



Hi Team Evergreen

SA Parkrun is now 6 years old with 127 different venues throughout South Africa with a new venue being added almost every month. Each Saturday there are over 40 000 entrants at all the venues. They have introduced a new innovation whereby those who have completed at 20 or more Parkruns at different venues will be given an Orange cap in recognition of that achievement. At present there are about 12 Parkrun venues in and around Johannesburg. So if you are going away at any time, check if there is a Parkrun venue near your destination and take your walking/running gear with you.

Ernest Ullman 5km Parkrun – Saturday 9th December 2017

I know it is very hot in the mornings at this time of the year & all Parkruns only start at 8.00am. However I would like to propose that we all go and do the above new Parkrun as a “social” event as this will be the last event for 2017. It is up to you to decide whether or not you would like to join us & if you are, please put your name down on the list on the notice board **as soon as possible** so that I can arrange transport for everyone.

I suggest that most of us just take it easy and walk and try and finish together at a comfortable pace in a ‘Bus’ - Bruce Fordyce style in the Comrades. Those who want to run, try and set new PB’s or have a rivalry between them can go off and do their own thing. Bring your partners and families along to join us as it will just be a casual stroll through the Park. The course is a 2 lap course so entrants can do only one lap if they want to. It consists of a mixture of trail paths, grass & sand and is situated at Minto Road, Wendywood.

Please wear your Team Evergreen T-shirts if you have one

If you are a newcomer or have not done a Parkrun before, you are welcome to come along & join us. Please contact me if you would like more details. I may even have a Team Evergreen T-shirt in your size

There is a **Field & Study Christmas Market** about 10 – 15 minutes away where those who want to could possibly meet afterwards for a bite to eat and a cup of coffee.

Caroline, Unit 126, says it is really worthwhile going there. There are a lot of stalls selling all types of items plus Food & Beverage outlets. I will try and find out who wants to go there and who doesn’t and arrange transport accordingly. See details on next page

Registration as a Parkrunner

If you are a Discovery Health Vitality member you will earn 300 vitality points for each Parkrun you complete. You need to register as a Parkrunner by going to parkrun.co.za and following the simple steps to register. (You do not have to be a Discovery Health Vitality member to register

as a Parkrunner) They will send you a sheet on which 6 credit card size bar codes are printed within a few hours of registering – suggest you cut out 2 & have them laminated at “3 in 1” at The Leaping Frog Centre You must take one bar coded card with you to each Parkrun that you enter. It will be scanned when you complete the event. By 3pm that afternoon you will receive an email with the full results of the Parkrun: your overall position & time, your position in your age group & gender and whether your time was your PB or not.

If you click on your name when you receive the results it will show you how many Parkruns you have completed to date and how many you have completed at that venue. It is a good way to keep track of your results from previous Parkruns

You do not have to register at the start of each Parkrun. Just arrive before 8.00 and start when the starter tells you to. It does not cost anything to register or enter Parkruns

Field & Study Christmas Market – there advert reads as follows:

It is being held at Field & Study Park, corner of 14th Street and Louise Ave, Parkmore.

This is an open-air market nestled along the Braamfontein spruit. Stroll underneath the trees through stalls that lure & inspire with local handcrafted goods. There will be a variety of food & beverage stalls, live music and a relaxed atmosphere. There is a large play area for children & various entertainment activities. There are no ATM's so bring cash. There is no entry fee but there is a charge of R10 per car for parking.

Directions- from William Nicol Drive take Mattie Ave (between Sandton Drive & Republic Road) Continue in Mattie Ave until you reach 14th Street, turn left, continue along Mattie Ave to the bottom & turn right into Louise Ave. The Field & Study Park entrance is on your left. Follow the tar road until you reach the entrance to parking (first field on left & entrance to field is on left just before you reach Recreation Centre)

Let's make this an occasion to remember.

Also remember to “keep fit and remain evergreen”

Ernie – Unit 80 Ext 180