



LONE HILL PARKRUN – SATURDAY 18TH FEBRUARY 2017 @ 8.00AM

A belated Happy New Year to everyone. I wish you all a Happy, Healthy and Injury free New Year. I hope you have all had a good start to the New Year, have not broken any New Year's resolutions yet and have been able to shed any extra weight you may have put on over all the Christmas festivities. I put on 2.5kgs of tummy but am now back to my normal fighting weight but not my desired tummy size.

As you found out, my constant nagging and sending photos of faded Team Evergreen T-shirts to Derek has paid off and we will be receiving new ones shortly. After having to play 20 questions with most of you to find out your T-shirt size, I submitted our requirements to him a week ago. I did ask him to send a few extras in case you were too shy to admit that your T-shirt size may have changed.

As I told you, I want to try and organise one team event every month to keep you all fit and healthy. I am not interested whether you think it may be too hot or too cold to enter each event. I am aware by now that I can't please everyone all the time and I am not going to even try. It is up to you to decide which events you would like to join us for.

If anyone becomes aware of any future Fun Runs/Walks coming up, please give me the details and I will check whether we should enter them or not. In the absence of any suitable Fun Runs/Walks coming up, I will organise a Parkrun at different venues to keep us going. There is one at Delta Park that Dave N has done before which we could try in the future.

Normal events that we will be entering or organising this year are as follows:

18th Feb – Lone Hill 5km Parkrun

March – to be advised

8th April – Saturday before Easter – Residents Fun Walk at 5pm– Please diarise.

May – to be advised

June – to be advised

July – Lone Hill 6.7km Fun Run starting at 2.30pm on a Saturday afternoon

August – to be advised

September – “Walking on Sunshine Spring Walk” 5km starting at 8am on a Saturday morning

October – Residents Fun Walk on a Saturday afternoon at 5pm Please diarise.

November – “Sisters with Blisters” 5km Fun Walk at 8am on a Saturday morning.

NEWCOMERS TO EVERGREEN VILLAGE

You are encouraged to come and join us for any of the above events. It is an opportunity for you to be out in the sunshine and fresh air and to meet many other entrants as they strive to keep fit and be slimmer. It is also a great deal of fun.

TEAM EVERGREEN was formed for those residents who wanted to “KEEP FIT AND REMAIN EVERGREEN” which is our motto. We enter Fun Walks/Races from 5km to 7km from time to time during the year. Although everyone generally WALKS these races, there are a few “youngsters” who prefer to hop, skip and run them. It is up to you to do what you prefer to do. There is a certain amount of competition among those who choose to WALK these races, but we appeal to you not to overexert yourselves and to please walk at a COMFORTABLE PACE. There are generally no prizes for finishing 1st or 999th. There are spot prizes at some of the organised events which some of us have won before (I did not appreciate winning a free Bunge jump at the last race, definitely not on my Bucket List)

We have our own T-shirts, sponsored by AMDEC, which we wear whenever we enter these races. James Wilson, the big boss from AMDEC, told me that they would change the design slightly and issue new T-shirts every 2 years or so. To quote him he said “There is nothing worse than seeing a person wearing a T-shirt that is old and faded” We have a new order on the way.

Discovery Health holds Parkruns in 94 venues in South Africa and there are over 3000 venues throughout the world. South Africa is the only country in the world that has had over 1000 entrants at any one Parkrun. These Parkruns are held every Saturday morning at 8am come rain, hail or snow. Entrance is free and all you have to do is arrive at the start by 8am on a Saturday mornings and start when the gun goes off.

You should register as a Parkrunner with them. Go to www.parkrun.co.za and follow the instructions. They will email you 6 credit card size cards containing a bar code. I suggest that you have 2 laminated for easy use in future. When you complete the race they will scan your bar coded credit card which will record your finishing time.

If you are a Discovery Health Vitality member you will receive 300 vitality points for completing each race. Results will be emailed to you by 3pm that afternoon showing your finishing position, your time, your position in your gender and age group. You can go and do any Parkrun you want to do at any time without waiting to join a group of Team Evergreen members who have chosen to enter a Parkrun.

As mentioned, I will soon have a new supply of Team Evergreen T-shirts. If you are interested in joining us, please come and see me at Unit 80 or call on extension 180 and I will check if I have your size. We look forward to seeing you at our next outing if not before then

Ernie “Come walk with me” Mutch and I know how to nag.