

Kids ONL The Run @ Lourensford Harvest Market

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KIDS ON THE RUN © LOURENSFORD HARVEST MARKET

Running offers children many benefits from improved cardiovascular and immune systems, weight gain prevention, improved sleeping, academic performance, confidence, a sense of belonging and life-long positive habits.



Running on the trails adds all the advantages of being outdoors in nature. Trail Kids gives children an opportunity to learn about running in a fun environment to inspire and instill a lifelong passion for running and a healthy lifestyle.

They focus on skills, fitness, developing new friendships, building a connection to nature, and very importantly gaining self belief. They are designed with every child in mind, not just the potential super athlete, and every participant is a winner!

Following the positive response to their first event, Trail Kids Trail Kids is organising more fun filled mornings at The Lourensford Harvest Market for the whole family on 26 September and 31 October.

The interactive programme of fun, tips, exercises and running with experienced coach and long distance athlete, Bennie Stander, is designed to kick start or extend your skills and passion for the trails The trail itself is a beautiful, undulating single track of 5km - perfect for legs of all sizes with an extended 15km route available for those seeking more of a challenge.

Nutrition and sporting equipment experts will also be on site to give advice, including extreme adventurer, conservationist, international motivational speaker, TV presenter, and author of the bestseller "The Great Run," Braam Malherbe, who will inspire both the young and adults alike.

Braam has worked extensively as a youth developer, where he teaches children about survival skills and to make a difference in their own lives and in the lives of others. In 2006 he put his convictions to the test when he and David Grier achieved a world first by running the entire length of the Great Wall of China, a distance of 4218km, at a pace of a marathon a day for 98 days.

This expedition funded the inaugural mission in South Africa for Operation Smile, which provides corrective surgery for children born with cleft lip and cleft palate disfigurements.

For more information, email trailkidssa@gmail.com or visit www.facebook.com/trailkidssa