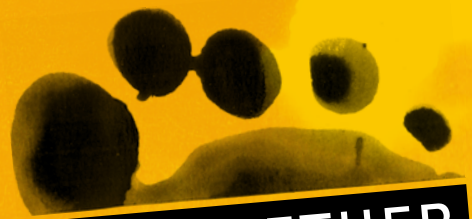




experience
THE KENYAN Way...

Annual Report 2016



RUN2GETHER

AUSTRIA-KENYA
ITALY-GERMANY-SWITZERLAND

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Hochrindl
Alles in Alm

COMPRESport
VENO-MUSCULAR COMPRESSION TECHNOLOGY

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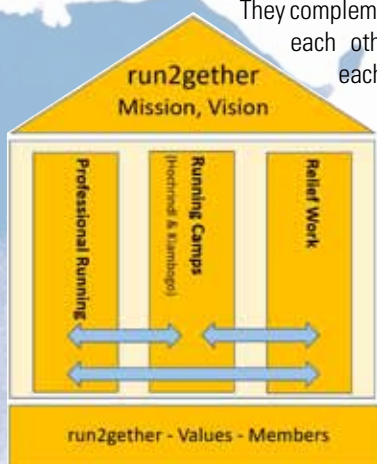
Foreword

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

The year 2017 will mark the 10th year that we've been holding summer running camps and supporting Kenyan athletes at running events in Europe! A whole lot has happened in the first nine years of **run2gether**. We've celebrated countless athletic victories, carried out numerous relief projects in Kenya, and introduced over 1,000 participants to the "Kenyan way" of running at our summer running camps in Austria. Unfortunately, we've also had to face tragic loss, such as the fatal accident of our Kenyan athlete Benson in the year 2015.

We often find ourselves having to explain to friends, the media, and curious runners just what **run2gether** is really all about. It's not a simple question to answer because **run2gether** pursues so many goals, works with so many different people, and is, quite simply, so very unique.

Professional-level running, running camps, and relief work: these are the three pillars that I feel best sum up **run2gether**.



They complement each other, support each other, and benefit from each other - sometimes they even come into conflict with each other! Years of outstanding athletic success will be followed by seasons of increasing participation at our summer running camps or the successful implementation of new relief projects.

Whereas in recent years our relief work and running camps have taken on an ever greater role within **run2gether**, our goal of supporting professional running has faced greater and greater challenges. Increased competition and decreasing prize money year after year hasn't made it any easier for our Kenyan athletes to finance their lives through running. And yet that's precisely where the uniqueness of our club comes into play: by working "2gether" we can offer each other support where and when it's needed most. For example, the success of our summer running camps and the rise in number of guests at our camp in Kenya have provided the financial assistance necessary to continue to support our athletes as best as possible through difficult times. The situation was the exact opposite back in 2010. At that time, it was the prize money won at races, together with donations, that enabled us to build our camp in Kenya while our summer running camps in Austria were just getting off the ground. And to think that back when we formed our club, our child sponsorship program and nursery school in Kenya were little more than daydreams. Since 2013, however, they've become the basis for extensive relief work that has benefited the local residents in Kenya.

It is this variety of activities, all based on our beloved hobby of running, that not only best describes **run2gether**, but that also serves to motivate me and my fellow club members every day to continue to grow our **run2gether** initiative.

As club president, I would like to express my sincerest gratitude to the members of **run2gether**, running camp guests, donors, sponsors, and everyone who has volunteered their time to help make **run2gether** a success story.

Sincerely,

Thomas KREJCI

run2gether President



The run2gether summer running camps have found a new home on Hochtindl Pass in the Austrian Alps.

2016 - The Year in Review

The Year in Running

Highlights

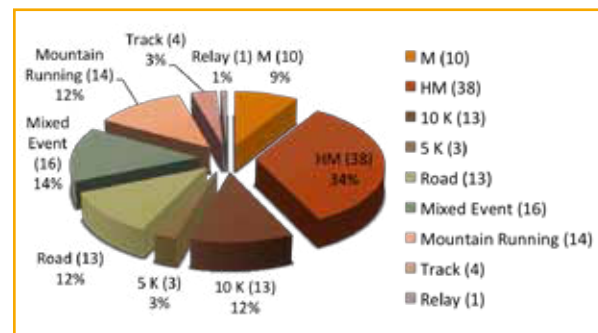
A quick glance at the list of races in 2016 makes it clear that our **run2gether** athletes once again had an intensive year of racing.

As in previous years, the 2016 season got underway early with races in Italy in January and February. Other races in Italy followed in March, which is also when the first races in Switzerland and Austria took place. **run2gether** was especially delighted with the impressive results at the **half marathons** in **Milan** and **Wels**. Paul Kariuki MWANGI, Mary Wangari WANJOHI, Caroline CHERONO, and two of our newcomers, Amos Kibiwot KURGAT and Dennis Kipkorir RUTOH, were all able to set **personal records**.

Then in April, Benard Kiplangat BETT smashed his half-marathon PR (personal record) in **Prague**, crossing the tape in a **sizzling 60:36!** The **Vienna City Marathon** was the scene of yet another **run2gether** highlight when Peter Chege WANGARI finished in 2:13:48, thereby lowering his **best time** by three minutes. What made the result especially gratifying was that Peter was being coached for the first time by the well-known Austrian marathoner Roman TRAMOY-WEGER. Apparently, Roman's training philosophy fit Peter like a glove! Other top performances soon followed: While Viola JELAGAT and Benard Kiplangat BETT took top honors in sensational times at the **Big 25 Berlin**, our runners at the marathons in Skopje and Trieste just missed out on first place. At the half

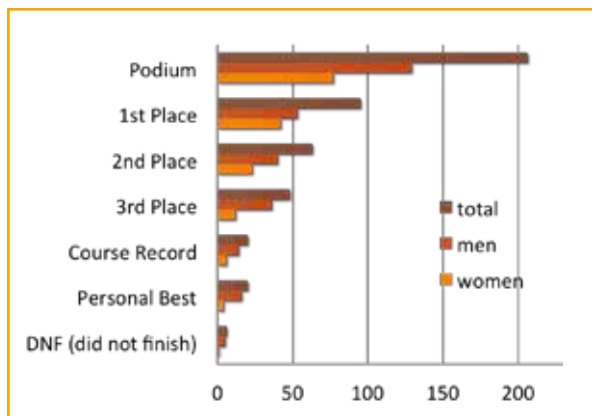
marathon in Piacenza, Simon Kiruthi MUTHONI was able to set a new PR in the excellent time of 61:19. Our decision to create a team comprised of a mix of experienced top runners and young talent proved to be the right one, as can also be seen by our younger runners' numerous top-three finishes during the course of the season's 112 races.

The many **new and familiar faces** in the **run2gether** summer team, together with our new headquarters on **Hochtindl Pass**, made our summer running camps from June to September a smashing success. We were really happy that our newcomers, making their European debut, not only fit in so well with their new team, but also demonstrated their desire to follow in the footsteps of their more experienced team-



The distribution of 2016 races according to distance

mates at races. For example, Erick Muthomi RIUNGU and the twins Purity Kajuju and Caroline Makandi GITONGA were not only among the hardest-working runners in our summer team, but their superb racing results also showed their tremendous potential. The season then rounded out with Viola JELAGAT's stunning **marathon debut in Dublin**. Great job, Viola, on your third-place finish!



Our athletes' many top finishes

In the "hot phase" of the running season, from **April to the end of October**, our runners participated in no less than 102 events (out of 112 for the entire year). Getting them to and from all these races was an immense logistical feat! In fact, such a large number of races wouldn't have been possible without the incredible help of a handful of **run2gether** members who not only logged **thousands of kilometers by car, but also cared for the runners (food, lodging etc.)** while at the various race locations. A mighty thanks goes out to all of you drivers and everyone who provided room, board, and general assistance to our athletes!

Team

The 2016 **run2gether** European team was made up of 43 athletes (34 men, 9 women). The 112 races our runners participated in amounted to an overall total of 304 starts. The 5,300 kilometers they raced in sum equals the flight distance from Kenya to Austria!



Gifted runner Carina REICHT doing speed work on Hoehringl Pass

We're also pleased to report on the many top-notch performances of our Austrian and German club members. In addition to the many excellent races they completed, there also materialized a small, but exceptional women's **run2gether** team. Carina REICHT, just 15 years old, proved to be a strong addition to our Austrian team. Joining us only in early fall, she quickly demonstrated her talent at several races. Other top female performers include Anna GROSS and Lara GAMBERGER.

Geoffrey Gikuni NDUNGU

One of the most emotional moments, both athletically and personally, for **run2gether** in 2016 was the return to racing of Geoffrey Gikuni NDUNGU, a **run2gether** founding member. He re-debuted at the Kitzbühl Horn Run.



Finally back in action: Gikuni wins the Kitzbühl Horn Run

Following Achilles problems that sidelined him for years, two marathon DNFs in 2014 due to injury, a year of rehab with many ups and downs in 2015, and a failed return to marathoning in 2016, Gikuni's racing career appeared to be all but over. Even though he is still unable to sustain the high mileage necessary for marathon training, he was nonetheless able to demonstrate his unbroken strength in mountain running last year. He led our team in style as they swept the first five places. We sincerely wish Gikuni a return to racing and continued success in 2017!

Trials on the Track

Visitors to our camp in Kiambogo are already well acquainted with the **run2gether** track. As essential training grounds for our pro athletes, the **run2gether Kiambogo Primary School Stadium** has meanwhile been benefiting local schools more and more.

Our runners use the European winter as a time to regenerate and prepare for the upcoming season, and they use the open trials on the track to test their abilities against fellow



Trials on the run2gether track in Kiambogo

runners. For **run2gether**, the trials are the perfect opportunity to spot new talent. Since all **run2gether** athletes receive strictly one-year contracts, more than a few runners hope to be asked to join the **run2gether** team. For more on changes to the makeup of the team, see the section "Club News".

Key run2gether Assistants

Sports management is a tricky endeavor. It involves not only the physical and mental training, but also proper diet, flawless race-day logistics, targeted workouts and incentives, and sufficient time for rest. All of these factors will decide whether a runner ends up on the podium - or not.

We would therefore like to give special thanks to **Roman TRAMOY-WEGER** and **Kerstin PETZ** for their vital collaboration!



Roman TRAMOY-WEGER training with his protégé Chege

Since 2015 Roman has been paying us weekly visits to our summer running camps to talk about his experiences as one of Austria's most accomplished marathoners. In 2016 he also coached Peter Chege WANGARI on his way to lowering his personal best in the marathon by three minutes at the Vienna City Marathon. Roman also provided assistance to several other marathon runners.

As sports physiotherapist, Kerstin has been supporting our club for many years now. In 2016 she also gave weekly Mo-biGym courses for our summer running camp guests, offered special workouts for post-race regeneration, and provided specialized nutrition regimens for our pro athletes.



Sports physiotherapist Kerstin PETZ is also a big fan of running

Tragic Death †

With tremendous sadness we at run2gether and our Kenyan athletes had to say goodbye to our friend and former team member Thomas LOKOMWA, who died in a car accident in his hometown Gilgil, located near our camp in Kenya.



LOKOMWA was one of our strongest runners and was especially successful racing in Italy. At the end of 2015, he switched to an Italian team. His death touched us all, but above all his family and his brother, **run2gether** athlete Francis Ekidor ERAIN, who hopes to follow in his brother's athletic footsteps. We wish him and his family both courage and strength!



Isolde Höfing-Pattis, Editor

Mount Longonot Sports & Recreation Centre

New Camp Management in Kenya

The camp's year-round use as training center for our **run2gether** pro athletes along with the steady and welcome increase in European visitors and vacationers led us in 2016 to reconsider the camp's overall structure and to better clarify the various roles of camp management. Since it is an essential principle of **run2gether** to employ Kenyan staff to manage the camp and carry out various projects, we naturally require a stable team and competent on-site management. In addition, by hiring from our **run2gether** team, we're also able to provide at least some of our athletes a steady income after retiring from racing.

It has been our long-standing wish that **run2gether** founding member Geoffrey Gikuni NDUNGU manage the camp after ending his running career. On account of his ongoing injuries, we began in May to consider making him manager of the camp. This ultimately led to several discussions in which the structures and duties of the camp were more clearly defined. The chart below shows the new breakdown of camp management.



Divisions and managers at the camp in Kenya

Peter Chege WANGARI will now act as our relief work coordinator. Chege's contacts and project know-how will certainly be a big help to us. We're confident that with his assistance



Thomas, president of run2gether, with camp manager Geoffrey Gikuni NDUNGU

we'll be able to ensure that all financial donations are used effectively and solely for the residents of Kiambogo.

We hope that our new structure will optimize operations and continue to meet the high demands of maintaining the camp and carrying out our relief work as best as possible.

Isolde Höfing-Pattis, Editor

run2gether Partner in Italy



AFRICA&SPORT aims to convey a passion for sports and to promote exchange, communication, and social integration through joint athletic activities. The NGO headquartered in Varese (northern Italy) focuses on relief work in Europe and East Africa, with running and other types of sports being the basis of these efforts.



AFRICA&SPORT focuses on social integration through sports

The organization carries out projects in Ethiopia, Uganda, and Kenya together with its partners. In Kenya, **AFRICA&SPORT** has two main focal points.

One is to help the young people of Nairobi living in one of the largest slums in eastern Africa. Sports is intended to give them the opportunity to meet each other and become reintegrated into their society.

The second project of **AFRICA&SPORT** is supporting **run2gether** with an annual sum of €3,000 intended to be used for our relief work and to enable our athletes to participate in races in Italy. Several of our athletes, for example, have been given free room and board with Italian families and taken to races.

We would like to express our deepest thanks to **AFRICA&SPORT** for their support. We look forward to collaborating again in 2017!

A complete report on the activities of our partner can be found on our **run2gether** website at <http://run2gether.com/category/diverse-news/>

Isolde Höfing-Pattis, Editor

run2gether Summer Running Camps

After several successful years of holding our camps at Turra-cher Höhe, we decided it was time for us and our athletes to try something new in 2016. Our new partner, the **JUFA Hotel on Hochtindl**, is also located in the Austrian Alps, not too far from our previous lodgings. The area is an ideal setting for running, complete with gorgeous scenery, and the hotel provides ample space and lots of leisure activities right outside its door. Last year, in our twelve week-long running camps from mid-June to the beginning of September, **240 guests** experienced what it was like to live and train like a Kenyan runner. They also learned Swahili with our athletes and got to know more about Kenya and its people. We were extremely pleased with our new "home" and look forward to heading back in 2017.



Morning mountain run on Hochtindl, Austria

Last summer was also the second time we offered a summer running camp in Gherdëina, a valley in the Dolomites of South Tyrol (Italy). Unfortunately, due to difficulties in coordinating the dates, we had somewhat fewer participants than in the previous year. But since a week of running at the foot of the Langkofel Mountain is such a breathtaking experience, our athletes will once again be spending a week in June this year at the **Hotel Cendevaves in St. Christina** where we will be offering an exciting lineup of activities and scrumptious food while being pampered by the owners of the hotel, the Stuffers.



The Hotel Cendevaves with its stunning view of the mountains

And yet there's no better place to learn about the running haven of Kenya than in Kenya itself! In fact, we're pleased to

report that more and more runners and vacationers have been choosing to visit our **Mount Longonot Sports & Recreation Centre**. With nine guest rooms and a newly renovated and enlarged dining hall, the **run2gether** 400-meter track, and new day-trips on offer (such as "The Maasai Experience"), the resort is now more attractive than ever, even for returning guests. After an increase in the number of guests by 40% last year to 72 guests (for a total of 819 overnight stays), we expect even slightly more visitors in 2017. We are already seeing a rise in the number of bookings during the (European) winter months, when the weather makes training for spring events a rather cold, wet, and slippery affair. Thank you for thinking of us!



Kiambogo, Kenya with a view of Mt. Longonot

To learn more about our wide variety of running camps, just take a look at our website at <http://run2gether.com/laufwochen/> or contact me directly at tim@run2gether.com.



Tim-Phillip Koch, Running Camps

run2gether Members

As of 31 December 2016, **run2gether** has a total of 152 members! That represents an increase of ten members from the previous year. Actually, we welcomed 25 new members to our club, but lost 15 on account of unpaid membership dues or loss of contact.

In 2016, 119 full members and 33 supporting members supported our club with their annual membership fees. We'd also like to thank the 110 supporting members from our summer running camps.

The membership fees provide an important financial basis for **run2gether**. For the first time in club history, we surpassed the €10,000 mark through membership revenue!

We're happy to report that there are now no less than 36 members from Germany! Other countries represented in our club include Switzerland (3), Italy (2), Luxembourg (1), and Russia (1).

Our Austrian members come from all nine states. Vienna is home to the largest portion of our members, followed closely by Styria and Lower Austria. Most of our **new members** joined after attending a **summer running camp** on Hochrindl Pass. Others joined by contacting us through our website or through other members.

Since we have ongoing expenditures (airfare for our athletes and maintenance of our camp in Kenya, for example), we ask you to pay your membership dues at the beginning of each year. Thank you!



For any questions regarding membership, just contact me at mitgliedschaft@run2gether.com.

*Gabriele Bleier,
Membership Support*

run2gether Child Sponsorship Program

2016 was an exciting and highly eventful year for our **run2gether** Child Sponsorship Program. We were not only delighted about the steady increase of new sponsors, but we were also able to carry out a couple of wonderful projects right in Kiambogo. We welcomed 38 new sponsors in 2016, coming from Austria, Germany, Switzerland, and even the USA. We are now proud to say that as of the end of 2016 **146 Kenyan children** are in our program! In addition, four other sponsors support our program with a monthly contribution. **We wish to thank all of our sponsors for their tremendous support!**

One important aspect of the program is that we provide the sponsors with regular updates on the development of the children they sponsor. Many of our athletes, who act as local co-sponsors, also pay the children a visit and stay in touch with the sponsors through Facebook or WhatsApp. In cases where the communication between child and sponsor does not work so well, **run2gether** helps to bridge the gap. In April 2016, we visited all the children and brought them a suitcase stuffed full of care letters from their sponsors.



Our sponsored children having fun at the festival in April



Mary has been sponsored by Karolin since 2016

Nearly 50 sponsors sent along personal letters and small presents. It goes without saying that we took a lot of pictures - roughly 700! We then uploaded pictures corresponding to each child's profile on our website and also sent them to the child's sponsor. As a thank you, each child drew a picture, which we also sent to the sponsors.

You'll find more on the **run2gether Child Sponsorship Program** on our website at <http://run2gether.com/info/patenschaft/>. You're also welcome to contact me directly at patenschaften@run2gether.com.



Thomas Kratky, Child Sponsorship Program

run2gether Projects

Tools for Kiambogo Families

2016 was the third year in a row that we carried out a relief project for our **run2gether** children and their families in Kiambogo, Kenya. The project kicked off in December 2015 when Thomas KRATKY informed all sponsors and friends of **run2gether** about **Tools for Kiambogo Families**. More than 100 contributors (either as individuals, families, or groups) made donations, with the result that 450 (!) kitchen pots and 300 (!) garden hoes could be produced directly in Kenya for Kiambogo families.

The presentation of the items took place in April 2016 as part of a large festival for all our sponsored children in the **run2gether** stadium in Kiambogo. 120 of our sponsored children, each accompanied by one parent, joined in the fun. Several stations were set up with games for the children. The children had a ball, even if the games were completely new to them. At one station, they drew pictures for their sponsors in Europe. Our athletes also participated wholeheartedly.

Midway through the festivities, refreshments were served along with 600 (!) sandwiches that Thomas KRATKY and a



group of hard-working assistants had prepared in camp earlier that morning.

The tools were distributed following the exciting festivities. Each family received two hoes and three pots. Due to the large amount of donations, we were also able to purchase a pair of shoes and a backpack for each child! Children and parents alike were thrilled.

We would like to thank all **run2gether** child sponsors and all other donors, as well as the many of you who helped out with the project in Kiambogo. Tools for Kiambogo was a tremendous success thanks to you. **Asante sana!!**

Expansion of the Primary School Sision

The donations from our **run2gether** Child Sponsorship Program enabled us to add a teachers lounge to one of our partner schools in Kiambogo in April 2016. Previously, the teachers and the principal of the six-grade primary school had to prepare for classes and hold meetings outside. It took only one single week (!) to build the 30m² bare structure. Its completion was celebrated with the schoolchildren, parents, teachers, and several **run2gether** members.



Discussing the expansion plans with school principal Peter MUIRURI

The people of the community were delighted! As one villager said: "Sision primary school headteacher, parents, committee, board of management, pupils, teachers and neighbours are sincerely and heartily thankful of your family of **run2gether**."



Preparing for classes in the new teachers lounge

Your visit and donation of a staffroom is highly welcome and deeply appreciated. May God's blessing be with you. AMEN."

The exterior and interior walls were plastered after construction was completed. As a sign of thanks, the **run2gether** logo was put on one of the outside walls. After the desks and chairs were delivered, the teachers and principal could start working in their new quarters - just weeks after initial construction began.

Thanks to all of the friends of **run2gether** for donating funds for the expansion of the primary school!

No More Cold Hands

For the past five years **run2gether** has been supporting children in Kiambogo, Kenya through its **Child Sponsorship Program**. We have been especially involved with one family of 16 since our project started.

Five of the children are already in our program. Prior to receiving support, the 14 children and two grandchildren had lived with their mother in desolate conditions.

The kitchen hut and the living quarters were in such terrible shape that the cold, damp rooms caused chronic illnesses and the children to have cold hands day and night.

In just one week we were able to construct a house for the NJERI family complete with beds for everyone. It is rent-free for the next five years.



The NJERI family could move into their new house within one week

The housewarming ceremony was a heartwarming experience for all those from the community who attended. The family moved in the same day. We hope now the children will never have cold hands again!

Thomas Kratky, Editor

run2gether Financial Report

In 2016 **run2gether** Austria's revenue came to €130,000. A total of €104,000 was used to finance its relief work in Kenya. The remaining €25,600 was set aside for upcoming projects in 2017.

In addition to the costs of ongoing camp maintenance (€35,300) and renovation (€7,800), the purchase of a new vehicle for the camp (€20,000) marked an important investment in 2016.

The two largest sources of revenue in 2016 were the summer running camps (€93,500) and the generous donations from **run2gether** friends (€36,900) and sponsors in the Child Sponsorship Program (€35,700).

Other important sources of income included membership fees (€13,600), the support from our corporate sponsors (€24,200), and sales of our running gear to club members (€16,000).

The basis for the success of our club, however, is the amazing number of volunteers and helpers!



THANK YOU for your exceptional support over the last several years!

*Mike Reiter,
Treasurer*

Donations and Charity Events

Overwhelmed by your generous donations, we'd like to give you an idea of the various ways you supported us in 2016.

The year began with the remarkable amount of donations we received for our project "**Tools for Kiambogo Families**" that we carried out in April along with the construction of a house for an especially needy family.

In 2016 we were once again greatly supported by participants of the **Austrian Women's Run** who **donated a euro** to



450 kitchen pots and 300 garden hoes for families in Kiambogo



A large gathering at the housewarming party for the NJERI family

run2gether when registering online. Two **member birthdays** - of Isolde HÖFINGER-PATTIS and Ina GROHN - served as charity events for our club. Students at two high schools (in Tübingen and Traun) collected an amazing amount for **run2gether** through their **school-sponsored run-for-charity events**. And an enormous show of support by **run2gether** friends helped us after our club vehicle was totaled in a crash.



Sponsored children at the run2gether nursery school

In November, Thomas KRATKY received a stunning donation of **50 notebooks** from the company **Raiffeisen IT and Raiffeisen Technical Services**. The running group of a German **run2gether** member, Wolfgang KOBASA, collected their "**running kilometers**" throughout the entire year and converted them into a wonderful donation for us! And once again, the **Christmas tree sale**, complete with punch, bratwursts etc., that our resourceful German member Peter CÚJE puts together each year was yet another wonderful Christmas present for **run2gether**!

All in all, the sum total of this year's donations reached almost **€37,000 euros!**

We'd like to thank **all donors, organizations, and organizers** of charity events for their unbelievable support!

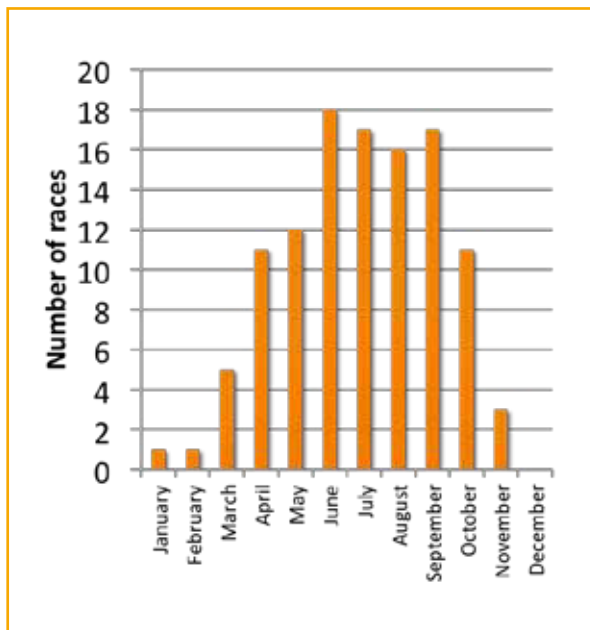
Isolde Höfinger-Pattis, Editor

run2gether Race Day Organization

It takes a lot of helping hands to get our **run2gether** athletes to the large number of races they compete in.

Thanks to the **repeated number of trips** our **run2gether** "taxi drivers" made, our pro runners were able to take part in over 110 races in 2016! See below for information on becoming a "taxi driver".

Getting everybody where they need to be on race day is a yearly logistical challenge. This is especially the case when the races are outside of Austria and during the peak season between June and September when there can be up to six different races that 20 athletes have to somehow get to.



Peak racing season is between June and September

Our goal is to increase the **number of drivers and race-day helpers**. That is why we are urgently seeking people who are willing to accompany our athletes for a weekend so they can get to and from a race!

To make the planning easier for those willing and able to help, we've created a **Driver Platform** on our **website** that lists the upcoming races well in advance. The platform includes a calendar that people can add comments to.

How can I help out on race day?

On the Driver Platform, you can leave a message under each separate category: Home, Events, Drivers, Tips etc. We then process and organize the messages, and before you know it, you'll be helping out on race day. Congratulations!

Sign up fast to become a race-day helper in 2017!

In order to best prepare for another 100 races (or more!) in 2017, it would be great if you not only sign up to help, but if you could also let us know right away which events (or dates) you can help out at!



Race-day organization at the Lake Faaker Half Marathon

All helpers are invited to join our **run2gether** race-day group on Facebook where you'll find all the latest info. So be sure to stay tuned!

If you have any questions or suggestions, or simply need more information, just contact Johann HEINZL anytime at johann@run2gether.com.



Thank you so much for your support!

Johann Heinzl,
Race Day Coordination

run2gether Group Runs

Vienna

For the second year now and going strong, our **run2gether** group runs in Vienna take place every Thursday at 6:30 p.m. at the "Prater Hauptallee". Overall, we had more than **250 participants at the 50 run2gether group runs** in 2016. A few members even showed up more than 30 times! **Thanks so much** for all of your participation!

And don't forget: Non-members are also welcome to join us on our group runs.

A lot of folks showed up for our group runs especially in the summer months when our Kenyan **run2gether** athletes were also on hand. They took advantage of their time in Vienna to recoup and run along with **run2gether** friends. For example, there were 16 members on our group run on April 21, four of whom were Kenyans!

The 2016 running highlights in and around Vienna included the Austrian Women's Run, the Wings for Life World Run, the Vienna City Marathon, and the Vienna Rundumadam trail run. The many **run2gether** members who participated in these races used our group runs as a training platform and as a good time to swap training tips.



Participants at a Vienna group run with guests from Kenya

Last year we also started having some group runs with a specific focus. For example, six runs were dedicated to the technical aspects of running, three were long runs, and at three group runs the participants did speed work. Since feedback was positive, we plan on expanding such focused runs.

But there are also other surprises in store for 2017 - so come on out and join the **run2gether** group runs in Vienna!

For the latest information, write to lauftreff@run2gether.com or check us out on Facebook!



Keep on running!

*Johann Heinzl,
Coordinator of Vienna Group Runs*

Graz

Since there are a lot of members and friends in and around Graz, we want to start holding group runs in Graz as well in 2017. Club members Manuela SUTTNIIG and Diarmuid HAYES have come up with this great idea. For questions or further information, contact msuttinig@yahoo.de or hayes.diarmuid@gmail.com.

*Manuela Suttinig & Diarmuid Hayes,
Coordinators of Graz Group Runs*

PR and Sponsoring

As **run2gether** continues to grow as a club, we felt it was time to intensify our PR and sponsoring initiatives. Since opening his running store TRAILDOG RUNNING in 2016, Ed Kramer, our PR coordinator since 2015, has been able to spread the word about all the aspects of our club to his newly gained contacts in the running industry. Unfortunately, the marketing budgets of many international companies are earmarked years in advanced, and for some companies the Austrian market is simply too small.

Our challenge in the upcoming years will be to make **run2gether** more well-known in the running community and the running industry in the hopes of attracting further sponsors. Ed and club president Thomas KREJCI can be contacted for all matters relating to sponsoring and marketing.



Marketing director of Melasan Hans-Peter HASLINGER with our athletes

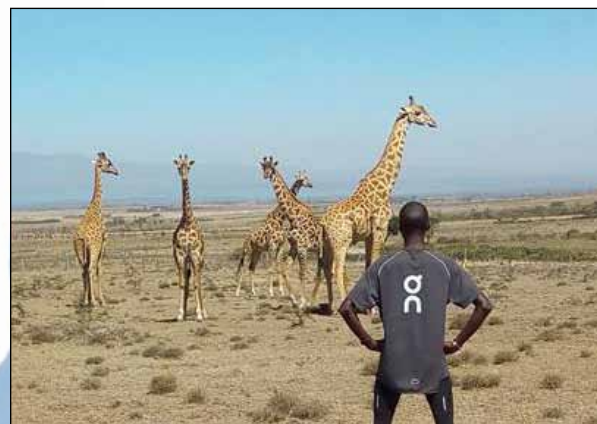
We will be intensifying our contacts with current sponsors and are also planning new campaigns, for example with Compressport. We hope that greater exposure will not only benefit our club, but will also be a welcome development for our sponsors.

We also plan on making greater use of social media channels like YouTube, Twitter, and Strava. In fact, why don't you join our Strava **run2gether** Club at www.strava.com/clubs/run2gether. In summer there will be quite a few exciting surprises and challenges waiting for you!

Last year on Hoehringl Pass, we also started giving instruction to our pro athletes. The training is intended to teach our younger athletes (and remind our more experienced runners) how to act professionally at races and on social media.



Ed Kramer, PR and Sponsoring



On - our principal sponsor and important partner

www.run2gether.com - The Website

On our website you'll find articles on the latest race results of our pro athletes and info on our **run2gether** members. But we also make sure you're up to date on our relief efforts in Kenya and other club news. Sign up for our **newsletter** and you'll receive the latest information every week in your inbox.

To make registering for our summer running camps on Hochrindl Pass or in Gherdëina as quick and easy as possible, just use our trusty **online booking system**. It also tells you how many places are still available for each week.

You'll also find a **racing calendar** on our website. It provides an overview of all the events for the year and also lists who's running at which events, as soon as it has been decided.

As a **run2gether** member, you can also log in and browse around on our **online shop**. Your orders will arrive at your doorstep by mail.

You can also learn more about our **run2gether** pro athletes on our website. Runners each have their own **profile**, which also lists their latest race results. For 2017 we also plan to update the profiles of our European members.

run2gether Vehicle

We acquired not one, but two new **run2gether** vehicles in 2016.



The new camp jeep takes our guests to the most beautiful places in Kenya

At our Mount Longonot Sports and Recreation Centre Kiambogo it was time to retire our good old reliable van and replace it with a roomy and comfortable Toyota Land Cruiser. It's the perfect vehicle for taking guests on safaris and other day trips, and also for picking up guests at the airport.

We also had to unexpectedly replace our Austrian **run2gether** car, which had already racked up over 300,000 kilometers but was still going strong. Unfortunately, we were involved in an accident in Switzerland on our way to a race, and the car was beyond repair. We are grateful to report that no one was injured.

We want to thank all of you who donated money (€1,750) to help us to buy a replacement vehicle! And thanks to Josef WIMMER for finding just the right **run2gether**-mobile.

2nd Members-Only Running Weekend in Bad Aussee

Since our first running weekend exclusively for **run2gether** members in 2015 was such a smashing success, we knew there would be a follow-up in 2016. At the end of November roughly 30 members got together in Bad Aussee (near Salzburg) to look back and celebrate a year in running. And the JUFA Hotel Bad Aussee couldn't have been a better place to do so!



Participants at the 2nd members-only running weekend in Bad Aussee

Saturday morning kicked off with some warm-up exercises (MobiGym) followed by a group run from the hotel to Lake Sommersberg. After a brief meeting to discuss club activities and proper racing nutrition for our athletes, it was off to the Bad Aussee Christmas market, where there was a large folklore parade of people dressed up as devilish "Krampus" figures.

Following a morning run on Sunday and a lavish breakfast, most of our group went to Hallstatt and took a tour of the oldest salt mine in the world. We rounded out our weekend with lunch in Hallstatt.

Thanks to all of you who participated and made it an unforgettable weekend!

Before we move on to tell you about our upcoming activities in 2017, we want to take this opportunity to thank our club president Thomas KREJCI for his unflagging efforts in all things **run2gether**!

*On behalf of the run2gether team,
Isolde Höfinger-Pattis & Thomas Kratky, Editors*



Kiambogo guests in 2017 will have a new lounge to relax in

Preview 2017

Mount Longonot Sports and Recreation Centre

Renovation Work at the Camp

Since building our camp in 2010, we've been able to keep our centre well maintained by expanding buildings and doing small repairs. Some of our more motivated members have even helped us out during their visit to the **run2gether** camp!



Renovation work on the roof of the camp

Meanwhile, however, a few larger repairs became necessary. For example, we had to repair **sections of the roof**. The small and simple **kitchen** also needed to be renovated. As is customary in Kenya, all meals are cooked at an open fire, and our previous facilities were no longer up to the task. Since there are frequently up to 40 people being served per meal, it was time to redo the kitchen.

We've been very pleased about the rise in the number of overnight stays at our camp over the last several years. Consequently, however, the lounge and dining hall sometimes could get a bit cramped. In addition, runners and guests could not use the outside terrace in the evenings very often because it tends to be quite chilly. So that is why we decided to **add on to the lounge**. Work began in December 2016 and was completed in January 2017. That means everything's all set in our camp for peak season!

run2gether Running Vacation

Austria

We're delighted to announce that guests enjoyed our new **run2gether** summer running camp headquarters on Hoch-



Practicing running form on Hochrindl Pass

rindl Pass. The JUFA Hotel and its amenities, along with the new, more pleasant running trails, has greatly improved the quality of our summer running camps.

Since the JUFA Hotel is larger than our previous location, we had room for everyone who registered, which resulted in an increase in the number of summer guests. As in the previous years, the primary summer vacation months were fully booked, whereas there were still a few places available during the weeks at the very beginning and end of the season.

Since we want to stay true to the philosophy of our running camps, we will not be raising the number of participants per week. We hope, however, to make the weeks in June and September more attractive and thereby increase our overall number of guests.



Running with a gorgeous backdrop of the Dolomites of South Tyrol

Italy

For two years now, the **Hotel Cendevaves** has been our wonderful partner for the start of our **run2gether** summer running camps. Idyllically set at the foot of the Seiser Alm (a high-altitude Alpine meadow) in the Gherdëina Valley, the 4-star hotel offers a comfy atmosphere and a wide range of running trails with a gorgeous backdrop of the Dolomites of South Tyrol. In 2017, we'll once again be kicking off our summer running camps in June at the Hotel Cendevaves.

To book a stay at either of our locations, just go to our website at <http://run2gether.com/laufwochen/> and pick a date!

Sponsors & Generating Revenue

In addition to the revenue from our running camps, membership dues, and donations throughout the year, **run2gether** also relies on generous sponsors as a source of income.

We wish to thank all of our partners for their support and trust in run2gether!

Our **principal sponsor** continues to be the Swiss running shoe company **On**. In addition to their financial support, the company also provides our athletes with a steady stream of running shoes.

Since 2016 we've been collaborating closely with the companies **Compressport** and **Melasan**. We were also able to get **JUFA Hotels** and **Hochrindl Tourism** on board as sponsors. We're also really happy about the support from **Traildog Running**, the new running store in Vienna owned by fellow members Elisa and Ed KRAMER.

And finally, we're grateful for the ongoing trust of our long-standing partners: **Therme Loipersdorf, ams, AFRICA&SPORT, Integrated Consulting Group, Aktiv Praxis Altenhof & Impuls, Hotel Cendevaves**, and the **Austrian Women's Run**.

In addition to these valuable partnerships, we're always in search of other sponsors who can provide a stable financial basis for our **run2gether** activities.

If you happen to have any ideas or even know of an organization that might be interested in sponsoring us, please contact our club president Thomas KREJCI directly at thomas@run2gether.com.



Members of run2gether enjoy a number of advantages

run2gether Membership

Membership dues make up an important financial basis for any club. The large majority of our **run2gether** members, sponsors, and supporters of our relief work are themselves runners. However, although our club focuses on professional running and running enthusiasts, and sees running as a way to bring cultures and people together, we are always happy to welcome non-runners to our club!



Europeans and Kenyans all decked out in their run2gether gear

Being a member offers a variety of discounts and advantages:

- Through **run2gether**, you're automatically a member of the Austrian Athletics Federation and are eligible to partake in Austrian national competitions.
- As a **run2gether** member you're eligible to shop in our online store for our unique and highly visible running gear.
- **run2gether** members receive discounts when booking a summer running camp.
- Members receive priority booking at our **run2gether** camp in Kenya. In addition, members are not charged for overnight stays in the camp while they are on multi-day tours in Kenya.
- **run2gether** members receive a 10% discount at the running store **Traildog Running** in Vienna.
- You're invited to join us on the **run2gether** members-only running weekend each fall.

Isolde Höfinger-Pattis, Editor



Thomas surprises the family he sponsors with new mattresses and sheets

run2gether Project 2017

Mattresses for Kiambogo Families

In December 2016, Thomas KRATKY, coordinator of our **run2gether** Child Sponsorship Program, initiated our new project **"Mattresses for Kiambogo Families"**, which, as with all previous projects, will benefit the 150 children in our sponsorship program.

During our many visits to the children in Kiambogo, we realized that the family huts are frequently lacking the most basic necessities. The dark and often damp bedrooms are often especially run down and unhygienic. Since we furnished the sponsored children and their siblings with wool blankets (600 in all!) two years ago, we'd now like to make another contribution towards improving their living quarters. And so we decided to acquire **mattresses for our run2gether children**.

Once again, Thomas KRATKY and a team of helpers will be personally distributing the mattresses at the end of March 2017. In this way, we can ensure that all needy families are provided for. And since all mattresses are purchased in Kenya, we're also helping to support the local economy.



Small-scale and large-scale delivery of the mattresses

As of the end of January 2017, more than 600 (!) mattresses were donated. **We want to thank all child sponsors and friends of run2gether for their tremendous support!**

We're once again planning a big festival, full of fun and games for the children, on the day we distribute the mattresses. For pictures and a full report, be sure to check us out on Facebook and on our website.

Thomas Kratky, Coordinator of the Child Sponsorship Program



Trials in Kiambugo: Start of the men's 21K

Club News

Strategy Workshop

As we continue to grow as a club and expand our relief work, we see the need to reassess the jobs and duties our members. And so, at the end of January 2017, a group of dedicated members along with members of the **run2gether** board met for a two-and-a-half-day strategy workshop.

We'd like to thank all of you who turned out. We'd also like to thank our club vice-president Andi PÖLZL for holding the meeting. And special thanks to **ICG Integrated Consulting Group**, one of our long-standing sponsors, for providing the facilities for our meeting.

Comings and Goings - The 2017 Team

In the last several years it has been our goal to optimize the potential of our pro athletes by providing ideal training conditions for a small, cohesive team. Unfortunately, some of our top runners have now switched to larger management teams, leaving us without our ace athletes. Due to continually sinking prize money and fewer invitations to races, we feel the need to reconsider our options.

A host of new talent was on display at our trials in December 2016 and January 2017 in Kiambugo, thereby earning a contract with **run2gether**. Some of our new team members, like Pamela Chemurgor TALAM and Michael Kipkemboi CHELULUE, already raced for **run2gether** at events in Italy. But to create real world-class athletes out of these talented runners, we've decided to not only improve our training structure, but also to enlarge the **run2gether** team. We're hoping that bigger running groups will increase overall motivation and performance by adding a healthy dose of competition. We will then continue to invite the best of these runners to compete in Europe.



Principal sponsor On (Olivier Bernhard) and AFRICA&SPORT visiting our team

Unfortunately, Simon Kiruthi MUTHONI, Edwin KIPKORI, Robert Kipkoech KIRUI, and Mary Wangari WANJOHI will no longer be on the 2017 team, although Mary and Robert could regain their spots with good performances at the upcoming trials. In any case, we wish these runners all the best in their new careers.

Team Races for Our Members

In 2016 we also started focusing on events for our members, something we plan on continuing in 2017.

For example, there's already a **run2gether** team for the **Wings for Life World Run** on 7 May 2017. If you'd also like to be a part of the team, sign up for "**run2gether**" when registering for the race at <https://teams.wingsforlifeworldrun.com/at/de>. Note that it doesn't matter what country you'll be racing in!

We hope to put together another **run2gether** team at this year's **Austrian Women's Run** in Vienna. Just sign up under **run2gether** on the club list and then come visit us at our



The run2gether team at the Wings for Life World Run in Vienna

stand at the running expo in the Prater. You just might win a prize!

There's one other event we really want to tell you about. In October 2016, **run2gether** members formed a relay team and took part in Vienna's **Rundumadum** trail run for the first time. Up to six runners per team run the 130K course. Teams choose their own relay points. Our team of six conquered the trail with grit and a great deal of fun in just about 14 hours 30 minutes.

We're hoping to form **run2gether** teams for various events in 2017. So if you're interested in running either as an individual or as part of a relay team in any of the following events, please contact Johann Heinzl at johann@run2gether.com.

7 May 2017	Wings for Life World Run
21 May 2017	Austrian Women's Run
17 June 2017	Mozart 100 (relay team)
28 October 2017	Vienna Rundumadum (relay team)

Third run2gether Members-Only Running Weekend

After spending two delightful weekends with our members, first in Gmunden then in Bad Aussee, we're now planning the third edition of our **run2gether** members-only running weekends. As a club we feel it's very important to spend time together to run, see some sights, and just enjoy each other's company.

Isolde HÖFINGER-PATTIS will be giving you the details for this year's event as soon as possible.

Isolde Höfinger-Pattis, Editor

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Ed KRAMER	Public Relations	PR	edmundkramer@me.com
Gaby BLEIER	Membership Support	Membership registration Membership dues	mitgliedschaft@run2gether.com
Isolde HÖFINGER-PATTIS	Communication and Membership Support	Website: member and athlete profiles Editor-in-Chief: annual report Annual get-together (running weekend)	isolde@run2gether.com
Peter CÚJE	Membership Support	Membership support for Germany, especially Baden-Württemberg	peter.cuje@web.de
Thomas KRATKY	Child Sponsorship Program	Child sponsorships and charity campaigns in Kiambojo 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 Coordination	Vienna group runs Coordination of drivers Website: driver platform	lauftreff@run2gether.com johann@run2gether.com
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Racing Calendar 2017

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

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

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

April 2017

- 15.04. Paderborn Easter Run
- 17.04. Media Blenio
- 23.04. Vienna City Marathon, Half Marathon*
Sarnico-Lovere Lago d'Isèo
- 30.04. Würzburg Residence Run

May 2017

- 07.05. Bibione Half Marathon
- Piacenza Half Marathon
- Skopje Marathon
- Triest Marathon
- Salzburg Marathon
- Wings for Life World Run*
- Heilbronn Trollinger Half Marathon
- 14.05. Riga Marathon
- 20.05. Karlovy Vary Half Marathon
- Radenci Half Marathon
- 21.05. Austrian Women's Run*
- Stralugano Half Marathon
- Mezza Maratona del Naviglio
- 27.05. Moonlight Half Marathon
- 28.05. Scalata al Castello
- Bossoni Half Marathon

June 2017

- 03.06. Ceske Budejovice Half Marathon
- 04.06. Mondsee Half Marathon
- Cortina-Dobbiaco
- Muttersberg Run WMRA World Cup
- 09.06. Weiz City Run
- 11.06. Katrin Mountain Run
- 17.06. Mozart 100*
Giro Podistico Citta d'Udine
- 18.06. Baden City Run
- 24.06. Olomouc Half Marathon
- Frohnleiten City Run
- Grabensee Run
- Gallneukirchen City Run
- 25.06. Steyr City Run

July 2017

- 01.07. Zermatt Mountain Marathon
- 02.07. Tre Campanile Half Marathon
- Gernkogel Mountain Run
- La Maratona di Cielo
- 09.07. Faaker See Half Marathon
- Val Gardena Mountain Run
- Essling Newspaper Run
- 15.07. Karwendel Mountain Run
- 16.07. Großglockner Mountain Run*
- 22.07. Jakobi Half Marathon
- 23.07. Stralivigno Half Marathon
- 28.07. Villach City Run*
- 30.07. Schlickeralm Mountain Run
- Premana Mountain Run
- WMRA World Cup

August 2017

- 05.08. Glacier 3000
- 06.08. Thyone-Dixence
- 12.08. Munsiger Run
- 13.08. Unterengadin Summer Run
Sierre-Zinal
- 19.08. Lech High Altitude Half Marathon
- 20.08. Kärnten Läufer Half Marathon
Engadin Summer Run
- 26.08. Voralpe Half Marathon
Giro delle Mura Feltrine
- 27.08. Kitzbühler Horn Mountain Run

September 2017

- 02.09. Stainz Schilcher Run
- 03.09. Achensee Run
Steinbach 3-Hills Run
- 09.09. Prag 10 K
- 10.09. Bologna Half Marathon
Ebreichsdorf City Run
- 16.09. 3-Zinnen Alpine Run
- 17.09. Wachau Half Marathon, Marathon*
Udine Half Marathon
- 23.09. Innsbruck Night Run Half Marathon
- 24.09. Kaiserlauf Bad Ischl Half Marathon
Giro di Lago Varese

October 2017

- 01.10. Murten Run
Turin Half Marathon
Trient Half Marathon
- 07.10. Vienna Höhenstraßen Run
- 08.10. Treviso Half Marathon
- 15.10. Ascona-Locarno Half Marathon
Cremona Half Marathon
Lake Wolfgang Run*
- 22.10. Venice Marathon
- 28.10. Vienna All Around "Rundumadum"
Ultra, Relay*
- 29.10. Dublin Marathon

November 2017

- 05.11. Nice Marathon
- 12.11. Torino Marathon
- 19.11. Verona Marathon
- 26.11. Florence Marathon



run2gether



AUSTRIA - KENYA
ITALY - GERMANY - SWITZERLAND

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Postage and printing costs

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

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

