



## EXPERIENTA MULTISPORT

### Our story

The pleasure of movement and the desire to promote sport as one of the basic elements of a healthy lifestyle have brought us together. We started to become a team by running in a group and, especially, by participating at organizing events dedicated to sport.

At the end of 2012 we set up in a sport club called Multisport Experience Club. On long term we aim to promote and practice a wide range of individual and team sports, depending also on members' preferences.

We begin with:

- Promoting and practicing especially short or long distance running, swimming and cycling;
- Promoting and practicing marathon, half marathon, ultra marathon;
- Promoting and practicing triathlon;

### We organize:

- Running group, weekly, every Thursday in Arad, about 5.5 km;
- We have been co-organizers of the four events dedicated to amateur sport, last year:



## **1 • THE ROAD RUNNING AND THE HALF MARATHON OF ARAD COUNTY.**

together with Arad County Council, Arad City Hall and Arad County Cultural Center

This was a very big event which involved:

- 1692 participants;
- 3 course: half-marathon, 6 km, 1 km;
- 106 partners;
- 210 volunteers;
- 5442 km run by all the runners;
- 13 countries represented there;
- More details can be seen on [www.cros-semimaraton.ro](http://www.cros-semimaraton.ro)



**2 • Arad Bike Race** dedicated to mountain biking, together with Arad County Council and Arad County Cultural Center – 135 participants for 3 types of courses: 40 km, 12 km and 1 km;



**3 • Tomato Festival on Bikes** – one road course for bikes, with 112 participants;



#### **4 • Green Duathlon** – with 103 participants;



The total number of participants on the events organised by the club, during 2013 have been 2042.

We intend to annually participate in a group to at least six events dedicated to amateur sport. The present team consists of 60 people (4 founder members and 56 who joined us last year) which includes colleagues with various backgrounds and experience in volunteering and sport programs for young people as well as in training. As a target group, we work, in particular but not exclusively, with youth at events and activities dedicated to sports, but at the events we organize, people without age limit have access in general.

Our members, amateurs on sports have been involved in running, swimming or riding a bike in these events, during 2013:

1. Semimaraton Novi Sad
2. Fighters' Run
3. Semimaraton Brasov
4. Maratonul Parisului
5. Maratonul Viena
6. Maratonul International Cluj - Napoca
7. Brasov Marathon
8. EcoMarathon Moeciu de Sus
9. Felix Race Trail
10. Hercules Maraton
11. Semimaratonul Varsilor
12. CROSUL SI SEMIMARATONUL JUDETULUI ARAD
13. Triatlon Oradea
14. Maraton Apuseni
15. Brasov Triathlon
16. Retezat Maraton
17. Duatlonul verde
18. Runsilvania WILD RACE
19. Maraton Timisoara

**The main point is that we make sports to keep us fit, to have a healthy way of life and to inspire others, also. The focus in these events is not on winning but on participation.**

We are a new born structure therefore we are at the beginning of our journey. We have enthusiasm and our members have been involved, for many years in different organisations on EVS projects in Romania and abroad as coordinators, facilitators, mentors, trainers, participants, etc. We are strongly motivated and we will put our experiences all together in order to build sports activities on international level with foreign volunteers. We truly believe that sports can bring people together in having fun and learning about one another. Having a fair play approach we can make a better world and have a better understanding of one another.

According to the common saying "Strong body, strong mind", we believe also in therapeutic influence of running as solution to everyday life problems and concerns but most of all as a solution to health problems. We cannot forget that:

- **In Arad county**, the main cause of mortality is due to cardiovascular diseases, in 2009 from 6137 inhabitants, 3598 died of heart diseases. One from 3.7 persons is suffering from a heart disease. (*Statistics published by the Arad Public Health Direction, September 2010*). The areas of intervention for promoting heart's health include: encouraging physical activity, a healthy diet and avoiding smoking. The above mentioned situation may be generalized with some variation at the national level;
- In Romania, about 50% of citizens are overweight (according to the C.I. Parhon Institute of Endocrinology);
- Among the negative current trends at the national level, which are found in a study called "Emerging needs of children in Romania" conducted by FDSC in 2009, there is also stated that physical activities were replaced with those from the virtual environment (75% of respondents ).
- The number of obesity cases in primary school has doubled in the last 8 years (study realized by the Bucharest Public Health Institute);

**Multisport Experience club has the following objectives, until 2015:**

- **To involve in a running event at least 1% from Arad city population (at least 1479 runners)**
- **At least 30 members of the organisation to have a half marathon realised (21.097 km);**
- **At least 15 members of the club to have a marathon realised (42.195 km);**
- **At least one member of the organisation to have an Iron Man realised (3.8 km swimming, 180 km riding a bike, 42.197 km running)**

From these perspectives, the project can support our dreams for the benefit of the local community especially in the objective number 1. Once the people will start to run, they would like to check their performance in different running events.

In the future we also want to reach other levels such as:

- Proposing and implementing activities, projects and programs in terms of sport, organizing competitions, events, projects, locally, nationally and internationally;
- Organizing sport courses, seminars, conferences, camps, training camps and other activities based on methods from formal or non-formal education;
- Participating at local, national and international competitions;
- Increasing the access to information and programs dedicated to sports;
- Increasing the practice of various sports by citizens;
- Supporting specific voluntary activities regarding sport, civic participation and active citizenship;
- Promoting the common interests of members organization on sport plan;
- Encouraging practicing performance sport;
- Developing collaborations with similar structures, association within some federations or other types of representative bodies, national and international affiliations;
- Forming a healthy lifestyle among youth;
- Developing management and leadership skills of young people on sport level;
- Making sports activities on the following areas including, but not limited to: athletics, swimming, cycling (cycling city, cyclotourism, mountain biking, mountain biking, etc.), triathlon, duatlon, sports orientation, active tourism, mountaineering, chess , skating, skate board, skiing, dancing, hiking, badminton, basketball, bowling, billiards, kayaking, canoeing, darts, fitness, football, football tennis, gymnastics, paintball, fishing, polo, bowling, roller, karate, tae bo, table tennis, tennis, shooting, volleyball, etc..
- Promoting ecological principles, environmental protection and education of youth in the spirit of respecting nature and sports;
- Promoting European values and development of intercultural programs;

**So, why to stay there just looking, come to join us!**

