



Saturday afternoon 14 October – Otter Estates Lonehill 5km Fun Run/Walk – at 4.00pm

The list is up and your names must go down & entry fee R60 paid to Ernie asap

Start and finish will be at Crawford Collage off Lonehill Boulevard

This event has always been well organised with a lucky draw for spot prizes. You will be able to buy food and refreshments afterwards. I have arranged for all of us to receive their t-shirts before the event so you do not have to try and finish in the 1st 1000 finishers. The organisers were very impressed that 26 members plus 5 family members entered last year, especially Dick S finishing at the age of 90. I have advised them that we will have a bigger entry this year and that Craig, 90, will be the star of the show this year as Dick S is still on honeymoon. They want to do a story on Team Evergreen this year so PLEASE could as many of you as possible enter. As in the past I will do a group entry which I have to submit by at least Tuesday morning. Newcomers are welcome to join us. Contact me & I will check if I have a Team t-shirt for you.

28 October – EVERGREEN BROADACRES FUN WALK WITHIN THE VILLAGE

As advised, this will be held on Saturday afternoon, after your nap, starting at about 5.00pm, depending on the weather. 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 are all in training.

There are 4 different distances to choose to walk:

700 meter Dash for those who need walking aids etc or are too lazy to walk further Last time

Ossie found 2 ladies to be his walking aids and see him safely home

1.67 kms – one lap for the smokers and not so fit – no smoke breaks allowed Shirley Anne

3.34 kms - 2 laps for those who are trying to improve their fitness

5.0 kms - 3 laps for the regular Team Evergreen members & others who would like to walk this distance.

There are no prizes for finishing 1st and no one cares whether you finish 1st or last. There will also not be anyone checking how far you walked. Just walk as far as you feel like walking on the day at a comfortable pace and enjoy the company around you. There will be bottled water for you to drink as you walk, plus a water trough for the dogs after the 1st lap. Champagne and orange juice will be available both before and after the Walk. Last time more than 4 bottles of champagne and very little orange juice was consumed before the start

When you finish the Walk 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 before. Amdec insist that all walkers, helpers and spectators sign an indemnity form before the Walk – they must have heard about the drinking habits of Evergreeners. There will be a small fee (R40, or more is recommended) for all to pay to cover the costs. Any surplus will be given to Rescom to cover possible future costs.

Parkruns – there are a group of us who go and do various Parkruns on a Saturday morning when circumstances allow. Anyone who would like to join us **must contact** me, Unit 80 ext 180, or Royston, Unit 9 ext 109 or Manfred, Unit 90 ext 1190 before Friday so that transport arrangements can be made. I suggest that you register as a Park runner so that you receive the full results that afternoon and will be able to keep track of the number of Parkruns you have completed and your PB time.

Early morning walks - Bob and I walk every Monday & Wednesday mornings starting at Crab Crossing, just before Dick S's unit. If you would like to join us just be at Crab Crossing at 7.15am and we will adjust our pace and distance to suit you. If you need a wake up call let me know the day before.

Until next time, remember to “keep fit and remain evergreen”

Ernie

2 October 2017