GDC reshaping Nakuru with Marathon
At GDC, we're not all about rigs, drilling and exploration work.

We believe that play is good. We support internal and external sporting activities.

We Power Sports
Dear reader,

Welcome to Steam Run, the official Menengai Geothermal Half-Marathon bulletin. It's your guide for today, and for keeps as a collector's item.

It's our commitment at GDC to be part of documenting and transmitting part of the country's incredible athletics story. Indeed, globally, the story of athletics fires deep emotions. This is because the Kenyan athlete is an enigmatic one. The stellar performance on the track has always stirred tears or goose bumps on spectators. This shows that in athletics, it's not just about the run. It's the spirit.

And the Kenyan spirit is pervasive. Today, it's a cliché to state that Kenya is an athletics world-beater. What is not a cliché though is the need for up and coming athletes to access more platforms to put their bubbly talent to test. This is what this marathon is offering today.

As we nurture new champs, nothing explains the very soul of being a winner as did Wole Soyinka so ably in his The lion and the jewel. Soyinka in his characteristic poetic, pithy and witty design reminds us that a tiger does not proclaim his tigritude, he pounces. This wisdom summons back one of the most embarrassing moments of my childhood. Then, it was normal for children to engage in diverse competitions. One day, it was time to run. I thumped my chest of my speed, my power and prowess. Well, then, went the whistle, and within the first few seconds, you would be excused for thinking I was standing. Unable to stomach the embarrassment I dashed into the nearby thicket.

I learnt that true substance is not in bragging. Like the tiger, just pounce for your substance to be felt. I was humbled in the knowledge that, well, there are better runners who do not shout. I also learnt that, threats are of the inwardly inferior, inadequate or those struggling with some psychological and emotional problems.

Indeed, this second edition of the marathon attests to GDC’s substance. We're pouncing. We're looking forward to seeing the birth of new champions and new records.

In this issue, we invite you to meet the stars of the 2012 inaugural race. There are more tips on health and safety during the marathon. Also, read what top coaches are saying of our run.

Finally, it’s our pleasure to have created an opportunity where family, friends, colleagues and children can come and have fun, breath the fresh air of Nakuru and enjoy the unique scenery. So, today, whether you scoop the ultimate prize or not, you're a winner. Everyone’s a winner!

Erick
I have the pleasure of welcoming and hosting you in Nakuru County. I am glad that today, we have been brought together by the Menengai Geothermal Half-Marathon organized by GDC.

Indeed this is a very crucial event in the County of Nakuru. This is a high profile event that will market this county and position us in the minds of many Kenyans. We are proud to be associated with athletics, a sporting event that has earned our country boundless platitudes locally and internationally.

As a County Government, sports are integral part of our social and economic development. In fact, we are putting in place all the requisite measures that will position Nakuru as a premier location to host sporting events. We want the county to lead in all sporting activities.

It’s why we are very proud of GDC for having organized this great event in this county. GDC has proved to be a true friend of the county and a responsible corporate citizen. Barely four years of existence, and the company is demonstrating leadership in social enterprises! This is commendable.

An event like this should not be taken for granted. It is out of this event that our youth will acquire values, determine their suitability in future races and be inspired to work even harder. In short, this is a priceless event that should be embraced and supported by everyone who is committed to the growth of Nakuru County.

Finally, as you will realize, Nakuru is a homely place and a suitable destination for a weekend out. Feel free to enjoy our clean air and our unique scenery, and to visit the world renowned Lake Nakuru National Park.

H.E. Hon. Kinuthia Mbugua,
Governor, County Government of Nakuru.
Welcome,
let’s emulate marathoners

Today, the GDC fraternity is taking time off the labs, rigs and steam fields. We're taking time off our offices. We want to have a little play. We're glad that you have heeded our call to come and participate in Nakuru's greatest sporting event.

The GDC fraternity is honoured and humbled by your participation. This gives us the comfort that we have a brand that you're happy to be associated with.

Indeed, at GDC our maxim is simple: be the best you can, and be happy. Today, we are seeing the best in ourselves. Whether we're emerging the fastest or not, is neither here nor there. We're all winners; we're the best because we found it suitable to participate in this activity.

The very fabric of this marathon is not necessarily to set athletes into a competitive sport. No. The essence is for all of us to be identified with the cheer that comes with Kenya's most venerable sport.

And we can learn a lot from athletes. We can learn their discipline, their indomitable spirit, aura of self-respect, and respect for others. We can learn how to lose in dignity and to win with humility.

I like marathons because it's a near-replica of a fair life. It is lacking in machinations. Never will you for instance encounter an athlete tripping his competitor, nor will you see one deliberately blocking or holding the t-shirt of another to pull them back. Yet, they are in competition. Never mind the stakes are usually very high—there is big prize money, glories, and product endorsement opportunities. Still, each athlete tries their best to win fairly.

If we can all learn that you don't need to create unnecessary and unwarranted obstacles for others so that you can succeed, our work places and even the world would be a really great place to live in.

At GDC a resilient brand. We are very happy to be like this.

We also want the fine character of the marathon to rub-off onto the character of Nakuru town. In future, Nakuru will be defined not by the flamingoes, but by geothermal energy and the marathon.

We at GDC appreciate the value of the youth in society and the transformative power of athletics. It's our wish that Nakuru becomes the hub of athletics in the country. We are therefore committed to see that this marathon grows to international standards.

In the true spirit of sportsmanship, many organisations and individuals offered to sponsor this event. They have offered their support in kind and in cash. Their sponsorship has gone a very long way in affording the success of this event. The sponsors are our true friends who have stood with us. To you all, on behalf of GDC, I say thank you. We hope going forward many others will join us in this noble course.

Have fun.

Dr. Silas Simiyu, MBS.
Managing Director & CEO,
Geothermal Development Company.
It has been an absolute joy to chair the Menengai Geothermal Half-Marathon organizing committee for the second year. In this second edition, we have built on the experience and lessons learned in the inaugural event held last year. The half-marathon has grown in terms of numbers and sponsors. Special thanks to our partners for helping us make this happen.

This event is a product of team work and extensive coordination. The Chairman of Athletics Kenya South Rift Mr. John Wachira and his entire team, including the Nakuru County athletics Kenya committee deserve a special mention. Your partnership and contribution towards the success of the Menengai Half-Marathon has made a whole lot of difference. Kudos. And, the endorsement from the Athletics Kenya head office and the presence of a high level delegation led by Mr. David Okeyo during the launch of the registration process, has raised the status of this event. We know with you this event will grow from strength to strength.

Now that the D-day has come, we urge all and sundry to enjoy the moment and let’s together make this Menengai Half-marathon the place where every veteran and budding athlete wants to be. Set yourself free and have fun today!

“We are extremely proud of GDC and the excellent organization of the event under the Chairmanship of Madam Ruth Musembi. My team and I are happy to work with GDC. This marathon put Nakuru in the sporting map. As home to many world renowned athletes, it was only fair to have our own Marathon. GDC made it happen.”

“I’m humbled by this big responsibility. I promise to give the marathon my best input.”
Today marks another landmark moment in the history of athletics in this country.

This morning, Nakuru County plays host to a great marathon which will again see the development of budding runners in this great nation.

The successful 2nd edition of the Menengai Geothermal Half-Marathon, is another first and a great milestone in the sporting journey of the Geothermal Development Company (GDC).

From my own observation, coupled with a successful career in the athletics circles – both locally and internationally- I can see a positive transformation in the organization of this event. I assure you, it is well on track.

More so, Kenya’s top athletics decision-making organ has reiterated its pledge to anchor this marathon in the international spectrum.

As top echelons in the Athletics Kenya (AK) fraternity, I assure the organizers that if GDC successfully organizes the 3rd edition of the race, then the body will recommend the race to be accorded an international stature. This, will attract international athletes and I look forward to the growth of this marathon. I wish you well.

The organization I have witnessed is amazing and can only be compared to the European standards; if you continue with such organization, then we will recommend the marathon to be included in the international calendar and attract major athletes.

GDC’s sustained organization, input and support from sponsors, is truly a testament to the strength and clarity of the team work and good strategy.

Athletics Kenya is also happy to announce that this marathon has been fully endorsed by the International Association of Athletics Federations (IAAF).

We are also proud of this great opportunity GDC is providing not only to budding athletes, but also veterans.

I want to thank GDC for coming up to assist us in developing young talents in this country. You are on the right course because these athletes have been developed from companies like yours.

We, as AK family are happy to be part of this great race.

David Okeyo
Vice President, Athletics Kenya

By Enock Ngome

Today’s marathon has received accolades and endorsements from some of the country’s renowned coaches. When the Inaugural Menengai Geothermal Half-Marathon was held last year, top coaches immediately saw a huge potential and gave it a clean bill of health. One such trainer is Sammy Bii, a veteran instructor from Kipkelion Training Camp in Kericho County. This camp comprises high altitude fields like Chebirbelek, Kobell, Kericho, Keongo and Lelu, which has with no doubt produced Kenya’s top cream of athletes both in long and middle distance.

“The organization of the first event last year set the bar for others who want to organize such events,” said Bii in an interview with Steam Run in Kericho. “It is not easy to have that success on the first edition of such a big event. Most athletes may shy away the first editions just to know how it will go before coming for the following editions,” he elaborated.

Coach Gabriel Kiptanui echoes his sentiments: “Already this event has beaten those that have been organized for more than five years. It has been accepted by the athletes who are the core ingredient of an event. Without them you cannot have all the publicity,” commented Kiptanui. “Athletes don’t just participate in any other event, it has to be well organized with good structures for them to take part,” he added.
November 11, 2012 ushered in a new beginning in Nakuru County as more than 600 athletes, including elite runners, lined up to pick their running numbers at the Nyayo Gardens at the heart of Nakuru Town. At mid-day, when the race had ended, and winners announced, Nakuru was on the edge, witnessing a spectacle in otherwise what would be another slow Sunday.

The Geothermal Development Company (GDC) in its effort to power sports and health, debuted a half marathon that no doubt seeks to put Nakuru in the global map of athletics. The event entered into the history books of athletics as the first ever champion of the Menengai Geothermal Half Marathon. I feel great and next year (today) I will return here to defend my title God willing,” said an elated Elizabeth Rumokol soon after winning the 21km (Women).

Indeed, the day must have begun well for Rumokol who is eying the stars. It was evident that the leading pack comprising of Hosea Nailel from West Pokot, Richard Sigei from Kipkelion, Kapsabet based Edwin Kiptanui Mwogi and Felix Kandie of Iten were sure bets for the ultimate prize as they occasionally exchanged leads. With only 200m to the finishing tape Hosea Nailel summoned all his reserve steam to power home in 61:02:00 to become the first champion of the Menengai Geothermal Half Marathon. He was chased home by Kipkoech Langat who finished second. In the women’s category Elizabeth Rumokol outclassed pre-race favourite 2011.

Boston Marathon champion Caroline Kilel to take the honors. Kilel finished second while seasoned runner Isabella Ochichi from Kisii came third.

“This event will be a permanent feature in our calendar. It also ropes in an important aspect of our lives – health,” noted Dr. Peter Omenda, the GDC General Manager who represented the MD.

Nakuru residents were the biggest winners of the event as they got a chance to have free medical screening and to witness the world class event as attributed by the Athletics Kenya Secretary General David Okeyo. Indeed the marathon was a success following diverse sponsorships.

“This event will be a permanent feature in our calendar,” the MD promised.
Today’s race is a culmination of a successful launch

It is Wednesday, September 4th 2013.
All roads lead to Merica hotel in Nakuru, the venue of the launch of the 2nd edition of the Menengai Geothermal-Half Marathon.

Even as Nakuru town is buzzing with activities amid the mid-morning chilly weather, the hotel witnesses major names in the athletics fraternity trooping inside to observe the historic occasion and another critical milestone in the calendar of GDC.

The launch of the marathon actually marked another first in GDCs accomplishments. From international conglomerates, renowned institutions of higher learning, top financial bodies, hospitality institutions, and middle-level organizations – all and sundry came to endorse, sponsor and consecrate the big race.

It was also the day when the marathon gained world recognition following a commendation by a top international governing body and the unveiling of its ambassador.

That day, Benjamin Limo, the celebrated winner of the Helsinki 5,000m world champion was announced as the marathon envoy to promote the event and inspire the future champions.

“It is a great honor to be chosen among the many athletes in the country to be the ambassador of Menengai Geothermal Half Marathon. I feel humbled by the gesture and it will be my duty to ensure that the event is going to be greatest in the country and even internationally,” he said soon after being unveiled.

The International Association of Athletics Federations (IAAF) – a century old athletic organ – on that day, also joined local Athletics Kenya (AK) in endorsing the race.

The occasion was also attended by Nakuru County Governor H.E. Kinuthia Mbugua, top Athletics Kenya officials, a section of the Nakuru County Government and GDC staff led by MD/CEO Dr. Silas Simiyu.

“The Menengai Geothermal Half-Marathon has been sanctioned by IAAF and we are proud of the great opportunity GDC is providing not only to budding athletes, but also veterans,” said in part a remark by the AK national chairman Isaiah Kiplagat, who did not attend the event following other engagements.

Speaking on his behalf, one of the AK Vice Presidents Paul Mutui said the body is happy to associate with GDC.

“We are happy as AK family for this great race. I want to thank GDC for coming up to assist us in developing young talents in this country. You are on the right course because these athletes have been developed from companies like yours,” he added.

H.E Mbugua also promised that his office will contribute towards the marathon. Flanked by members of the Nakuru County Assembly, he added that his office will ensure today’s smooth transport and safety of the athletes.

AK vice chairman David Okeyo, added that the marathon will be added in the body’s calendar after three consecutive editions, a move that will give the race an international stature.
The Faculty of Health Sciences is located on two campuses of Egerton University both Njoro campus and Nakuru town next to the Rift Valley Provincial General Hospital Nakuru (Clinical programmes and Nursing).

The Faculty of Health Sciences has experienced phenomenal growth since 1999 when it started as one department to the current eleven (11) departments. With this steady development, the Faculty is focused on growing into a College of Health Sciences in the near future.

The Faculty currently has the following fully established departments; Human Nutrition and Diabetics, Human Anatomy, Human Physiology, Human Anatomy, Pathology, Surgery, Reproductive Health, Internal Medicine, Paediatrics and Child Health, Community Health, Clinical Medicine and Nursing.

The mandate of the Faculty is to teach and train high caliber health-care professionals, provide healthcare services and consultancy, conduct research and participate in extension, outreach and community services.

Our Vision is to become a College of Health Science with different Faculties composed of different schools and relevant specialties to offer exemplary training and quality research in health care.

Our Mission is to facilitate two acquisitions of knowledge and skills in different specialties for effective and efficient management of health care.

The Faculty has highly qualified and internationally recognized complement of staff who have earned honors for their teaching and research contributions. Profiles are available in the faculty of health sciences website. Our research activities span from basic to applied and operational research.

Our academic programs are very competitive, flexible, relevant and consistent with national, community and industrial health needs. The Faculty of Health Sciences offers the following senate academic programmes:

- Bachelor of Medicine and Bachelor of Surgery MBChB (Regular/SSP)
- Diploma in Clinical Medicine and Surgery (Regular)
- Bsc in Clinical Medicine (In-Service & Pre-service)
- Bsc Food Nutrition and Dietetics
- Msc Nutritional Sciences
- Phd Nutritional Sciences

The Faculty of Health Sciences in Brief

The Faculty of Health Sciences on 18th September, 2013 held an oathing ceremony for the final MBChB Qualifying class of nine students who had successfully completed their six years of study. The students were ready for internship in various Government Hospitals for the next one year. The event was graced by a representative of the the Kenya Medical Practitioners and Dentist Board, Prof. Otsyula. The VC was represented by the principal Town Campus, Prof Nakhone and the DVC A& F Prof. Munene was also present to give his speech to the students. The student representative gave a speech of encouragement to both the outgoing and the current student to consider commitment to their vocation. The occasion was interrupted with a few drizzles in the morning which almost killed the mood of the event but the sun rose up clearly in the sky. It was beautiful as the guests and visitors were treated to lots of entertainment with various snacks and drinks galore.

The Friends of the Lake were present to ensure everyone danced to the ground with all round traditional music reigning the airwaves of the moment. Prof. Otsyula led the graduands through the Hippocratic Oath. At the end of it all, Egerton University was proud to dispatch the first batch of MBChB graduands and we can only say that this is just the beginning of better things a head. Dr. Mbati gave a vote of thanks and we remain wishing the graduands a better medical practicing life.

Medical graduands oathing ceremony

For further enquiries please visit our website www.egerton.ac

Current student population: 1060

The Faculty has modern and fully equipped facilities to exercise its mandate. Among them is the Faculty of Health Sciences complex in Milimani Nakuru and the Human Anatomy complex in Njoro that houses the Histology and Human Anatomy labs as well as an Ultra Modern Funeral home that will offer various mortuary services.
Menengai sprint sets pace for stars

Compiled by Enock Ngome

Last year’s champion of the inaugural Menengai Geothermal Half-Marathon Hosea Nailel will be making a comeback in this year’s edition as he seeks to go into history books as the first athlete to defend the title.

Nailel a resident of West Pokot holds a personal best of 1:01:17 over the distance. Last year he cut the tape in 1:01:00 minutes to beat a quality field of more than 200 athletes to claim the honors. He has participated in major races in the country including Safaricom Baringo Half Marathon, Tom Mboya Marathon in Rusinga, Kass Marathon and many others. He is one of the upcoming athletes who is under AKs watch.

Elizabeth Rumokol (born 26 June 1983) is a Kenyan long-distance runner. At the 2003 World Cross Country Championships she finished sixth in the long race. While the Kenyan team, of which Rumokol was a part, won the silver medal in the team competition. She was the 2005 winner at the Oeiras International Cross Country. After which she shifted to road running.

Little known Kipkim Mitei broke from the leading pack in the last 50 meters cutting the tape in 27:30:00 minutes to become the first champion of the 10km category. The budding athlete will be the man to watch in today’s race as he seeks to defend his title.

Mitei, just like other big names in the country, has participated in key athletics and is eyeing international platform. During last year’s marathon, the 10km event was first to be flagged off as top athletes took the early lead to dictate the pace of the race, upcoming and fun runners followed them in pursuit with the pride of running next to the famed names that have been globe-trotting.

Born in 1994, Risper Chebet was the winner of the 10km race in last year’s edition. She is expected to defend her title this year. She holds a personal best time over the distance of 33:13 set in Dusseldorf Germany last year. After last year’s, she went ahead to take part in Netherlands series in 10km, 15km and 21km. Chebet finished second in the Fish and Potato 21km race still in the Netherlands before winning the Utrecht 10km race in Germany. She went to the 21km in the Pingergedame in Germany where she finished 3rd. She is also the winner of the Safaricom 10km Jackpot Road Race.

“Running in Nakuru is excellent. This race made me improve on my speed before heading to international races. I will be defending my title this year” she said when we caught up with in a training session in Kericho.
Co-operative Bank of Kenya was awarded the ‘Best Local Participating Bank in Renewable Energy and Energy Efficiency’ at the 2013 Annual Energy Management Awards organized under the auspices of the Kenya Association of Manufacturers (KAM).

The Green Bank award was awarded to Co-operative Bank because of our willingness to take the risk in a new field of financing (green energy banking), actively promoting ‘green’ energy among our clients, fastest turnaround time for Renewable Energy & Energy Efficiency financing for SMEs and large Corporates. We currently have the highest achievement in AFD Green energy credit line utilization and the largest pipeline of projects seeking Renewable Energy and Efficiency Energy financing.

**Background**

French Development Agency (AFD) is undertaking projects promoting renewable and energy efficiency investments in Kenya with an aim of facilitating and up-scaling the financing of small and medium-sized sustainable energy investments through partnerships with local commercial banks, including Co-operative Bank of Kenya.

Renewable Energy (RE) projects are defined as those producing any form of energy (heat, steam, and power) without any fossils fuels. These projects include hydroelectricity, wind power, biomass/biogas, solar energy and sea energy.

Energy Efficiency (EE) investments include projects that allow energy consumers to utilize less energy for achieving the same level of energy service.

The objective and purpose of scheme is to avail technologies/equipment that ensures less consumption of energy.

**Why Renewable Energy & Energy Efficiency**

- Demand for fuel in Kenya is on the rise as population grows leading to depletion of resources through deforestation.
- Reduce dependency on imported crude oil and petroleum products
- To meet the 88% of the commercial energy demand as some of the projects will sell energy to the national grid.

We target customers in Co-operative, Corporate and Retail business:
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- Corporate: Tea factories, Manufacturers, Mini Hydro/Hydro generating companies, Corporates looking to be energy efficient.
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In addition to financing Green Energy projects, Co-op Bank offers custom made financial solutions suitable for Corporate, Co-operative and Retail customers.

Some of the specialized services offered to our Corporate and Institutional Banking customers include - Trade Finance, Structured trade & commodity finance, Project Finance, loans, working capital facilities, Project accounts, Investment accounts, and Electronic Banking payment solution services.

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Advertiser’s Announcement
Safety, a crucial ingredient for a successful marathon

By Evans Mutai

When the ancient Greeks decided to honour the soldier Pheidippides, a messenger from the Battle of Marathon to Athens, it never really occurred to them that this event would eventually birth the now worldwide recognised marathon—so the legend says.

Across the globe, several states continue to commemorate Pheidippides’ bravery, endurance and commitment to cover the approximately 42.5 kilometers all in the name of delivering a victory in battle message, unbeknown to him that he was just about to become the founder of an event that remains one of the most popular sporting activity on earth.

One special aspect that most marathon organisers fail to point though is the fact that Pheidippides collapsed and kicked the bucket upon delivering his message.

It is this sad misfortune that has pushed the modern day marathon organisers to ensure a safer and easier event across board both the participants and spectators alike. Some of the key aspects that demand closer attention in order to execute a successful and safer marathon is the security.

These crucial security features can be accomplished if and when several aspects are put into consideration, including:

1. Adequate presence of route marshals

Safety of the athletes the spectators, officials and anyone present at the event must at all cost be guarded. Guaranteed security from vices ranging from petty theft to a terrorist attack—e.g. the 2013 Boston marathon attack—must all be checked. Marathon routes should bear clear markings with biodegradable tape to minimize the risk of getting lost or straying off the course. A routine check on the route prior to the start of the race should be performed to ensure all marking is still in place and to replace any marking that may be missing.

2. Traffic control

Motor vehicle traffic control is another key area that must be addressed. Roads designated for the race should be cleared to avoid any unwarranted interference of the race. A greater presence of uniformed personnel at the start, finish and along the courses is a more solid solution, and proper credentials should be displayed so as to enter the appropriate areas.

3. Clearly defined check points

Further to these, Checkpoints and water points should at least be located every 5-10 kilometers for runners to quench their thirst, seek medical advice and or assistance if in any case the race has taken toll on any one of them.

4. Presence of personnel around strategic points

In addition, a number of personnel should be deployed to assist with water replacements, note results as well as to brief athletes on the distance covered and or remaining, terrain and relevant information appertaining to the race. Medics presence during and after the race to deal with any medical problems that may arise as a result of the race sapping the athletes energy is vital for any success.

With all these factors kept abreast, coupled with efficient recording systems and competent officials, one is surely bound to organize one of the greatest, safest marathon and who knows, just maybe a perfect platform to make an attempt on smashing that record.
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Get it on your way
At GDC, the community is part of our integral thinking and planning. As we grow, so do we initiate life-changing community initiatives. GDC is committed to ensure that communities living around geothermal prospects are brought on board and benefit from the projects. For instance, GDC has just completed drilling a water borehole for Bahati Girls School. The borehole will serve both the community and the school. GDC is also rehabilitating the St. John Dispensary in Wanyororo. This will go a long way in supporting the health needs of the local community.

The significance of community engagement is to integrate and align communities living around the geothermal projects with the company’s strategic plan. GDC carries out research in the new fields in an effort to identify community needs and their order of priority, thereby assisting stakeholders in the prospect areas to support the host communities. GDC has done this in Menengai and intends to carry out the same in Suswa and North Rift. In the North Rift areas of Baringo, Silali, GDC is implementing a water development programme that will support the local’s needs.

The company has provided a forum for the host communities to highlight their needs through various public meetings and stakeholder engagements. The company considers community members as critical stakeholders needed in the achievement of the 5,000MW goal. GDC has also engaged community members and given them a chance to partake in its operations through provision of labour that is done through the local youth cooperative societies. In our Menengai project, job preference is accorded to locals. The youth have come together to form a Sacco, which is a basis of savings and recruitment. This arrangement has offered so many young people job opportunities.

Other channels used by GDC in community engagement are sports activities like football and athletics, as well as participation in educational days in the various prospect areas. We run several school outreach programmes which include mentorship and innovation. Our staff are always happy to visit schools and provide career guidance to students. Every year, we sponsor the GDC-Nakuru High School Technical & Career Fair. This way, the students’ creative and innovative urge is unleashed. We also regularly conduct exposure tours for community members and institutions, as well as sponsoring schools in the prospect areas to participate in the marathon.

The company, additionally, informs communities on policy directions of the government, consulting with them as part of a process to develop government policy, build awareness and understanding. GDC collaborates with communities by developing partnerships to formulate options and provide recommendations. It also empowers the community to make decisions, implement and manage change.

Other community initiatives include social afforestation run by our Environment Department. In this model, GDC gives free tree seedlings to the community. GDC also runs environmental clinics to ensure that everyone takes proper care of the environment. It is our commitment at GDC to support communities in different endeavours.
Sosian Energy Limited is an energy project development company, which seeks to create consortia, partnerships and joint-ventures in order to develop clean, efficient and economically sound energy solutions.

PROJECTS UNDERTAKEN BY SOSIAN ENERGY
- Biogas Power Plant Project-Expected to be commissioned in Oct 2013
- Solar Farm Project
- Wind farm project to produce between 5-100MW
- Micro-hydro projects; currently in feasibility phase in South Sudan
- Other Projects - several other projects at the bidding phase or exploratory-phase with potential partners - Geothermal and Waste to Energy Systems
- Products - Solar Street Lighting, LED lights, micro-wind/solar solutions, among other energy efficient solutions
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## 2013 Marathon Race Categories

### 10 KM

<table>
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<tbody>
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<td>Male</td>
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### 21KM

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### 5 KM

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<tr>
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### Individual Prize for Schools

<table>
<thead>
<tr>
<th>Position</th>
<th>Amount (KShs)-Boys &amp; Girls</th>
<th>Amount (KShs)-Boys &amp; Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Kids (7-10 years)</td>
<td>Primary (11-14 years)</td>
</tr>
<tr>
<td></td>
<td>(15-19 years)</td>
<td>Boys</td>
</tr>
<tr>
<td>1</td>
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</tr>
<tr>
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<tr>
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<td>1,000</td>
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<tr>
<td>7</td>
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<tr>
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<td>Grand Total</td>
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### Team Prize for Schools

<table>
<thead>
<tr>
<th>Position</th>
<th>Amount (KShs)-Boys &amp; Girls</th>
<th>Amount (KShs)-Boys &amp; Girls</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Kids (7-10 years)</td>
<td>Primary (11-14 years)</td>
</tr>
<tr>
<td></td>
<td>(15-19 years)</td>
<td>Boys</td>
</tr>
<tr>
<td>1</td>
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<td>10,000</td>
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### Corporate teams- 10 KM

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<tbody>
<tr>
<td>1</td>
<td>Winning Company</td>
<td>Trophy Plaque</td>
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<tr>
<td>2</td>
<td>1st runners up</td>
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<td>3</td>
<td>2nd runners up</td>
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<td>Estimated Cost</td>
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### Wheel Chair Category

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### Veterans

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<tbody>
<tr>
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<td>Best Male</td>
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<tr>
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<td>Best Female</td>
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<td>Total</td>
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### Masters

<table>
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<tr>
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<tbody>
<tr>
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<tr>
<td>2</td>
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<tr>
<td>Total</td>
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</tbody>
</table>
Join Stima Sacco today and enjoy attractive return on investment of up to 12%*. Our membership is open to the following categories:

- Civil servants
- Teachers’ service commission
- Employees of private companies
- Employees of schools, hotels and other utility organizations
- Entrepreneurs
- Employees of parastatals
- Groups, welfare associations, investment clubs, merry-go-rounds
- Companies

Open Msingi Bora account and have a peace of mind as your children’s education needs are sorted

Stima Sacco,...Empowering Members For Life......

*Terms and Conditions Apply