



# IRENE NEWS

12 July 2021

No 28 - 2021



## IRENE BIG 5 CHALLENGE

We want to call on all our members to support the Irene Big 5 challenge. It is a very special challenge to keep us going during these difficult times. Due to the fact that we cannot present normal races, we rely a lot on our virtual races to generate some income for the club.

We rely on our members to enter for these virtual races and to get their family and friends to enter as well. No licence is required.

The Big 5 runs over a period of 5 months with a different challenge every month. There will be a unique medal for every challenge and a quality T-shirt for the first 150 entrants for the series. The entry fee for the series was R650 but due to a sponsorship from CSI Property Management for the T-shirts, the entry fee has now been reduced to only R530.

There are also 300 goody bags available worth R250 each. We want to thank JoinEze for this great sponsorship.

If you are unable to pay the full entry fee of R530 at once, but still want to do the whole series to qualify for the T-shirt, you can just drop us an email to notify us about it. You can then enter for each challenge separately every month at a cost of R110.

Please take some time to read through the flyer below for more info. Please reply to this email if you need any additional info.

Let's keep IAC great!



Website: [www.csi-euf.co.za](http://www.csi-euf.co.za)

Tel: 011 805 6316



# IRENE BIG5

♥ SO... YOU NEED SOME  
MOTIVATION TO RUN?  
LOOK no further...

JOIN A CHALLENGE!

The **IRENE BIG5** is a  
set of 5 challenges over  
5 months that will  
keep you movin'

**JOIN NOW**  
EVERYONE is doing it  
DON'T MISS OUT!



# IRENE BIG 5

## How?

Register for the Irene Big 5 Challenge  
**by clicking here**

<https://www.quicket.co.za/events/144607-the-irene-big-5-challenge>

## WHAT?

Get all the info and check out the  
Irene Big 5 Challenge website  
**by clicking here**

<https://sites.google.com/view/irenefarm5>

## WHEN?

July 2021 to  
November 2021



## WHERE?

Virtually... anywhere

**WHY...?** COS IT WILL GET  
YOU MOOVIN'...



To enter: <https://www.quicket.co.za/events/144607-the-irene-big-5-challenge/#/>

More info: <https://sites.google.com/view/irenefarm5>



# IRENE BIG 5



## FREE T-SHIRT

to the first 150 people  
who enter the 5 challenge  
package, proudly sponsored by: CSI



## GOODY BAG



worth R250 for the first 300 people who  
enter the 5 challenge package.

## KIDDIES COMPETITION



Kiddies can win a prize of a R100  
Takealot voucher each month for the  
most creative artwork! Grab the  
colouring-in book, post  
artworks on our Facebook  
page, and your kids can  
stand a chance to win!

\*See last page for details



# IRENE BIG5



## SUBMIT

Submit your daily challenge results  
by clicking here

<https://forms.gle/XGtaN4MF34SReBTr6>



## THESE ARE YOUR TASKS

### - JULY Chicken Run - Go Often

Complete at least 15 minutes of exercise 5 x per week

### - AUGUST Goat Run - Go Faster

Complete at least 4 x hill sessions for the month

### - SEPTEMBER Pig Run - Go the Distance

Complete at least 4 x 60 minute sessions for the month

### - OCTOBER Sheep Run - All about elevation

Achieve at least 1000m elevation gain for the month

### - NOVEMBER Cow Run - Beat that PB

Set your target & achieve a personal best



To submit daily results:

<https://docs.google.com/forms/d/e/1FAIpQLSeGdKI8ahqx5UlsrNQrMalv58oOfV548a669JAgSQMkpS2uA/viewform>



# IRENE BIG5



You can enter by completing the entry form and selecting your races. There is a discount if you select the entire package which includes 5 beautiful unique medals and a t-shirt. You may also enter each event individually and buy the t-shirt separately.

Depending on the prevailing regulations, participants are welcome to run on the Irene Farm or select their own route. The event is also available as a full virtual event.

\* Please note that participation is at own risk

## **Entries and Collections**

R110 per race (1 Medal Only)

R150 for the T-Shirt

R530 for the full package. (5 Medals and a T-Shirt)

R99 courier fee if you want it delivered to your door.

## **Sport shop for free collection of medal and t-shirt:**

Run-Away-Sport: 012 361 3733

Sweatshop Southdowns: 012 665 0048

Sweatshop Dunkeld: 011 325 2567

Sweatshop Bedfordview: 011 325 2567

Sweatshop Broadacres: 011 465 2556

Irene Club House: 082 937 0733

# IRENE BIG5

## MEET THE AMBASSADORS

GILBERT

★ ★ ★  
AUGUST 2021  
**THE CHALLENGE**

Complete at least  
4 x hill sessions  
for the month

★ ★ ★  
JULY 2021  
**THE CHALLENGE**

Complete at least  
15 minutes of exercise,  
5 x per week

CHASE

PATRICK

★ ★ ★  
SEPTEMBER 2021  
**THE CHALLENGE**

Complete at least  
4 x 60 minute sessions  
for the month

★ ★ ★  
NOVEMBER 2021  
**THE CHALLENGE**

set your target &  
achieve a  
Personal Best

★ ★ ★  
OCTOBER 2021  
**THE CHALLENGE**

Achieve at least  
1000m elevation gain  
for the month

JOYFUL LOUISE

SALLY



# IRENE BIG5

## QUESTIONS?

Any questions? Send us an email  
by clicking here

[info@irenerunner.co.za](mailto:info@irenerunner.co.za)

## FOR DA KIDS (AND EVEN ADULTS)

Download our colouring-in book  
by clicking here

<https://drive.google.com/file/d/1fIsXfbqqj3HywiSOBKxlrBg8ho1zuLD3/view>

## post artwork here

<https://www.facebook.com/IreneRunner>



Download colouring-in book here:

<https://drive.google.com/file/d/1fIsXfbqqj3HywiSOBKxlrBg8ho1zuLD3/view>

Post artwork here:

<https://www.facebook.com/irenerunner>





  
**the sweat shop**  
SPECIALIST • SPORTS • SHOES



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 RUN

A promotional poster for the Revolution Trails Treasure Hunt Run/Walk. The background is a vibrant yellow with a dark, textured, almost smoky effect on the left side. At the top, the text 'A VIRTUAL RUN WITH A DIFFERENCE' is in a bold, black, sans-serif font. Below this, 'TREASURE HUNT RUN/WALK' is written in a large, bold, black, sans-serif font. Underneath, 'ANY DISTANCE ONLY R50' is in a smaller, bold, black, sans-serif font. The dates 'SATURDAY 17 JULY'21 &amp; SUNDAY 18 JULY'21' are prominently displayed in a bold, black, sans-serif font. Below the dates, there's a list of details: 'CHOOSE YOUR VENUE ~ CENTURION / MIDRAND', 'SELECT YOUR SPECIFIC TIMESLOT', 'RUN/WALK ANY DISTANCE AVAILABLE:', 'CENTURION (ROAD / TRAIL) ~ 5km, 10km, 15km or 21km', and 'MIDRAND (Pet Friendly) ~ 5km or 10km'. Further down, it says 'SOLVE A CLUE ALONG YOUR RUN/WALK AND STAND A CHANCE TO WIN A LIMITED EDITION REVOLUTION TRAILS BUFF!'. On the right side, there's a photograph of a man in a blue athletic shirt and black shorts, running towards the viewer. Below the photo is the 'REVOLUTION TRAILS' logo, which features a stylized running shoe and the words 'REVOLUTION TRAILS' in a bold, blue, sans-serif font. On the far right, there's vertical text: 'ENTER @ WWW.REVOLUTIONTRAILS.CO.ZA' and '083 264 3931 OR REVOLUTIONTRAILS@GMAIL.COM'.

## HOW DOES THE LEVEL 4 VIRTUAL TREASURE HUNT WORK:

**Saturday: 17 July and Sunday: 18 July 2021**

We know everyone is tired of Virtual runs... But what about a virtual run/walk with a difference...

Everyone had a great time at our virtual treasure hunts these past two weekends. So, make sure to book your timeslot. **It is only R50 for any distance!**

We have the following distance options available:

Road: 5km, 10km, 15km and 21km

Trails: 5km, 10km, 15km and 21km

Book your single run/walk timeslot at our Centurion dedicated Level 4 venue, which is the ARC Irene Athletics Clubhouse, where you must go and do your run. An email will be sent to you after you have booked with the detailed instructions.

There will also be some "treasures" along the way which you need to identify to stand a chance to win an exclusive Revolution Trails Buff. One winner every Saturday and Sunday.



Everyone will also receive their results for the venue at which they did their run/walk to see how they did against others that went on the hunt.

So, come and have some fun while still staying safe and healthy.

Bookings available at [www.revolutiontrails.co.za](http://www.revolutiontrails.co.za)

For more information contact us on 083 264 3931 or [revolutiontrails@gmail.com](mailto:revolutiontrails@gmail.com)



### **The Buff that can be**

#### ***WALKING TIPS BY JURGEN SPENSER***

Some wise words from American coach Gwen Robertson. Gwen coaches Youth and Master Athletes. She says the following. "Many times the best conditioned athlete is not the one who wins."

And further on her approach to coaching she says: - "I believe first in working on your strength and then on trying to improve your strength by working on your weakness".

I am in agreement with her training methods, days of training and workloads for masters and to be generally conservative. Master walkers need more recovery time than the younger

generations. Masters can do the quality work, the races, speed work, intervals and VO2 max workouts, but it takes them longer to recover, than it does a younger athlete.

It is not unusual to see master walkers, especially the less experienced and newbies to make fantastic progress when suddenly the bottom falls out. The reason why? They have been impressed by the idea that the more hard workouts the better. When they reach a certain level of accumulated fatigue, they start spiraling downward. Don't let this happen to you and be wise in scheduling your training and when the good times come again, your frequency of racing.

I am a firm believer in at least one and better even two rest days per week. It is not unusual for slightly injured athlete's to come back after a layoff of three to four days and produce a "Personal Best". They are rested, more relaxed and of high spirit. I have experienced this on a few occasions over the years myself and did not worry about those extra days "off duty." Many endurance athletes are compulsive and have a problem with moderation. It is fairly easy to get into this syndrome. Don't be concerned too much about mileage. Quality should take preference over Quantity. Working hard is great, however key is doing the right combination of things.

It is always important to ask yourself, "How do I really feel today?" Then after a warm-up and when you got into your stride you might say to yourself, "I feel great and I am ready to hit it." If you don't feel okay and do a hard workout, the training is not going to do you any good. You risk getting stale, maybe sick or even injured.

You have to be flexible with your training.

We have discussed monitoring, using morning pulse rate as a body condition indicator. I assume not many athletes have taken to this ritual to see their level of recovery after a hard workout the day before.

Actually, knowing how you feel physically should be a sufficient clue. When you are tired, you know it.

When you are physically ready to go, you know it. There are times you may not be mentally ready, but you are physically ready to "burn the rubber."

How do you feel? Your training should teach you how your body feels at different walking speeds. Your stopwatch gives you the feedback to correlate pace and time. The key objective is to get to know the level of physical intensity you feel at your racing speed. If you really know what your race pace feels like, you can do it any day of the week. Holding your race pace is critical in any RW event.

You learn to control your race by training. You do speed work, Vo2 max work and you learn to pace. You do intervals and repetitions and you learn to pace. After doing all these workouts, in time you should develop an inner clock that tells you how fast you are going. Learn the art of sensing the speed you are walking and are able to keep up with a pace for the duration of the race.



## **PERSONALIA**

Congratulations to Rudi and Louisa Spangenberg with the birth of Hanru. They are so blessed.



Our condolences to Tjaan Kruger. His mother died during the week.

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

Samuel	Molefe	12 Jul
Rita	Liebenberg	13 Jul
Machiel	Engelbrecht	14 Jul
Piet	Phalahadi	18 Jul

## **THOUGHT FOR THE WEEK**

Even if you are on the right track, you'll get run over if you just sit there.

## PHOTO CORNER



To be able to run on the farm remains a privilege. Make use of the facilities



Rhodes Trail Run exactly 6 years ago