



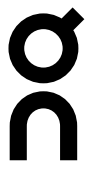
experience
THE KENYAN WAY...

Annual Report 2018



RUN2GETHER

AUSTRIA-KENYA
ITALY-GERMANY-SWITZERLAND





The run2gether-family is steadily growing – Thomas with Kerstin and Daniel, Gikuni with Lilian, Brenda and Peter

Foreword

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



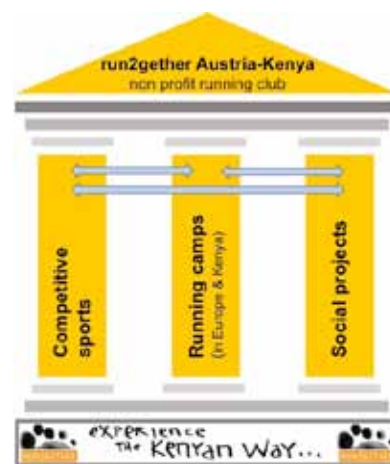
When analyzing the past year within our **3-pillar model**, the **competitive sports** pillar clearly shows a year full of mountain running.

Our poster children Lucy Wambui MURIGI and Geoffrey Gikuni NDUNGU had a phenomenal season. Gikuni impressed the crowd at the beginning of the season at the Großglockner. Moreover, he showed a consistent performance throughout the year until the grand finale in Slovenia in October. This led to Gikuni becoming the first Kenyan runner in the history of mountain running to win the overall world cup. And then there is Lucy, who won a number of mountain-running classics throughout the season and furthermore was able to once again win the world championship in mountain-running in Andorra. At the Wachau half marathon Philimon Kipkorir MARITIM was able to finally advance into the international world elite.

The constant improvement in performance did not only happen on the Kenyan side of running, but on the Austrian one as well. Carina REICHT won a number of Austrian championships, set new personal bests and reached an amazing result at the youth European championship at a distance of 3000 meters. Her development strongly depends on her coach Roman TRAMOY-WEGER, who not only plans but also executes Carina's trainings.

Our **social projects**, which build up the second of our three pillars, are becoming more and more important for the population of Kenya. Thomas KRATKY, who supervises and coordinates these events can proudly look at more than 200 children benefiting from our child sponsorship program. The sponsorships do not only enhance the general education for those children, but also result in positive changes for Kiambogo and its population.

The third pillar guaranteeing a positive development of **run2gether** are our offered **running camps**. They build the base for our activities as nine weeks of running with motivated and inspiring participants make lasting impressions.



Lastly, I would like to thank all of our club members, guests within our running camp and friends for their endless support! Without all of you and your involvement it would not be possible for us to carry out all these projects in Kenya and Europe.

I hope to meet many of you at our running camps in our new home at Kals am Großglockner and hope you have a good start into the new running season 2019!

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.



Our Lucy has done it again. She is the world champion in mountain running!

2018 - The Year in Review

The Year in Running

Highlights

In the past year our Kenyan athletes started at **136 competitions** for **run2gether**.

Our top athlete in the medium distance James KIBET had a very varied year. After James attempted and unfortunately failed to qualify for the Commonwealth Games in February 2018, he displayed a number of great performances and victories in spring. After his success in Switzerland he missed the 3rd place of the 10-mile race in the United States with a time of 46.36 minutes by a couple of seconds only. Even after James was not able to properly prepare for the summer competitions due to an injury it was a very successful season for him.

Four of our athletes impressed with **60-minutes half marathon times** in 2018. In March Paul Kariuki MWANGI set a new personal best at 60.42 minutes in Milan. The half marathon in Wachau enabled Philimon Kipkorir MARITIM with a time of 60.29 minutes and Samuel Ndungu MWANGI with a time of 60.42 minutes to show off their skills. Our new talent Charles Karanja KAMAU won the half marathon in Turin with a time of 60.47 minutes.

The Austrian 5k women's run was also a good place to be for our **run2gether** athletes in the past year. Viola JELAGAT had another podium finish and Carina REICHT was running with the top athletes in 8th place.



Great times at the half marathon in Wachau for our athletes

We are always looking for new talents and runners that fit into our club's philosophy. Our club therefore welcomed new runners James Murithi MBURGU as well as Roncer Kipkorir

KONGA and Charles Juma NDIEMA into our team in 2018. Some of them were already able to confirm their qualities with incredible performances.

A class of its own were Lucy Wambui MURIGI and Geoffrey Gikuni NDUNGU in 2018 at the mountain-running classics and the WMRA world cup competitions. While Lucy decided to prepare for another world championship in mountain-running at home in Kenya, Gikuni ran and won various classics in Austria, Italy and Germany. Due to all of these victories Gikuni was the first Kenyan to ever **win the mountain-running world cup!**



World cup winners Andrea Mayr and our Gikuni!

Lucy on the other hand triumphed at different runs in Switzerland and won the world cup finale in Slovenia. Therefore, she finished 2018 as number 2 in the world cup ranking.

In mountain-running the club focused strongly on a good preparation of the athletes for the world championship competition in September.

Due to disputes between the associations for mountain-running in Kenya it was not possible to carry out the mountain running championships in Kenya in 2018. Therefore, the association Athletics Kenya decided to put together a national team consisting of four men and four women. We are proud to announce that all of the chosen athletes to compete in Andorra as the Kenyan national team were **run2gether** athletes. While the men's team was rather unsuccessful in the competition, the women's team triumphed as Lucy became the **world champion in mountain-running** once again. Furthermore, Viola JELAGAT showed off her talent in mountain-running and surprised with an impressive third place. And last but not least the lady's team finished off with a gold medal in the team run with Joyce Muthonu NJERU and Purity Kajuju GITONGA.

Rather disappointing were the results in the marathon distance in 2018. Even though our runners succeeded in Salzburg as well as in Skopje, Graz and Turin, their times were not satisfactory. Despite seemingly good preparations in Kenya our athletes are nowhere close to the world elite in marathons. We will make sure to analyze the reasons for this and focus on a better preparation in the future.



The Kenyan women's team – world champions in mountain running!

Right at the start of our summer running camps our athlete group from Kenya arrived in Austria. In order to guarantee an amazing experience for our guests it is important to find a good mixture between high-performance runners, but also suitable personalities for supporting our guests. In 2018 we therefore decided to invite a number of new runners to Austria. While some of our experienced runners did not perform at their best, a number of our new athletes surprised us positively. Japhet Mutwiri MWENDA and especially Timothy Kimutai KIRUI showed their immense talent in mountain-running and made the cut for the Kenyan national team.

We would like to say thank you to everybody who helped us with accommodating, driving and supporting our athletes in their competitions! Without your support none of this would be possible.

Team Kenya

Since 2018 our athletes are trained by our coaches Peter Mathu TITI and Joseph Karatu NGURE. Together with chairman and runners' manager Thomas KREJCI the coaches decide through internal as well as public qualifications who gets to join the **run2gether team** and who gets to go to competitions in Europe. In the past year 49 athletes were asked to come to Europe.

A big thank you also goes to our partner **Africa & Sport** for supporting our athletes in Varese and enabling them to participate in a number of competitions in Italy.



The run2gether team at the Vienna City Marathon in 2018

Keeping our top athletes is also another challenge that **run2gether** has to face on a regular basis. Due to financial reasons we cannot compete with other clubs and their professional management, hence it is becoming more and more difficult to keep the top runners in our club.

Team Austria

Carina REICHT can look back at a very successful year 2018. The Styrian runner can look at a long list of new personal bests and also a number of victories at different national championships. Carina has managed to participate in two European championships already. In July she was part of the under 18-year old runners at the **European championship** in Hungary and ran into 6th place in the distance over 3000 meters. In December she finished in 54th position as the only Austrian nominated athlete at the **U20 European cross-country championship** where she was able to gain important insights into racing.



A strong team – Carina and her coach Roman TRAMOY-WEGER

Medical and Physiotherapeutic Treatments

Another challenge for **run2gether** is the medical care of our athletes. As the opportunities to treat injuries or sickness in Kenya is very limited and not satisfactory for the needs of top athletes, we try to offer them the best possible medical treatment in Austria.

Since last season our athletes have blood checks as soon as they enter the country in order to determine their state of health. This enables us to react quickly in providing proper medical care in case of non-satisfactory blood results.



Aktiv Praxis Altenhof – a reliable partner from the very beginning



Gikuni receiving „treatment“ at the Aktiv Praxis Altenhof

We are very thankful for the opportunity to also supply our athletes with physiotherapeutic treatments. The Aktiv Praxis Altenhof in Burgenland as well as Kerstin PETZ and Doris KURZ have supported our athletes not only during our running camps but have also taken care of their physiotherapeutic needs throughout their stay in Austria. With the help of these highly qualified physiotherapists we are able to treat injuries quickly and efficiently. We really appreciate the help the team of **Aktiv Praxis Altenhof** as well as **Impuls Team Südstadt** offers our club and athletes. Thank you very much!

Anti-Doping Measures



Since the establishment of **run2gether** we promote clean sports and therefore **do not make any compromises** when it comes to doping in running. In cooperation with our coaches in Kenya, the Kenyan association and regular briefings of our athletes we make sure to include runners in this important subject and raise awareness amongst them. Therefore, we offer different seminars in Kenya with obligatory attendance for our team members. The last seminar with representatives from the Kenyan anti-doping institute took place in December 2018.



Anti-doping workshop at the run2gether camp

Cancellation of the Kenyan Mountain-Running Championships

In April **run2gether** had to face an athletic as well as financial setback. Due to the impressive performances of our athletes in mountain-running our **Mount Longonot Sports & Recreation Centre** was announced to be the first mountain-

running training camp in Kenya. Consequently, our club was asked to organize the first Kenyan mountain-running national championship.

Unfortunately, we became the sufferers of a dispute between the two competing track and field associations in Kenya and the championship was canceled a day prior to the holding with the help of a legal order. This was an immense setback for mountain-running as a sport, **run2gether** and the goal to support this sport in Kenya.

Youth Development in Kenya

Start of the „run2gether Athletics Academy“

The focus of our club is not only on managing and supporting our elite runners' team, but also to support the youth development in the region. With the help of our local lead trainer Peter Mathu TITI we were able to finally have a big wish come true. After an intense search in schools in an area of 100 km from Kiambogo we invited 25 adolescents aged between 13 and 16 to visit and complete a training camp at the Mount Longonot Sports & Recreation Centre. The children showed great interest and joined every training with high motivation. In the course of their second stay at the camp the children furthermore visited the school to learn English from the local teachers. The project soon became subject to media attention and a local film crew reported about it in Kenya.



The teenagers are doing their first training in normal clothes

Resulting from the performances of the group six adolescents growing up in poor conditions were chosen and will be supported by our child sponsorship program in the future. We are looking forward to continuing our success story of the **run2gether Athletics Academy** in April 2019.

Special Events

Wings for Life World Run

This charity run is extremely popular within our club. The run enables runners to either start at different event locations or run via the app wherever you want. The event offers a worldwide unique concept that lets participants run against the so-called catcher car. In 2018 **run2gether** was part of this run with a total of 16 people.



Running for those who can't

Austrian Women's Run

The Austrian women's run attracts 33.000 runners each year and is therefore also a big part of our competition schedule. For years **run2gether** has joined the competition not only with one of our top female athletes but also with an exhibition stand. For two days we introduce our club and our running camps to interested fellow runners. A team of volunteers answers questions at the booth and furthermore promotes **run2gether's** own competition to win a great prize. After the award ceremony on Sunday the volunteers chose three winners out of 400 participants to come and visit our running camps in Kenya and Austria. This year's winners were chosen by our successful runners Viola JELAGAT and Carina REICHT.



Viola and Carina chose the winners of our raffle

Safari Paul on His First Visit to Austria

For the past years it was as big wish for us to finally bring Safari Paul or Paul Njogu GIKUNI to Austria. Paul is our expert for safaris and mountain tours in Kenya. Those who know him know about his great and fun personality. When on tour with Paul he always prioritizes the health and safety of the guests and his qualifications in environmental and animal protection as well as ornithology and sustainable tourism make every tour a valuable experience. Therefore, it was time to enable him to another professional training. This time in Austria.

After many months of preparations and organizing the Austrian Alpine club invited Paul in spring 2018 to a one-week English

Alpine class at the Jamtalhütte in Silvretta. Next to a number of tours in the beautiful alpine scenery Paul was able to learn more about safety in the mountains. The class included parts on knot techniques, mountain climbing, movement on ice, glacier crevasse rescue methods as well as the planning of tours.



Paul at the alpine workshop in the Silvretta mountains

With the help of a number of **run2gether members** the entire journey was financed – Asante sana!

Furthermore, Paul was able to visit Vienna, Mariazell, Hochrindl, Silvretta and Innsbruck during his 3-week stay and to learn more about the Austrian culture.

Thanks to the Austrian Alpine club, especially thanks to vice president Mag. Gerald Dunkel-Schwarzenberger, general secretary Robert Renzler and Gabriele Schlechter of the Alpine Club Academy for the invitation and organization of Paul's class in the Austrian Alps.



Isolde Höfing-Pattis, Editor

run2gether Running Camps

For the 9th time we were able to organize our traditional summer running camps in the Nockberge mountains.

Since moving from the Turracher Höhe to Hochrindl in 2016 our guests have been very impressed with the variety of trails, the stunning scenery and the offer at the JUFA hotel.

In 2018 we organized our program with some of our traditional tours and added new items to the schedule. This resulted in another week of running together, enjoying the scenery during a long trail run crossing different peaks to the Turracher Höhe, training with national championship winner Roman TRAMOY-WEGER and learning more about MobiYoga with our sports-physiotherapists Kerstin PETZ and Doris KURZ.

Also impressive was the beautiful scenery at the foot of the Langkofel mountains in Alto Adige in Italy. The Hotel Cendevates in St. Christina does not only offer a beautiful panorama but also strengthens the friendship between **run2gether** and the owners Birgit KLAMMER and Christian STUFFER. Thanks to them we feel very welcome and we are looking forward to spending the first round of summer running camps at their hotel once again.



The day starts with an easy run at 6.30 in the morning

Due to decreasing guest numbers in 2018 we decided to look for a new destination for our guests. We hope that **our new home in Kals at the Großglockner** will lead to an increase in new guests and that our loyal running camp participants appreciate the change of scenery.



Beautiful landscape at our running camp in South Tyrol

Our running camps in Kenya still take place at the beautiful **run2gether Mount Longonot Sports & Recreation Centre in Kiambogo**. We are happy to see the number of visitors constantly increasing. This also shows our camp manager Geoffrey Gikuni NDUNGU and his team that they are providing good care for our guests. Our wildlife guide Paul Njogu GIKUNI, who always works on finding new and exciting tours for our guests can look back at a successful year as well. Thank you for visiting our Kenyan athletes, the camp team as well as the children at the nursery school! This is well appreciated. KARIBUNI SANA!

For questions and enquiries about our running camps in Austria and Kenya please visit our website at <http://run2gether.com/laufwochen> or contact our running camps manager Tim KOCH at tim@run2gether.com.



Tim Koch, Running Camps



The morning runs at our camp in Kenya are an unforgettable experience

run2gether Members

Our members are our most important financial contributors. That is one of the reasons why we are happy to announce an increase of 19 members in our club in 2018. **run2gether** now has a total of 178 members, 30 of which are support members.

We are also pleased to have members from seven different nations. Two thirds of our members come from Austria, 26% from Germany and 6% from Switzerland, Italy, Finland, Luxembourg and Russia. In Austria, Vienna and Lower Austria are the home to 71% of our Austrian members.



Our members help with our club activities

Many of the new memberships are due to the running camps in Austria and Kenya, but also due to different friendships made at competitions.

In order to finance all of our projects on time, we would like to remind you to pay your **membership fees** if you have not yet done that.

Thank you very much for supporting us!

Isolde Höfing-Pattis, Membership Support

run2gether Child Sponsorship Program

2018 marks the 6th year of our child sponsorship program. Back in 2013 we started with 30 children and have managed to find another 31 sponsors in 2018. Now we can proudly look at **217 Kenyan children in our program.**

Our sponsors from many different countries do not only provide us with their trust, but also with a monthly payment of € 20 per child to pay for their education, the teachers at the nursery school and the primary schools in Kiambogo. Furthermore, this money is also spent on necessary school materials, electricity and water.



The children of our nursery school are enjoying the possibilities

In March 2018 we hosted the 5th annual Children's Festival in Kiambogo. More than 180 children and their parents followed our invite. At last year's festival we also celebrated the beginning of our „Water for KIAMBOGO families“ project.

Every family was sent back home with a 200-liter tank to make the storing of water easier. In the past families were forced to collect water with 25-liter canisters from the water place each day.

As usual, Nahashon Gitonga KARURI professionally planned and organized the project in Kenya and made sure that the water tanks were individually labelled and delivered in time for the festival. Thank you so much Gitonga!



The water tanks are waiting for their owners

Furthermore, more than 100 packages from Austria, Germany and Italy were delivered on time and given to the happy children.

Our website provides a separate area where you can find information, pictures, drawings and reports about each child (<http://run2gether.com/?portfolio=patenschaft>). In this area you can check on the individual development of your sponsored child. For more information please contact our child sponsorship program manager Thomas KRATKY via patenschaften@run2gether.com.



Thomas Kratky, Child Sponsorship Program

run2gether Projects

Next to all our regular projects we were able to do a lot more in 2018. Here are some examples:

- Wheelchair for Eunice
- Wheelchair and boarding school placement for Naomi
- Sportswear for the school teams
- New school uniforms for all children of the **run2gether** sponsorship program
- Apprenticeship as a chef for Lydia
- Furnishing of the teaching staff room at the primary school Kiambogo
- Fridge for the doctor's office in Kiambogo
- Youth training camp at the **run2gether** camp

Wheelchair for Eunice and Naomi

In December 2017 we were able to invest in a wheelchair for Eunice Wairimu MWANGI with the generous help of our member Christian STARKL and his colleagues of the company Sauber-Rein-Zu-Frieden GmbH. Eunice is one of five **children to be sponsored** by this amazing company.

Furthermore, we were able to purchase a wheelchair and walking aids for the 10-year old Naomi, who also has the opportunity to study at a boarding school equipped for the needs of disabled children from now on.

Sportswear

In 2018 we were able to deliver 16 sets of sportswear for our school teams in Kenya. The majority of the sportswear was donated by the UHC Hollabrunn, which is a handball club from Lower Austria.

New School Uniforms for All Children of the run2gether Sponsorship Program

In June 2018 150 of our 200 sponsored children were equipped with new school uniforms for the primary school Kiambogo and the Primary Sision.



The children of our nursery school are playing in the school's garden

The school uniforms are obligatory in Kenya and have to be worn by the children whenever they are in school. This helps to encourage equality amongst the children. However, especially parents with a high number of children struggle to pay for the school uniforms and therefore need our support.

Teaching Staff Room at the Primary School Kiambogo

In spring of 2018 **run2gether** realized the miserable conditions in the teaching staff room at the primary school Kiambogo. The teachers had no appropriate area to prepare and follow-up on school work. Therefore, **run2gether** provided the teachers with new furniture in order to establish better working conditions for them.

Fridge for the Doctor's Office in Kiambogo

Due to the lack of fridges in the past the doctor of the Kiambogo region had to transport medical supplies that needed cooling to his doctor's office and back to his home every single day.

In summer of 2018 **run2gether** purchased a new fridge-freezer-combo in order to enhance the storage of medical supplies in Kiambogo. The fridge was given to the doctor for free.

Youth Training Camp at the run2gether Camp

Our **run2gether** head coach Peter Mathu TITI managed and organized a training camp for young students from Kiambogo and the near areas. There the young talents were invited to join a training. This project is aimed to help recruiting future



The students are excited about their new team equipment

run2gether athletes at a very young age and to promote and support them on their journey.

run2gether therefore does not only focus on supporting the nursery School and the two primary Schools in Kiambogo but also looks after the local youth in Kiambogo.

Initiatives by Our Members

We are very grateful for the many initiatives by members, sponsors and **run2gether** friends. Many people want to see firsthand what the living conditions for the families in Kiambogo are in order to identify their needs and carry out projects to help. Last year many families and school kids received enormous support from their sponsors.

However, we would like to ask you kindly to get in contact with our social project managers Peter Chege WANGARI and Thomas KRATKY before implementing any initiatives. They will help to carry out these projects and have a list with projects that haven't been implemented just yet.

In order to avoid envy within the area it is important to keep us informed about any arrangements with our athletes.

Water for KIAMBOGO families

In March 2018 we were able to witness the recent conditions regarding the supply of water in Kiambogo. Unfortunately, the conditions are horrendous. Many athletes have told us last year that the lack of water due to the drought in the region was problematic. However, we did not expect the conditions to be as bad as they were.

The water sources that were used around the village in the previous years were completely dried out. The population therefore had to transport the water from other water sources to the village by lorry, donkey carts or on foot.

This development shows how important it is to progress with the „Water for KIAMBOGO families“ project which was started in 2017 to improve the situation for about 8.000 citizens.



Johann and Martin are helping with transporting the water in cannisters

The project is divided into the following steps:

- A geological analysis of suitable water sources
- Purchase of a property to drill for groundwater (approximately 500 m³ per day)
- Obtaining of the necessary permits
- Test drilling
- Water drilling and setting up of the pumping plant
- Planning of the course of the water pipe
- Setting up the main source in the center of the village for the public
- Planning of the water utilization

In December 2018 we were finally able to start with the first round of test drills. However, without success even though all prior analysis showed evidence of a water source. An expert report, as well as existing drills in the area did show strong evidence of an existing water source. Unfortunately, this wasn't the case and the test drills were discontinued.



During droughts the water in the village is not enough



One of our supporters who helps to implement our water project soon

After this setback we are still full of hope that our next round of drills will be successful.

The **run2gether** team in Europe is meanwhile collecting donations and acquiring sponsors in order to finance the project fully. So far we were able to collect about 60% of the total costs of € 150.000, but we have a long way ahead of us.

Donations are highly appreciated and encouraged. For anyone who's interested here are the bank details for this project:

run2gether Austria – Patenschaften
 IBAN: AT85 3843 9002 0080 6992, BIC: RZSTAT2G439
 Purpose: Water for Kiambogo families

Thomas Kratky, Child Sponsorship Program

run2gether Financial Report

Financial Report 2018 (rounded to € 100)

Revenue

Revenue running camps	57.400
Proportional revenue competitions	29.100
Revenue child sponsorship program	50.600
Revenue sponsoring	32.900
Revenue membership fees	12.400
Revenue of donations	48.800
Revenue sale of running gear	10.700
Other revenue	1.300

Expenses

Personnel expenses	0
Flight expenses	-49.500
Travel expenses and vehicle expenses	-27.100
Insurances	-5.600
Catering costs and running gear	-23.300
Articles, advertisements and other expenses	-27.400
Surplus	110.300
Usage for child sponsorship program	-50.600
„Water for KIAMBOGO families“ project	-34.800
Maintenance of camp Kiambogo	-21.800
Savings for upcoming projects	3.100



We want to thank all of our running camp guests, members, donors, volunteers and supporters of the child sponsorship program!

Michael Reiter, Treasurer

Charity Events

2018 was a remarkable year when it came to donations. We were absolutely impressed by the support we received for our „Water for KIAMBOGO families“ project.

We are very thankful for the number of charity events organized by our members. We would therefore like to thank the **Senftenberger running community** for donating the revenues from their Christmas raffle, the **Raiffeisen IT depart-**

ment for a great donation for our „Water for KIAMBOGO families“ project, as well as the **TSV Lichtenwald** in Germany for their financial support. One of our **run2gether** members furthermore donated to our projects after a special athletic success and we also continued our cooperation with the **Austrian women's run**, where we were supported by more than 4.000 participants.



Lander with his expo booth and a box for donations for our project

A charity run with more than 700 students and three of our athletes was organized by the **Kepler-Gymnasium in Tübingen**. The **NMS Seitenstätten** donated the revenue from their second peace run to our project and two of our running camp guests asked for donations for the celebration of their joint **100th birthday**. Another German member supported us with donations made in different businesses in **Esslingen-Berkheim**. We also greatly appreciate the generous donations by **newlyweds** who asked their guests for donations for **run2gether** instead of gifts. A run and barbeque event was organized by **Team Laufrausch** from Oldenburg in Germany to collect donations and the Vienna adult education centers (**Wiener Volkshochschulen**) invited us to their annual Christmas parties and donated the revenue from their Christmas raffle to our club. Another traditional charity event was the Christmas tree sale of the **TSV Neustadt**. The income made from the sale was also donated to **run2gether!**

We greatly appreciated all the support and donations from members, donors and friends. **Asante Sana!**



Christmas party at the VHS Vienna with mayor Dr. Michael Ludwig

Race Day Organization

Another challenging task is supporting our athletes at runs all over Europe. Our athletes compete at more than 130 races a year in order to make a living by racing for the prize money. This calls for a high level of organization not only when it comes to the athletic perspective but also when it comes to transport, accommodation and daily support.



Our volunteers are important to run2gether

We can look back at a busy 2018 where many of our members, but also volunteers supported us with those tasks. This year we would like to thank Benno SCHMIDT, who drove thousands of miles in 2018 to get our athletes from one competition to the other. Furthermore, a big thank you to Christine SCHMIDT and Karin KRONIKA for hosting our athletes in Vienna and Andrea and Thomas TAUT for accommodating our athletes for a couple of weeks in spring of 2018.

Thanks to **all of our drivers and hosts**, who don't only support **run2gether's philosophy** with their help, but also achieve valuable contributions for our club!



*Johann Heinzl,
Race Day Organization*



Supporting our athletes on race day is always a great experience

run2gether Group Runs

Since 2015 **run2gether** has a running community which meets at the Vienna Prater every Thursday at 6.30 p.m. all year long. In different pace groups we run along the beautiful central avenue in our noticeable club sportswear. The group runs with our Kenyan athletes have become very popular and



Members and fellow runners meet every Thursday at 6.30 p.m.

the **group runs** give a great opportunity to exchange and interact with other members and fellow runners. Everyone is welcome to run with us, whether amateur, professional, member or non-member.

You can find more information on facebook in the group „run2gether Laufftreff Wien“. If you have any questions please contact us via laufftreff@run2gether.com. We are looking forward to seeing you at our **run2gether group run** in Vienna.

Johann Heinzl, Coordinator of Vienna Group Runs

4th Annual Members-Only Running Weekend at Chiemsee

After three members-only running weekends in Austria the previous years, we decided to host the 2018 running weekend in Bavaria to enable our German members to come and join this wonderful experience. We stayed at the Hotel Seiserhof in Bernau at the Chiemsee and had two fun-filled and interesting days there.

The program for the weekend included a night run and two morning runs, but also provided the members with information about projects and the chance to **buy some of our club's running equipment**. Furthermore, we visited the local Christmas market and took a tour of the local castle on the Herrenchiemsee Island.

Thanks to all of our members who joined this amazing weekend and we are looking forward to another annual members only running weekend in 2019.

Isolde Höfinger-Pattis, Editor



The running weekend 2018 offered a combination of sports and culture



The view of the Großglockner is waiting for our guests at our new location in Austria.

Recent news and preview 2019

run2gether Running Camps

Austria

We are happy to announce a big and very positive change for the **run2gether** running camps in 2019. After many talks and negotiations, our chairman Thomas KREJCI was able to create a cooperation with the tourist regions **Kals am Großglockner**. Therefore, we will move to Osttirol, East Tyrol, in summer of 2019.

The newly established cooperation with Osttirol Tourism and the village Kals am Großglockner fulfills all of our requirements for an effective training for our athletes and guests. Our new location at an altitude of 1.300 meters is slightly lower than our previous one, but it offers a high number of running routes in different altitudes and therefore perfect conditions for different running intensities. The valley is ideal to prepare for street runs and marathons, the Iseltal cycle path is also absolutely perfect for long distance runs.

At a height of 1.600 to 1.800 meters the national park Hohe Tauern offers various trails to the most amazing view points of the region. Above 2.400 meters our guests can enjoy the panorama on different 10 k runs and carry out some altitude training.

The views of the Großglockner and Großvenediger mountain enable a wonderful experience that will stay in our guests' memories forever.

More information on how to book a running camp with us is provided here: <http://run2gether.com/?portfolio=das-original-run2gether-hoehenlaufwochen>

Book your stay at our running camp at Kals at Großglockner now and experience the individual training with the best runners in the world!



The 500-meter track around the water reservoir is perfect for intervals

Italy

As in previous years we will start our summer running camps at the **Hotel Cendevaves** near the Seiseralm in the Grödner valley with the owners Birgit KLAMMER and Christian STUFFER. The area is full of skiers in winter and offers great trails for hikers and runners in summer. Our running camp on the 16th til the 22nd of June offers some quiet before the peak season. The stay at the hotel offers a perfect combination of a **high quality run2gether running camp** and the perks of a 4 star hotel with the beautiful panorama of the South Tyrolean Dolomites.

Mount Longonot Sports & Recreation Centre

Camp Infrastructure

The growing popularity and the daily operations as a training location for our athletes leave its traces at our camp in Kenya. Therefore, repair and renovation works are always necessary. The simple Kenyan Kitchen was renovated in the beginning of 2019. The entire room got new floor tiles and the wooden kitchen was renewed to enhance the hygienic standard for our Kenyan chefs. The traditional preparation of Kenyan meals will not be influenced by the maintenance works.



The new shower and bath room is now done

The sanitary area of the camp was also improved in the beginning of 2019. The fourth added building to the main building gave the camp three more showers and another toilet for our guests. With March of 2019 our guests can book a small bungalow for up to four persons with a separate shower and bathroom.

If you want to know more about your stay at our running camp, Tim KOCH will happily provide more information. Please contact him at tim@run2gether.com.

Camp Organization

Since 2016 Geoffrey Gikuni NDUNGU, who is one of the founders of **run2gether**, manages the **run2gether Mount Longonot Sports & Recreation Centre**. Together with fellow



The camp from a different perspective with the new bungalow in the front



The bungalow was furnished in the traditional Kenyan way

runners David Cheruiyot SANG (Reception and Finances), Peter Chege WANGARI (Social Projects) and Nahashon Gitonga KARURI (Guest Hospitality) he is responsible for every task at the camp. As none of the four runners have previous experience in tourism it takes a bit of time to get used to the responsibilities of running a camp. The cultural differences regarding the work and mentality ask for different adaptations on both sides. Our chairman Thomas KREJCI enhances and leads this progress on his constant visits to Kenya.

A new feature of our camps is the personal greeting for every guest who stays with us. There the guest will be provided with information on how the camp is run and who they can come to for questions and enquiries during their stay.

run2gether Projects 2019

Water for KIAMBOGO families

A huge project like this does not only take a lot of know-how, money, time and patience, but also brings different challenges due to the distance between Austria and Kenya. Our previous projects as for example the construction of the camp and the running track in Kiambogo however shows that we can overcome those difficulties as long as we work in a team.

A project involving an investment as big as this one demands a lot of planning and preparation. After cooperating with different experts in Austria, Germany and Kenya it was an unfortunate surprise that our first round of test drills was unsuccessful. Therefore, the search for an appropriate water source continues. This postpones the implementation of our plan, but **run2gether** is working very hard to guarantee the supply of water in the area of Kiambogo as soon as possible.

Health Project

After a successful start of our „**Health for KIAMBOGO families**“ project with the assessment of more than 1.100 children by an eye specialist we are happy to announce a similar project in 2019. As Kenyan children often suffer from illnesses of the upper respiratory tract we are organizing and planning an assessment by an ENT specialist for all school children in the area.



run2gether Webshop

Since 2015 our members have the possibility to purchase our club's running equipment through an internal area on our homepage. Up until the end of 2018 Mike REITER, who is also the **run2gether** treasurer, took care of the organization and maintenance of our shop.

We would like to thank Mike for his work and effort in the previous years! Mike will stay the run2gether treasurer.

Since end of 2018, our member Thomas TAUT is now responsible for the **run2gether** webshop. For enquiries please contact Thomas via webshop@run2gether.com.



The tourism region Kals/East Tyrol is our new sponsor and partner

Every member can log into the shop with his personal access code and order the running club's equipment upon availability. Please contact mitgliedschaft@run2gether.com if you have any trouble logging into your account or if you have forgotten your password.

Sponsors

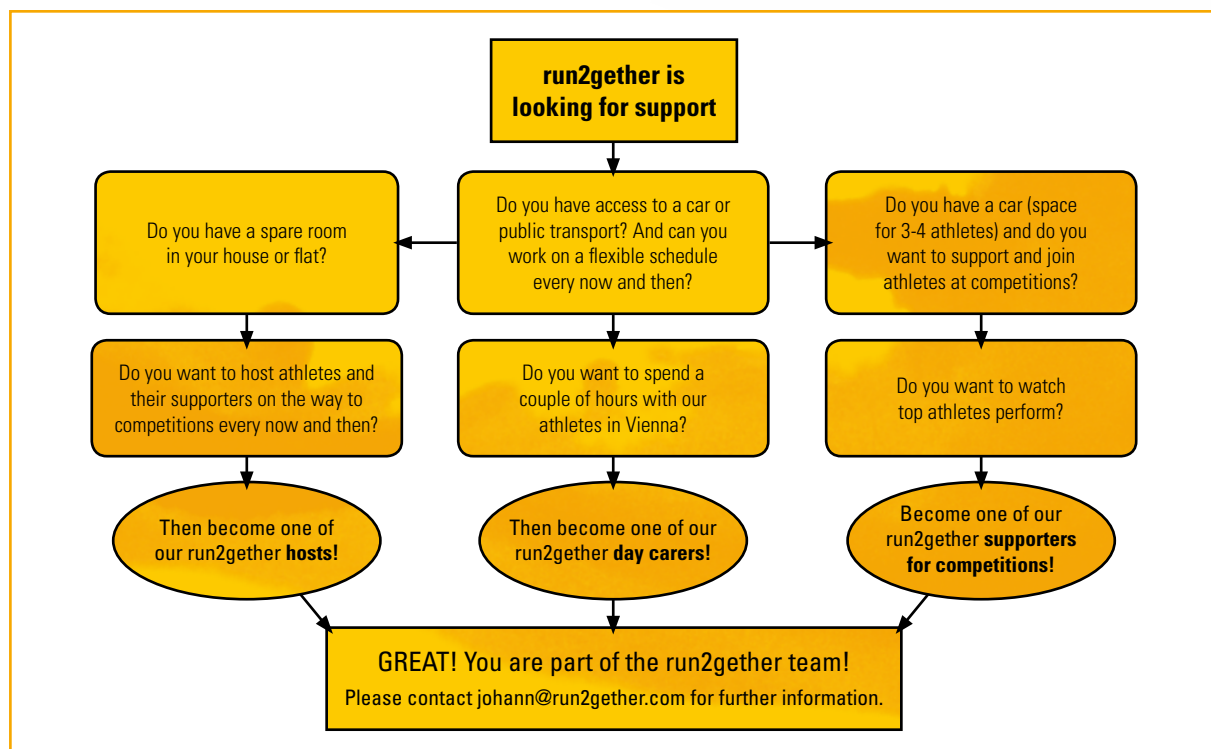
We would like to say thank you to our loyal **run2gether** sponsors! We are happy to announce another year of support from our **main sponsor ON**. The Italian club **Africa&Sport** has also supported us for many years and the cooperation has grown into a great friendship which enables our athletes to stay in Italy and train in excellent conditions for upcoming competitions.

We are also grateful for the contributions of the **Integrated Consulting Group, ams** and the **Aktiv Praxis Altenhof** since our very start. The **Therme Loipersdorf** has also supported us with providing accommodation for the time before and after the running weeks in the previous years.

One of our newest partners is the village of **Kals** and the tourism region of **East Tyrol**. We are looking forward to a successful cooperation with our new and old sponsors!

Isolde Höfinger-Pattis, Redaktion

Race Day Organization





The new bungalow offers a great view at Mount Longonot.

Club news

New Board Members

At the general meeting in Graz in 2018 we made some changes to the structure of **run2gether**. Due to changes in our members' personal lives we had to fill the position of vice treasurer, recording clerk and vice recording clerk. The election of the new board members was carried out within the general meeting through a unanimous vote.

We would like to thank Wolfgang STADLER, Joachim FRIESSNIG and Heimo SCHWAMBERGER for their work and effort for more than ten years!

We would like to introduce our recent board members in the following paragraphs:



Thomas Krejci (Chairman)

Born in 1972, lives in Neuhaus am Klausenbach, works as a self-employed cartographer, multiple state champion and European and World Championship participant in orienteering. Thomas is not only the founder of **run2gether**, but also the heart, brain and soul of the club, who holds **run2gether** together.



Andreas Pölzl (Vice Chairman)

Born in 1972, lives in Graz, works as a business consultant and CEO of the ICG Integrated Consulting Group, he is the Austrian champion in orienteering. Since the founding of the club Andreas works along Thomas's side and is an important consultant in economic and legal questions.



Mike Reiter (Treasurer)

Born in 1982, lives in Kasten near St. Pölten, works in a tax consultant company, he is a passionate runner. Mike has been our treasurer since day one and is responsible for any financial and fiscal issues. His knowledge is absolutely essential for **run2gether** and it would be absolutely impossible to take care of the complex book-keeping without him.



Tim Koch (Vice Treasurer)

Born in 1985, lives in Metzingen in Germany, works as a music and PE teacher in Tübingen, he is a passionate runner and founder of the **TSV Glems run2gether teams**. Tim is responsible for guest bookings of our running camps in Kenya.



Isolde Höfinger-Pattis (Recording Clerk)

Born in 1966, lives in Axams near Innsbruck, works as a self-employed speech therapist, a passionate runner since 1999. Isolde is responsible for any enquiries regarding members and their membership and supports the public communication of **run2gether**.



Martina Walch (Vice Recording Clerk)

Born in 1995, Bachelor's degree in tourism, sport- and event management, currently pursuing her master's degree in Sweden. Martina was a member of the Austrian national team in orienteering and is responsible for data privacy enquiries as well as handling public relations.



Ursula Kadan (Graphics and Design)

Born in 1988, lives in Fürstenfeld, has a master's degree in environmental and resource management. Ursula is a professional orienteering athlete within the Austrian Army, multiple state champion and medallist at many international competitions. Together with Thomas KREJCI Ursula is responsible for the design of **run2gether**. She designs our folders and annual reports and helps us with our aesthetic performance.



Thomas Taut (Shop Manager)

Born in 1964, lives in Vienna, works as a self-employed wealth manager and insurance broker. Thomas is a passionate marathon and ultrarunner and is always looking for an athletic challenge. He is the first Austrian finisher of the World Marathon Challenge. Since 2018 he is responsible for managing the **run2gether** webshop.



A part of our managers and board at the run2gether workshop



Some of our athletes who train at the camp in Kenya

Division Managers

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



Thomas Kratky (Child Sponsorship Program)

Born in 1963, lives in Kapellerfeld in Lower Austria, works as a division manager at Raiffeisen IT in Vienna. Thomas has been running for more than 20 years and combines travelling with different city marathons. Since 2013 he is responsible for managing the **run2gether** social projects and the 230 sponsored children.



Johann (Heinzi) Heinzl (Race Day Organization)

Born in 1963, lives in Vienna, works as a head of department at Raiffeisen IT in Vienna. Heinzl has only been running for a couple of years, but successfully ran his first ever marathon in 2018. Since 2015 he manages the supportive infrastructure for our athletes and organizes support teams for our athletes all over Europe.

run2gether Team of 2019

Every year **run2gether** faces the challenge of creating a new team. The requirements to make it into the team are hard and only successful athletes will be invited to join competitions in Europe. Our perspective on Antidoping, our club's philosophy and the unique training opportunities have enabled us to build up a national and international reputation.

While we are able to welcome new talents into our team by running regular trials in Kiambogo, some athletes decide to work with other managements. This can sometimes be challenging, especially when successful athletes move on to work for teams with financially more attractive offers. Nonetheless this is part of the natural cycle and sometimes costs us a lot of work and effort.

With the end of 2018 and the end of their contracts with **run2gether** a number of athletes has decided to leave our club and join others. Despite all of that we are looking forward to the development of our **run2gether team in 2019!**

run2gether Membership

In 2009 the **first members** joined **run2gether**. At this point it was not clear where the journey was going and what kind of development **run2gether** would make in the following years. Just as in 2009 every single member is an essential part of our club.

In the first ten years since the establishment of the club the membership fee did not increase, however we were constantly able to expand the number of services and discounts for our members.

- **Membership** of the Austrian track and field association and therefore participation in the Austrian championships
- Access to our exclusive **run2gether** running equipment via our **run2gether shop**
- **Discount** when booking our summer running camps
- **Booking privileges** for our camps in Kenya and special conditions for booking external tours
- Invite to the annual **run2gether members-only running weekend**
- **Annual report** for members



A relaxing run2gether run at the end of the year

5th run2gether Members-Only Running Weekend

Every year we invite our members to join us for a weekend full of running, relaxing and fun activities to look back at a successful running season.

We decided at our last board meeting that our future board meetings will be held at the members-only running weekends every two years.

Isolde HÖFINGER-PATTIS will make sure to inform you about the date, the program and the general meeting for 2019.

Isolde Höfinger-Pattis, Editor

Contacting run2gether

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

Racing Calendar 2019

In order to provide an overview of the most important competitions for our **run2gether** athletes we have established a calendar that shows some of the upcoming runs in 2019. Due to the performance of our athletes we base this decision on long-term but also short-term factors. Our website provides more information on current competitions.

The *-marked competitions are also very popular with our amateur runners or are unique relay runs.

We strongly depend on our members to help with supporting our athletes by providing accommodation or driving them to competitions. The support enables us to offer them free accommodation and support and therefore keep the expenses low for them. If you are interested in helping us out, please get in touch with our race day coordinator Johann HEINZL at johann@run2gether.com.

July 2019

- 06.07. Gletscher Trail Run Obergurgl
Zermatt Marathon
- 07.07. La Maratona di Cielo
Tre Campanili Half Marathon
Gernkogel Run
- 13.07. Karwendel Mountain Run
- 14.07. Großglockner Mountain Run * (WMRA World Cup)
- 20.07. Silvretta 3000
- 26.07. City Run Villach *
- 27.07. Jakobi Run
- 28.07. Schlickeralm Run
Giir di Mont

August 2019

- 04.08. Thyone-Dixence
- 10.08. Glacier 3000
Unterengadin Summer Run
- 11.08. Sierre-Zinal (WMRA World Cup)
- 17.08. Lech High Altitude Marathon
- 18.08. Engadin Summer Run
- 25.08. Kärnten Läufer
- 31.08. Kitzbühler Horn Run

September 2019

- 01.09. ISTAF Meeting Berlin
- 07.09. Jungfrau Marathon
Grand Prix Prague
- 08.09. Achensee Run
Wallersee Half Marathon
Alster Run Hamburg 10 km
- 14.09. Drei Zinnen Run (WMRA World Cup)
The Mile Wiener Neustadt
- 15.09. Ebreichsdorf City Run

- 22.09. Half Marathon Udine
Kaiser Run Bad Ischl
- 28.09. Night Run Innsbruck Half Marathon
- 29.09. Wachau Half Marathon *

October 2019

- 05.10. Wiener Höhenstraßen Run
- 06.10. Turin Half Marathon
Trento Half Marathon
Kilometro verticale Lagunc
- 12.10. Smarna-Gora (WMRA World Cup)
- 13.10. Graz Marathon
Treviso Half Marathon
Ascona-Locarno Half Marathon
- 20.10. Wolfgangsee Run
Cremona Half Marathon
- 27.10. Venice Marathon
Dublin Marathon
Ljubljana Marathon

November 2019

- 01.11. La Corsa dei Santi 10 km
- 03.11. Nizza Marathon
Turin Marathon
- 15.11. WMRA World Mountain Championship Argentina
- 17.11. Verona Marathon
- 24.11. Florence Marathon

December 2019

- 31.12. WeRunRome 10 km



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Laufteam run2gether Austria
8152, Aichegg 40, Stallhofen, Steiermark, Österreich
ÖLV-Nr. 8110
www.run2gether.com
info@run2gether.com

Bank Account

Laufteam run2gether Austria
PSK Bank Köflach
IBAN: AT636000000510056639
BIC: OPSKATWW

Editors

Isolde HÖFINGER-PATTIS & Thomas KRATKY

Editorial Contributors

Johann HEINZL, Isolde HÖFINGER-PATTIS,
Tim KOCH, Thomas KRATKY, Thomas KREJCI,
Michael REITER

Translator

Kathrin FREISINGER

Layout

Ursula KADAN

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