



## MEDIA RELEASE

Langhorne Creek... you're up! Exercise, laughter, entertainment and wine tasting all in one fun-filled day ... it doesn't does get any better than that!!

Enjoying a glass or two of wine might come with plenty of medical benefits, but isn't typically a pastime associated with exercise. You sit. You drink. You might get up to top up your glass... or not... and repeat. In any case, you usually don't walk terribly far, let alone run.

At this new series of wine-tasting fun runs, however, you'll put in the hard yards before you get your red and white rewards. The Grapest 5K Run, the most widely anticipated, unique event to hit Australia, consists of two sections. First, you sprint, jog or set off at whatever pace suits you best, making your way through scenic vineyard surroundings for either 5 or 10 kilometres. Then you walk another kilometre, while stopping at wine-tasting stations along the way, sampling some of the best wines the country has to offer. But wait... there's more... there's an after-party with live entertainment by 'Hurricane Fall', one of the country's top up-and-coming country rock bands.


But, if you're not up to the first part, and you're simply keen on wandering, sipping and learning about wines, that's also an option (although it does defeat the idea of combining fitness with taking a tipples).

The first run took place in February at Balgownie Estate in Bendigo, and was a rousing success. The next of the seven events scheduled for 2017 was hosted in March by Coolangatta Estate in Shoalhaven, south of Wollongong, where, despite inclement weather, it went off! And the Hunter Valley event is just around the corner.

November will see the Grapest 5K Run hosted in the Langhorne Creek region by Lake Breeze Wines. Lake Breeze's Event Manager, Kate Cooper, said *"Being able to host the Grapest 5K Run here at my family's vineyard, Lake Breeze Wines, is indeed exciting. It's a fantastic opportunity to showcase all the greatest aspects of Lake Breeze and Langhorne Creek. The only thing I'm nervous about is my Grandpa (owner of Lake Breeze) outrunning the rest of us!"*

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 Join us for an experience of your lifetime



Alexandrina Council's Mayor, Keith Parkes, said *"We are delighted to welcome the Grapest 5K Run to the Langhorne Creek region in 2017. The Langhorne Creek Wine Region is regarded as one of the best kept secrets in Australian viticulture, and is one of Australia's oldest and most significant wine regions. We encourage locals and visitors to not only enjoy the fantastic local wine and produce, but have fun and be active at the same time."*

*"Themed fun runs are offering runners a fresh, exciting and fun alternative to the local 5K fun run scene, and something perceived as more 'do-able' than the more physically challenging obstacle mud race or triathlon-style adventure race,"* said Peter Manning, Centaur Outdoor Events Director. *"These runs are also a safe way for participants, especially women, to exercise en masse."*

Whether you're a running enthusiast, a lover of fine wines, or just love a great night out, the Grapest 5k Run has something for everyone.

**Event details:**

VIC	Bendigo	Balgownie Estate Winery	11 February 2017
NSW	Shoalhaven	Coolangatta Estate Winery	4 March 2017
NSW	Hunter Valley	Domaine de Binet Winery	6 May 2017
QLD	Brisbane	Ocean View Estate Winery	3rd June 2017
WA	Margaret River	Xanadu Winery	7 October 2017
SA	Langhorne Creek	Lake Breeze Winery	18 November 2017
ACT	Canberra	Lake George Winery	2 December 2017

For further information, comment or photo opportunities, please contact Peter Manning, Event Director, on (0411) 532 812 or at [info@centauroutdoorevents.com.au](mailto:info@centauroutdoorevents.com.au)