



PARKRUNS

There is group of us who go and do Parkruns on Saturday mornings when no other event has been planned and when circumstances allow us to do them. The organisers of Parkruns award Red Parkrun t-shirts with 50 on the back for those who have completed 50 Parkruns and a Black Parkrun t-shirt with 100 on the back for those who have completed 100 Parkruns. I doubt whether any of us will ever get to wear the Green Parkrun t-shirt with 250 on the back. As far as I know, Bruce Fordyce is the only one who has one.

Norma, a newcomer, already wears the Red Parkrun t-shirt as she has now completed 85 Parkruns. I have now completed 35 Parkruns. It is now a race between us to see who can reach the next milestone first.

Last Saturday, Manfred, Helen, Royston, Bob, Gerd, Norma, Ron, Lilo and I did the Bryanston Riverside Parkrun. Due to the lack of rain it looked like a dust storm when everyone started. I like this course as it is a flat out and back Parkrun with only one short step hill at the end. It enables me to walk at a comfortable pace and keep up with Helen.

However their timing system must have been faulty as the reported finishing times were one minute quicker than the actual time that Helen and I recorded. This showed that 8 of us had PB's that morning. But what the heck, there is no remarks column and we will accept their recorded times.

Ron & Norma knew each other before they both moved to Evergreen. I was told that there was a battle between them to see who could beat the other but they settled for a joint finish. That was only until we returned to the village and Ron asked me to drop them at my place as they had some unfinished business to attend to as they walked back to their units. I have not heard whether the issue was resolved.

Should anyone want to join us on a Saturday morning, please contact Manfred, Unit 91, Royston, Unit 9 or myself, Unit 80 so that transport can be arranged

A REMINDER OF UPCOMING EVENTS

14 October – The Otter Estates Lonehill Fun Run This is going to start on the Saturday afternoon at 4.00pm. The start will be from Crawford College and the distance will revert back to 5kms. The Fun Run, which most of us walk, has always been held in July each year but for reasons unknown, has been postponed to October. It has always been a well organised event. The organisers were very impressed that 26 members plus 5 family members entered last year, especially Dick S finishing at the age of 90. They want to do a story on Team Evergreen this year so PLEASE could as many of you as possible enter this year. We need to beat the number who entered last year. Further details will be advised as soon as I have been notified.

28 October – THE BIG ONE – EVERGREEN BROADACRES FUN WALK WITHIN THE VILLAGE

This will be held on Saturday afternoon starting at about 5.00pm, depending on the weather. As previously advised, there is no reason for any resident, staff member or dogs on short leads with poo bags to miss this event, so I hope you have all started training. There are 4 different distances from the 700 Meter Dash to 5 kms for you to choose to walk. There are no prizes for finishing 1st and no one cares whether you finish 1st or last & no one cares how far you walked. Just walk at a comfortable pace and enjoy yourselves. There will be bottled water for you to drink as you walk and afterwards you will be given a boere roll with Hennie's famous pap and sous plus a beverage of your choice. BYO and stay after the Walk to compare aches & pains and meet other residents you may not have met yet. Further details to follow

Remember to "keep fit and remain evergreen" Ernie