

IT'S OUT THERE!

# Road Track & Trail RunGuide

EDITION 18

FREE  
EVENT  
MAG



**TRACK &  
TRAIL RUNS  
MAKING A  
DIFFERENCE**

bonitas  
medical fund



**TRACK & TRAIL  
FAMILY FESTIVAL**

**15-16 MAY**

TRAIL RUN 10KM, 21KM 28KM  
MTB 10KM, 20KM & 50KM

**RUNNING SHOE REVIEWS  
SUBSCRIBE & WIN**