

Join the fun at the Adrienne Hersch Challenge-Mother's Day race

Online entries are rolling in for the Adrienne Hersch Challenge in association with The Home Channel, which takes place this Mother's Day ~ the May 10. Organised by the Randburg Harriers Running Club and in its 32nd year, this year's race is expected to draw in excess of 5000 runners partaking in the 21km, 10km or 5km fun run and offers runners one of the last opportunities to get in a quality run before The Comrades Marathon.

For those Discovery Vitality Members trying to get their points on that elusive journey to becoming a Diamond Member, you can rack up some serious Vitality points by participating – there are 500 points for the 5 km run, 1000 points for the 10 km and 3000 points for the 21 km race. Minimum ages for participants are nine years old for the 5 km, 15-years-old for the 10 km and 16-years-old for the 21 km race. Action Photographers will be on hand at the event to capture all runners during their run which can then be down-loaded free of charge. Prize-

giving will take place directly after the races at 9 am for the 10 km and at 9.15 am for the 21 km race.

This event is not just for hardcore athletes however, and will offer a great day out for the whole family with the start/finish offering a selection of entertainment, healthy food fare, Smack Republic Craft Beer and other beverages as well as various other vendors. Just another highlight of the day is the fact that The Laser Boutique, Northcliff will be giving each lady athlete and ladies at the event a complimentary R550 laser voucher - great for yourself or a gift for mom on mother's day. The guys don't have to feel left out as they will receive a 50% discount voucher on an infra-red laser massage - great to re-energise those tired muscles after the race."

There is also tons for the kiddies at the Adrienne Hersch Challenge, there will be a kiddies entertainment area where Funatics will provide giant inflatables, character figures and child minders. Also to be noted is the 'Nappy Dash' which

starts at 10 am, this is a fun-filled kiddie run for those budding athletes under four years of age (Mom and Dad can help out too of course!). There will be medals and backpacks for the first 100 littlies participating in the 'Nappy Dash' – we know how the kiddies just love their medals.

Pre-entries and online entry collection will be available at the venue on the May 8 and 9 between 11 am and 4 pm. Late entries will be registered on the day between 5 am and 7 pm. There is no time to waste as the first 1500 entries will receive a free Adrienne Hersch Challenge T-shirt. A portion of the entry fees will be donated to the two charities of choice, The Wandsworth School for Special Needs Children and Anne Harding Cheshire Homes.

So put the whole family's running shoes on and book now for the Adrienne Hersch Challenge. For bookings and more information, go to www.entrytime.com

