



June 2017

Woodlands 5km Parkrun – 18th May 2017

Despite my appeal to Team Evergreen members to join the team and do the above Parkrun, only 8 members decided to enter. A number of members had medical problems, while others, like me, were carrying injuries. I know that some members do not enjoy these Parkruns because of the rough terrain, but in the absence of any other known Fun Runs/Walks, I have been arranging these Parkruns so that we will have one event a month to participate in. Those who did enter the above Parkrun were very impressed with the course – all along an even tarred surface and there was a great atmosphere.

Basil ran his Personal Best in a time of 31mins & 30secs

Helen & Royston lead the walkers home in a time of 47mins 41secs – Helen having to continually wait for the “old man” to catch up, as she put it.

Bob Haselum finished in 57mins 57secs He told me he walked with Lilo & Elsbeth but Trevor & Heather Morgan said he walked with them. As they were holding hands again, Bob probably didn't think they were from Team Evergreen – who holds hands in our team? He is a bit forgetful.

Anyway, I would like to propose that we do this Parkrun again **this Saturday – 1st July 2017**. Woodlands Parkrun is approx. 14kms away. I suggest that those who would like to come along meet at the clubhouse for a 7.15am departure at the latest. Please let me know as soon as possible if you will be joining us so that I can arrange transport.

Lonehill Park 6.7km Fun Run - which is normally held in July each year is probably going to be postponed until September. Let's hope it does not clash with the Melrose Arch “Walking on Sunshine Spring Walk” also held in September each year. I have been liaising with the organisers of the above Fun Run who were contemplating changing it to a Thursday night. I listed all the reasons why this was a bad idea, mainly because a lot of our team did not like travelling at night and the present traffic chaos in the area could cause a problem with a lot of entrants not being able to make it to the start in time. I also said that the 2.30pm

start on a Saturday afternoon was ideal as it did not interfere with church on a Sunday and gave the walkers time to recover from their aches & pains on Sunday. I told them that they should not change the conditions for the sake of changing something that has always been well organised, well attended and enjoyed by all in the past. They are going to have another meeting in 2 weeks time to finalise the date and to consider my comments.

Shelley, the person I am liaising with, thanked me for our interest and said that they would like to do an article on Team Evergreen with interviews etc, to publish in the Fourways Review. (Naturally I forwarded this to Derek to chase them up with the new T-shirts) I will report back to you once I hear from them again. Let's all make a big effort to attend this event, including newcomers to our village.

I am not sure what the distance will be. It has been 6.7kms for the last 3 years because of the Mandela 67 days challenge to celebrate his 67 years of service to the country. (I think) If you can walk 5kms you can easily walk 6.7kms.

Team Evergreen T-shirts – I sent an email to Derek reminding him that it was now June by which time he said we would receive these “at the very latest” He is going to check with Marketing on the progress. Ho hum, not another delay.

Future events - I appeal to anyone who hears about other forthcoming event, to please let me know the details as soon as possible so I can check if it will be suitable for the team to enter. Otherwise we will have to continue doing the Parkruns - Lonehill Park in July and Bryanston Riverside Park in August, unless you would like to make other suggestions, in which case, please let me know.

In the mean time:

Keep fit and remain evergreen

Ernie – chief motivator

BREAKING NEWS – Our inspirational walker, Dick S, who holds the record for being the oldest entrant in every race he enters, has decided to enter probably the longest walk he will ever do. Starting in October he has decided to walk down the long road of happiness with Catherine by his side. We wish them a very long, happy and injury free walk together. I told him he was either trying to make the Guinness Book of records or was just a bopper for punishment by getting married for a second time. Good luck, good health and best wishes to both of you from Team Evergreen.