



NEWCOMERS TO EVERGREEN BROADACRES LIFESTYLE VILLAGE ARE WELCOME TO JOIN US ON OUR MONTHLY OUTINGS TO DO A PARKRUN OR OTHER FUN RUNS/WALKS.

“Team Evergreen” was formed in 2014 for those residents who want to “KEEP FIT AND REMAIN EVERGREEN”, which is our motto. There is no entry fee to join: just a commitment to do some of the monthly event we do without having to be nagged to do them. We are a group of young pensioners, whose ages vary from 60 to 91, who go out and do Parkruns or other Fun Runs/Walks of 5kms once a month. (There is one of 6.7kms) Although everyone generally walks these events, the competition among the leading walkers is heating up and some are doing a little jogging as well to try and catch up to others ahead of them. If you do join us, PLEASE do not overexert yourselves. Just walk or jog at a comfortable pace. It is meant to be fun. There are no prizes for finishing 1st or last, just bragging rights.

We have our own t-shirts, sponsored by AMDEC, which we wear whenever we enter these events. They are white with “Team Evergreen” printed in gold and green on the front. I do have a stock of the new t-shirts recently sent to us, but not all the sizes. So if it fits, you may have one.

Parkruns

Discovery Health sponsor Parkruns every Saturday morning starting at 8am, come rain, hail or snow. There are numerous venues in and around Johannesburg and 100 in total around South Africa and over 3000 around the world. Bruce Fordyce, of Comrades fame, started and is in charge of Parkruns in South Africa. He has just completed his 250th Parkrun and now has his green 250 Parkrun t-shirt. Red Parkrun t-shirts are awarded to those who have completed 50 or more Parkruns and black Parkrun t-shirts to those who have completed 100 or more Parkruns.

It is not essential but you should register as a park runner in order to receive the full results by email after the Parkrun. It is easy to register. Just go to www.parkrun.co.za and follow the instructions. They will email you 6 credit card size cards with a bar code on them within an hour of you registering. I suggest you have 2 laminated for easy use in future. (It costs about R3.00 for 2 at “3 in 1” in Leaping Frog Centre) You must take one to every Parkrun you do so they can scan it afterwards to record your finishing time.

Entry is free and you just have to arrive before the 8am start and set off when the signal is given. When you finish AND YOUR Bar Code Card has been scanned, you can go home whenever you please. You will normally be home by 9.30am. Results will be emailed to you by 3pm that afternoon showing your overall finishing position & time: your position in your gender and age group and whether this was your “Personal Best” time. If you are a Discovery Health Vitality member you will receive 300 Vitality points for completing each Parkrun if you contact Discovery and give them your Parkrun number.

It is optional whether you wear your “Team Evergreen” t-shirts if you go down and do a Parkrun by yourself. **It is essential to wear your t-shirt if you have one should you join us as a group to do one of the events.**

Should you be interested in joining us, or require more details, please contact me at Unit 80 or on ext.180

We look forward to seeing you at our next event.

Remember to “keep fit and remain evergreen” – Ernie Mutch