



IRENE NEWS

28 Jun 2021

No 26 - 2021



LETTER FROM OUR CHAIRMAN

Dear Irene Member,

I really hope you are all doing well and are still healthy and active.

Given the current status and rise in Covid figures, the management team has decided to close the clubhouse for the next 3 weeks. We will stay in contact with our members and will let you know if there are any changes.

You are still welcome to run/walk on the farm at your own time as per the ARC rules. Any weekday after 15:00 and any time on weekends. Saturday trail runs will continue since these numbers are below the maximum 100 people requirement.

For those members who ordered Irene UV jackets, they will be available for collection outside the clubhouse on Tuesday from 16:30 till 17:00. Please wear your mask when you collect.

Our July pop-up run will go ahead as a virtual event. We will send you a copy of the planned route. You are welcome to run the planned route at your own time and pace on 3 July.

We are excited to tell you about our upcoming Irene Big 5 events. This will be a 5 month series with different goals for each month, all building up to a potential PB in November. You'll choose your own distance and target. There will be beautiful medals and t-shirts available. More news to follow over the next couple of days.

Thank you for understanding and most of all, thank you for being there for Irene when the club needs you most.

Stay safe!!

UV JACKETS

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IRENE BIG 5 CHALLENGE



DO YOU HAVE WHAT IT TAKES?

COMING SOON

Challenge each ambassador and
conquer the
Irene Big 5 challenge

STAY TUNED FOR DETAILS

Click on this link: <https://www.youtube.com/watch?v=IXGsQziR8IE>



Knowledge Integration Dynamics

SPAR VIRTUAL RACE

The Spar Virtual Challenge will take place on 4 September.

We have an agreement with Spar that our club will receive a share of the entry fees of all athletes that enter under Irene Athletics Club.

Please do NOT enter now. More details of how to enter will be sent out shortly.

This will be a great opportunity to earn some income for the club. Your support will be appreciated.



TRAIL RUNS

Come and enjoy the trail run on Saturday. Please remember that Irene members don't have to pay to run on the road on Saturdays unless you want a medal and be part of the trail run setup.

There are new 15 km and 21 km trail routes available this Saturday!!

A poster for the ARC Irene Hybrid Run/Walk event. The background is green with a photo of three runners on a path. The text is in white and yellow. It includes details about the event, registration, and venue. A green circular badge indicates the date and time. A 'No Pets' sign is in the bottom right corner.

ARC IRENE
— HYBRID RUN/WALK —

CHOOSE BETWEEN A **ROAD RUN/WALK**
OR A **TRAIL RUN/WALK**

STAGGERED STARTS & REGISTRATION
AVAILABLE FROM 07H00 TILL 09H00

ROAD: 5km~R75 / 10km~R95 / 15km~R115 / 21km~R125
TRAIL: 2km~R55 / 5km~R75 / 10km~R95 /
15km~R115 / 21km~R135
Under 13 yrs & over 60 yrs only pay R30 (no surcharge applies)
ON-THE-DAY ENTRIES CARRIES A R25 SURCHARGE

ALL FINISHERS RECEIVES A MEDAL
AS WELL AS OFFICIAL RACE RESULTS
(FOOD AND DRINKS AVAILABLE AT THE CLUB HOUSE)
Earn up to 1500 Vitality Points

ENTER @
WWW.REVOLUTIONTRAILS.CO.ZA

VENUE:
ARC IRENE CAMPUS
IRENE ATHLETICS CLUBHOUSE
NELMAPIUS DRIVE, IRENE, CENTURION

DATE AND TIME
3 JULY '21
STRICTLY
NOT
PET FRIENDLY

REVOLUTION TRAILS

COLLAGEN FOR ATHLETES

For more information contact
Glizelle @ 083 264 3931 or revolutiontrails@gmail.com

PERSONALIA

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

Belinda	Hudson	28 Jun
Suzanne	Janse van Vuuren	28 Jun
Derek Roy	Oldnall	28 Jun
Maggie	Holliday	29 Jun
Magda	Koekemoer	30 Jun
Maggie	van Rooyen	01 Jul
Maureen	Mossop	03 Jul



Website: www.csi-euf.co.za

Tel: 011 805 6316

THOUGHT FOR THE WEEK

We are like tea bags whose true strength comes out when we are put in hot water.

PHOTO CORNER



Joy & Michael Dekker with Henk Basson at an adventure race