

DECEMBER 2019

Eco Journal

Kaptagat

Vol. 1 issue 1

Sports, Tourism & Nature

**EUCALYPTUS
ECO-TERRORIST**

**CLIMATE CHANGE
ACTION**



KAPTAGAT FOREST MARATHON

KAPTAGAT FOREST
WORLD CLASS ATHELETES
TRAINING GROUND

EXPERIENCE ELGEYO ESCARPMENT
SOOTHING ECOTOURISM

**THE LOST
HEADWATERS**

GLOBAL WARMING | SPORTS | NATURE | WATER



Jackson K Mandago
Governor, Uasin Gishu County

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Editor's Note

Kaptagat Eco Journal stories highlight Kaptagat Forest Marathon (KFM) activities in projects and partners 2018 – 2020. KFM is an advocacy for the protection of Elgeyo Escarpment ecosystem and its biodiversity. In addition, the Journal gives the best tit bits of KFM nature-based enterprises on Elgeyo Escarpment watersheds and Kaptagat Forest bordering farmlands.

KFM farmers and schools to establish avocado, gravellier, and bamboo plantations as new cash crops in the area. The population in the region depends on Kaptagat Forest for its livelihood - fuel wood, building materials and medicinal herbs; also for grazing.

Bamboo and syzygium growing on the Elgeyo Escarpment watershed and the cultivation of avocado and gravellier on farmlands around the Forest shall ease pressure on the Forest for cash and food. The spin-off of this action is the conservation and regeneration of Kaptagat Forest ecosystem.

Patrick Birgen



@kaptagat_ecojournal



kaptagatecojournal@gmail.com



www.kaptagat.org



On the cover -

Shot by: Kelly Ayodi

Editor

Patrick Birgen

Staff Writer

Magerer MacLot

Contributors

Benjamin Kinyili
Maria Cheruto
Winnie Chelagat
Martin Keino
Robert Kirui

Photography

Kelly Ayodi

Layout Design

RealOne Concepts

Sales & Marketing

Maria Ogamba

Published by: Image books Ltd

P.O. Box 8702 30100

Eldoret, Kenya

+254733718584/ +254700718580

Tourist Information

The culture that is

1 Greetings

Verbal greeting is usually accompanied by a handshake. Expect "101 handshakes". You'll hear, "My names are...", a form of self-introduction that is gaining acceptance in the country, but not to language teachers.

2 Time

The modern African concept of time is an heritage. It is, as is the tradition, event-based. Routines, seasons, ceremonies and celebrations measure time. Overseas visitors get baffled when meetings start 'late' or when a visitor is kept waiting past the appointed time. "You're never late; you are only late if the event passes you."

Nevertheless, if you arrive at mealtime, you are always invited to join your host the meal.

3 Urban Homes

Most urban houses and a fraction of rural ones in this country are structurally modern. Sitting areas face the main door. However, it is usual to access the house through the kitchen located at the back of the house. Shoes are left at the door. There is that carpet in the living room that mama wants kept clean.

4 Home visits

Most homes have 'open door policy'. Guests are free to visit at their own pleasure. Though, it is good to give your host notice of your visit. Give them ample time to prepare. Nevertheless, if you arrive at mealtime, you are always invited to join your host at the meal.

5 Home stay

Community life has strong influence on various ways of doing things. The primary and extended families tend to be part of


the shared home. This family unit becomes even larger when visitors call in and opt to stay for a little while. Sometimes long enough to become part of the household. The head of the family provides for them. Visitors may opt to contribute to the kitchen budget, purchase food or foot small domestic bills. Feel at home to stay with a family as long you are happy.

6 Food

Meals are shared by all however little it may be. It is common for the host to offer a meal or beverage to a visit or even if the visit was unexpected. Accepting the offer is considered polite. Take a bite even with that too-full feeling. A decline to the offer creates a bad impression.

7 Cutlery

Cutlery etiquette should not be a worry. Often food is eaten by hand. Eating with hands is believed to make food taste better. Hands are always washed before meals even



when eaten by spoon or by use of knife and fork. In some homes, food is set on table or served right from the kitchen. Grace is said before meals.

8 Language

English and Kiswahili are the official and national languages in Kenya. Be as it may, each geographical location has a dominant ethnic language, but with varying regional dialect. Kenya has 44 tribes thus most Kenyans speak the language of their tribe beside English and Kiswahili. Youth in urban areas have created a third language commonly known as 'sheng,' which is a mix of Kiswahili and English, sometimes with borrowed words, mainly, from Kikuyu – a predominant tribe in Kenya. UK English is the preferred Standard English in both written and spoken media.

9 Conversation

Turn-taking in conversation is a bit complex. Be tactful. Cut in when a speaker takes a breath else you become a silent listener. It's not unusual for speakers to switch codes - from one language to

the other; or vary dialects during informal conversations. This is not meant to cut off the guest from the conversation, but rather for emphatic purposes. In urban areas young people freely switch from English to sheng and vice versa.

10 Mobile phone

Use of mobile phone in this country is addictive. Expect to see phone chats or message texts coming in between your conversations. Drivers receive and make calls while driving.

11 Transport

The most common form of public transport in Kenya is matatu or mini bus. Motor bikes, commonly known as boda boda or "Nduthi", are quick means of transport in urban and shopping areas. Drivers of public vehicles do not operate by rules, but rather by choice in utter disregard of traffic regulations. It can be dangerous to ride on a boda boda. Taxi services can be accessed through the websites and mobile apps are now in town.

12 Mzungu

Mzungu connotes a light skinned person mostly of Caucasian, American or Asian origin. If you are an overseas tourist, you'll more often than not hear the word Mzungu during your visit to places. This should not be a worry. People here have a habit of calling people by their 'tribe' especially if they didn't know their name. Thus the tribe of a light skinned tourist is Mzungu.

13 Gifts

Watch out! A perception has been created by NGOs and tourists that a mzungu always carry free money to give out. Homeless children trail mzungus chanting "saidia" (a kiswahili word for help); they expect to get hand-outs from them. In rural places you will be expected to give donations. To enjoy your stay in Kenya, DO NOT run dry your budget by spending money outside your planned expenditure. In any case, the recipient takes your generosity for granted!

Maria Cheruto

Eucalyptus

Eco Terror



Kaptagat Forest Marathon (KFM) is relentless in its fight against Eucalyptus menace along Elgeyo Escarpment watersheds. Although, Eucalyptus is farmed for its production of poles and timber, it is a disaster to the environment. Due to its deep roots and high water intake, the plant depletes groundwater, fuel fires, causes erosion. Its gluttonous roots starve native watershed flora.

Farmers growing eucalyptus along the watershed may not be

aware of the tree's capacity to deplete native plants' nutrients and its capacity to take in a lot of water thus draining moisture reserves from the soil and inhibits the undergrowth due to its negative allelopathic effects. It releases a certain chemical which then inhibits undergrowths. Furthermore, the decomposition of dead Eucalyptus is very slow, thus adversely affecting nutrient cycling.

KFM has initiated intensive advocacy for the destruction of this plant for the restoration of bamboos and woody perennials which are more environmentally friendly. Through knowledge and understanding, we can replace Eucalyptus with more economically viable Bamboo woodlots. The environmentally friendly Bamboo will gradually increase the water volumes of streams flowing from Elgeyo Escarpment .

Winnie Chelagat

Agro Forester



Kaptagat Forest

World Class Athletes Training Ground



Kaptagat Forest is characterized by cool temperatures, freshness of air, pristine atmosphere and high altitude, which is ideal training ground for athletes. The future of athletic in Kaptagat Forest is under threat if conservation interventions are not put in place.

The forest is a world class high altitude marathon training ground. World Record Breaking athletes are made here. Eliud Kipchoge, the Kenyan long-distance runner who competes in the marathon and formerly the

5000 metres, trains in Kaptagat Forest. Eliud won the Olympic marathon in 2016. He won the 2019 London Marathon in 2:01:39 hours. He finished INEOS under 1:59.

Continuing destruction of the Forest does not only undermine conservation work but discourage tourists and visitors attracted by pristine forest environment.

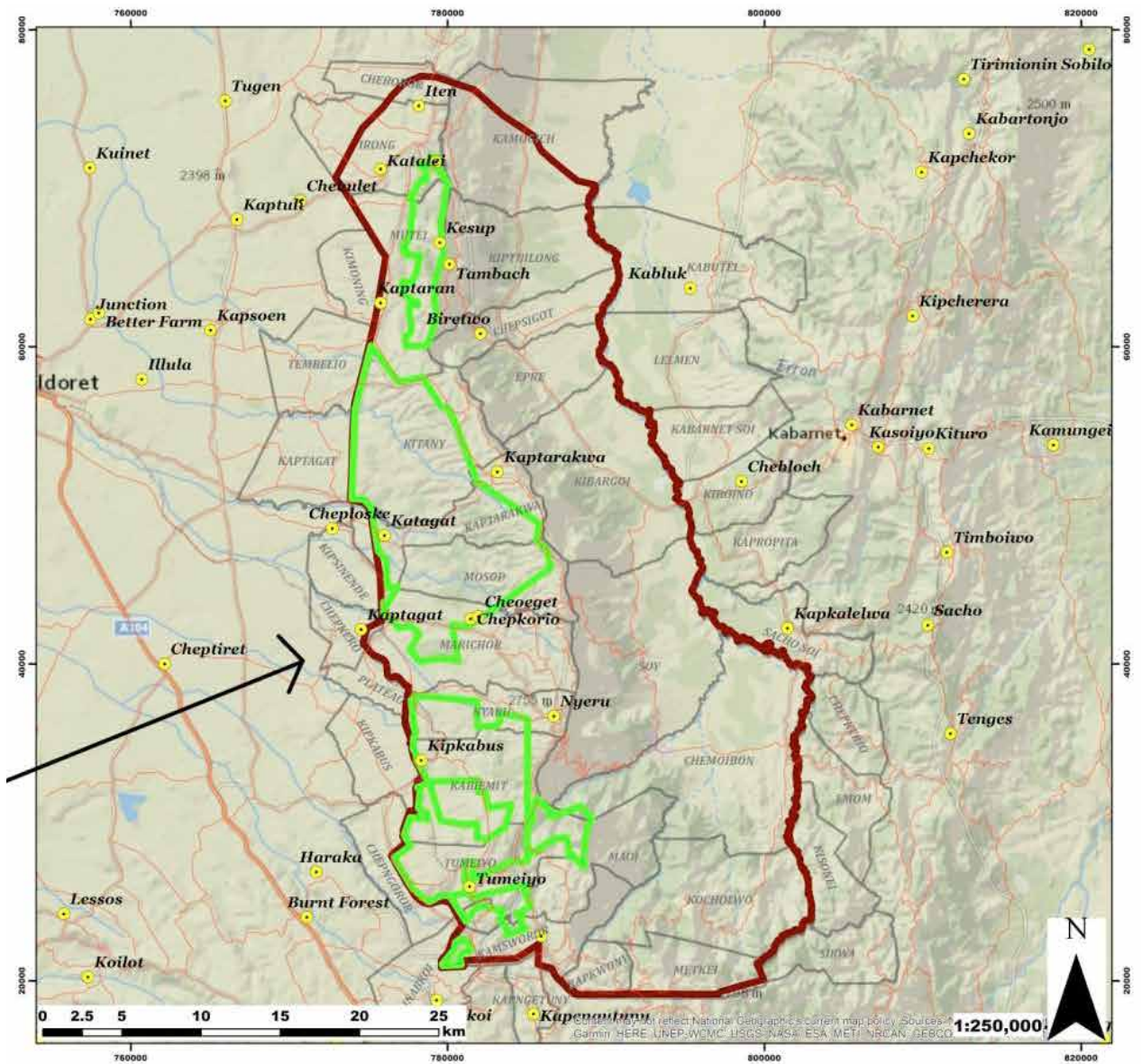
Streams flowing through Kaptagat Forest that form Nundoroto, Ellegirini, Kipsinende, Chepkoilel, Sabor, Kerio and Torok rivers start from private farmlands. These are the rivers that flow to

Lake Victoria and Lake Turkana basins. Many people depend on these rivers for their domestic, agricultural and commercial use. To sustain the river flow, we need to increase vegetation along the rivers and watersheds. The international requirement for 10% farm forestry in private farmlands, riverine and Kaptagat Forest.

Kenya Forest Service (KFS) has established partnership and network programmes with different organizations such as government ministries, state corporations, universities, international organizations, gender, youth, groups and NGO's in its effort to increase conservation and sustainable management of forest resources for environmental protection and economic growth. This has given rise to various conservation organizations in partnering with the local community to protect Kaptagat forest.

Benjamin M Kingili,

**Head of Conservancy North
Rift Conservancy, Kenya
Forest Service.**



Legend:

- Place Names
- Rivers
- Roads
- Gazetted Forest Boundary
- Water Tower Boundary
- County
- Location

File Name: ElgeyoMilla_GeographicLocation_20190207_V6
 Projected Coordinate System: Arc1960 UTM 36N
 Prepared By: KWTA DEAPA - GIS/RS Section
 Purpose: Status Report

Source: Kenya Water Towers (KWTA), 2019

Kaptagat Forest Marathon: *Premiere* Edition

Sports for Conservation



The Premiere Elligirini Green park sponsored Kaptagat Forest Half Marathon took place on 9 September, 2018 as early as 7:00am with rush hour registration of athletes at Kipchawat and Strawburg after three months of intense preparation. The race attracted 273 professional athletes. Athlete Mathew Simatei, a physically challenged athlete, finished amongst the top 100 in the 21km elite men road race.

Initially, the race was planned to traverse Kaptagat Forest, but there was a last minute change a few days before the race. Unlike the previous course that had been surveyed and certified, KIPCHAWAT – STRAWBURG course proved to be the most suitable route for marathon.

The course blended well with the green and scenic wheat and maize farmlands of Uasin Gishu and Elgeyo Marakwet counties which provided a spectacular view of the Kaptagat location with fascinating terrains. The whole tarmacked course meets international athletics Standards. Philemon Rono of Global Camp in Kaptagat, two time Toronto Half Marathon Champion did dominate and eventually won the men race clocking 62:23.06 whereas Cynthia Jerop, Hannover Half Marathon and former World Cross Country Bronze Medallist finished first amongst the 63 women elite runners clocking 63:15:00.

Strawbag Shopping Centre, St Luke Catholic Church grounds emerged the best finish point.

It attracted a large crowd that came out to cheer and support the athletes. The route provided ease to fans to access the event. Telkom's inflatable arch made the finish scenic and manageable.

Kaptagat Forest Marathon first edition proved to be a success story despite a number of challenges and low sponsorship offers. Nevertheless, it provided a learning and training platform for the upcoming athletes, conservationists, environmentalists, event organizers and sponsors for future growth. The event total gross participation by athletes was 296 which includes both the half marathoners, students and funs runners. Five hundred (500) athletes being the target, thus the turnout was above average, which was impressive considering the event was the first of its kind, though, invitations sent out to 34 schools - both secondary and primary. This proved to be ineffective and unreliable for only two schools participated citing limited time for preparation, poor coordination of the student's race and lack of finance.

Martin Keino,
Event organiser

Premiere Kaptagat Forest Marathon

Hannover Half Marathon champion Cynthia Jerop and two-time Toronto winner Philemon Rono emerged the winners of the inaugural Kaptagat Forest Half Marathon title for women and men respectively. Jerop won women's title timing in 71:30, as Celestine Jepchirchir came second timing 72:67, followed by Joyce Chepchirchir closely in the third position clocking 73:57.

Turning her focus to win Standard Chartered marathon title, Jerop said her purpose for coming to this race was to win and prepare for Standard Chartered marathon. "I came here to win, now my focus has shifted to win Standard Chartered Marathon," said Jerop who was taught by her

coach Stephen Maiyo never to lose hope once in a competition. Jerop who also finished third at the 2018 half marathon in the Standard Chartered Marathon. She defeated former world junior 3,000m champion Alice Timbilil and former world half marathon bronze medallist Sally Chepyego.

With his focus to defend Toronto marathon for the second time, Rono pulled out of the leading pack at 5km and led to the finish line clocking 62:23.6 ahead of Daniel Kiprotich. Running on his home ground, where he trains on daily basis, Rono said his focus was to test his speed ahead of a hat-trick in Canadian capital next month.

"The race was competitive but basically I came here to gauge

my speed ahead of Toronto," said Rono. Apart from winning the race, I wanted to be part of the motivation to the upcoming athletes. Winning at home is good to me and the locals who cheered me along the way," said Rono.

After finishing, the Patrick Sang-coached athlete, Rono landed in the hands of his training mate at Global Sports Communication led by three times world half marathon champion Geoffrey Kipsang Kamworor who is also the race ambassador.

Source: People Daily, Monday September 12 2018, Emmanuel Msinde



Philemon Rono emerged the winner in the men race

Premiere Kaptagat Forest Marathon

21 elite Women road race

No	Name	Bib No	Time
1	Cynthia Cherop	99051	1.11.30
2	Celestine Jepchirchir	99091	1.12.07
3	Joyce Jepchirchir	99053	1.13.07
4	Sharon Jelimo	99095	1.13.36
5	Sally Chepyego	99085	1.13.50
6	Josephine Jepkoech	99054	1,14.08
7	Janet Kuguru	99070	1.14.15
8	Alice Timbilil	99086	1.14.32
9	Nancy Arusei	99098	1.14.36
10	Deborah Samum	99009	1.14.39
11	Naomi Jepngetich	99060	1.15.35
12	Nancy Jelagat	99100	1.15.41
13	Janet Ronoh	99080	1.15.49
14	Valentine Mateko	99083	1.15.51
15	Pamela Jepkoech	99061	1.16.25
16	Immaculate Chebet	99040	1.16.43
17	Caroline Jebet	99065	1.17.02
18	Ezekiel Kiptoo	99069	1.17.09
19	Caroline Chepkoech	99074	1.17.13
20	Faith Koech	99037	1.17.22



21 km elite men road race

No	Name	Bib No	Time
1	Philemon Rono	99380	62.23.6
2	Daniel Kiprotich	99354	63.11.7
3	Wesley Kimutai	99305	63.15.0
4	Bethwel Biwot Yegon	99332	63.18.8
5	Festus Cheboi	99011	63.23,5
6	Paul Longochei	99329	63.35,4
7	Laban Mutai	99116	64.05.1
8	Emmanuel Kemboi	99056	64.24.7
9	Hillary Kering	99019	64.33.5
10	Ndiema Leon		64.47.2
11	Hammington Kemboi	99390	64.48.4
12	Timothy Kibii	99317	64.48.4
13	Gilbert Maina	99368	64.54.5
14	Kennedy Kimutai	99392	64.55.4
15	Fredrick Chemwolo	99358	65.01.3
16	Philip Kiprono		65.04.4
17	Asbel Kipsang		65.06.3
18	Ezekiel Kiptoo	99003	65.09.7
19	Elijah Cheruiyot	99303	65.17.3
20	Antony Maritim	99388	65.19.1



2nd Annual Kaptagat Forest Marathon

Local Boy won

Local boy, Daniel Kemboi and Kapsabet based Joyce Chepkemoi are the new Kaptagat Half Marathon. The race, in Uasin Gishu County yesterday, started at Koilel Farm along Eldoret-Illula-Kaptagat Road and ended in Strawbag. It was held under the themes 'Running for Conservation' and the proceeds will be used to nurture sports talents and to conserve Kaptagat forest, which is part of Cherangany water tower. A number of athletes have trained in Kaptagat Forest including World Eliud Kipchoge, the Marathon record holder and the 1:59 INEOS Marathon test, former two-time World Half Marathon champion Abel Kirui, former 10,000 World champion Linet Masai, the three time World Marathon Champion Geoffrey Kamworor and Boston Marathon Champion Lawrence Cherono. There are over 16 athletic training camps in the area for register its trainees for the race.

Men

Daniel Kemboi ran a tactical race by staying at the back of 20 athletes before increasing his pace in the last few kilometres to win in 63:08.

Albert Kangogo came in second in 63:12 and Micah Chesire third in 63:45. "The battle was real but I decided to run from behind and as we were ascending a small hill, I picked up a higher gear. Some of the athletes tried to follow me, but they fell off when I maintained the speed," said Kemboi whose home is a few metres from the finish line. Kaptagat is just like Iten where everyone is an athlete and it's very competitive and I had to be at my best," said Kemboi.

The athlete revealed that last year he was among the spectators who had lined up along the road to cheer the runners and decided to register for the race this year after his training mate Phelemon Rono won the race.

Women

In the women race, Joyce Chepkemoi took an early lead that she held on to cross the line first in 7:10. Judith Korir finished second clocking 7:34, while Agnes Kemboi settled for third position after running 75:25. "After emerging third last year, I went back to more training because I knew the course and I'm happy my hard work paid off today," Said Chepkemoi.

Brand Ambassador

Three time World Half Marathon champion Geoffrey Kamworor, who was the race ambassador, said he was happy to see many local races being held in the area as they helped athletes nurture their talents. The second addition of Kaptagat Half Marathon was well attended. You have to start somewhere before becoming a world beater. Local races offer upcoming athlete that launch pad to international success - said Kamworor.

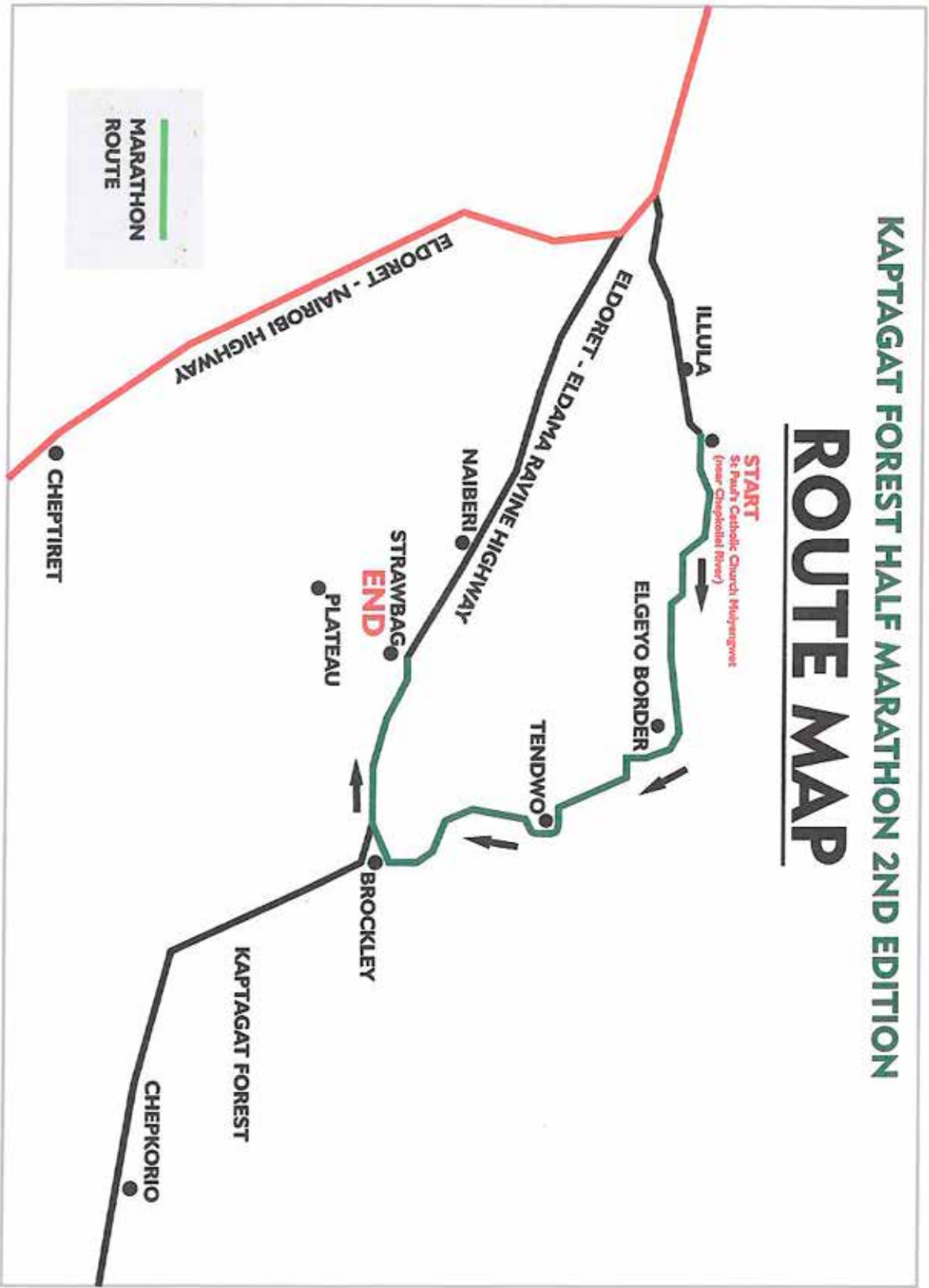
Source: September 9, 2019 Daily Nation, Bernard Rotich

The initiative supports
the Government in
producing seedlings
for its plan to increase
the forest cover by
10% by 2022.



KAPTAGAT FOREST HALF MARATHON 2ND EDITION

ROUTE MAP

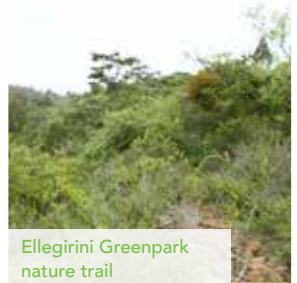




Community Involvement

The 2018 Half Marathon race was graced by dignitaries and greatly appreciated by fans along the route. It was well received and enjoyed absolute goodwill from the local communities who came out from villages and homesteads to cheer and support the runners. Community members, groups and individuals volunteered to offer free services and products in kind to the race. The race received professional support and assistance from veteran athletes, athletic coaches and renowned athletes from within and outside Greater Kaptagat area.





Ellegirini Greenpark nature trail



Brand Ambassador Geoffery Kamworor



21 Km men results

Position	Name	BIB No	Time
1	Daniel Kemboi	0517	1:03:08
2	Albert Kangogo	0613	1:03:12
3	Micah Chesire	0898	1:03:45
4	Jonathan Biwott	0708	1:04:07
5	Charles Kiptum	0522	1:04:31
6	Collins Mengwa	0630	1:04:33
7	Isaack Kipkoech	0564	1:04:38
8	Maeiko Daniel	0531	1:04:49
9	Mathew Kibet	0725	1:05:35
10	Boaz Kiplagat	0638	1:05:42
11	Silas Kipngetich	0801	1:05:43
12	Boaz Kipyego	0706	1:05:49
13	David Koriche	0712	1:05:51
14	Samwel Limo	0569	1:05:56
15	Hosea Kiplimo	0732	1:05:58
16	Alex Kirua	0529	1:06:02
17	Calistus Kimutai	0740	1:06:12
18	Paul Longelecha	-	1:06:14
19	Jacob Yano	0703	1:06:16
20	Elkanah Kwambai	0505	1:06:16



21 Km women results

Position	Name	BIB No	Time
1	Joyce Chepkemboi	0769	1:14:10
2	Judith Korir	0628	1;14:34
3	Agnes Keino	0940	1:15:25
4	Caroline Jepchircir	773	1:15:57
5	Gladys Kiptoo	0902	1:16:20
6	Agnes Chebet	0611	1:16:49
7	Cheptoo Karen	0720	1:17:00
8	Betty Chepkwony	0805	1:17:10
9	Peris Cherubet	0760	1:17:16
10	Lilian Chemweno	0625	1:17:20
11	Jacky Jerono	0552	1:17:35
12	Gladys Chepkirui	0802	1;17:55
13	Rebecca Tanui	0753	1:18:20
14	Jennifer Koech	0899	1:18:32
15	Eunita Tanui	0903	1:18:40
16	Sheila Jebet	0757	1:18:53
17	Sylvia Jepchirchir	0697	1:19:35
18	Priscilla Kirputo	0745	1:19:44
19	Jepkemoi Abigael	0764	1:20:07
20	Lucy Waroga	0557	1:20:20



Botanical Park

Ellegirini Greenpark sits on a ten-acre private farm running along Ellegirini River, 25km to the East of Eldoret City, and in a rural environment at the edge of Kaptagat Forest about 5,457m above sea level.



The Ellegirini Greenpark, previously known as the Elagerini Camp is a botanical park with rich biodiversity established in 2013. The park sits on a ten-acre private farm running along Ellegirini River, 25km to the East of Eldoret City (C54 Kaptagat Road, along Eldoret-Eldama ravine-Nakuru road), and in a rural environment at the edge of Kaptagat Forest about 5,457m above sea level. The Park inherits an established tradition and culture established by Elagerini Camp including the tourism niche it has carved over the years in the tourism industry.

Camping ground

The campground offers cool and serene camping ground. You are required to bring your own tent and camping facilities. However, we have luxuries self-contained tents with toilets and hot water. The privacy of our guests is a key priority. The best time to camp is all the seasons except the rainy season when the grounds are too wet for comfortable camping.

Villa stays

Ellegerini Greenpark offers private accommodation

The Safari Villastays have spacious rooms and kitchen. You can choose to stay in a home with your friends, relative or family. You can also opt to stay with Ellegirini Family. We will be there to welcome you and make your stay happy and enjoyable. You will also have the opportunity to interact with the local community. Ellegirini Greenpark Safari Villastays is ideal for overseas and international athletes as the environment is ideal to stay and train under the supervision of professional coaches.

Restaurant

The Elagerini Greenpark has a restaurant, right inside the 'forest'. The restaurant's ecosystem is breathtaking experience of the Park's biodiversity, which adds taste as you enjoy your reasonably priced favourable drinks and farmstead dishes specially created by Ellegirini.





During the weekends, come and sample our famous Nyama Choma (Barbecue) of goat, beef and chicken having Kenyan typical weekend cuisine.

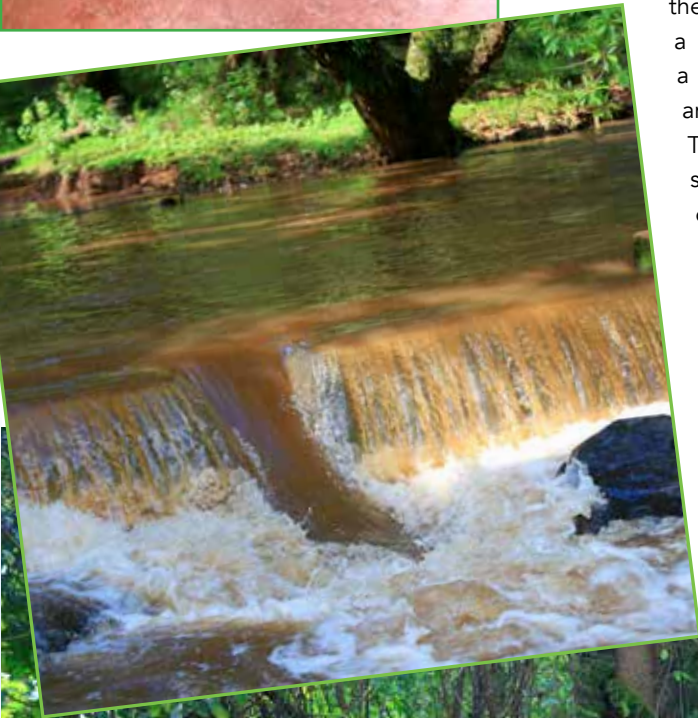
Nature walk

Ellegirini Nature Trail is a walk along the river that provides a stunning green aura, a soothing ambience and refreshing air. The river's rumbling sound, the chirping of birds and the calls of the native colobus monkey from the Kaptagat Forest creates fascinating wilderness in the heart of Africa. Besides the nature trail, the Ellegirini Greenpark arranges for a day ride of

Elgeyo Escarpment along the edges of the Great Rift Valley. This is an experience breath-taking view of the Kerio Valley and the Kamasia Hills. You stop at a couple fascinating viewpoint before reach Koibarak at Kapkobal Forest have the view of the grant the Torok Falls.

Bush Trek

Ellegirini Greenpark can arrange for guest a bush trek with the aid of an experienced guide. The Bush Trek explores the magic of the pristine environment and beauty of Kaptagat. The hike is approximately one to two hours of leisure walk. Hikers are encouraged to carry a bottle of water or a fruit to allow for a forest break as you savour the beauty of your surroundings while you can enjoy a refreshing drink or a bite of a crunchy apple. Request for a picnic pack if you did not carry one.



3rd Annual Kaptagat Forest Marathon

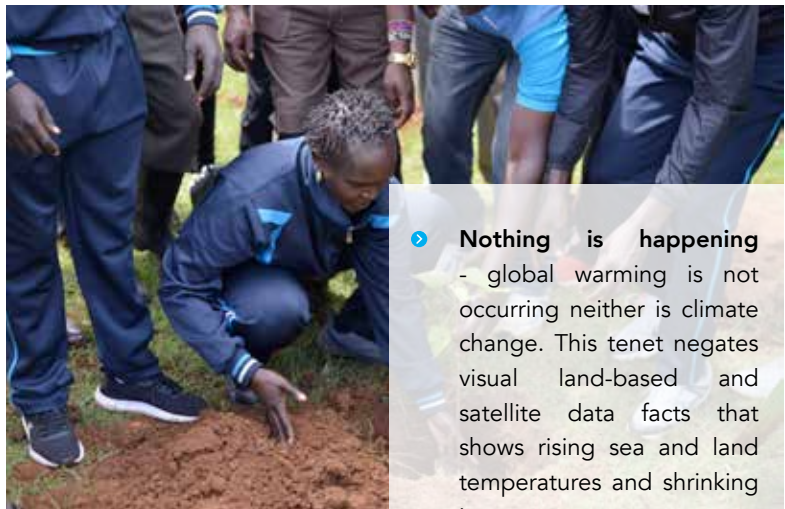
Running for Conservation

Ellegirini Greenpark has successfully hosted the 2018 and 2019 Kaptagat Forest Half Marathon (KFHM). The race runs close to Kaptagat Forest and is on a point to point plan.

The initial concept of Kaptagat Forest Half Marathon (KFHM) was a simple community race, but it exceeded the organizers' expectations. Accordingly, the race founders, scaled up the race to meet international standards.

Race Director

We are in the second edition of the Kaptagat Half Forest Marathon. The goal of the race is to develop sports talents, also promote the conservation of Kaptagat Forest. The race reaches out to many local athletes whose goal is to hone their athletes' skills. The race does not only develop nurture athletes, but creates awareness for rehabilitation and protection of Kaptagat Forest. In its strategic plan, the Ellegirini Greenpark maps out athletes as the primary stakeholders inasmuch as the runners have the responsibility to limit the carbon concentration in the atmosphere emitted by the airlines. Athletes travel in aircrafts that leave carbon prints in sky.



➤ **Nothing is happening** - global warming is not occurring neither is climate change. This tenet negates visual land-based and satellite data facts that shows rising sea and land temperatures and shrinking ice masses.

➤ **Natural events** - global warming and climate change are natural events, not the result of human activities. Rising world temperatures and atmospheric CO₂ levels has occurred before.

➤ **Human activity** - global warming and climate change result from human activity. Fossil fuels used in domestic and commercial purpose release carbon and other gases into the atmosphere. Gases released by the burning of fossil fuels and the tiny particles produced by incomplete burning trap the sun's energy in the atmosphere.

In planting Tree, runners play an important role of limiting global warming at the grassroots. The runners have a social responsibility to clear the carbon in the sky their flights create. "Flights produce greenhouse gases - mainly carbon dioxide (CO₂) - from burning fuel. These contribute to global warming when released into the atmosphere." Airline release a variety of gases and particles that can influence climate change.

Global Warming and Climate Change

There are three schools of thought on global warming and climate change:

Limiting Global warming and climate Change



Source: <https://climatereality.co.za/carbon-sinks-management/>

KFM Foundation drives grassroots climate action through the rehabilitation and protection of Kaptagat Forest. The Forest is, as it were, one of the world "natural carbon sinks that absorbs and stores carbon from the atmosphere. Natural carbon sinks include oceans, forests, grasslands and soil. Carbon sources include

the burning of fossil fuels like coal, gas and oil for energy and transport and agriculture.

'Carbon sequestration is the process of removing and storing carbon from the atmosphere in carbon sinks such as oceans, forests, grasslands and soils through physical or biological

processes, such as photosynthesis in plants.' When the plants die and decompose, some of the carbon is buried in the soil. In the ocean, marine animals also take up the gas for photosynthesis, while some carbon dioxide dissolves in the seawater (African climate Reality Project, 2019).

Ellegirini Greenpark consults Kenya Water Towers Authority

Ellegirini Greenpark consults the Kenya Water Towers Agency (KWTA) in the execution of its Corporate Social Investment programmes. Whereas the Greenpark is a tourist and hospitality service, the KWTA is a corporate created under Kenya Gazette Supplement No. 27, Legal Notice of 20th April 2012 to coordinate and oversee the protection, rehabilitation, conservation and sustainable management of all the critical water towers in Kenya among others. The meeting point between Ellegirini and KWTA is the delivery of solutions to poverty within the water towers ecosystems and systemic destruction of forest resources around the water towers; also the assessment and monitoring of rehabilitation, conservation and management activities in the water towers, specifically, Kaptagat Forest and Elgeyo Escarpment biodiversity conservation.



Sponsorship categories

Let's partner through one or several of the sponsorship category sponsorship describe below.

Hosting Sponsor

Ellegirini Greenpark hosted the premiere and 2nd Annual Kaptagat Forest Half Marathon. The Company provided the greatest amount of support and received top billing on promotional materials. For the time being, Ellegirini continues to provide the largest amount of financial support to the race, and designated the event's title sponsor.

Cash Sponsors

Choose to be a Platinum, gold, silver or bronze cash sponsors pay to have your name placed Kaptagat Forest Marathon marketing platforms you gain brand recognition. Most of all you will contribute towards youth empowerment while supporting sports for conservation. ELDOWAS was the 2nd Annual Kaptagat Forest Half Marathon cash sponsor.

Stand/Booth Sponsors

Be our stand sponsor by paying to display your services or goods during the race. You belong to this category in-kind sponsor.

Media Sponsors

As a media sponsors - television, radio, print or social media channel you may purchase advertising space on a television or a newspaper or publish content about the race on your own channel, create a blog post about the event, or may offer to write and submit an article for the race for press releases

Promotional Partnerships

As a promotional partner you have the right to advertise the event on your network or supply promotional materials such as t-shirts, caps, running vests, race programme you have the right to associate your brand with the race.

Marathon Day Sponsorship

Marathon Day sponsor provide technical service or product to support the Marathon such as ambulance, medical services, volunteering, inflatable arch etc. in return they gain the right to associate their own brand with the race. Reale Hospital, Athletic Kenya, St Agathas's Mokwo Girls were the 2nd KFHM Day sponsors.

The initiative supports

the Government in

producing seedlings

for its plan to increase

the forest cover by

10% by 2022.



Athlete Sponsorship

The sponsorship agreement is usually between a sponsor and an individual athlete. The sponsor provides resources to the athlete and in return they associate their brand image with that of the sponsored individual.

Sponsorship Added Value

- Corporate fun race tickets
- Mention of sponsor's participation in press releases
- Certificate/thank you message and recognition as a sponsor
- Space to set up a company booth/stand.
- Highlighted company logo on event programme/ booklet
- Audio-visual items on Kaptagat Forest Marathon documentary
- Company logo and link on the Sponsors page of the event's website.
- Space, company logo + description in the event / booklet/programme/ Kaptagat Eco-Journal

Pre-race Activities

1) Goals

- Educating local communities on grassroots climate action

- Raising public awareness on illegal logging, bush clearing, cutting down trees for fuel wood and charcoal burning on climate change.
- Rehabilitating Elgeyo Escarpment by supporting bamboo, fruits and indigenous trees planting.
- Activating political responsiveness towards grassroots action to lessen the impact of global warming.
- Celebrating/reinforcing achievements of individual community members, groups or organisations
- Registration for Annual Kaptagat Forest Marathon for awareness-raising actions.

2) Invitation for Action

Ellegirini Greenpark invites individuals, groups, and organisation for the 3rd Annual Kaptagat Forest Half Marathon pre-race events. The actions are meant to create awareness on the need to rehabilitate Kaptagat Forest, to raise funds to support community nature-based enterprises and to promote sports talent development. The race is scheduled for 6 September 2020.

3) Calendar of Events

Month	Date	Themes	Action
March	3	Wildlife	Teachers and present short stories on wildlife to young children
	21	Forests/Poetry Day	Kaptagat Forest Voices: songs, poetry and dance
June	5	Environment Day	Athletes launch bamboo planting on Elgeyo escarpment
July	15	Youth Skills Day	skilled youth share one-minute video on environment
September	27	Tourism Day	Women Groups cultural artefacts Exhibition
October	5	World Teacher's Day	Environment plastic pollution: parents and teachers action
	15	Day for Rural women	Exhibition/expose of women cultural artefacts
December	26	Cultural day	Kaptagat Forest Marathon officials celebration the success of the 2nd edition

Join us at Ellegirini Greenpark on a date of your convenience and for the activity of your interest.



KFM Projects

Background

Kaptagat Forest Marathon Foundation (KFM) project population are communities adjacent to Kaptagat, whose majority are the Keiyo. Traditionally, the Keiyo people depended on the forests for hunting, gathering fruits, medicine, wood, herding and small-scale agriculture.

The soil in the Keiyo land at Uasin Gishu Plateau where most of them are settled today is hard murram a little distance below the surface on hard blue volcanic rock. As the land rises to the Elgeyo escarpment the soil becomes darker and richer and is largely

old forest soil based on volcanic lava. The top of the escarpment is about 2,439m above sea level. A number of streams rise from the escarpment. Cattle and sheep continually trample on hillside and the people cut bamboo trees for construction and clear bushes for farming. These activities have led to massive soil erosion.

Keiyo Ancestors

The Keiyo, a sub-tribe of the Mnyoot people trace its ancestry to Kole. The Mnyoot believe to have originated from *Emet ap Burgei*, a hot country in the north. They travelled southwards passing through *Tulwap Kony*, that is, Mount Elgon. The Mnyoot, today

known as the Kalenjin, travelled southwards along the River Nile and sojourned on Mt Elgon.

The Legend

The Keiyo legend says Kole had five sons. The first was Nandi, the second Kipsigis, the third Keiyo, the fourth Tugen and the fifth Kony. Nandi and Kipsigis migrated westward along Lake Victoria. Keiyo and Tugen travelled eastwards through Cherang'any Hills into the valley, then southwards along the Kerio River. Kony, their last born, remained on Mt Elgon. The Kole sons begot children: Terik the son of Nandi, Ogiek the son of Kipsigis, Marakwet and Pokot sons



Chelalang'a Women group Strawbag



of Keiyo, Njemps and Tchamus sons of Tugen. Sabaot, Pok and Bagomek sons of Kony.

The Keiyo homeland was Kerio Valley called Keiyo or Soin and the Elgeyo Escarpment called *Teng'unin* or *Ito* which was then crowned by a dense bamboo forest. Keiyo grazing in the east of Uasin Gishu plateau and Kaptagat Forest were teeming with wild animals.

The Expulsion

The Keiyo were invaded by Karamoja from Moiben, Arap Kapchoi of Baringo from the south, and the Nandi at Uasin Gishu Plateau. Later a fierce Maasai clan, Cheribisi or Sigilai, carried out a series of raids taking

away the Keiyo cows and women. Finally the Keiyo were forced to flee from the Uasin-Gishu highlands. They were pursued down to the escarpment where they got a foothold and repelled the Maasai who were not used to the rough terrain.

The Keiyo settled at the foothills of the escarpment and the mosquito infested valley where they suffered drought and famine. Kerio Valley was waterless and quite unsuited for grazing. The Elgeyo Escarpment cliff was a practically no grazing zone except for goats. The loss of much of the Keiyo grazing forced them to reduce their herds and turn to agriculture.

The white settlers found the Keiyo in this region with the Pokot

and Tugen being their eastern neighbours. Kerio River was the boundary between the Keiyo and Tugen.

Elgeyo Reserve

In 1909, the boundaries of Uasin Gishu were gazetted. The Keiyo were evicted from Uasin Gishu, by the white settlers and were confined at what was known as Elgeyo Reserve. This was the land at the slopes of the Elgeyo Escarpment and in the fly-infested stony Kerio valley. The Keiyo grazing was a two-kilometer-wide stretch on the Elgeyo Escarpment, about a 16-kilometer narrow strip of land. It was estimated to be 45,000-acres of dense forest bush and bamboo.

KFM *Transforms* Lives



Communities living at the edge of Kaptagat Forest belong to the low income bracket. The farmlands here are small family holding. Maize and vegetables are grown as staple crops; the forest is seen as grazing land. In addition, fuel wood and charcoal for domestic and commercial use is obtained from the forest. Womenfolk, the main providers of families, seeking for firewood are exposed to health and security risk. KFM foundation assists them to transform their lives from dependence on the forest for their livelihood to nature-based enterprise such as tree seedling farming, avocado, macadamia and gravellier agroforestry.

Participation by Associations

In 2018, Ellegirini Greenpark (then Elagerini Travellers Tented Camp) collaborated with 13 football clubs in the area to create Greater Kaptagat Green Association (GreKGA). The goal of the Association is to work towards limiting global warming and transforming the local communities' socio-economic lifestyle through Sports for Conservation. The Association collaborated with thirteen football clubs and seven local schools to conservation. A football tournament was successfully organised with 10 men and 3 women football clubs taking part. The clubs planted 600 wood trees and 400 fruit trees in the seven schools in the spirit of 'Sports for Conservation.'





NATIONAL DIV. TWO LEAGUE - WESTERN ZONE B
League Standings as at 10th Nov 2019

Team	P	W	D	L	F	A	GD	Pts
1 Struberg	10	6	4	0	19	11	8	22
2 Elm	9	6	2	1	20	10	10	20
3 Charwyt	8	6	2	0	15	6	9	20
4 Kakoma United	10	6	1	3	15	7	8	19
5 CUSCO	10	4	5	1	17	13	4	17
6 Endebo	9	4	3	2	12	11	1	15
7 Breaker	9	5	5	1	8	5	3	14
8 Westindies Stars	9	3	5	1	12	15	-3	14
9 Paton	9	4	1	4	15	18	-3	13
10 Kinross Whitestars	8	4	0	4	9	7	2	12
11 Eldoret City Stars	9	4	0	5	11	13	0	12
12 Karima	8	3	3	2	12	13	-1	12
13 Di' LA Sharks	10	3	2	5	15	15	0	11
14 RTII	10	3	2	6	12	15	-3	11
15 Kilbowani	9	3	1	5	14	13	1	10
16 Blackstars	9	2	3	4	12	15	-3	9
17 Transvillas	10	3	0	7	9	14	-5	9
18 Bitez	8	2	2	4	6	9	-3	8
19 Uasin Gishu	9	2	2	5	7	13	-6	8
20 Langas Superstars	9	2	2	5	15	23	-8	8
21 GFI KCS	9	2	1	6	8	12	-4	7
22 Tumkoo	8	2	0	6	4	12	-8	6

SFC, a local team is at the top of the National division 2 League - Western zone table. SFC is powered by its clarion call sports for conservtaion. The team donates seedlings to its opponents after every match during rainy season.

Agroforestry



KFM trains GreKGA farmers on agro forestry farming, which integrates woody perennials, agricultural crops and livestock in the same land management unit.

Farmers are encouraged to plant gravellier, a multi-use tree, along their fences. These will not only serve as live fences, windbreaks, but livestock fodder. Live fences add nutrients to the soil thus reduce buying feed and fertilizers. Fruit trees improve family nutrition.' The surplus is sold to the market. GreKGA farmers intercrop avocado with vegetables, potatoes, beans and peas. Farmers living at watersheds and along streams are assist to plant bamboo as buffer zone or grow nippier grass for cows. Ellegirini Greenpark runs a successful demo farm for the local community.

Winnie Chelagat

Agro Forester

Participation by Families



Kaptagat Eco Village Society (KEDS) was founded in 2014 with 98 members. It was registered in the same year under societies Act. KEDS is a socio-economic group aimed at empowering families by transforming the homes into eco villages, that is, villages that “seek to live in a way that has minimal impact on the environment”. It was the dream of the founder, Elagerini Camp, that the Society shall change local communities through robust socio-cultural activities that were pro-environment and a boon to family income.

KEDS introduced beekeeping in Kaptagat Forest with at least 24 beehives. The downside of it was that timber harvesters fell trees destroying most of the beehives. In 2017, the apiculture area became part of a 50-acre piece of prime forest where the Government planted 14,000 trees. The new development coupled with KEDS weak leadership structure slowed down the Society’s progress.

KEDS was revived in 2019. The ongoing activity of KEDS is mainly tree seedling farming. The initiative supports the Government in producing seedlings for its plan to increase the forest cover by 10%

The initiative supports the Government in producing seedlings for its plan to increase the forest cover by 10% by 2022.



by 2022. By then the Government shall have increased its current tree seedling production from 170 - 360 million per year. KEDS will re-launch its apiculture projects in the New Year. KFM promised to give KEDS a shot in the arm by supplying seeds and tubes for their Tree Seedling Farming.

Why Avocado?



Avocado fruit is rich in protein and vitamin, a good dietary balance. Moreover, it is a good cash crop. Half an acre piece of land can comfortably hold 40 avocado fruit trees. On average, a certified avocado plant will produce about 50 kilos of fruits by the third year of planting. A kilo of avocado retails at KES50, translating to an annual income of KES100, 000. The yield can increase threefold during the subsequent harvests. This is much more paying safer farming practice as compared to the with hazardous forest business.

Robert Kirui



Kenya Forest Service, North Rift PROMOTES KAPTAGAT FOREST MARATHON

Kenya Forest Service, North Rift, is involved in Kaptagat Forest Marathon 'sports for Conservation' that include the promotion of the race and education and training. Activities on tree seedling farming and tree planting. In consultation with Ellegirini Greenpark and with relevant stakeholders. Kenya Forest Service (KFS), is working on programmes for tourism, recreational and ceremonial use of public forests. The KFS, is a corporate body established under the Forest Conservation and Management Act No 34 of 2016, which was operationalized on 31st March 2017, it gave KFS the mandate to provide for the sustainable conservation development and utilization of all forest resources.

North Rift Conservancy
Eldoret Town
P.O. BOX 2501 Eldoret
Telephone: 0709748862
Email: hocnorthrift@kenyaforestservice.org

Global Running Day

On June 5, 2019 athletes planted bamboos and avocados to celebrate the International environment and the Global Running Day at Ellegirini Greenpark. ELDOWAS Engineer Philip Kimaiyo, representing the Company's Managing Director Dr Kimutai Murgor joined the athletes in the tree planting event. Avocados were intercropped with a variety of vegetables; other dignitaries together with Ellegirini Sports Club athletes (ESC) and KFM Race Director, Patrick Birgen participated in the tree planting activity.

The garden would be a demo plot for the local farmers. The event inspires athletes to carry out advocacy on sports for conservation. In the near future KFM will work with the local youths to organize activities aimed at raising awareness through sports for the protection of Kaptagat Forest ecosystem and its biodiversity. Youth and athletes are invited to send description of their planned activities on conservation. The most creative activities shall feature on www.Kaptagat.org Website and 'Kaptagat Eco Journal'.



Water

ELDOWAS: 20 years of Service

ELDOWAS was incorporated in October 1997 under Companies act (CAP 486 Laws of Kenya) and is licensed to provide Water and Sanitation Services to Eldoret City and Uasin Gishu County. The County Government of Uasin Gishu is the principal shareholder. The Company began its operations in 1999. Since then the Company has created good working relation with its partners and local communities in the water catchment areas. ELDOWAS Corporate Social Investment (CSI) programmes such as tree planting and conservation awareness at the grassroots play a key role in world global warming from limitation.

Service Delivery

For the last 20 years, ELDOWAS has improved water and sanitation services through pipeline network extensions and inclusion of new consumers, development of new water supply and sewage plants systems and rehabilitation of existing network. The Company has created a timely system of response to consumer concerns and complaints. Public support for the company is evident in prompt payments for water services.

Infrastructure Expansion

Eldoret is a fast growing city which requires a commensurate infrastructural development of water and sanitation services. Providing water and sanitation services to each house or plot in the peripheral and informal settlements areas is problematic, especially, where plot ownership is unregistered, contested or unplanned.

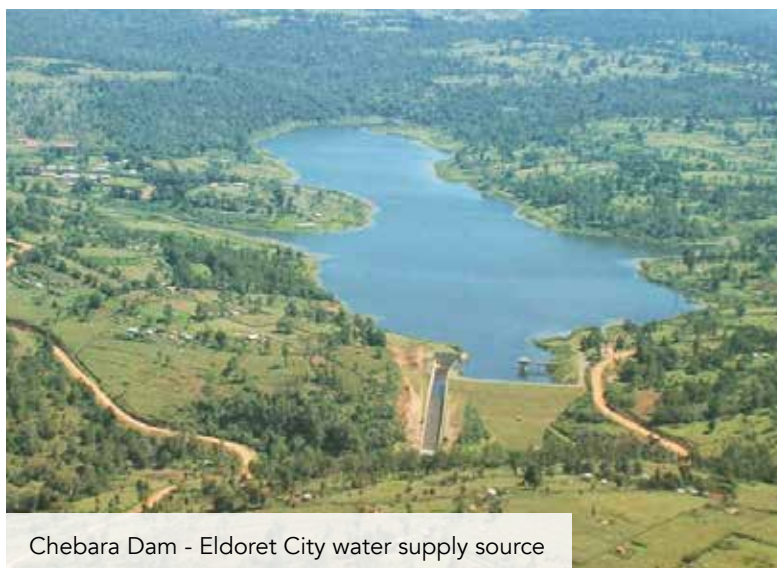
Water Browsers

The water browser service is a mobile water supply solution for sites that do not have the water network or are undeserved. Customers interested in this service usually contact the customer service section at Eldoret water

company head office to confirm the availability and schedules of the trucks. The company operates a water loading point at the head office for customers with their own means of transport.

Revenue Stream

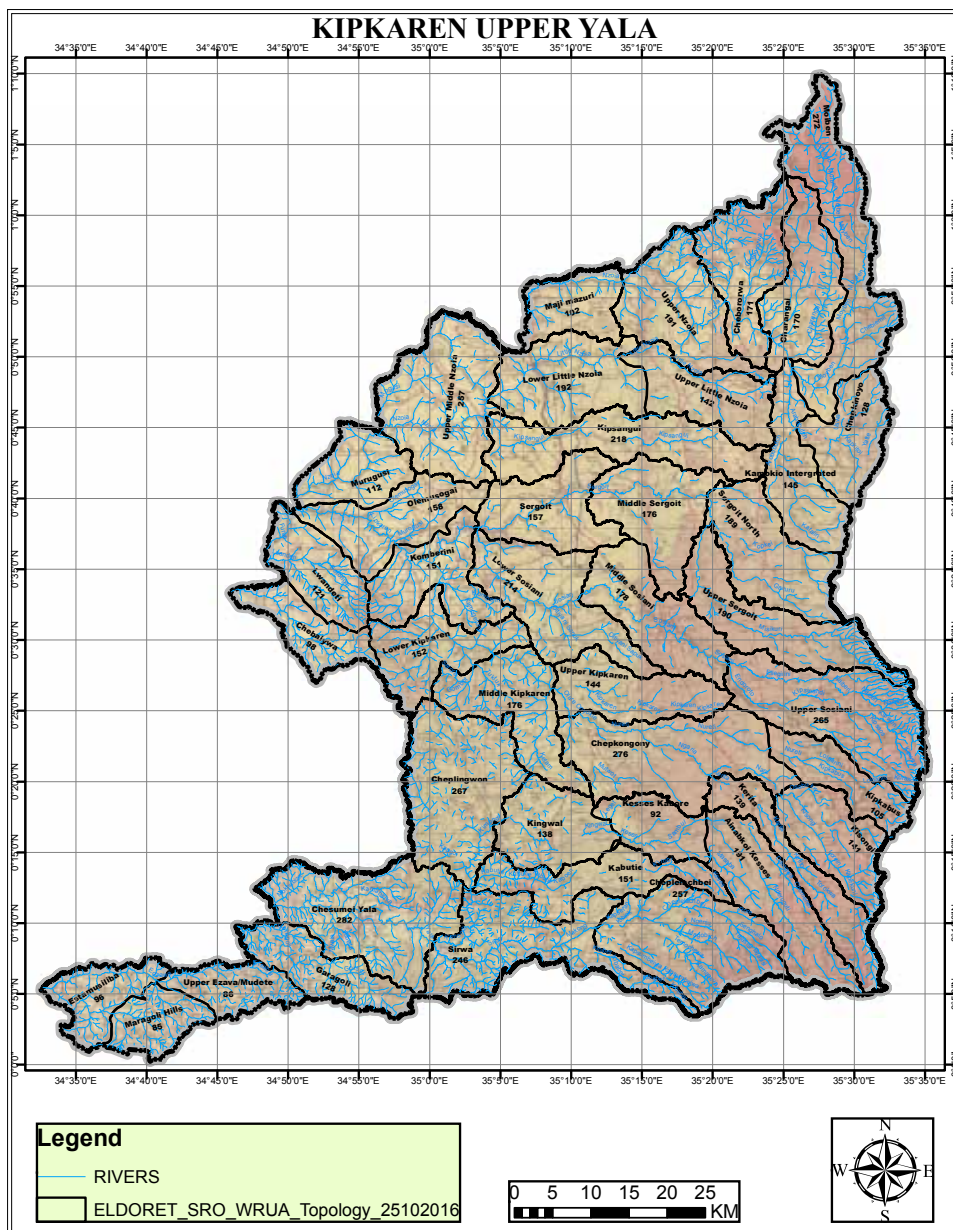
Revenue stream from the water and sanitation services is sustainable. The company operates a profitably business. The revenue collection is structured; services and billing is efficient. However, mobilization of resources for infrastructural development and incremental investments is a challenge. To fastract its developments strategies, ELDOWAS leverages on the goodwill from the national government and other development partners.



Chebara Dam - Eldoret City water supply source

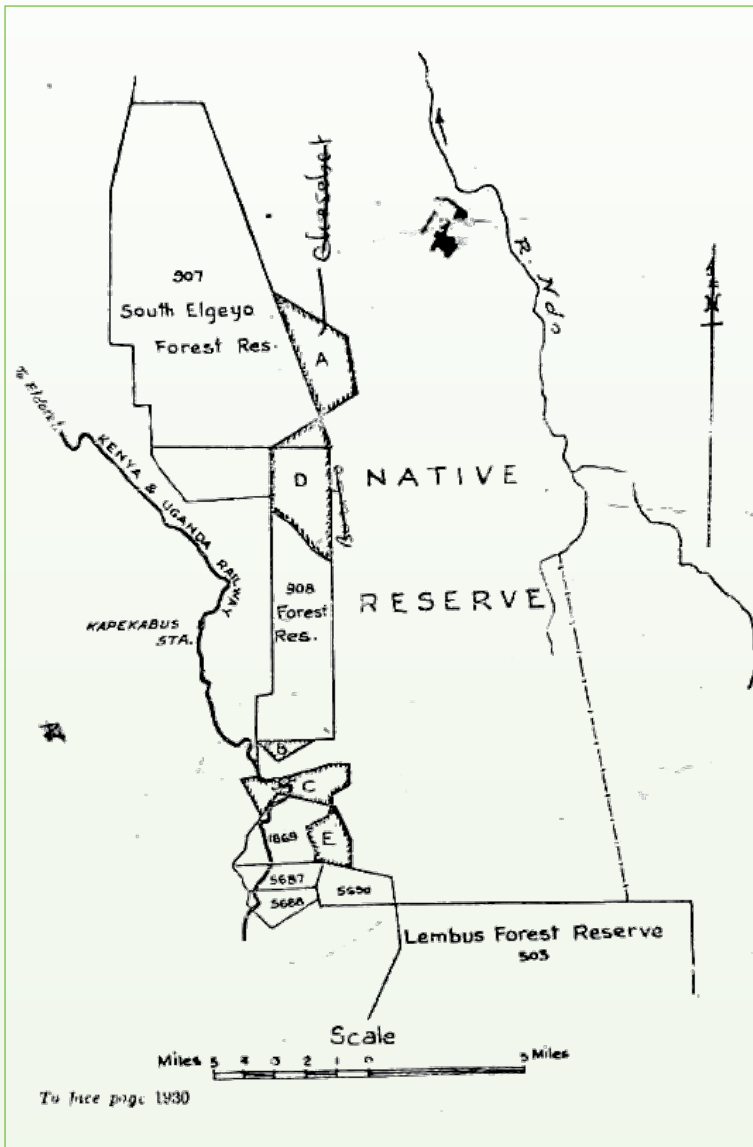
The Lost headwaters

About 100 years ago, Eldoret District Council raised concern over the insecurity of Eldoret water supply. Negotiations on the protection of the headwaters began. In 1931, it was agreed that 2,919 of the land between Elgeyo Forest Boundary where Mindiliwo River passes through the forest and the Sege Track be handed over to Eldoret municipal Council. This was in exchange for an equivalent area of forest land to the north of the Sege Track measuring 3,850 acres. Perhaps, there is need for a review of the 1931 agreement by, the current administrators of Elgeyo Marakwet County and Uasin Gishu County on the rehabilitation and protection of the head waters of Eldoret water supply. From the map on the right Upper Sosian is likely to be the head waters of Eldoret Water supply under reference.



Source: Water Resources Authority 2019

Kenya National Archives Records



Source: *the Chief Native Commissioner's File*

According to the Map above the Elgeyo would give up gazetted native reserve A, B and C in exchange for D and E, which the Conservator of forests agreed in so far as his Department was concerned.

In 1926, the Conservator of Forest and the Elgeyo people entered into a mutual cession of rights. The Elgeyo ceded to

the Forest Department the native forest reserve marked A on the map, which was largely shrubland. The Forest Department ceded the

grazing rights of the area marked D on the map to Elgeyo, which was a large part of LR 907 South Elgeyo Forest Reserve. Major Grogan was unwilling to yield the grazing land to Elgeyo inasmuch as A and D were not equivalent in size: A was 2,919 acres while D was 3,850 acres. Moreover, A was largely shrubs while D was hardwood. Grogan had the entire rights in the area to cut timber and the same concessionary rights over LR 908 Forest Reserve.

To appease Grogan's disquiet, the proposal was amended so that in addition to A, Grogan was offered B and C which were hardwoods. The Elgeyo were added Tumeiyo, area marked E on the map that was un-alienated parcel of Crown land.

In the new arrangement, the Elgeyo ceded Blocks A, B, and C of Shrubs and hardwood timber at the south end of the forest reserve and in consideration they blocks D and E of hardwood timber at the south end of the forest reserve for inclusion in the Gazetted Forest Reserve and the Grogan concession. Thus they relinquished the area A which embrace the headwaters of the Eldoret Water Supply. Major Grogan surrendered the most northern portion of LR 907 that contained more grassland than forest. So the Elgeyo had claim over the grazing in the Grogan Concession and along the edge of the grassy plain of the Uasin Gishu Plateau.

Elgeyo Escarpments Ecotourism

Experience the soothing relief

Sports, tourism with conservation work is fun. The road wanders along the Elgeyo Escarpment for some time. The cliff drops sharply then rolls gently down to the Kerio Valley below. A cool breeze rises up the escarpment. Experience the soothing relief from the weight of the hustle and bustle of urban life. Koibarak is at Kapkobel Forest, Kapkoi. The small Forest is home to Colobus and Black monkeys. It feels good to be here. From the viewpoint on a clear day, the scenic view of the Kerio Valley is blue, brown and green. Kapnarok, an ox-bow lake formed by the turns and twists of Kerio River, is visible. Along its Elgeyo Escarpments Ecotourism Circuit lies untapped tourism treasures in the North Rift.

The forested vegetation, clean rivers and breath-taking view of the expansive Kerio Valley from 2,800m above sea is a short ride. After about a 20-minutes ride from Ellegirini Greenpark on C54 Kaptagat Road, you take a left-turning at Nyaru Trading Centre and soon you start experiencing the ups and down surges of

Elgeyo Escarpments 'watersheds' - the source of the many streams flowing into Kaptagat Forest water catchment area.

Many athletes train in camps dotting the 100-kilometer-Elgeyo Escarpment Ecotourism Circuit. The farmlands bordering Kaptagat Forest are smokeless factories churning out hundreds of athletics talents. This is where Eliud Kipchoge, the World Marathon Record holder of INEOS 1:59 Champion trains.

On Elgeyo Escarpment Ecotourism Circuit is Chemwabul Primary School, where Vivian Cheruiyot, a world class athlete, learned and trained as a budding athlete. Five Eco tourists and I discussed soil erosion impacts with Chemwabul School. The school playfield that had suffered massive soil erosion formed a good teaching point. We stopped at St Agatha's Mokwo High School to prepare for the planting of avocado on the school's half-acre kitchen garden.

After the eco tour KFM returned to St Agatha's the following week to plant avocado. Talks on how to

turn Chamwabul into a greening school model are going on. Albert Kwambai, a former chief of Kapkoi supports our seedling farming project. He has a model nursery.

KFM organizes eco tours for volunteers along the scenic Elgeyo Escarpment. The tourists find humble time to visit local schools and villages to establish partnership in conserving Elgeyo Escarpments. This tourism sport and work. The area is a rich source of streams flowing into Kaptagat Forest and the Kerio Valley. However, human settlement has impacted adversely on the Hills' watersheds. KFM collaborates with local communities in growing avocado, gravellier and bamboo in their farmlands to attain the mandatory 10% forest cover on their pieced of land. Along the circuit, the eco tourists usually stop to interact with these farmers and identify areas of partnership.

Staff Writer



Source: <https://twitter.com/kresearcher/status/634444227309608961>

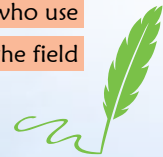


Can Chemwabul be a model green school?

Chemwabul Primary School sits on a watershed. During the recent KFM Eco tour of the area, we noticed that earth movers working on the Iten-Nyaru Road had opened a section of the watershed releasing underground water that washed away the school is playground. The galleys created by the erosion posed high risk to the pupils who use the field. KFM offered to assist the school in the prevention

of further soil erosion on their palyfield. Before leaving the School, the eco volunteers took time to educate the pupils on soil erosion mitigation measures. In an out-of-class practical lesson, one of the volunteers, Robert Kirui, put into action the pupil's theoretical mastery of environmental conservation taught in class. He gave them practical lessons on how to prevent soil erosion.

The galley
created by the
erosion posed
high risk to the
pupils who use
the field





VIVIAN CHERUIYOT

Chemwabul Primary School is remembered for producing world class athlete, Vivian Cheruiyot, the multi-race Champion, who honed her running skills here, over 20 years ago. While the school has maintained the tradition of nurturing athletic talents, the young and upcoming athletes might not have a place to nurture their talent, unless some agent action is taken to conserve the School's play ground that is slowly being washed down the streams. The School and KFM will establish a collaborative programmes towards improving the school's environment. Chemwabul can be transformed into a model greening school. "A Green School is a school that creates a healthy environment conducive to learning, while saving energy, environmental resources, and money."

St Agatha's plant Avocadoes



St. Agatha's Mokwo Girls High School celebrates the 2019 International Youth Career Day. Robert Kirui of KFM held a demo for the girls on avocado growing. The fruits were planted on a half-acre-vegetables garden owned by the school. The School Principal Ms Agnes Nkirote was hopeful that the school would cut costs on the purchase fruits in three years' time when their avocados will ripen. She urged the students to transfer the skills they had learnt to their home

farmlands. Ms Nkerote challenged the girls to plant at least two trees annually during the rainy season.

The event was a run-up to the 2nd Annual Kaptagat Forest Marathon second edition. The race is run on the border of Kaptagat forest with the aim of creating awareness on the need to conserve the Forest. The Principal agreed to work with KFM in establishing a bamboo forest on the school watershed and to empower the local communities. St Agatha's

High School is built at the edge of a water sources.

Fifteen (15) members of the local community registered as new members of the Great Kaptagat Green Association (GreKGA). The small holding farmers participated in the demo and later purchased KFM subsidised avocado seedlings. The Watershed Project helps the farmers to appreciate the Government 10% forest cover on farmlands.



Grogan Concession



In 1923, the colonial government concession granted Major Grogan the rights to cut timber in gazetted Forest Reserves. He had the rights to cut timber anywhere within the Forest Reserve. The Keiyo grazing rights in the gazetted Forest reserves then was by courtesy the Grogan. LR 907 and 908 were gazetted together as 'Southern Elgeyo Forest Reserve' and came within the jurisdiction of the Conservator of Forests. It was suggested that the Forest Reserve be put within the Elgeyo District and administered by the Forest Department for the benefit of the natives and the Government.

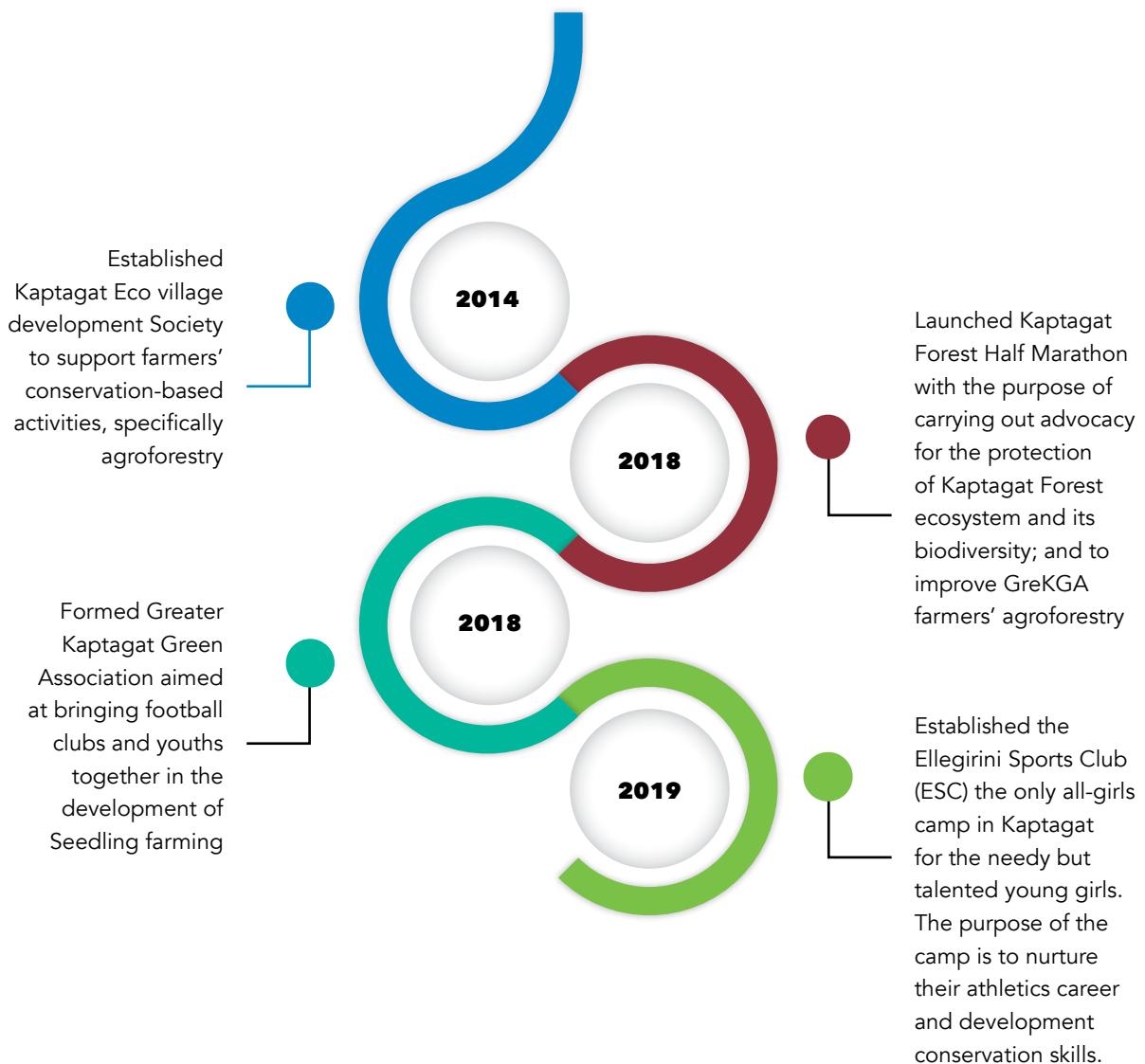
ELDOWAS and Ellegirini Greenpark sponsors The 2nd Annual Kaptagat Forest Marathon

The Eldoret Water and Sanitation Services (ELDOWAS) and Ellegirini Greenpark were the main sponsors of the 2nd Annual Kaptagat Forest marathon. ELDOWAS gave cash award ksh 500, 000 shared among the 20 top winners in both women and men categories. In addition, the Company donated 2,000 seedlings that were planted at the finish point; some of the seedlings were distributed to athletes and the local community. H.E Jackson Mandago, Athletics Kenya (AK), Kenya Forest Service (KFS) and St Agatha's Mokwo Girls made the race a great success through their active involvement in the race. The Reale Hospital provided an ambulance and medical staff.

Ellegirini Greenpark hosted the premiere and 2nd Annual Kaptagat Forest Half Marathon. The Elligirini provided the greatest amount of support and received top billing on promotional materials.



Ellegirini Greenpark Milestones





Member of



Every drop
counts because
water is
precious

