



Join
Medihelp MultiSport
Running, Walking and Cycling

*Pay only R320 for
your annual membership and get the following:*

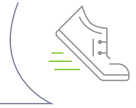
- Free entry to Medihelp-sponsored sport events
- 50% discount on Medihelp-branded cycling and running gear
- A club starter pack
- Access to relevant information, including a free monthly newsletter

Send email to sportclub@medihelp.co.za for more information or visit www.medihelp.co.za

Join today. Go to www.medihelp.co.za



Who may join?



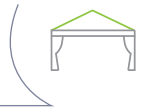
Runners and walkers in the Gauteng North region and cyclists nationwide may join Medihelp MultiSport, and membership is open to Medihelp members as well as non-Medihelp members. Runners and walkers require an ASA running licence to compete in distances exceeding 10 km and they are able to purchase their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