

Dear Ile-Ife Heritage Marathon Runners,

You have indeed made a great choice to partake in this epic adventure which is more than just another marathon.

We are aware that planning for your marathon adventures can be time consuming. The lie-life Heritage Marathon (IHM) Team is willing to relieve you of the travel logistics so you can relax, have peace of mind and focus on your training.

We have made block reservations at the Obafemi Awolowo University Conference Centre. Please let us know in good time if you want to avail yourself of this opportunity.

Transportation to Parakou is being arranged for runners who will be participating in the next leg of the West African Marathon Challenge series. http://www.mdrn-coureur.de/mdm_2018 Please let us know in good time if you want to avail yourself of this opportunity.

Your visit to Nigeria should be more than just running the marathon route. We strongly recommend that you see a little more of Nigeria II II! We are working on the opportunity to visit some of the nearby scenic destinations. Grab this mini adventure to get on board and foster new friendships. https://www.fogadventures.com/ihm-information-2017

We at IHM like to really get to know our runners in the spirit of fostering friendships. Please share something about yourself with us which can be shared with other runners and which you think will be beneficial to our running community. You just might make the cover page of our magazine

We are posting information on our website <u>fogadventures.com</u> Please feel free to direct enquirers to:

Dayo Akinbode <u>dakinbode@fogadventures.com</u> Or Gary Reiman <u>greiman@fogadventures.com</u>

Take care and keep your Feet On the Ground~

Dayo and Gary~