



# FOURWAYS ROAD RUNNERS

## 2019 Membership fees

### Fourways Gardens resident

Single R505.00

Family (2 members) R810.00

### Non-resident – standard access

Single R850.00

Family (2 members) R1,285.00

This is for those that want access to Fourways gardens for quality sessions, time trials and Saturday club runs (**Tuesday, Thursday, Saturday**)

**Tuesday 18h30 Quality Session.** Club trainer works you hard. Bring a towel and water bottle. Done at your own pace but you will see improvements in your running – guaranteed.

**Thursday 18h15 Time Trial.** A no pressure timed 5km,8km and more if you like. Some run earlier and stick around for the social afterwards. We have the Gazebo where we socialize but at the main club you have access to showers and the estate restaurant for a very reasonable priced club meal.

**Saturday 06h00 (06h30 winter) Club Run.** Please like us on facebook as we publish weekly information regarding the club run or other runs that we might be doing as a club. Very much dependent on season and races on. Also join the FRR running WhatsApp group for weekly updates.

### Non-resident – full access

Single R1,115.00

Family (2 members) R1,820.00

This is for those that want full access to Fourways gardens where our club is located for running purposes. **Limited to ONLY 40 Members**, this is on a first come first served basis and you must have been a member for more than 1 year.

### License only members (No access into the estate)

Single R505.00

Family (2 members) R810.00

### Banking details

Fourways Road Runners

Standard Bank

Account number: 42 100 585 8

Branch: 019205 – Sandton

Ref: surname followed by membership