



### Otto Estates 5km Fun Run/Walk on Saturday afternoon 28<sup>th</sup> July at 3 pm

See attached flyer.

Evergreen have been supporting this event since 2014, when Team Evergreen was first founded. As you know it is a well organised and enjoyable event with lots of lucky dip prizes afterwards. The course meanders around the streets of Lonehill and that very steep uphill has been replaced by a long downhill stretch to the finish. So you can put your minds in neutral after doing 4 kms and stumble your way to the finish.

Please invite your family and friends to come along and join us as I would like to try and beat our record entry of 35 this year.

It is a Fun event and NOT a Parkrun so there are no PB's to try and improve and no bragging rights if you beat one of the other Team Evergreen members. No times or position will be recorded. If you want to know your time, you will have to do it yourself.

I will be walking at the back to spend precious time with my grand daughters, who at the age of 3.5 & nearly 6, have become really competitive and want to beat grand dad

Entry fee is R60. Medals will be given to all finishers this year as sponsor for t-shirts could not be found. Food and drinks will be on sale afterwards.

There is a list in the clubhouse on the side of the post boxes for you to enter your name/names as early as possible. I will be doing a Group entry again and ask you to pay me your entry fee/fees as early as possible as I have to submit the entry form by Tuesday 24<sup>th</sup> July at the latest.

**Residents Fun Walk** – I have changed the date to **Saturday 16<sup>th</sup> October at 5.00 pm** as I have noticed that very few residents have been training lately due to the recent cold spell we have had. (Actually, the Boks are playing the All Blacks on the 6<sup>th</sup> of Oct) **Please update your diaries** so that you can avoid double dating and start training now. Tell those you know who have not previously joined us how much you enjoyed it. We need to break our previous record of 80 walkers and 15 supporters and helpers.

Remember to “**keep fit and remain evergreen**”

Contact Ernie – Unit 80, ext 180 if you require more details.