



# IRENE NEWS

**11 January 2021**

**No 2 - 2021**



## **REGISTRATIONS 2021**

Registrations for 2021 have been going extremely well! It is heart-warming to see the enthusiasm amongst our members to register for the new year, despite the uncertainties.

The club T-shirts for those members who have registered for 2021 will be ordered on Monday afternoon. Members who renew their membership before 12:00 will still receive their T-shirts from the first batch.

## **CLUB HOUSE**

The club house will be open tomorrow from 16:00. There will be no official time trials but members are invited to come and train and enjoy each other's company. Due to the current restrictions no alcohol will be for sale. Please adhere to the level 3 regulations and don't bring your own alcohol to the clubhouse.

## **POP-UP RUNS**

Welcome to the Irene Pop-Up Runs for 2021

So what are the runs about....

They are a chance for fellow runners to explore new routes and have an opportunity to run with friends. This is open to all Irene members as well as non-members. There will be a run every month on the 1<sup>st</sup> Saturday of the month, unless otherwise communicated and with the exception of the January run. The venue and route will be communicated the day before the run and will be within a 5km to 15km radius of the Irene Club. If you are not able to make the specific run or there is a change in the lockdown status, there will be an option for a virtual run. The runs will be informal and there will be no formal route markings, marshals or water points. Each run will cater for various distances, varying from a 5km to a 21km and will cater for all runners and walkers.

So what do you need to know....

- Medals - Yes there will be medals per run. The medal from each run will make up a bigger medal. The costing is still being finalised;
- Date and time – 1<sup>st</sup> Saturday of a month with a planned start time between 6 am and 630 am, dependant on curfews;
- There will be a theme and a colour per run; and
- The more runs you do the more medals you collect.

The runs are not about timing and racing, but sharing, exploring and running!

So what is planned for the 1<sup>st</sup> 3 months of 2021....

- \* 16<sup>th</sup> January - Happy New Year Sock Run
- \* 6<sup>th</sup> February - Valentines Run
- \* 6<sup>th</sup> March - St Patrick's Day Run

If you have a route that you would like to share, please contact us, so we can get your route on the map! Keep watching this space for more details.

# IRENE POP UP RUN JANUARY 2021

**When:** Saturday, 16 January

**Start:** 06:30

**Distance:** 5km, 10km, 21km

Start location will be  
provided on 15 January

**Theme: Wear your Irene Tshirt and your  
funkiest socks**

**Please observe social distancing guidelines.  
Participation is at own risk.**

Irene members, family and friends are welcome.  
Non Irene Members please wear turquoise  
Bring own refreshments  
**NO ENTRY FEE**



### **CLUB COMMUNICATION (FROM OUR CHAIRMAN)**

Dear Irene Member



We would like to better our communication with all our members. We found that few people are still reading emails as we simply receive too many each day.

We therefore created the Whatsapp Notification group. This group grew very quickly, and we were happy that we found the best solution. Unfortunately, we ran into a problem where there is a limit to the number of members on a group. We considered a second Whatsapp group, but this would once again divide the communications.

After some more investigation we found that Telegram, currently one of the fastest growing apps with similar functionality, has a limit that far exceeds our requirements.

We would like to ask you to please install the Telegram App and join the Irene AC Notifications Group.

As said before, we will not clutter your inbox and only admin members will be allowed to send messages to this group. Should you have a question you are welcome to ask one of the admins directly.

Android link: <https://play.google.com/store/apps/details?id=org.telegram.messenger>

Apple link: <https://apps.apple.com/za/app/telegram-messenger/id686449807>

Telegram Group link: <https://t.me/joinchat/SAx6VQJVZd3uTQVS>



Our Club Captain, Keith Reynolds, oversees the Irene Training Group on Whatsapp. The purpose of this group is to discuss training related matters. You are welcome to join the group, but be **WARNED** that this group is very active. If you join this group, I would like to ask you to please keep to relevant topics and club matters.

<https://chat.whatsapp.com/7X82tTSKcKRDBaQnta67MG>

## ***SOCIAL***

Our monthly social has been postponed until 19 January while we await further instructions with regards to the lockdown. We will keep you posted.

## ***FUND RAISING PROJECT BY THEMBA MATHEBULA***

Well done to Themba with a fantastic effort! He completed his 450 km run and exceeded his fund-raising goal. We are proud to have him as a member.

Letter from Themba:

Just wanted to thank you and Irene again for the support.

The Campaign was very successful and have managed to raise over R104 000 in cash and about R20K in kind donations. <https://www.backabuddy.co.za/champion/project/themba>

Kind regards,

Themba Mathebula

## ***PERSONALIA***

Congratulations to the following members who celebrate their birthdays during the week:

Heilet	Basson	11 Jan
Lizl	Strauss	11 Jan
Gerrit	Faling	12 Jan
Carla	Hartmann	12 Jan
Alida	van Antwerpen	12 Jan
Gert	Fourie	13 Jan
Mike	Schlebusch	13 Jan
Kobus	van Niekerk	13 Jan
John	Ward	13 Jan
Lezanne	Grove	14 Jan
Gert	Buitendach	15 Jan
Kathleen	Faling	15 Jan
Jean-Pierre	Labuschagne	15 Jan



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## ***THOUGHT FOR THE WEEK***

People who fly into a rage always make a bad landing.





## PHOTO CORNER

*Themba Mathebula in action*







**Our walkers in action last Tuesday**



