in the school holidays. It is a true pleasure to witness how these teenagers develop a passion for running and our camp! In their breaks the youth team enjoys their time playing around, joking and enjoying the atmosphere which the **run2gether** camp has to offer.

Peter does not only stand his ground as an excellent teacher, but also encourages the young talents to become a team and take care of each other. We are looking forward to offering Peter an education as a certified trainer in the future.

Honor

In the beginning of 2019 our chairman **Thomas KREJCI** had the honor to present our club, his work and effort to a very special audience. Thomas was invited to a lunch at the Hofburg in Vienna with a small number of selected charities with a social background. The **Austrian president Alexander VAN DER BELLEN** was the initiator of this special encounter and wanted to honor Austrian initiatives to help and support different projects all over the world. At this very lunch Thomas made contact with **Auma OBAMA** and her charity "Sauti KUU" which supports young people in Kenya. Together they decided to make it their goal to enable young people in Kenya to grow up having an independent and autonomous future in Kenya.



Our members were in charge of our stand at the Austrian Women's Run

Special Events

The last few years have shown that certain hobby races are quite popular with the **run2gether** club members. One of them is certainly the **Wings for Life World Run**, which can either be joined via app or at one of the various race locations offered. One of the race locations is Vienna, where a group of **run2gether hobby runners** participates every single year. Other relevant events for our athletes and members are the **Wachau marathon**, **Kärnten Lläuft**, as well as the **Großglockner mountain run** and **Austrian Women's Run** in Vienna.



Isolde Höfinger-Pattis, Editor



run2gether members witness Kipchoge's 1:59:40,2 in Vienna

run2gether Running Camps

After ten successful years of the **run2gether summer running camps** in Carinthia we have decided to have a change of scenery in the summer of 2019. We saw this as a consequence of the decrease of bookings in 2018 and therefore decided to add a new location to make our camps more attractive! We are incredibly happy about our new location amidst the beautiful region of Osttirol and are stoked about the great partnership we made there.

The openness and warmth of the local community in **Kals am Großglockner** was overwhelming for us. We are extremely happy to have found such a special place for our Kenyan runners, our guests and our club members and we appreciate the many interactions that we have made so far. It is a great honor for our athletes to be part of such a great community and we could not ask for more than acceptance and integration. We hope that 2019 marked a great year to create a base for a long-term cooperation with Osttirol. Our Kenyan runners fell in love with this beautiful place, the great training opportunities and the integration into the local community.



Kals offers scenic running routes

The logistics behind this relocation were not only costly but also incredibly intense at times. The **"Kenyan Lounge"** was renovated and equipped with a new kitchen. Many volunteers made it possible to adapt the existing rooms in time for the arrival of our athletes. A sincere thank you to each and every one of you and especially the ones who helped with monetary means! We could not have done this mammoth project without you!

The cooperation with a number of different guest houses is also a new challenge for our team. In the very beginning it was our responsibility to plan new running routes and adapt new schedules in the training routine of our athletes. On top of all of these tasks the construction of a running track around an artificial water reservoir was made possible with the help of our Thomas KREJCI as well as our athletes.

The positive feedback from our guests was a good sign which assured us of our decision to relocate. Furthermore, we had an increase in bookings and very much hope to have met your expectations with this project! We are looking forward to another year at **Kals am Großglockner** and many new and familiar faces at our running camps.



Technical training in Kals

The cooperation with the **Hotel Cendevaves** in Italy has also become a fixed component in our running camp calendar. In 2019 we were looking at the highest number of bookings so far. The Grödner valley and the stunning hotel owned by fellow runners **Birgit KLAMMER** and **Christian STUFFER** was once again the location for the very first week of **run2gether** running camps.



The running week in Alto Adige – a fixed component of our summer

A big thank you to Martina and Karin WALCH, Peter CUJÉ and Thomas KRATKY, who took their own time with our chairman Thomas KREJCI to voluntarily manage the 13 weeks of summer running camps.

Camp Kenya

After extensive renovations and expansion work in the sanitary facilities, as well as the new construction of the Makuti house with a separate shower and toilet we are happy to see our **Mount Longonot Sports & Recreation Centre in Kiambogo** with a new look. The increase of bookings for the Makuti house have brought us to the decision to build a second house with space for up to four people. Therefore from February 2020 onwards we have the possibility to host another four people in another chalet-like home in Kiambogo.



The new Makuti house is extremely popular with our guests

In 2019 we did not only change the physical appearance of our camp, but also took the freedom to change some internal responsibilities. Geoffrey Gikuni NDUNGU has acted as our camp manager since 2015. He is now working closely with the new receptionist **Stephen Ndungu KIARIE**, one of our former athletes, who took over for our experienced and highly appreciated **David Cheruiyot SANG** who decided to lay down his duties for family reasons.

This smooth transition makes it possible for us to organize another year full of training camps, active holiays as well as safari trips in Kenya. Our team in Kiambogo is looking forward to all guests in 2020 and the shared experiences!

If you want to find out more about our great offers please take a look at the information on our website <http://run2gether.com/laufwochen/> or contact me directly at tim@run2gether.com.



Tim Philipp Koch, Running Camps

run2gether Members

The **run2gether members** are steadily growing since the club was founded in 2009. The members play a major role as they make it possible for us to have the monetary means to support our various projects. In 2015 we had a total of 15 paying members, now we are looking at 174 members. Out of this number 144 members are full members, while the other 30 are supporting us with a sponsoring membership. Our members are located in eight different countries, with 2/3 coming from Austria and the majority of the rest coming from Germany. We are excited to also have members in Switzerland, Italy, Finland, Slovenia, Luxembourg and Russia.

Due to the nature of our club, as well as the geographic location of our members we cannot offer the known structures of a club. This circumstance makes it even more special for us to have found so many great people who truly understand our initiative, support our idea and show interest in our projects! Thanks to **each and every member** for your support!

Isolde Höfinger-Pattis, Membership Support

run2gether Child Sponsorship Program

Seven years after the establishment of our child sponsorship program we have made it our mission in 2019 to support the needs of the overall population. Here's an overview of our projects and activities:

250th Sponsored Child

In 2019 we were able to welcome child number 250 into our **run2gether child sponsorship program**. Since the opening of the Nursery School in 2013 in Kiambogo under the direction of Lilian, wife of Geoffrey Gikuni NDUNGU, we were able to offer education for 30 children, who are mostly orphans, half-orphans or children from especially poor families. The expenses for these children have been covered with the budget from the child sponsorship program from the very beginning.



Sponsor Alex visits the children at the Nursery School

As of day one it was clearly defined that the monetary means acquired through this program should only be used for the social projects in Kenya. The entire budget therefore gets spent to support the children and their families. All tasks related to this project are completely voluntary, but carried out with great joy.

We are proud to announce that in December of 2019 our Austrian member Werner SCHULER became the sponsor of the **250th child in our program**. This number does not only mean that our club makes it possible for 250 children to receive an education, but also increases our motivation to do better in the future and support Kiambogo in different ways. Thank you very much for your trust in us!

Annual Children's Festival

Once a year we invite our sponsored children and their families to a special festival in our **run2gether stadium** in Kiambogo. On this day we surprise the children with a number of different games and offer our European sponsors the possibility to send mail to their sponsored child. In 2019 the children's festival hosted more than 200 children aged 4 to 18 years. Together with their parents, representatives from partner schools and our volunteers we looked at more than 500 attendees!

Even though the planning of the festival started months in advance we had a lot to do with preparing more than 1800 jelly sandwiches on the day of the festival.

After the official opening of the children's festival we were stunned by a traditional Kenyan dance and musical performance which was initiated by a group of parents. In the course of the day the children were put in different groups and spend a good 90 minutes full with play, fun, art and of course movement. The children had to go through six different play stations which were led by two of our athletes each.



The parents prepared a traditional Kenyan dance for the festival

After a little snack we delivered the mail from the sponsors, as well as a little present for the families. We took many photos for the sponsors at home before ending the festival with a photo of all attendees.



Thomas Kratky, Child Sponsorship Program

run2gether Projects

Here's a small list of other projects managed by us in 2019:

- 230 new school uniforms for the **run2gether** children
- Office furniture for the teacher's lounge Primary SISION
- Chairs for the teacher's lounge Primary KIAMBOGO
- Recruitment of a chef for a daily porridge at Nursery SISION
- Emergency Funding after a fire: Rent and Furniture
- Toilet facility for students Primary SISION
- Financing of the orphanage placement
- Refrigerator for the doctor's office KIAMBOGO
- Culinary school for former runner Lydia
- 5000 liter water tank for Primary KIAMBOGO

New toilet facility

Imagine your daughter or son for a minute. Imagine them attending a school with only one toilet for all boys and girls.

This is definitely something that most Europeans take for granted. However, this is still an enormous issue for schools in Kenya. That is why we decided to step in and help the Primary School Sision, which is one of our partner schools, to end this circumstance. Many years ago we did just that in our Primary School Kiambogo with the help of the Austrian Women's Run, so we decided to do it again for another school in 2019.

The start was made with the help of day laborers from Kiambogo. They poured a floor and walls with concrete and then handed the project over to carpenters who constructed a roof and a door. After only a few days the toilet facilities were built and ready to be used by the students.

Thanks to all of our supporters who made it possible for us to take care of this!



New school uniforms for all run2gether children

Porridge for Nursery Sision

In the course of a visit to Kenya in spring of 2019 we took it upon us with our athlete Peter Chege WANGARI, who is responsible for all social activities in Kiambogo, to find out what the schools need the most.



Porridge for the children at the Nursery School Sision

For the past three years we have made it possible to offer one warm meal a day for the children at the Nursery School in Sision with our budget from the sponsorship program. In the past the preparation of the porridge has been taken care of by a teacher of the school. Due to the rapid increase of students, to more than 500, the teachers are too busy to take

care of this mammoth task. Therefore, the joint decision was made to hire the mother of one of our sponsored children to take over this task. Jane Wanjiru WAMBUI therefore wants to say thank you to all of our donators for having the possibility to make a living and support the local school. **“Thank you run2gether for giving me a chance to be able to raise my family – asanteni sana.”**

This solution fulfills the criteria laid out by our club as we want the community to help itself locally.



A new water tank for the school

Water tank for primary school Sision

Due to the difficulty in supplying water in April of 2019 we quickly made the decision to purchase a 5000 liter water tank and personally give it to the head mistress of the Primary School Sision.

Water for KIAMBOGO families

The initiative to bring water to the public in Kiambogo via a waterpipe was incredibly difficult from the very beginning. Unfortunately, our first try in 2018 was without a success and therefore we continued the project by looking at alternative locations with a water reservoir many months of another geological report we have found another piece of land approximately 6 km east of Kiambogo. Due to the location of this new property, which is 70 meters higher than Kiambogo, we will face the challenge of getting the water to the village via a pumping station.



In the meantime, we are planning this new project with the help of a hydraulic engineer from Germany. We are currently looking for a suitable place for a pool where the water is being saved on order to aid the regulation of this process.

Next to this we are currently planning the route of the water pipe to get to Kiambogo. When possible we will stay on public property to avoid negotiations with multiple landowners.

Even though the Kenyans keep telling us “pole pole”, which basically means to stay calm and patient, we are optimistic to make further steps in the right direction in 2020.

run2gether Nursery School Expansion

When we opened the **run2gether** nursery school in January 2013 in our Mount Longonot Sports & Recreation Centre in Kiambogo, we did not know whether this nursery school was going to be a success or not.

The nursery school which is financed by our donations only has given 127 students the possibility to receive education and has become a place to look forward to for children in Kiambogo. The number of families who are not able to afford to send their children to nursery school is still huge. These numbers and our success with this project in the last few years have definitely shown us that it is of utter importance to support the education of children in this area.



Teacher Lilian is excited to have another room for her students

In December of 2019 we were able to fulfill the wish of teacher Lilian and expand the nursery school by a room. This further enables us to comply with the new law in Kenya which states that 3 to 4 year old children and 5 to 6 year old children shall be taught in separate rooms.

Visit by the Sponsored Families in Our Camp

We often receive visits in our camp from students, parents and teachers of our partner schools as they want to say thank you for all the support they receive from **run2gether**.

Thomas Kratky, Child Sponsorship Program



Primary School Sision visiting run2gether camp

run2gether Financial Report

Financial Report 2019 (rounded to € 100)

Income

Revenue running camps	80.100
Proportional revenue competitions	15.800
Revenue child sponsorship program	58.500
Revenue sponsoring	29.700
Revenue membership fees	13.500
Revenue of donations	48.900
Revenue sale of running gear	18.000
Other revenue	6.600

Expenses

Personnel expenses	0
Costs for new vehicle	-16.300
Flight expenses	-52.100
Travel expenses and vehicle expenses	-25.200
Insurances	-1.200
Catering costs and running gear	-21.900
Articles, advertisements and other expenses	-27.800
Surplus	126.600
Usage for child sponsorship program	-58.500
"Water for KIAMBOGO families" project	-15.700
Maintenance of camp Kiambogo	-22.700
Savings for upcoming projects	29.700



We thank our running camps guests, members, child sponsors, donors and voluntary members!

Michael Reiter, Treasurer

Charity Events

2019 also marked a year where members and total strangers surpassed our expectations with many monetary donations in order to support our initiatives.

We were absolutely stoked as we received a high number of donations for our **"Water for KIAMBOGO families"** project. Furthermore, Jörg and Alois, who both celebrated a **milestone birthday**, supported us with donations made in honor of their celebrations. The Austrian Women's Run once again supported us with the so-called **"Euro of support"** as part of the online registration. We also want to thank Wagner Maschinenbau and HB-Brantner&Sohn for their generous donations. The **donation initiative** and **Christmas tree sale** of our German member Peter has also made a huge difference.

Therefore, we want to say thank you and **asante sana** for your personal interest in the subject and are excited to spend every single cent in one of our projects!



Jörg donated his birthday money to our water project

Race Day Organization

Due to the relocation of our summer running camps we were not sure about the impact this would have on the competition support for our athletes in the course of the race season. As most of our athletes fly into Vienna when travelling from Kenya and most of our supporters come from Vienna the relocation from Carinthia to Osttirol has definitely made it an even longer journey. This change made the logistics behind this project even more difficult. Regardless of these difficulties we were able to attend 80 races in eight European countries with the help of our hardworking voluntary drivers.

Therefore, we want to say **thank you to all of you for your help last year!** We want to especially mention Karin and Christoph STADLER, Christian STARKL and Christiane SCHMIDT for their unbelievable help and effort last season!

We hope that many of you will be there to support us again in the upcoming season as we would not be able to do this without you! We are always looking for drivers in order to support our athletes in this matter.



Johann Heinzl, Race Day Organization



Race Day Coordinator Heinzl himself coaching our athletes at a race

run2gether Group Runs Vienna

Since 2015 our members, friends and non-members meet every Thursday at 6.30 pm for our **run2gether** group runs. We look back at 2019 and 40 sessions with 190 attendees. We welcome everyone to this unique opportunity!

If you have questions please take a look on facebook "**run2gether Lautreiff Wien**" or contact Heinzl at laufftreff@run2gether.com.

We are looking forward to seeing you again and running many kilometres together!

Johann Heinzl, Coordinator of Vienna Group Runs



Thursday 6.30 pm: Time to run in Vienna

5th Annual Members-Only Running Weekend at Obertrum am See

This event has become an absolutely great tradition over the last few years. It has not only become a great end to the running season for our members but also a great time to reflect on the athletic year.

Each year we invite our members to join us for a **members-only running weekend** at the end of November or beginning of December. In 2019 we had 40 attendees from Austria and Germany who took it upon them to travel to the beautiful Obertrum am See in the county of Salzburg. The event lasted from Friday to Sunday and consisted of a relaxed run close to the Obertrumer lake, a hike in the Buchberg mountains, as well as a little **run2gether** merchandise shopping and an interesting guided tour around the Porsche museum in Mattsee. Furthermore, we held our general meeting according to our club's policy. As part of the meeting we informed our members about upcoming projects and a summary of all the happenings of 2019.

We are looking forward to our 6th annual **run2gether** members-only weekend in 2020.

Isolde Höfinger-Pattis, Editor



Atmospheric morning run at the members-only weekend in Obertrum am See



Our motto "2gether" is also key to the children's training in Kals

Recent news and preview 2020

run2gether Running Camps

Austria

The beginning of 2019 marked the start of our new location in Kals am Großglockner. The friendly mountain village will be home to our athletes and guests in 2020 as well. The "Kenyan lounge" is the location for our joint activities.

We have already worked on improvements and adaptations in organizational matters for the upcoming years and are looking forward to welcoming up to 25 guests in our Austrian camp. Just like before we do not only offer training for our guests, but also possibilities to regenerate and explore the area in your free time.

Italy

As usual we are starting our season with the summer running camp in the South Tyrolean Grödner Valley in June. This location is absolutely stunning and should be on the list of every runner who has not been to the Dolomites yet.

The charming Hotel CENDEVAVES **** offers not only the greatest conditions for training, but also provides mouth-watering cuisine and relaxing spa treatments.

Nature lovers love coming to this beautiful place for various reasons, let us be one of them!

You can find more information on this offer and the dates on our website www.run2gether.com. If you have any further questions please do not hesitate to ask Tim at tim@run2gether.com.

Book your stay at our running camp in the Grödner Valley or Kals am Großglockner and experience an individual training with some of the best runners in the world!



Scenic running routes are highlights of our running weeks



The camp now consists of two private houses

Mount Longonot Sports and Recreation Centre

Camp Infrastructure

The year-round use of our camp by athletes and the increasing number of guests motivate us to expand and renovate our **run2gether** camp on a regular basis. Since the camp was established in 2010 we have changed quite a few bits and pieces about it to this date. Even though we keep expanding the camp each year we do not want to lose the typical Kenyan character of our camp. The style and furniture is according to the local region and we source regional materials and professionals to support the local economy. Our focus is not only to provide an ideal location to train for our athletes and guests, but furthermore to establish an intercultural atmosphere.

Camp Organization

We would like to take this chance to introduce the team that is behind the functioning of our **Mount Longonot Sports and Recreation Centre** in Kiambogo. Many of them are still active athletes and combine their tasks in the camp with training and races.

run2gether Projects

Water for KIAMBOGO families

As we are aware of the responsibility taken upon us as a club we want to make sure to take enough time and consideration to use the monetary funds and donations wisely for the well-being of the population in Kiambogo. We are working hard in order to establish water supply as soon as possible. Even though we keep facing challenges we will not give up this task in order to secure a reliable source of water. This however is extremely difficult as many factors, for example climate change, cannot directly be influenced by us in this regard. Due to the size of the project and the huge financial investment we are working together with experts in order to find a long-term solution. Those experts are merely from Europe and the past has shown that we will need at least one person in Kiambogo to take lead in the project.



Water is scarce; therefore it must be used wisely

Team	Function
Geoffrey Gikuni NDUNGU	since 2016 camp management, active athlete
Stephen Ndungu KIARIE	since 2019 finance and purchase manager
Nahashon Gitonga KARURI	since 2016 guest relation manager
Peter Chege WANGARI	since 2016 social project manager, active athlete
Joseph Karatu NGURE	since 2014 athlete coach in Kenya
Peter Ndegwa NYAMBURA	since 2019 run2gether Athletics Academy manager since 2020 assistant athlete coach before responsible for infrastructure of the camp and the running track
Patrick Muchemi WAMBUGU John Kigo WAWERU	irreplaceable for the maintenance of our camp
Ngeiyo „Soldier“ MUTAI	since 2012 responsible for security
John Murigi MWAURA James WAMBUGU	responsible for cooking for our guests
Rahab Wairimu NDUNGU	since 2013 facility management
Paul Njogu GIKUNI	since 2010 guide who shows our guests the most spectacular places in Kenya
Stephen Chege KARIUKI	since 2017 driver who transports our guests to various activities

Until we start with the construction process of this project we have frozen all assets related to this project in order for them to be used for this project only. We will certainly update you regularly on the progress in this project.

Trees for KIAMBOGO families

...is the name of this year's project which is aimed at helping our **run2gether children** in Kiambogo. In March of 2020 we want to give ten trees to every family which they can plant on their land. This will not only protect them from wind, but will also enable them to water reservoir on their land as the water pipe will take a bit longer. The delivery of the trees will be part of our annual children's festival. The children and their families will be able to attend workshops where they learn how to plant and care for the trees. As usual we are sourcing the trees locally and therefore support the local economy.



All that we do goes directly to the community in Kiambogo

Health Project

The health of our children in Kiambogo is a major concern for our club. Therefore, we are currently planning an **examination of all students** of our partner schools in Kenya by an **ENT specialist** in January of 2021. This will be carried out and managed by Prim. Univ. Prof. Dr. Christian WALCH.

New Data Bank, New Booking System

After one year of analysis, needs assessment, conceptualizing, research and testing we were able to finally acquire a data bank system for our very needs. Our long-term members **Thomas KRATKY** and **Ingo BULTSCHNIEDER** were responsible for the management of this project. Since 2020 all relevant data is now being collected, processed and kept in the program "VereinOnline". This step is a major easement for all responsible parties. Thanks Thomas, Thanks Ingo for taking us to a new level and investing your time in the research, data import and workshop! Your work is highly appreciated!

Next to the new data bank we were also in need of a suitable system for all bookings of our guests for Europe and Kenya. Since our relocation to Osttirol the job of **Tim KOCH** got even more demanding as we are working with various accommodations. Since the different locations are suitable for different demands it was important to find an adaptable booking system. Our child sponsor and guest **Franz WEIXELBAUM** has taken over this task and thanks to him our guests can now check on availability and pricing for all of our running camps in Austria and Kenya online. This is a major advantage in online booking. Thank you so much for providing your knowledge and skill-set to us!



Booking our running camps will be much easier from 2020

run2gether as Event Organizer

Organizing a race as a running club is actually somewhat a no-brainer. After organizing various events in Kenya we are now also looking at expanding this portfolio to Austria. Our very first event takes place on July 4th 2020 in **Kals am Großglockner**. The races vary in distance (up to 10k) and are organized with the local school to attract mainly children to start running.

In Kenya we are currently planning to host a **mountain race** in 2020. Over the years we would like to develop our own mountain running series.



July 4th of 2020 marks our first run2gether race in Austria

Sponsors

In the past couple of years our chairman was mainly responsible for the acquiring of new sponsors. This is a demanding and difficult task as the laws are very strict. The contact to our sponsors is one of our priorities and therefore we have been looking for someone to take over this important role for a while now.

We are happy to announce that our member **Peter SCHOLZ** has taken over this task. The **run2gether strategy workshop** will be held in Vienna in January of 2020 where he will be presenting his concept for this task.



training2gether with employees of our long-term sponsor ams AG

run2gether is proud to look at a number of sponsors who have supported us for many years now. One of our biggest assets is our valuable and extremely dependable **main sponsor ON**. Since the change of location of our running camps in 2019, the **village of Kals and the tourism association of Osttirol** are among our most important partners.

Without our sponsor **Africa&Sport** we would not be able to do most of our races in Europe. This amazing club offers ideal accommodation paired with excellent training opportunities for the races in Italy.

Another big thank you goes out to the **Gemeinnützigen Bau- und Siedlungsgenossenschaft Frieden in Wien**, which supports us with a rather special sponsoring since 2019. We now have the possibility to accommodate our athletes in a flat in Vienna all year around.



run2gether says thank you to the organizers of the Austrian Women's Run



Beate and Frank take our athletes to a race in Italy

Thank you also to our sponsors from our very beginning. The **Integrated Consulting Group, ams AG, Aktiv Praxis Altenhof** and **Therme Loipersdorf** have all become a lot more than a sponsor to us! We are looking back at many years of friendship and are thankful to have all these amazing sponsors on board who help us to make our visions come true!

run2gether Race Day Organization

Most of our club members have heard about our three pillars before and know that one of them is competitive sports. Our athletes are only able to make a living for their families in Kenya if they have the possibility to participate in as many races in Europe as possible. This is a huge logistical challenge in the summer. Our responsible person in this matter is **Johann "Heinzi" HEINZL** who organizes the transport of our athletes. Those of you who already participate know that this is so much more than a car ride. The race atmosphere, the friendships and the good deed pay off!



Supporter Babsi looks back at a successful race

Even one single drive or a sofa bed help us out a lot! We are very thankful for any kind of support.

If you want to know more about this unique opportunity please contact johann@run2gether.com.

Isolde Höfinger-Pattis, Editor



Reaching joint goals as part of a team – this is what run2gether stands for

Club news

run2gether Team 2020

Every year we have a few changes in our team. Whether it is new members who bring new ideas, or whether it is female athletes who need to take a break due to a pregnancy we also face the challenge of dealing with athletes who just want a change.

Those of you who know the functioning of our club know that we are completely different from the classic management in the running industry. We enable our runners to focus solely on their preparation and the races. **run2gether** offers training opportunities, structure, medical and physiotherapeutic support for all athletes and organizes the entry in races. We stand for high-quality and **100% clean running sport** and support our athletes in all athletic and other questions.

All of this is just as important as team spirit and the individual identification with what our club stands for. Only few international management firms care about more than the running and the social responsibility they have. From the very beginning we see togetherness as one of our most important tasks. In the future we want to take this a step further and only

work with athletes who do not only have **athletic potential but also the willingness to change things for the better socially**. We will face this on various levels and will make sure to bring this motto to each and every attendee of our **“run2gether Athletics Academy”**.



First success story of our youth team

run2gether Strategy Workshop

Every year our board members come together for a strategic workshop to talk about the most important club news. This time it took place in Vienna in the beginning of January 2020. The focus of this workshop was mostly put on administrative news, the development of our three pillars and the professionalization of them. We thank each and every one of our members for their time and Raiffeisen Informatik for letting us use their conference room!



run2gether board members at the strategy workshop in Vienna



Baby2gether

Wonderful news from Burgenland! We want to congratulate Kerstin PETZ and Thomas KREJCI on becoming parents of a healthy girl on February 21st of 2020. Her bigger brother Daniel will be looking after her as well! Congrats from your **run2gether** family!

General Meeting

In November of 2019 our general meeting took place during our club members-only weekend, which for the very first time included the election of the board members. The new board was elected unanimously by vote.



Presentation during the general meeting in Obertrum am See

New „Old“ Board Members



Chairman:
Thomas KREJCI (born 1972)
info@run2gether.com

Lives in Neuhaus am Klausenbach, works as a self-employed cartographer. Thomas is the founder of **run2gether**, who constantly works on developing new ideas for the future.



Vice Chairman:
Andreas PÖLZL (born 1973)

Lives in Graz, works as a business consultant and CEO of our sponsor ICG Integrated Consulting Group. Andi is an important consultant in economic and legal questions.

Treasurer:
Mike REITER (born 1983)
mreiter@office.sh



Lives in Kasten near St. Pölten and works in a tax consultant company. Mike is responsible for the complex book-keeping and is an important consultant when it comes to questions regarding taxation.

Vice Treasurer:
Tim KOCH (born 1985)
tim@run2gether.com



Lives in Metzingen in Germany, works as a music and PE teacher in Tübingen. Tim is responsible for guest bookings of our running camps in Austria and Kenya and is always striving to attend to the wishes of our guests.



Recording Clerk:
Isolde HÖFINGER-PATTIS (born 1966)
mitgliedschaft@run2gether.com
isolde@run2gether.com

Lives in Axams near Innsbruck and works as a self-employed speech therapist. Isolde is responsible for any enquiries regarding members and their membership and supports the public communication of **run2gether**.



Vice Recording Clerk:
Martina WALCH (born 1995)
martina.walch@gmail.com

Lives in Graz, studies tourism, sports and event management. Martina is responsible for the athletes' profiles on our website in order to feed organizers and the media with relevant up-to-date information.

Division Managers

Next to the board we have various members that are responsible for managing the different areas of our club:



Child Sponsorship Program:
Thomas KRATKY (born 1963)
patenschaften@run2gether.com
thomas.kratky@run2gether.com

Lives in Kapellerfeld in Lower Austria, works as a division manager at Raiffeisen IT in Vienna. Since 2013 he is responsible for managing the challenging **run2gether** social projects and the 250 sponsored children.



Race Day Organization:
Johann (Heinzi) HEINZL (born 1963)
lauftreff@run2gether.com
johann@run2gether.com

Lives in Vienna, works as a head of department at Raiffeisen IT in Vienna. He manages the supportive infrastructure for our athletes and organizes support teams for our athletes all over Europe. He is also managing the running community in Vienna.

Grafic Design: Ursula KADAN (born 1988)
ursula.kadan@gmx.at

Lives in Fürstenfeld. Ursula is a professional orienteering athlete within the Austrian Army. She is responsible for the design of **run2gether**. She designs our folders and annual reports and helps us with our look.



Webshop: Thomas TAUT (born 1964)
webshop@run2gether.com

Lives in Vienna, works as a self-employed wealth manager and insurance broker. Since 2018 he is responsible for managing the **run2gether** webshop.



Sponsoring: Peter SCHOLZ (born 1966)
peter.r.scholz@a1.net

Lives in Vienna and Schletz, CEO of the Hypo Immobilien & Leasing GmbH. He is new to our team and will support us with his experience in acquiring sponsors.

run2gether Membership

The first **run2gether memberships** were created in 2009. Each and every member is important as without you we would not be able to do what we do. The member fee is an important financial basis for our athletes, projects and the children in Kiambogo.

In the following we will therefore lay down the advantages of becoming a full members in comparison to being a sponsoring member.

The **full membership** offers:

- Membership of the Austrian track and field association and therefore **participation in Austrian championships**
- Access to our exclusive running equipment via our **run2gether webshop**
- **Discount** when booking our summer running camps
- **Booking privileges** for our camps 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)



Sharing great moments through running

6th run2gether Mitglieder-Laufwochenende

Save the date: 27th until 29th of November 2020

Isolde HÖFINGER-PATTIS will send out more information regarding the location and agenda.

Isolde Höfinger-Pattis, Editor



Enjoying each other's company at the members-only weekend

Help for our run2gether athletes



Worldwide we are dealing with a state of emergency right now. The health of our loved ones and our jobs are all at stake. Some of us also have to face financial challenges or deal with getting used to home office and homeschooling while spending as little time as possible outside.

As of right now the **children who are part of our sponsorship program do have access to minimum essentials**. We are in close contact with our local representatives to ensure that if needed we are there to help the families with medical and food supplies. Currently there is no case of Covid-19 in Kiambogo. However, due to the nature of this virus this may change very soon.

Unfortunately, the implications of this pandemic are especially difficult for our **run2gether** athletes and their families. Our athletes were preparing for months in order to compete at their personal best in the upcoming race season in Europe. Due to Covid-19 all sports events worldwide have been cancelled or postponed indefinitely which ultimately means that our athletes do not have a possibility to earn money and therefore to feed them and their families.

Since we also had to close our **run2gether** camp in Kiambogo, in order to comply with the rules set by the Kenyan government, we are unable to provide care for them. A public safety net similar to the ones in European countries is not available in Kenya.

In response to this we are taking the **run2gether** motto literally and therefore make it our responsibility to **support the survival and wellbeing of our athletes and their families during this crisis**. All of our 46 **run2gether** athletes will hence receive KSH 10.000 (approximately € 100) for essential shopping every month. This ensures that our athletes and their families will not have to suffer from hunger in these scary times.

However, the financial means of **run2gether** are limited and we hope for your help!



No races and therefore no prize money for our athletes this year

“Help for our run2gether athletes”

is the name of the project which will support the care of our athletes until the end of 2020. If you would like to support this project you can do this in either one of the following ways:

- Become a sponsor for one of our athletes for a limited time and help with your monthly contribution of at least € 20 until the end of 2020 to support them and their families. During this time you have the possibility to text our athletes (via WhatsApp) about their wellbeing, your own training, about Kenya and any other things. You can also make use of virtual trainings and little competitions. Here you can find all of our **run2gether** athletes: https://run2gether.com/?page_id=38711
- Participate in our VIRTUAL run2gether CHALLENGES. This will get you fit and also support our **run2gether** athletes with a donation of € 5 (or more). All details about these challenges can be found on our website: https://run2gether.com/?page_id=37696
- Make a one-time donation to support this project.

We are currently planning to help our athletes with this financial support until the end of 2020. As soon as we are allowed to open our camp in Kiambogo we will ensure that our **run2gether** athletes will be taken care of on site and individually adapt any further financial support.

Bank details

Laufteam run2gether Austria
BAWAG P.S.K.
IBAN: AT63 6000 0005 1005 6639
BIC: BAWAATWW

Reason for payment: **HELP for our run2gether athletes**

If you have questions about this project or your preferred athlete for sponsoring please feel free to send a message to patenschaften@run2gether.com. In case one of our athletes is on exceptionally high demand we reserve the right to nominate a substitute for your donation.

We wish you all the best and say Asante sana!

Thomas Kratky

for the **run2gether** team



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