



# IRENE NEWS

19 July 2021

No 29 - 2021



## IRENE BIG 5 CHALLENGE

Despite the request to our members to enter for the Big 5 Challenge, a very disappointing 38 club members have entered thus far!

We want to call on all our members once again to please enter for this Challenge. It is of critical importance to the club that this challenge is successful.

We rely on our members to enter 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.

You can still enter for the July challenge. At the end of July you can just submit your total time for the month if you don't feel like submitting your daily times.

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

We need you!



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 moovin'

**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 Treasure Hunt Walk/Run event. The background is dark red with a subtle pattern. On the left, a man in a blue tank top and black shorts is running. The text 'A RUN/WALK WITH A DIFFERENCE' is at the top left. Below it, 'TREASURE HUNT WALK / RUN' is in large, bold, white and red letters. The dates 'SATURDAY 24 JULY'21 AND SUNDAY 25 JULY'21' are in white. The 'REVOLUTION TRAILS' logo is at the bottom left. On the right, there's a list of details: 'CHOOSE YOUR VENUE ~ CENTURION / MIDRAND', 'SELECT YOUR SPECIFIC TIMESLOT', 'Come and enjoy the outdoors in a safe social distance ensured environment', 'RUN/WALK ANY DISTANCE AVAILABLE: CENTURION (ROAD / TRAIL) ~ 5km, 10km, 15km or 21km MIDRAND (Pet Friendly) ~ 5km or 10km', 'SOLVE A CLUE ALONG YOUR RUN/WALK AND STAND A CHANCE TO WIN A LIMITED EDITION REVOLUTION TRAILS BUFF!', and 'ANY DISTANCE ONLY R50'. At the bottom, there's contact information: '083 264 3931 OR revolutiontrails@gmail.com' and 'ENTER @ WWW.REVOLUTIONTRAILS.CO.ZA'.

## HOW DOES THE LEVEL 4 TREASURE HUNT RUN/WALK WORK:

**Saturday: 24 July and Sunday: 25 July 2021**

We know everyone is tired of Virtual runs... So, what about a run/walk with a difference... Everyone had a great time at our treasure hunt run/walk these past three weekends. So make sure to book your timeslot. **It is only R50 for any distance!**

Book your single run/walk timeslot at either our Centurion (ARC Irene) or Midrand (The Country Bistro) dedicated Level 4 venues where you can go and do your run/walk. 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 per venue every Saturday and Sunday. Everyone will also receive their results for the venue at which they had to go and do 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.

Our normal run/walks will commence again as of 31 July 2021. Have a look at our calendar for upcoming run/walks.

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 won**

### ***PERSONALIA***

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

Magda	Brits	19 Jul
Jenny	Cairns	22 Jul
Trevor	Netshiombo	22 Jul
Thea	van Helden	23 Jul
Buks	van Deventer	24 Jul
Melani	Swart	24 Jul
Leon	Oosthuizen	24 Jul
Nathan	Bezuidenhout	24 Jul
Mia	Hadlow	25 Jul

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

**Never frown, even when you are sad, because you never know who is falling in love with your smile.**



**PHOTO CORNER** (photos taken in 2001, see if you can recognise the members))

















