



Join  
**Medihelp MultiSport**  
Running, Walking and Cycling

*Pay only R265 for  
your annual membership and get the following:*

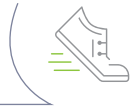
- Free entry to Medihelp-sponsored sport events
- 50% discount on Medihelp-branded cycling and running gear
- A club starter pack
- Access to relevant information, including a free monthly newsletter

Send email to [sportclub@medihelp.co.za](mailto:sportclub@medihelp.co.za) for more information or visit [www.medihelp.co.za](http://www.medihelp.co.za)

Join today. Go to [www.medihelp.co.za](http://www.medihelp.co.za)



## *Who may join?*



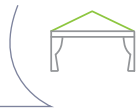
Runners and walkers in the Gauteng North region and cyclists nationwide may join Medihelp MultiSport, and membership is open to Medihelp members as well as non-Medihelp members. Runners and walkers require an ASA running licence to compete in distances exceeding 10 km and they are able to purchase their licences through the club.

## *Time trials and social run & rides*



All Medihelp MultiSport members are invited to join their fellow club members for weekly time trials and social run & rides. These events are open to runners who want to prepare for the Comrades or those who just want to enjoy the camaraderie offered by the club.

## *Join us at our gazebo*



The Medihelp MultiSport gazebo will be at selected events where you can enjoy some refreshments. The list of events is available on our website.

## *How to join Medihelp MultiSport club*



Joining is easy. Go to <https://sportclub.medihelp.co.za> and complete your registration by selecting running or cycling (or both). You will receive an invoice and you can then pay your membership fee by EFT.

Join today. Go to [www.medihelp.co.za](http://www.medihelp.co.za)