



XVI. Santa Speedo Run

Mark your calendar: **15th December 2019, Sunday, 2PM**. Location: Budapest city centre. Start from: **Go Active Fitness** (Gozsdu Udvar, Király str). Length of the Run: about 40 minutes, 3,5kms. We can do more together, come this year and join us, to support the **Foundation for a Better Childhood**.

There are dreams and plans that never happen overnight. Some dreams never do. If you have ever dreamt of something big, you know it. In 2004, we set foot on the street with a dream big enough to have a place for you too. We wanted 200 people jogging out into the snow and bring smiles and happiness to children in need, to the pedestrians of the streets and to friends and family. We asked for half an hour of fun and charity. We were a group of 12 people at that time with a goal to spread the spirit and one day have **200 plus runners in Budapest alone**. We have the chance to do this while the kids we usually support do not. This year, we help a school to purchase certain items they can otherwise not save the money for.

A few years ago the flame left Budapest. We had runs in Győr and Békéscsaba through the help of volunteer organisers. The city of Pécs launches the Santa Speedo Run the 4th time this year. We would like to expand into other cities both in Hungary and around Europe.

We are very thankful for everyone who helps us do this: Széchenyi Spa, a Gozsdu Udvar, Gozsdu Manó Klub, Holmes Place Fitness and all our friends and families!

When companies cut budgets other supporters arrive, when people of the street pull their coats tighter from the freeze, others go out in speedos to bring warmth. As Károly Rékasi once said in an interview: 'This is good not just because the children are happy about it but also because it cheers up the ones that give.' It is definitely the reason why people fall in love with this event. This is why we make the effort to go out and do it for someone else at times when most of others only make a move against someone...alas, we do what we have to do! Come and join us on 15th December 2019 and experience the joy and love that only this event can bring!

More info and registration: www.mikulaskocogas.hu



Program:

15th December 2019.

12:00- getting together

(if you wish to have your own tattoo, come early, there may be a queue ☺!)

13:55 warm-up in the courtyard with the help of Holmes' Place Fitness athletes

14:00-14:45 Run: Go Active Fitness – Váci str – Go Active Fitness (cca. 3 kms jogging in a closed group – not a race)

14:45- chill out, drinks, spread happiness and take pictures.

15:30-ig we clean up the place a little

16:00 we would go to Széchenyi Spa to close the day with singing for the crowd there and enjoy a nice spa and a sauna (where we also will sing)

Registration fee: 3000 Ft adult, 2000 Ft kids, 5000 Ft family, and you can also donate any amount at the registration desk!

What do you get:

- ***Santa hat (if you have your own favourite, bring it along!)***
- ***Hot tea (anti-freezing beverage)***
- ***Pálinka (even more anti-freezing beverage)***
- ***Biscuits to support your energy level***
- ***Diploma***

Széchenyi Spa gives a discount from the entrance fee, thanks to them, we get in at 50% of the price.