

MEDIA RELEASE:
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KZN Health MEC and HoD to promote healthy lifestyles and cycle safety in Aquille cycle race

KZN Health MEC, Dr Sibongiseni Dhlomo, and head of Department, Dr Sifiso Mtshali, are ready to participate in the Aquille cycle race on Sunday, 24 April 2016, as a means to promote healthy lifestyle and also raise awareness on cyclists' safety on the roads.

The 45 km and 106 km races will take place on the 24th of April, 2016 from Moses Mabhida People's Park and will commence at 06h30. In this activity, MEC and HOD will be joined by other Senior Managers from the department.

This race will attract some of the country's top cycling professionals, and will take riders from the Moses Mabhida Stadium south towards the Bluff along the M4, turning inland along the M7 into Pinetown, and back down into Durban, before heading north up the picturesque M4 highway towards Ballito and back.

Dr Dhlomo today distributed cycling kit to members of the Vuka Cycling club who will be participating alongside him and the HoD in the race.

Commenting on his participation, Dr Dhlomo said his aim is to promote the Department's key health messages: Condomise; Circumcise and Live Healthily.

"Our participation in the race is driven by a desire to promote healthy lifestyle among our citizens. We are very thankful to MATCH for sponsoring more than thirty [30] cyclists with kits that bear health promoting messages like HIV Testing; Dual Protection; Condom use and Medical Male Circumcision.

We plead to fellow motorists to assist in ensuring the cyclists' safety on our roads, as we have already lost too many good and seasoned athletes through accidents in this Province," says Dr Dhlomo.



ENDS

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