



## **LONEHILL PARKRUN – THIS SATURDAY 22<sup>ND</sup> JULY 2017**

I had intended to do the above as out July outing on 29th July. However I will not be available on that day as we are arranging a “Christmas in July” function at All Saints Church to raise much needed funds for the church. I apologise for the short notice and ask as many of you as possible to try and make it. I have 6 confirmed entries so far, including some newcomers to the village. The new “Team Evergreen” t-shirts have arrived and it is time to show them off. (Pity they left our motto “keep fit and remain evergreen” off the front of them)

I have been able to distribute them to most of you, and will distribute the balance on Monday or Tuesday. Several newcomers have also requested t-shirts as they would like to join the team. Welcome, may you enjoy the friendship, comradie and fun we have on these outings for many kilometres to come. Those newcomers who can put one foot in front of the other for 5kms and have not yet made yourselves known to me; I will find you and encourage/nag you to join the team. There are still some t-shirts available, unfortunately no “Large” which I can give you to wear.

### **Info for new residents**

“Team Evergreen” was formed about 3 years ago after me persuading/nagging other residents to join us on future outings. There are now 60 – 70 young residents whose ages vary from 59 – 91 years old. Not all of them join us for every event as a lot are too busy being on holiday all over the world, while others double date, forget, are sick or injured or prefer the comfort of their warm beds during the winter months

There is no joining fee and as you have seen, we have our own “Team Evergreen” t-shirts. We try to go out once a month to do a 5km walk or run. There are presently only 2 members who are able to run, when it is not an organised walking event, but you can do as you please as long as you enjoy yourselves. Although there are a few residents who take it seriously, trying to achieve Personal bests (PB) every time or to beat fellow residents, most of the team just go out and walk at a comfortable pace to enjoy the sunshine, fresh air and company of the many other entrants of all ages, shapes and sizes, sometimes with dogs on a lead or pushing prams with babies in them.

When there are no other organised walks/ runs available to enter we do the 5km Parkruns at various venues on a Saturday morning. They all start at 8am, come rain, snow or bad weather and we gather at the clubhouse beforehand. It is essential for you to enter your

name on the list on the notice board in the clubhouse if you are going to join us so that transport can be arranged for everyone.

## **Parkruns**

These are co-sponsored by Discovery Health in an attempt to keep everyone fit and reduce medical claims. If you are a Discovery Health Vitality member, you will receive 300 vitality points for every Parkrun you complete. There is no joining fee and no entry fee for any of the Parkruns, **which are all over 5kms**. To register as a Parkrunner all you need to do is go to **parkrun.co.za** and follow the steps. Within a few hours you will receive a sheet with 6 credit card size bar codes on them. I suggest that you cut out 2 and take them to “3 in 1” at Leaping Frog to be laminated (cost about R3) for ease of use.

When you enter a Parkrun all you have to do is arrive at the start (8am) on a Saturday morning and set off when the starter signals the start. There is no need to clock in but you must take your bar code card with you for the organiser to scan when you finish. Sometime that afternoon you will receive the full race results showing your finishing time and overall position, where you finished in your age group and gender. It will also show whether this was your PB and how many Parkruns you have completed at any of the 100 venues in the country. This info prompts people to try and improve their performance at each Parkrun.

## **Proposed future events**

**22nd July** – Lonehill Park Parkrun – **mentioned above**

**26<sup>th</sup> August** – Woodlands Parkrun in Woodmead, one of the best venues in the area.

**3<sup>rd</sup> September** Melrose Arch (Amdec owned) 5km –Walking on Sunshine Spring Walk.

I appeal to as many of you as possible to make an effort to enter this Walk to show off our “Team Evergreen” T-shirts. **Please diarise date**

**September** – **date still to be advised** – 6.7km Lonehill Park Mandela Fun Run – a well organised and enjoyable race, which most of us walk.

**21<sup>st</sup> October** – Evergreen Residents Fun Walk – every resident can enter as there are 4 different distances to choose from. 700 Meter Dash – for those who use walking aids or other means to get around: to lazy to try & get fit or have old sports injuries.

1 Lap – 1.7kms for the smokers and not so fit – no smoke breaks allowed

2 laps – 3.4kms for the not so fit who are trying to get fit

3 laps – 5kms for the regular walkers and others who would like to do this distance.

Great fun is had at this event. Ask any of the residents who have done one before.

(More details to follow closer to the date)

**November** – **date to be advised** – “Sisters with Blisters” 5km walk in aid of the prevention of abuse to woman & children. Last year there were over 5 000 entrants, mostly dressed in fancy dress & R350 000 was raised. This year you will be asked to wear a pink tutu. Pink hot pants are optional.

Dates underlined above are the main events that “Team Evergreen” enters each year.

**PLEASE DIARISE THESE DATES & MAKE AN EFFORT TO BE THERE**

**“keep fit and remain evergreen” – Ernie – Unit 80 or ext 180 for more details.**