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**MEDIA RELEASE**

## **THE RACE IS ON TO REGISTER FOR A FUN-FILLED DAY AT THE MANNUM FUN RUN AND WALK**

Pull on your sneakers and get ready to have some fun – the Mannum Fun Run and Walk is back for 2022 and registrations are open now.

Now in its 11th year, the popular annual event will return with a change of location this year to accommodate COVID-19 restrictions. People of all ages and abilities will gather at the Mannum Football Oval on Sunday, 27 February for a morning of fun and fitness.

The free event features seven categories – a 3km walk, 3km run, 3km gopher, 5km walk, 5km run, 10km run, and novelty competitions – ensuring there's something for people of all ages and abilities.

Younger competitors have their own challenge in the Under 10s Kids' Dash and Under 10s Kids' Vortex competitions, while all other participants can show off their abilities in the footy-kicking competition.

After the main event, the Mannum Lions Club will be preparing a free healthy breakfast for participants – so stay and enjoy a tasty and nutritious start to the day, while connecting with others in the community.

Mid Murray Council Mayor Dave Burgess says the event is a great way for people to come together and enjoy an active morning in the beautiful surrounds of Mannum.

"A healthy community is a happy community," Mayor Burgess says. "Events like these create a safe and fun space for everyone to prioritise their health, whatever their level of ability.

"Whether you're coming to challenge yourself physically with a long run in our picturesque town, or you want to get a group of friends or family together for a relaxing stroll – the day has a category to suit anyone.

"It's also a great way to get out, connect with others and bring our community closer together.

"In past years many participants have listed the post-run breakfast as a highlight, because they can all feel a sense of achievement that they've completed something together."

Registrations open at 7.30am, followed by a group warm-up at 8:20am and an 8.30am race start.

While the day is free, gold coin donations are appreciated to support the event.

Appropriate COVID-19 measures will be in place at the event. Please do not attend if you are unwell or are required to isolate.

Register online at: <https://www.surveymonkey.com/r/MFRW2022>

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