

# Run to commemorate

Join thousands of runners to commemorate World Aids Day by taking part in the Soul City Sports Club's (SCSC) annual race on November 29.

There are 5km, 10km and 21km events, starting and ending at the University of Johannesburg (UJ). In running the race, ordinary people along with celebrities and musicians will be committing themselves to the OneLove campaign.

There will be prizes for winners in each category as well as for couples who complete the race.

Colin Stone, organiser and treasurer of SCSC said, "In commemorating World Aids Day, we want to encourage people to take the OneLove campaign seriously.

"The message is to ensure that you protect yourself and your loved ones by having one sexual partner.

"OneLove is a massive regional campaign to stress the risk of multiple concurrent sexual partnerships in contracting HIV and to discuss cultural and other stereotypes that support this risky behaviour."

After the race, UJ will host a fun day of activities for the whole family starting at 10am.

Entrance to the fun day is free and visitors may enjoy food stalls,

jumping castles and face painting for children as well as health check ups. These will include HIV tests, diabetes, eye and cholesterol tests.

The initiative is supported by some of South Africa's top musical acts, who will also be performing on the day, including Bucie, Siphokazi, Danny K, Zuluboy and Zonke.

SCSC was formed three years ago with the aim of promoting sports and exercise for improved health.

Stone explained the race route, "The race starts and ends at the university, which emphasises the importance of education in our lives. As they run past the Charlotte Maxeke Johannesburg Academic Hospital, participants are reminded of the importance of the health sector and the major role that Soul City has played in health development.

"The SABC is next and symbolises the crucial role the mass media has played in raising awareness of Soul City's health messages.

"Given the political history of South Africa, Constitution Hill evokes memories of how far we have come, while the importance of arts and culture are brought to mind when running past the Market Theatre.

"Fordsburg and Vrededorp evoke the cultural diversity in our



## Running for a cause

communities and the importance of exercise in living a healthy lifestyle," he concluded.

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