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ANNUAL ROLLATOR RACE

THE NEWSLETTER OF VETUS NOVUS



Rollator race

With the rollator race, the biggest sporting event for seniors in our country, Vetus Novus, Loci Stadium. Vetus Novus wants to encourage its pensioners with a rollator to keep moving. After all, exercise is the way to stay healthy and fit for as long as possible. And if pensioners have trouble walking, it is even more important to put muscles to work as much as possible and keep in shape.

Pensioners are more likely to do this together than alone. There are several walking clubs in Vetus Novus that train, especially for the event. Registering for the run is a good reason to get out and about regularly in the run-up to race day.

Movement is a celebration

The rollator event promises to be a wonderful celebration of exercise again this year. Taking part makes all participants feel like real athletes. The race is run at a location that breathes sport and history. All friends and family are welcome to come and cheer along as participants set their rollator records.

Besides the sporting performance, there is a special entertainment programme that nobody wants to miss. Dean Martin will be performing his greatest hits and will be putting on a real entertainment show, all in 1950s style.

The competition day

Participation is open to anyone with a rollator if it is possible to do at least one circuit around the Loci Stadium. There are three distances to sign up for: 400, 1,000, and 2,500 meters. Once again, this year the motto is: "Participation is more important than winning!". Participation is free, the rollator is the entrance ticket.

Loci Stadium is open from 12.00 o'clock. There is plenty of time for good preparation: soak up the atmosphere, pick up the starting ticket, check the equipment, a thorough warm-up, a bite to eat and a drink, and enjoy the entertainment. The run starts at 14.00 hours.

Transport

For residents of Loci, transportation to and from the Loci Stadium is free. This can be arranged in advance by contacting Valora Maeri, the communication manager at Loci Stadium. For those who live a little further away from the capital, it will take a little more time and effort to get to the race location. Transport from other cities is at the participant's own expense.

More information on how to register can be found on the website <https://vetusnovus.wixsite.com/website>