

# Rise<sup>®</sup>

**AGAINST HUNGER**  
**AFRICA**



RACE FOR CHARITY

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GUIDE ON HOW TO SIGN  
UP AS A HUNGER  
CHAMPION RUNNER



# STEP TWO

2. Login onto the easy reg website



Login



(We won't post anything on your behalf)

OR

Email

sifiso@comrades.com

Password

.....

Remember me

Login



# STEP THREE

## 3. Select Comrades under upcoming events.

### Your Upcoming Events

### Invites

Invite your friends!

9  
JUN

COM294756 - SIFISO MNGOMA  
SOUTH AFRICAN ENTRANT - PAID  
Comrades Marathon 2024

Edit

### Comrades History

Total Starts

Total Finishes



# STEP FOUR

## 4. Scroll down to find "RACE FOR CHARITY" Click on 'RACE FOR CHARITY'

Event	Comrades Marathon 2023
Event Date	11 <sup>th</sup> June 2023
Event Website	<a href="http://www.comrades.com">www.comrades.com</a>
Email Address	<a href="mailto:info@comrades.com">info@comrades.com</a>
Contact Number	+27 33 897 8650

Join Race4Charity -

Join



Race4Charity offers runners an opportunity to turn their running efforts into something great for charity, and the CMA is hoping to build on the foundation they have laid over the past decade. The campaign is intended to foster wider support for charitable fundraising for the CMA's five official charities.

An exciting facet of this campaign is that runners have the opportunity to improve their seeding batch, while raising funds for a good cause. The CMA has reserved 500 entries for runners, who need to raise R6,000 each.

This will ensure that they get to start in the C batch near the front of the field on race day. All Race4Charity runners will also be on the receiving end of an exclusive goodie bag which they can collect during registration from their chosen charity.



# STEP FIVE

## 5. Fill in details on "Race for Charity" page.

### Edit Race4Charity Information

Required fields (\*)

Do you want to race for charity?

Yes  No

### Profile details.

Upload a profile image of yourself \*

Choose File No file chosen

Please note that this image will be visible to the public

Which charity are you racing for? \*



Choose **RISE AGAINST HUNGER**

Tell us your story and why you want to race for charity. \*

Please note that this description will be visible to the public

*"Your reason for running for charity"*

How much would you like to raise? \*

The currency is ZAR

*"the amount you wish to raise"*

Can Comrades Marathon share your contact details with the charity you selected? \*

Yes  No



# STEP SIX

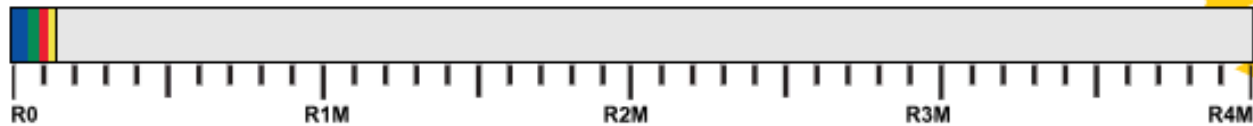
6. You are done and signed up!

Your amount raised will show up on this page to share.

*If you have any issues with signing up, please contact Sifiso at Comrades. [sifiso@comrades.com](mailto:sifiso@comrades.com)*

Donations raised so far

**R432,899.76**

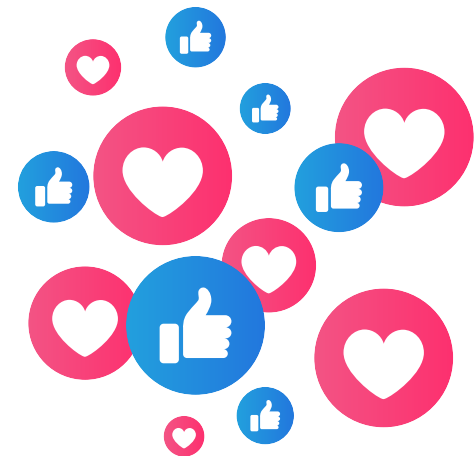


	<b>Nato Amarel</b> Community Chest Durban & Pietermaritzburg	R30 422 of R30 000	<a href="#">DONATE NOW</a>
	<b>Renier Basson</b> Childhood Cancer Foundation (CHOC)	R15 050 of R10 000	<a href="#">DONATE NOW</a>
	<b>Mauro Black</b> Childhood Cancer Foundation (CHOC)	R14 000 of R6 000	<a href="#">DONATE NOW</a>
	<b>Lorna Rand</b> SANParks Honorary Rangers	R12 000 of R6 000	<a href="#">DONATE NOW</a>





# Rise<sup>®</sup> AGAINST HUNGER AFRICA



*Remember to now share your link to your family and friends on all social media platforms to raise funds.*



*Thank you for choosing RISE AGAINST HUNGER!*

**IT STARTS  
WITH A** *meal*<sup>TM</sup>