



## **Sisters with blisters – 26<sup>th</sup> November 2016 at Monte Casino**

Wasn't it fantastic to be part of the 5000 plus people who came from places far & wide to take part in this Fun Walk which was for a very worthy cause – the prevention of Abuse to Women & Children. They raised R350 000 on the day.

There was a very festive vibe at the start which was a kaleidoscope of colours as everyone was dressed in fancy dress, mainly pink, with the music pumping out dance music. Keith & Sue again showed us how to dance to this music, while the other Team members bobbed gently up & down. Marilyn a first time walker, or as she put it was a “virgin” walker, had one look at all the costumes & announced that Team Evergreen would be walking in pink tutus next year. We agreed, however I don't think that my hairy legs would look good in pink hot pants.

H, who normally walks at the back with Dick S to ensure he makes his way home safely, walked with me for the first time and walked very well as I knew she would. She keeps up with me on holiday walks. The start was a gentle climb for 1.5kms. When H & I reached the top of the hill we saw Chris about 10 meters in front of us, but he kept increasing the gap. Dave N, who was supposed to have been the official time keeper, but forgot to turn on his stop watch at the start caught up and walked with us for a while, Tess then came trotting past us trying to catch up to Chris. We politely told her that this was a walk and not a run. She stopped trotting and continued to walk at a pace much quicker than she had been trotting.

I told Dave N to go ahead and catch up to Chris. When he caught up, Chris said that he had been walking like a train trying to catch up to Ernie. Dave told him that I was actually behind him, obeying doctors & others orders, and was walking at a new sedate pace. Chris breathed a sigh of relief & I think he said that he could not continue walking at that pace. He and Dave N then walked to the finish together.

Gunnar was a surprise first time walker & did very well, beating Gerd, who must have had a spell cast over him by Elsbeth, using something out of her traditional bag to make him walk with her. When I first started our walking club three years ago, Gunnar told me that I would never get him to walk 5kms. However after having an operation to his back, Gerd encouraged him to start walking, increasing the distances slowly until he built it up to 4.8kms which he now walks very day. Well done and welcome to the Team Gunnar.

Another 1<sup>st</sup> time walker was Ian. While watching the Springbucks being klapped again one afternoon, I said to him that seeing as he had walked so well in the Residents Fun Walk, if he would be joining us for this walk. His wife said “Yes” & he duly put his

name down to walk on the notice board & did very well. He finished 9<sup>th</sup> member home just failing to walk under 50 minutes by 11 seconds. At the end of the walk I asked him if he had enjoyed it & all he said was "Jip" A man of very few words.

Hennie who walked with me in the "Walking on Sunshine Spring Walk" and finished under 50 minutes for the first time, walked with Andre his normal walking partner and said that Andre had really pushed him. However they failed to finish under 50 minutes by 6 seconds.

Andre, at age 81, is another of our walking legends.

We bumped into Clive on one of our morning walks and asked him if he would be joining us for this walk. He said that he would give this one a miss. The next time we saw him I said "All this training wasted" The 3<sup>rd</sup> time we saw him he said he had given it some thought & would be joining us. Constant nagging wears away the brain.

Sue J was another who said she would not be walking as she was playing bowls. However when she heard that some of her bowling mates were walking, changed her mind & ended up walking with Marilyn, one of her bowling mates. When she & Marilyn crossed the finish line, Marilyn was still looking at all the different fancy dress outfits to see what she could wear in next year's race.

Actually the biggest cheer of the day was when 10 lovely young ladies finished wearing skimpy tops & hot pants. I heard a few hot pants coming from some of our team members

Val decided to relax & enjoy the vibe & let 5 ladies to finish ahead of her. I think she was admiring all the colourful costumes around her trying to decide whether she would wear a skimpy (?) top and hot pants next year. Go for it Val.

Vince finished just under a minute behind Marilyn & Sue J. Lilo, who did not walk with a team member, must have found plenty others to walk with as she loves talking, finishing over a minute ahead of Marilyn & Sue J.

Pierre tried to get out of walking again. When I phoned their Unit to tell him what the arrangements were, Moira told me he was in Cape Town & would only be returning on Friday. I told her that I would be giving him a lift to the Walk to ensure that he came along.

He finished with Kathy, wearing a lovely large new straw hat and dark glasses to create a new image as she drives her brand new car, & Isobel. (They are both members of my early morning walking team but have been on a sabbatical since about May this year. I wonder if they will ever return). Anyway, Isobel said she had to drag Pierre up the last hill as he appeared to be holding back - to watch the passing talent? After the Walk he came up to me, red faced, put his arm on my shoulder & said sarcastically "Thanks" He did admit that he had enjoyed the Walk as did everyone else.

Milly who regularly walked 5kms in under one hour when she lived in Cape Town, said she had proved that she could still walk at that pace in our previous walk and decided to relax & walk with Judy Mac at the back of the field. She said she would start training again after all the Christmas activities were over and the weather had cooled down a bit. Trevor & Heather must have also been in relaxed mode as they

normally finish much higher. They probably strolled along enjoying the passing scenery.

Towards the end of the Walk, H & I were walking with an Indian fellow who said that he enjoyed his walking & had walked in many events all over the country. He said that he was walking today to get away from the 9 women in his life. We did not pursue the subject. I then saw Tess walking ahead of us with another sister & told H that I had to pass Tess and left her talking to the Indian fellow.

When I passed Tess I said "Sorry Tess but I have to do this" She said that if she was allowed to run she would have easily caught up to Chris. Did she want to keep a beady eye on Chris? H also managed to close the gap on Tess & was 2<sup>nd</sup> lady home just 5 seconds behind her.

Judy S had the black marks removed from her name for missing the Residents Fun Walk & failing to tell her daughter, Karen, about it. She entered this Walk & brought Karen, who had come all the way from England to enter this Walk, & her other daughter, Gemma, along to walk with her. When I saw her on Monday she said that they had all enjoyed the Walk & thought that they were the 1<sup>st</sup> Team Evergreen ladies to finish. I had to burst her bubble by telling her that Tess & H had both finished ahead of them. She sulked a bit & then said that she would have to walk with H in future.

However Patti B earned herself another black mark against her name for missing yet another walk. They had returned from Kruger Park late on the Friday before the Walk & did not enter. However Dave B committed himself to walk before they left & showed us what he was capable of by finishing 6<sup>th</sup> member home just behind H. Well walked Dave B

With a little more training you will be up with the leaders next time.



1.



2.



- 1) Team Evergreen Sisters without Blisters
- 2) Team Evergreen men protecting their Sisters
- 3) Anxiously awaiting the start
- 4) Gunnar joined the team for the 1<sup>st</sup> time and
- 5) Ian who was also a 1<sup>st</sup> time starter
- 6) Marilyn, a “virgin” walker, finishing with Sue J
- 7) Heather & Trevor looking a bit perplexed at the finish
- 8) Isobel dragging Pierre to the finish
- 9) Andre & Karen in happy mood at the finish
- 10) Kathy showing off her new image or hiding her face?