



### **Trail Runners in for a treat at the Goukamma Traverse!**

Trail runners are in for a huge treat over the Easter weekend! That is if you enter the Spar Goukamma Traverse (presented by Lake Pleasant Living) on Sat 4<sup>th</sup> April!

Starting with a pont ride across the calm Goukamma River on Cape Nature land, the 19km race starts from the western side of the river and sets off on 4km of single track, tackling the first of five climbs. The route threads along single track, through Dune Milkwood forests and swathes of Fynbos, over an undulating series of dunes with spectacular ocean and lake views and eventually comes down onto Groenvlei and ends on the Village Green in Sedgefield- the hub of the Festival.

“Online entries for the Spar Goukamma Traverse have been open since mid January on [www.trailrunning.co.za](http://www.trailrunning.co.za) and entries have been streaming in. We’ve had entries and enquiries from some of SA’s top trail runners too. Being limited to 250 entries, avid trail runners will need to be quick to secure themselves a place as online entries close on Tuesday 31<sup>st</sup> March!” said event organizer Amanda Dixon.

“We have 2 great sponsors on board this year- Spar and Lake Pleasant Living which means that we have both cash and great getaway prizes up for grabs!” said Dixon. There is R6000 worth of Spar cash vouchers to be won as well as 2 Lake Pleasant Living weekend getaways up for lucky draw prizes.

Naturally wanting to attract the shorter distance runners, youngsters and families, a 5.5km Family Fun Trail Run is also being offered under the Spar banner. This event starts and finishes on the Village Green in Sedgefield and routes along the scenic fisherman’s trails along the edge of the Sedgefield lagoon.

Registration for the 19km race will take place at the Goukamma pont at the Cape Nature info centre, whilst those wanting to do the 5.5km route should enter at the Village Green in Sedgefield. Registration for both races is from 6.30-7.45am, briefing at 8.00am and start at 8.15am.

Do NOT miss the Goukamma Traverse, it’s one of the most spectacular runs you’ll ever do!!

Enter online at [www.trailrunning.co.za](http://www.trailrunning.co.za) or on the day. For more details, please see [www.slowfestival.co.za](http://www.slowfestival.co.za) or [www.facebook.com/slowfestival.co.za](http://www.facebook.com/slowfestival.co.za) .

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