



REMARKS

BY

**HONOURABLE AGNES TJONGARERO
MINISTER OF SPORT, YOUTH AND NATIONAL SERVICE**

AT

THE

NEDBANK CITI DASH

DATE: 03 JULY 2024

VENUE: NEDBANK HEADQUARTERS

Mrs. Martha Murorua - Nedbank Namibia Managing Director,

Ms. Queen Kamati – Mayor of COW & CEO

Nedbank Citi Dash Organiser, Franc Bombosch and his team
from CycleTec

Members of the Nedbank Namibia Executive Committee and
staff

Nedbank CitiDash co-sponsors representatives from Checkers
and Altra Running Shoes

Esteemed members of the Media,

Ladies and Gentlemen

Good morning,

It is my great pleasure to address you today as we launch the 2024 edition of the Nedbank CitiDash. This event stands as a testament to the resilience, collaboration, and indomitable spirit of running that we hold dear in our nation.

First and foremost, allow me to extend my heartfelt gratitude to Nedbank Namibia for their unwavering commitment in fostering

athleticism and community engagement in our country. Your dedication to this cause is truly commendable.

In recent years, we've witnessed a remarkable surge in the popularity of running among Namibians from all walks of life. This growth is no coincidence. Running, in its beautiful simplicity, is perhaps the most inclusive sport we have. It has the unique power to touch the lives of all Namibians, regardless of age, background, or ability.

Ladies and Gentlemen,

The beauty of running lies in its accessibility and adaptability. Whether you're a child just discovering the joy of movement, a senior maintaining an active lifestyle, or anyone in between, running welcomes you. It can be tailored to any fitness level - from a gentle walk to an exhilarating sprint. Its flexibility allows it to fit into our diverse lifestyles and schedules, making it a truly democratic sport.

But running is more than just a physical activity. It's a holistic practice that nurtures both body and mind. Physically, it

strengthens our hearts, improves blood circulation, and helps maintain a healthy weight. Mentally, it releases endorphins, reducing stress, anxiety, and depression. Many runners even describe the rhythmic nature of running as meditative, offering a moment of peace in our busy lives.

Moreover, running connects us with our surroundings, encouraging an appreciation for nature and promoting outdoor activity. In a world increasingly dominated by screens and indoor living, this connection to our environment is more valuable than ever.

Ladies and Gentlemen,

The Nedbank CitiDash embodies all these qualities. It's not just a race; it's a celebration of inclusivity and community. We anticipate a diverse array of participants - from elite athletes pushing their limits, to enthusiastic beginners taking their first steps, to families enjoying a fun, active outing together. This year's event promises to showcase one of the greatest line-ups in Namibian running history.

I must also commend the co-sponsors - *CycleTec, Checkers, and Altra Running Shoes* - for joining hands with Nedbank Namibia in this noble endeavor. Your collective efforts form a united front in elevating sports in Namibia.

Nedbank Namibia's commitment to actively and intentionally doing good in our communities is particularly noteworthy. This aligns perfectly with our government's vision for a healthier, more vibrant Namibia. Your impact extends far beyond the realm of finance, touching lives and fostering community spirit.

In closing, I once again express my deepest gratitude to Nedbank Namibia, all co-sponsors, and our vibrant running community for their relentless dedication. We look forward to seeing you all on September 8, 2024, for what promises to be an epic race.

Thank you, and may the spirit of running continue to unite and inspire our nation.