

TEAM VITALITY

Team Vitality updates for 2025

We regularly review and assess our benefits, member engagement, and the latest trends to give our club runners and cyclists the most valuable benefits and rewards. We've updated the following benefits for 2025:

Team Vitality race rewards

In 2025, you will get 25% back in Discovery Miles on select race entry fees, including some of the biggest flagship race events in South Africa. You can earn up to 25% back on the pre-race registration fee on select events on the Vitality race calendar up to a maximum spend on race events of R4,000 a year.

We've been creating more opportunities for Vitality Premium and Vitality Active members to earn Discovery Miles, our [rewards currency that's more valuable than cash](#).

Strava and Move My Bicycle

From 1 January 2025, we will be adjusting the Strava benefit from a 50% discount to a premium 12-month subscription, available at a discounted rate using your Discovery Miles in the Vitality Mall.

Additionally, please note we will not be renewing our partnership with Move My Bicycle.

South West District as a licensed Team Vitality region in 2025

From 1 January 2025, Team Vitality won't be a licenced club in the South West District. However, you can still be a social Team Vitality club member. Plus, you can join your local parkrun every Saturday morning and earn 300 Vitality points.

Looking forward to an amazing 2025 with you!

Enjoy **premium race kit** every two years, **25% back on select race entry fees paid in Discovery Miles**, **exclusive VIP hospitality** at select events, **25% off an [ICE ID Pro bracelet](#)**, and more. Plus, join our [Team Vitality Running Club](#) and [Team Vitality Cycling Club](#) **groups on Facebook** for the latest trends, tips and events.

You can also find dedicated [Team Vitality Champions](#) in your area to keep you motivated and moving. All adding greater value to your annual club membership.

Team Vitality is your club—let's make it unforgettable together!

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Your Team Vitality rates for 2025 are:

- Running: R599
- Cycling: R1,155
- Combo: R1,755

Team Vitality running licence fees:

Province licence fees will apply for 2025 running licences.

See you on the road!

Your Team Vitality