

LIASA FUN RUN/WALK

17h30 Monday 6 October 2008

Adventure awaits you around every corner of this cityscape tour of
an historic Cape Town area
Tour the footpaths of academe –
see the mountain in an entirely different perspective –
feast your eyes on picturesque harbour views –
let your imagination take you through centuries of human endeavour –
let your sweat fall on the same cobblestones as your ancestors –
let the spirit(s) of the past carry you to the triumph of the present.

How could you not want to participate in this celebration of physical prowess?

Enter now – or when you collect your conference packs – or at the start line –

But enter, enter, enter –

Do not ‘*watch* history in the making”

BE history,

Be part of our inspiring tradition of sweat, tears and blisters – all in the name of
glorious fun.

Medals to be won – fame to last a lifetime (or at least four days)

Come on!! Bring your takkies and a friend.

The camaraderie of group suffering must be experienced to be appreciated.

Whether you walk or run, you will not be alone – breathless maybe, but not alone.

Resistance is futile –

Join up now and go with the flow, uphill and downhill,

And uphill and downhill and!