

AIMing to Keep Africa Alive!
Supporting the life-saving mission of The Longevity Project

What R U AIMing 4?

The Accra International Marathon (AIM) is AIMing to “Keep Africa Alive!”

WHAT? An international mass participation leisure sport that attracts participants from all over the world with events to suit every fitness level:

A Full Marathon (42K) run ● A 4-person team relay
A Half Marathon (21K) or ● 10K run or walk
FINISH LINE FUN AND GAMES for spectators

WHO? You!

WHY? 🏆 for fitness and for health
🏆 for glory and for cash
🏆 for adventure and for FUN

Whatever your reasons, we can help you achieve *your* goals enjoyably, safely, and with lasting good results. NEW beginners’ training program.

HOW? Register online or in person at our offices located near the corner of Kojo Thompson & So. Liberia Rd., Tudu

WHEN? AIM Day is on Sunday, 25 September 2011, but you can start training with us now for maximum fun and fitness.

WHERE? Start in Prampram or Tema;
FINISH line at the **exclusive beach annex** next to La Beach.

+233 (0)26 434 8637 or (0)27 780 2378 or 9

For race details, visit www.aimghana.com • info@aimghana.com

www.longevityghana.com • info@longevityghana.com

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