

Give Went To Your Inner Super Hero

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The Trail Kids Super Hero at Lourensford Estate holds lots of fun for young and old.

Give vent to your inner super hero

Unleash your inner Super Hero trail running abilities and join the fun at the Trail Kids Super Hero event at Lourensford Harvest Market on Saturday 31 October.

The fun begins at 08:30 with the registration opening from 07:30. Entry is R25 per participant.

It's a power-packed morning of fantastic fun and amazing excitement with super warm ups, mighty runs, incredible prizes and our very own South African heroes, paralympic athlete and Comrades runner Renette Bloem and her guide dog Wendy, to inspire you to connect with your power within.

Heroes of all sizes, ages and fitness levels

are welcome to participate.

There is a choice of a Fabulous 5 km and Titan 2,5 km. So put on your running shoes, masks and capes.

You can register online at <https://www.facebook.com/events/903842533018999/>.

For more information, visit www.facebook.com/trailkidssa.

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