

RIDE FOR SMILES

A CHARITY RIDE FOR KIDS' DENTAL SURGERIES



25 Sept. '23, 6am - 3pm
@Kolonnade Retail
Park Mall

RIDERS, RUNNERS & WALKERS FIGHTING DENTAL CAVITIES IN CHILDREN

Brought to you
by



In collaboration
with



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VISION

A world where every child, regardless of their background, enjoys the gift of a healthy smile through accessible oral health care.

MISSION

To empower communities through education, emphasizing prevention, and delivering essential dental care to underprivileged children in South Africa, nurturing a pain-free, bright, and healthy future for them.



ABOUT THE EVENT



Ride for Smiles is an annual charity ride whose objective is to raise funds for dental surgeries of children who can't afford theatre costs. The event is held in September in commemoration of the National Oral Health Month. This year, it will take place on the 25th Sept 2023, in Montana, Pretoria.

The ride is hosted by Kids Dental Home Foundation charity in collaboration with Kolonnade Retail Park Mall, which will also serve as the start/finish point. It brings together enthusiastic participants, including cyclists, runners, walkers, volunteers, and sponsors, all united in their commitment to making a difference in the lives of children living with a tooth ache everyday of their lives because they can't afford dental treatment.

The event is not only a platform to generate funds for these children but also serves as an opportunity to educate the community about the importance of oral hygiene and dental care. The event offers various distance options to accommodate all levels of fitness, 85km, 45km, 15km, 750m Kiddies Ride and 5km Walk/Run.

Together making a difference in a child's life!

CAUTION: RIDE FOR SMILES IS NOT COMPETITIVE, IT'S ONLY A CHARITY RIDE. ENJOY IT!

RIDE FOR SMILES





KEYNOTE ADDRESS



GAUTENG PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

MEC, GAUTENG HEALTH & WELLNESS
Ms. Nomantu Nkomo Ralehoko

RIDE FOR SMILES



1. EVENT DETAILS



DATE:

25 September 2023

TIME:

6am - 3pm

START/FINISH:

Kolonnade Retail Park Mall

Montana, Pretoria

Cnr. Sefako Makgatho Road/Enkeldoorn Avenue

NB: Virgin Active Side

NB: ALL PARTICIPANTS WHO FINISHES THEIR COURSE WILL RECEIVE A MEDAL.

RIDE FOR SMILES



2. ITINERARY



5:30 Arrival & Registration

6:15 Group A: 85km

6:20 Group B: 45km

6:55 Group C: 15km

9:00 Keynote Address: MEC, Gauteng Health,
Nomantu Nkomo Ralehoko

9:15 5km Walk/Run

11:00 Kiddies Ride (Age 2-6)

11:15 Health Expo

15:00 Official Closing

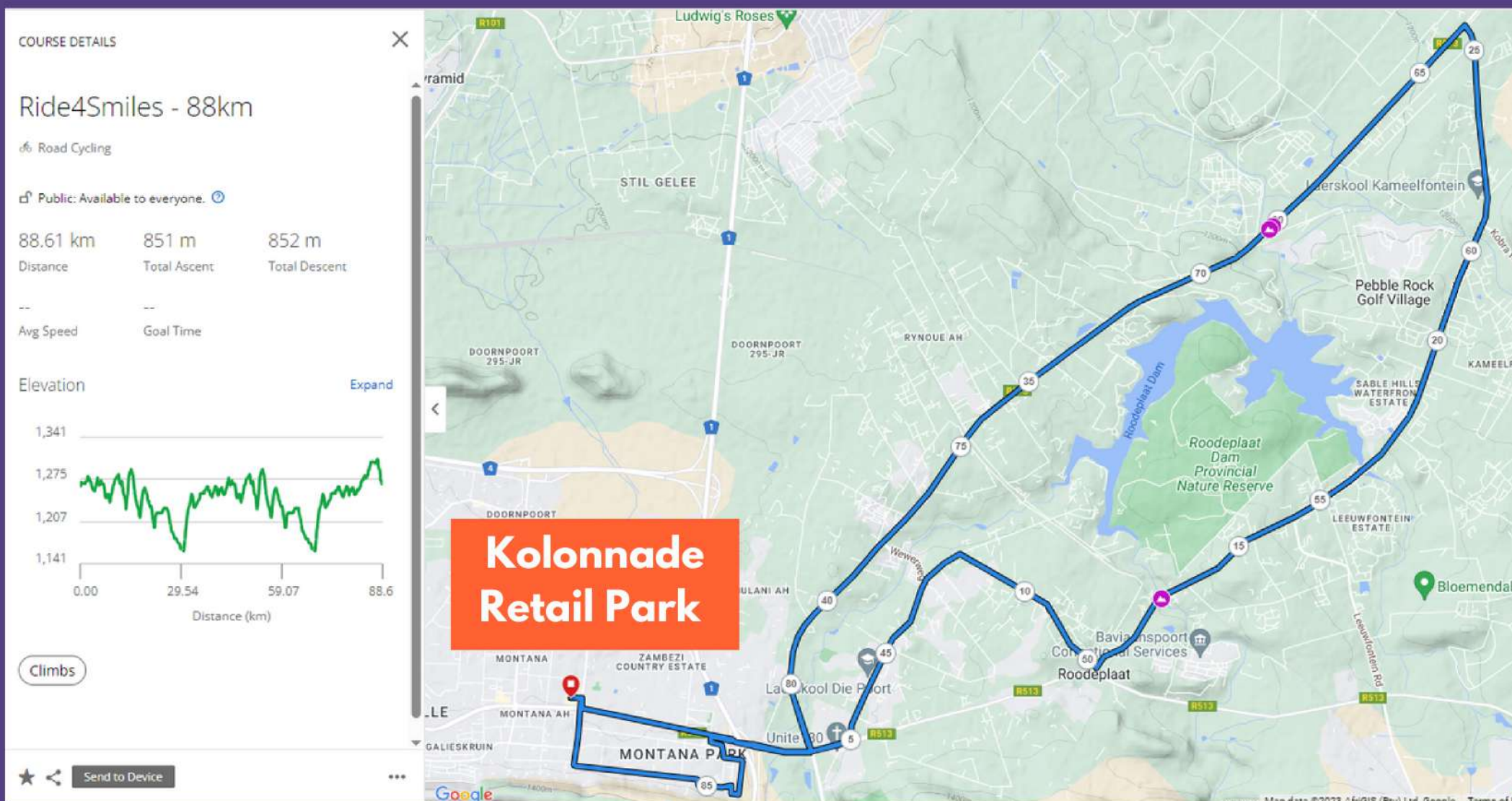
NB: ALL PARTICIPANTS WHO FINISHES THEIR COURSE WILL RECEIVE A MEDAL.

RIDE FOR SMILES



3. ROUTE: 85KM

**ROODEPLAAT DAM:
2 LOOPS, ANTI-CLOCKWISE,
START TIME: 6:15**



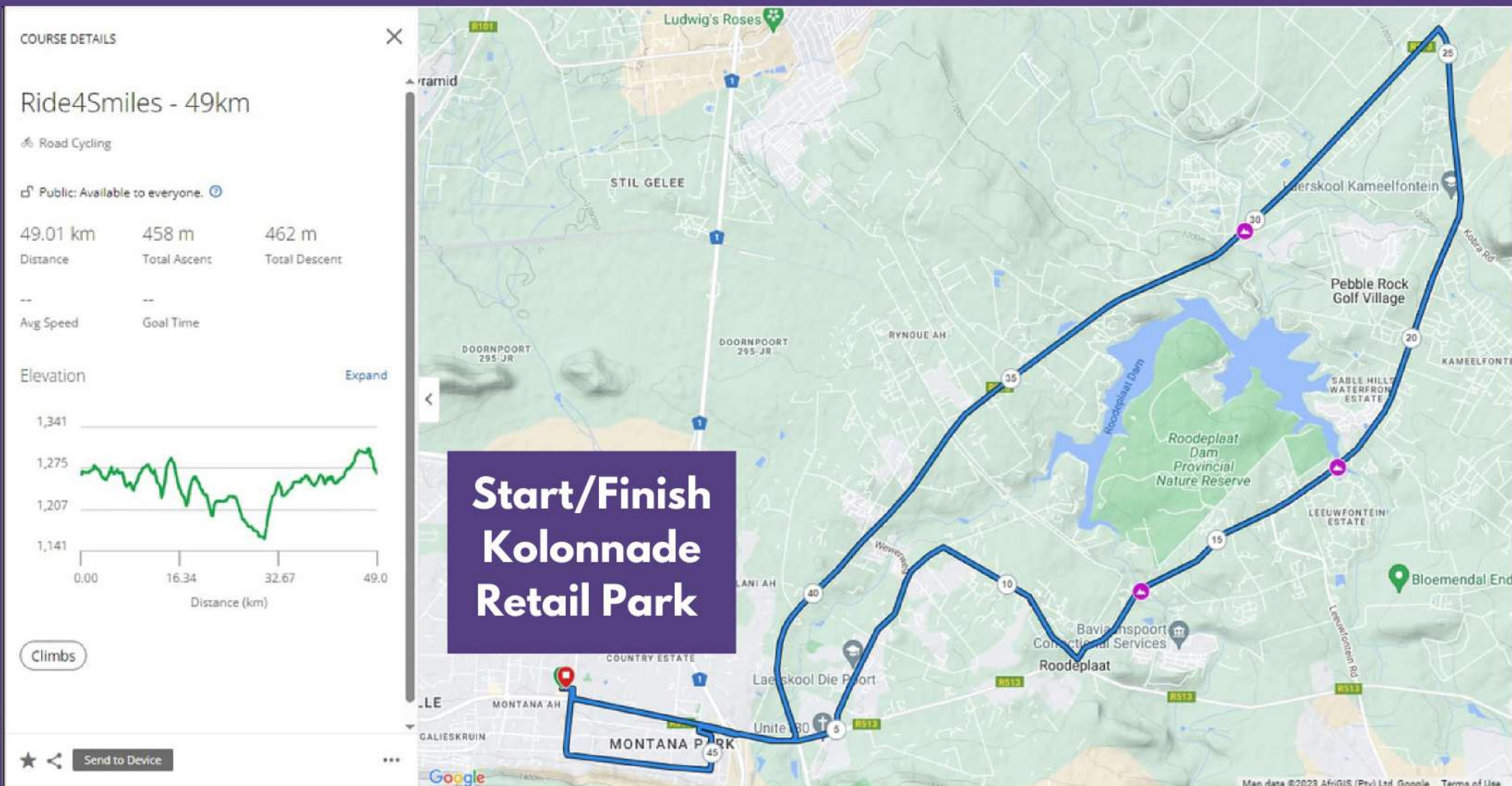
NB: Due to route adjustments, an additional 3.7km has been added to the original route. Riders will end with a good 88.6km.

RIDE FOR SMILES

4. ROUTE: 45KM



**ROODEPLAAT DAM:
1 LOOP, ANTI-CLOCKWISE
START TIME: 6:20**



NB: Due to route adjustments, an additional 4km has been added to the original route. Riders will end up with a good 49km.

RIDE FOR SMILES

5. ROUTE: 15KM

**MONTANA PARK LOOP:
Along Magaliesberg Biosphere Reserve
START TIME: 6:55**



Actual Distance:

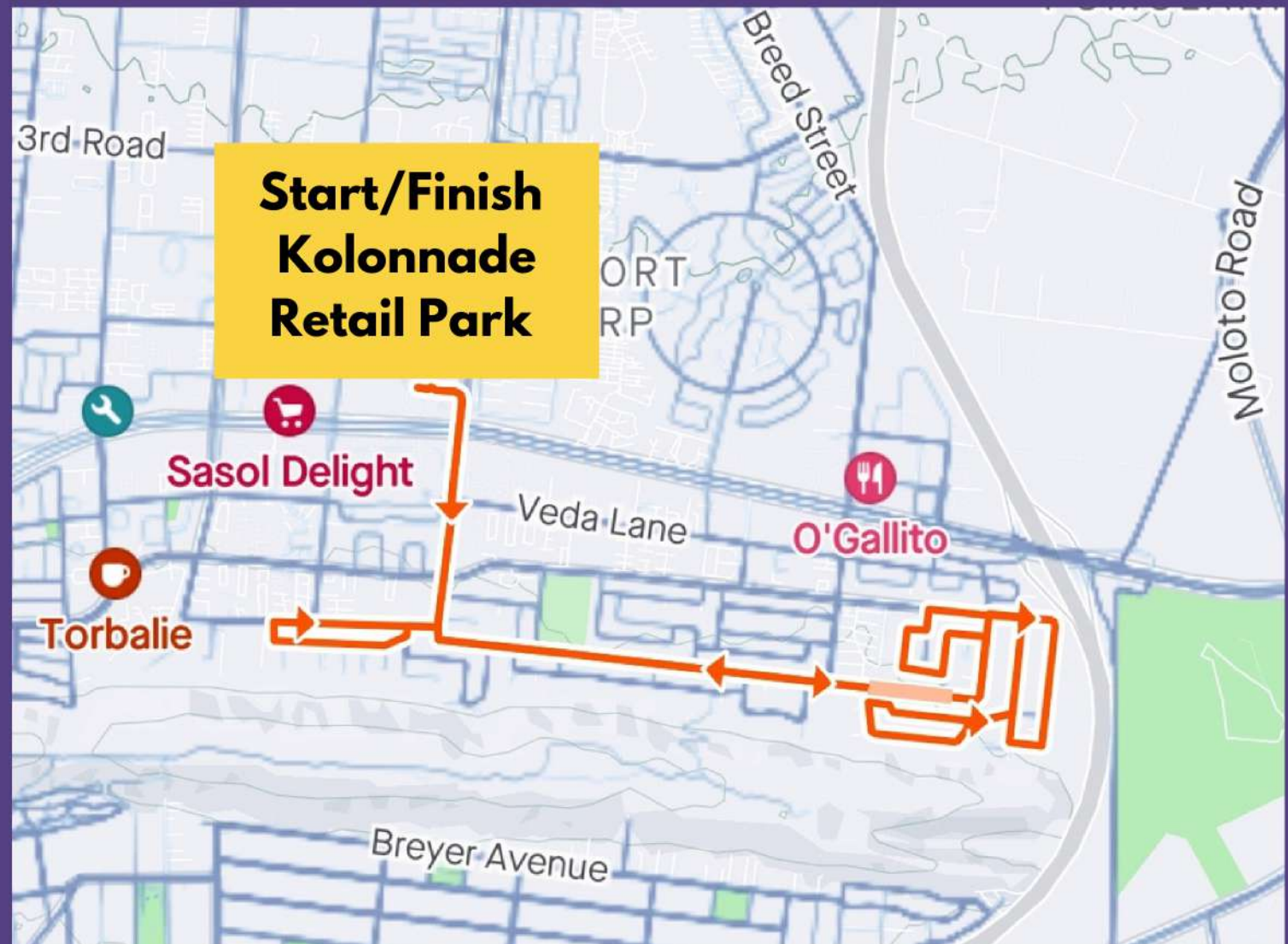
14km

Elevation

163m

Total Time:

1h20 - 1h30



RIDE FOR SMILES



6. ROUTE: 5KM WALK/RUN

A block around Montana via Enkeldoorn, Klippan, Dr. van Der Merwe Road
STAR TIME: 9:00



Actual Distance:

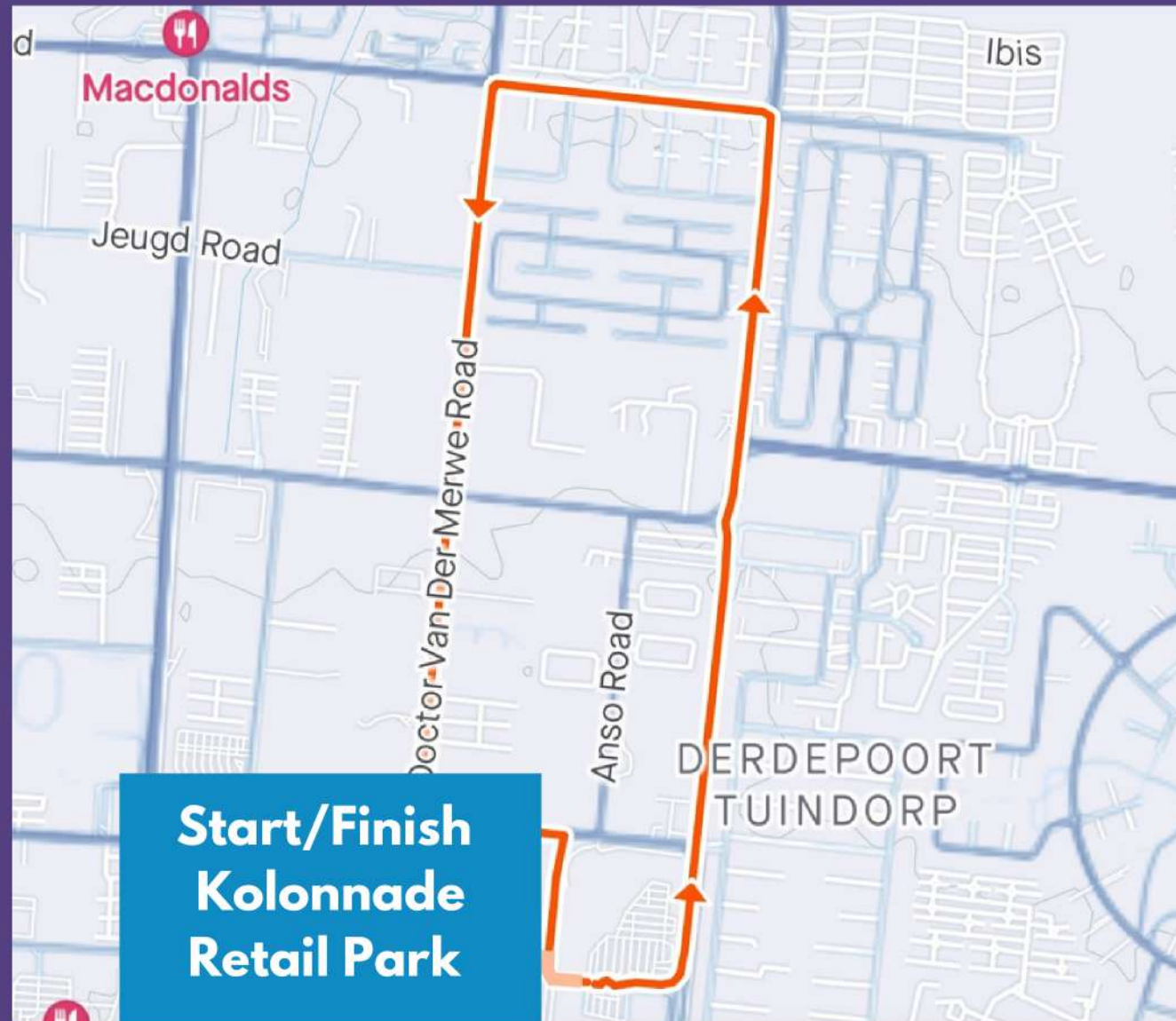
4.7km

Elevation

42m

Total Time:

1h05



**Start/Finish
Kolonnade
Retail Park**

RIDE FOR SMILES



7. ROUTE: 750M (2-6 YEARS)

Around the centre at Kolonnade Retail
Park
STAR TIME: 11AM



Actual Distance:

750m

Elevation

NA

Total Time:

15 min



**Kolonnade
Retail Park
(Parking Lot)**

RIDE FOR SMILES



5. PARTNERS & SPONSORS



- 1. Department of Gauteng Health**
- 2. Meals On Wheels SA**
- 3. Kolonnade Retail Park Mall**
- 4. Silverton Cycles (Cosmo Group)**
- 5. Northern Conference of South Africa**
- 6. Sefako Makgatho Health Sciences University**
- 7. Phaswana & Mazibuko Partners**
- 8. Mr. Price Home**
- 7. Virgin Active**
- 8. SciVision**
- 9. Sportsmans Warehouse**
- 10. Reinardt Janse van Rensburg**
- 11. Toyota Pretoria North**
- 12. Hyundai Zambezi**
- 13. Colgate**



5. SERVICES



- 1. Exciting prizes, fun activities, and surprises in store**
- 2. Free dental screening for kids**
- 3. Free medical check-ups for your whole family**
- 4. Free physiotherapy services**
- 5. Free bike workshop**
- 6. Shower facilities**
- 7. V-CLUB for kids**
- 8. Medallion**
- 9. Water points at strategic areas**
- 10. Networking opportunities & more**



**DO THE RIGHT
THING! CONTACT US
NOW.**

**NB: ALL PROCEEDS
WILL GO TOWARDS
KIDS' DENTAL
SURGERIES.**



More info

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