



Hi Team Evergreen

Ernest Ullman 5km Parkrun – Saturday 9th Dec 2017

PLEASE PUT YOUR NAME ON THE LIST ON THE NOTICE BOARD NEXT TO THE POST BOXES AS SOON AS POSSIBLE IF YOU ARE GOING TO DO THIS EVENT SO THAT TRANSPORT CAN BE ARRANGED. PUT A “Y” NEXT TO YOUR NAME IF YOU WANT TO GO TO THE “FIELD & STUDY XMAS MARKET” AFTERWARDS

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.

I suggest that most of us just take it easy and walk at a comfortable pace to finish together 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 & families along to join us as it will just be a casual stroll through the Park. The course is a 2 lap course so those who want to do only lap can do so. The course consists of a mixture of trail paths, grass & sand and is situated at Minto Road, Wendywood.

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

Registration as a Parkrunner

If you are a Discovery Health Vitality member you will earn 300 vitality points for each Parkrun you complete. If you have not registered as a Parkrunner I suggest that you do so. To register go to parkrun.co.za and follow 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.

When you receive the results click on your name and 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

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 to add to the number of venues you have completed.

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

This is being held at Field & Study Park, about 10 – 15 minutes away, at the corner of 14th Street and Louise Ave, Parkmore. It 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)

I suggest that those who would like to meet there afterwards for a bite to eat, a cup of coffee (?) and to look around at the many stalls do so. Caroline, Unit 126, says it is really worthwhile going there. When you put your name down on the list on the notice board please put a "Y" next to your name if you would like to go there after the walk. I will then arrange the transport accordingly.

Let's make this an occasion to remember.

Also remember to "keep fit and remain evergreen"

Ernie – Unit 80 Ext 180