

Leave your winter ways and spring back to life with the Discovery Jacaranda FM Spring Walk

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Winter is a thing of the past and around the corner there's a great way to get off the couch, out of those winter onesies and come back to life: the Discovery Jacaranda FM Spring Walk - Gauteng's favourite way to officially kick off spring.



Jacaranda FM's Elana Afrika-Bredenkamp all hyped up at the start of the 2018 Discovery Jacaranda FM Spring Walk

This highly popular, family event draws thousands every year and will celebrate its 8th birthday at the iconic Loftus Versfeld in Pretoria on Saturday, 14 September 2019. It promises to be a day of being active, having fun in the sun and spending time with loved ones.

All the routes explore the lush Jacaranda City and provide for all fitness levels including those who want to walk or run 5km, 10km and 15km.



Bok van Blerk



Jacaranda FM's DJ Jazzy D



Nick McCreddie



Roan Ash

Apart from the running experience, Discovery and Jacaranda FM will, as always, make this year's experience even better than in the past, with entertainment from four of SA's top stage acts – singers Bok van Blerk and Roan Ash, multi-instrumentalist, Nick McCreddie and Jacaranda FM's very own groovemaster, DJ Jazzy D. The Jacaranda FM presenters will be out in full force to entertain walkers, runners and those who just come through to enjoy the electric vibe before the prize giving.

Good news for the little ones is that there will also be a kiddies' area where tons of fun can be had.

Those who attend are welcome to bring their own alcohol-free picnic baskets to enjoy after the walk, but a variety of food and drinks stalls will also be available to carb up and quench your thirst.

"It's quite a sight to see thousands of people from all over Gauteng and SA, and all walks of life, taking to the streets of Pretoria just as it starts to bloom with new life," says Jacaranda FM's General Manager, Kevin Fine. "Whether you're a more serious runner or simply there to enjoy a leisurely walk in the company of your loved ones, spend time with the

Jacaranda FM family and some of your other celebrity favourites, as well as being treated to stellar entertainment, this is THE way to get your favourite part of the year off to a great start.”

“September marks the start of spring but is also Heart Awareness Month – making it the perfect time to start a simple, healthy habit like brisk walking,” says Discovery’s Head of Experiential Marketing, Iona Maclean. “Our sponsorship of this family-friendly walk aligns with Vitality’s global commitment to make 100 million people more physically active by 2025 – a goal that’s increasingly important given the rise in chronic diseases worldwide. Some of our own research has found that people who were not active but gradually increased physical activity had a 24% lower risk of death from any cause and we also see that exercise is a wonderful trigger for people undertaking other healthy behaviours. So we’re encouraging people of all ages and fitness levels to sign up for the Discovery Jacaranda Spring Walk, and enjoy this delightful outdoor event together.”

Discovery Vitality members will be extra-pleased to know that they can claim Vitality fitness points for participating in the Spring Walk. Entrants will earn 800 points for the 5km walk and run, 1,100 points for the 10km walk and run and 1,100 for the 15km walk.

In ensuring that all participants are well hydrated and safe, there will be water points every 3km on all routes, full medical facilities will be available throughout and the walk will be managed in accordance with ASA and AGN rules.

The entry fee is R160, with under 16s and over 60s paying an entry fee of only R110. Babies and toddlers under two years can enter for free.

To enter, and for full event rules, visit www.springwalk.co.za

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Jacaranda FM



Jacaranda FM broadcasts at 94.2FM from Midrand, Gauteng and is one of the most popular radio stations with a substantial footprint across Mzansi. The station has the only bilingual commercial license in the country; broadcasting regionally in English and Afrikaans across Gauteng, Limpopo, Mpumalanga, and the North West Province.

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