



IRENE NEWS

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WHY DO WE RUN (Lourensa Eckard)

The outbreak of the deadly Coronavirus has disrupted just about every aspect of our lives. We don't know how long it will take to find a vaccine for this disease and it is frightening to think of the death and destruction it is leaving in its path. What we do know is that most of the plans we have made for ourselves this year, will possibly not be realized. These plans include major events, such as the Two Oceans marathon and possibly the Comrades marathon as well. Many other major races have also been cancelled or postponed. It seems trivial to be concerned about running in times like these, when many other people are struggling with far greater challenges. It is almost impossible to explain to non-runners the disappointment in not being able to take part in an event that



you have been training and preparing for, for months. But there is nothing wrong with being disappointed. The big question is, how will we deal with the disappointment?

With the announcement that most of the races on South-Africa's running calendar will not be taking place in the foreseeable future, I have been asking myself why I run and if there are no events to take part in, will I want to keep running. Do I do it for the medal at the end of the race, or the T-shirt and goodie bag at registration? Do I do it for the moment I look down at my watch, seeing I have just done a PB on a challenging course? These moments are all certainly part of why I lace up my running shoes, but it is not really enough to drag me out of bed early in the mornings. I run simply because I like it. Sure, the sense of achievement of doing your first 5 k, half-marathon, marathon or ultra-marathon is great, but the few seconds of crossing a finish line, is nothing compared to the time spent training for the actual event.

Our events might have been taken away from us, but there is nothing stopping us from hitting the road. Our club-runs might have been cancelled, but we can still easily find a friend to run with. The things we love most about running, are still available to us.

As runners we love to plan, and we love to have control. With this pandemic, there is no planning and no control. Perhaps this is a good thing. Perhaps this is an opportunity to fall in love with running all over again. We don't have to worry about results, we don't have to worry about PB's, and we don't need to stick to a grueling training-program. We can run for the pure joy of it. As runners we are uniquely poised in dealing with this crisis. During a race or training run, we know it is far more satisfying helping a fellow runner with words of encouragement, or handing out your last energy gel, even if it means sacrificing a few minutes and thereby putting our own aspirations aside. Let's tap into this spirit of comradeship during these testing times. Instead of thinking about our own goals, let's help each other where we can. Most of all, let us be thankful for all the valuable lessons that running teaches us and let's make sure that when the time comes, we are all healthy and ready to tackle the races when the calendar resumes.

"Ask nothing from your running, in other words, and you'll get more than you ever imagined."

- Christopher McDougall

PERSONAL ACHIEVEMENTS

Congratulations to Marisa Oosthuizen who received her permanent Om die Dam number.

IRENE SOCKS PROJECT

Most of you will have noticed our Irene socks by now. We handed out 150 pairs at the Pretoria marathon. These are limited edition socks and will not be available for sale. We'll add a different design to our clothing range soon. There is another opportunity to still get your feet in a pair. As from today we are offering 100 pairs to the 100 highest offers. All profits (offers above our cost price of R120 per pair) from this project will go towards our Irene members who does not necessarily have the financial means to attend the big or even smaller events. They need some gear and sometimes some transport and accommodation. These members are all strong athletes and rake in the league points for the club. I need each of you who are willing and able to help, to please make an offer on a pair of socks. The 100 highest offers we receive by 5 April can come and collect their socks at the social evening on 7 April (other arrangements can be made). You'll be notified if you were successful. Please send your offer to info@irenerunner.co.za. There is already a R1000 offer on the table.

DONATE A BLANKET PROJECT

It is still summer, but we would like to start collecting blankets so long. You can keep someone warm this winter by donating a blanket to someone in need. In the past we had wonderful support from our members, let's do it again this year!

We have decided to rather keep all blankets the same. Blankets are available at Ackermans for R300,00 per blanket.

With the club closed on Tuesdays at the moment, we are facing a challenge to collect the blankets. Please contact me at swart@goalnet.co.za to make arrangements. Under these circumstances it will be more practical to donate a blanket by paying the money into the club's bank account (Standard Bank, account no 032183183, reference: blanket)

Any donation will be welcome.

Regards,

Melani Swart



PHOTOS

Members are requested to download their "isolation" running and walking photos on the Irene app and/or send it to info@irenerunner.co.za for publication in the newsletter. It can be fun!

JOINTEze™



RACES CANCELLED – WHAT NOW (Keith Reynolds – Club Captain)

How fortunate some of us were to have run at either the Om-die-Dorp or Om-die-Dam last weekend. Who would have guessed that the South African weekend races (and just about all other sports) would come to such a sudden halt.

My Run Zone Marathon number now lies patiently nearby in the hope that it will still get used at a later date.

ARC management took a decision to stop running on the grounds and hence the social side of our running came to another full stop.

Some runners are organising group runs as a workaround - No (current) problem with that as long as the group remains below 50 people and you accept that this is a risk from the start.

The latest news on this comes from Italy where a total ban on Running was announced on Friday 20th when the then record number of deaths were reported in a 24 hour period (627). Perhaps a little too late as they are now reporting over 800 in a single day. At the time of writing (Sunday afternoon) reported cases in USA rose by over 7000 overnight. The reason for concern is very clear.

Where does that leave us now?

Perhaps we need to start looking at the reason behind the ban in Italy. It is expected that the virus is transferred through droplets that come about through touch, sneezing and logically, sweat.

We as runners are generally very friendly and handshakes are quite the norm at the start of a runners gathering with high-fives being handed out frequently on passing other runners. This will not help in the containment of the virus which is clearly on a runaway sprint of it's own.

Time to be more creative with our training.

Many of us are used to completing runs on our own. In this case it is just more of the same. One advantage at this stage of restrictions is that many people are working from home. This means less time to travel to work - so more time to train. Maybe use the opportunity to try out some new routes around your area. Better to train a little than lock yourself indoors all day with no exercise.

Those that have treadmills are probably in the best position. In France, Elisha Nochomovitz spent 6 hours and 48 minutes running a full marathon around the 7-meter balcony of his apartment in Toulouse on Tuesday, just as a 15-day nationwide ban on people leaving their homes came into effect. Seems where there is a will there is a way.

If we do end up in total shutdown, we need to look at the situation realistically. Logically you will need to go to a shop for supplies. Perhaps look at taking a walk to the shop instead of driving (obviously not in training clothing). They may stop us running but they cannot stop

people collecting essential supplies. Spending time on your legs walking is better than not having any time spent training. I already did reconnaissance runs through the area to determine the distance to the various shops and malls around me. If restrictions are imposed, I can remain compliant and still get in a bit of training - better than nothing.

You will need to think what you will do if all movement is halted like they have done on March 21 in Albania where that government deployed the army to enforce a strict 40-hour curfew starting on Saturday to fight the coronavirus after people widely flouted previous measures aimed at stemming its spread. Apparently all military personnel in SA have had their leave cancelled - perhaps a step in the planning of upcoming preventative measures.

Great time to get into stretching routines and core and strength exercises.

Distance running may be a challenge so do what you can within whatever law/restrictions are placed on us.

A time will come again when it will be back to normal. Expect many changes in the calendar as "skipped" races jostle for places to host their event within the year.

Irene Management has had a great initiative around the Virtual Ultra. Why not join in on that one as one of the "allowed" activities. Expect many more to follow this idea (worldwide).

Run/Walk safe. Apparently the healthy people have a much greater chance of survival.

PERSONALIA

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

Izaak	van Niekerk	23 Mar
Chantelle	Botha	24 Mar
Louise	Delpont	24 Mar
Norbert	Hannweg	25 Mar
Coretha	Usher	25 Mar
Sithandiwe	Mdhluli	26 Mar
Werner	Smit	28 Mar
Michael	Van der Westhuizen	29 Mar



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REGISTERED QUANTITY SURVEYORS • GEREISTREERDE BOUREKENAARS

Members: GJ Cillie B.Sc (QS) UP, PQS, PMAQS, MRICS | Guillaume Cillie B.Sc (QS) Hons UP, PQS

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IRENE VIRTUAL RACE

The reaction to our virtual race has been unbelievable! See the info below again.

Irene members are invited once again to become part of it. Members who didn't enter for the actual race will only pay half of the entry fee. Those who entered for the actual race won't pay any entry fee at all.

Irene is calling You Back!

The running community is facing unprecedented challenges brought on by the Covid-19 Virus and we are seeing an unprecedented number of races either being forced to cancel or postpone in the wake of government's ruling that mass gatherings will not be allowed. One such race forced to cancel was the JointEze Irene Ultra, but with every dark time, South Africans are always able to find the light, and that is just what Irene Athletics Club has done, with the introduction of the Virtual JointEze Irene Ultra.

What Does This Mean?

Between the 30th of March and the 5th of April, runners will have the opportunity to complete the 48km virtual challenge any way you want to. This means any distance you do in and around your home base will be counted towards your 48km total, you could, for example, choose to run 8kay for six days bringing you to your goal, the 48 kay!

This is a fantastic way for you to keep active and training towards an achievable goal in an environment that is not as risky as a real race would be at this stage. And even better when you complete the challenge, you will get an amazing medal delivered to your preferred address!

The club has really made this all about making sure you have a memento so they have even been able to change their original race t-shirt so you can also purchase a t-shirt to mark your virtual achievement at the very reasonable cost of R160!

How Does It Work?

It's a simple easy process that anyone can do!

1. Complete the online form <https://forms.gle/9Wrxtf5rUACaWVJ6A>
2. Join the JointEze Irene Ultra Club on Strava, link to the apple store, link to google play
3. Pay your Entry fee
4. Get Ready to Run!

If you don't have a running watch, or don't have a smartphone, don't stress the club wants to make this as inclusive as possible so they will be operating a way in which runners can send a short summary of your run, time and distance to ireneathleticsclub@gmail.com, remember to add your name in the email.

Already entered JointEze Irene Ultra?

If you have entered for the 48 or 21km actual events, there will be no charge for this event. By completing the form above, you'll be entered into the virtual race. Money paid

towards the T-shirts, Temporary licenses and Champion chips will be refunded. Unfortunately, we will not be able to refund or transfer any other payments.

What's the cost?

For runners who don't have an entry yet this amazing experience will cost you R200, which includes your medal! Entries are open till the 29th of March and remember you need to use your ID number as a reference on payment! All payments should be made into Irene's bank account, Irene Athletics Club, Standard Bank, Account 32183186, Branch 012645, Ref (Your ID #)

ENTER NOW



THOUGHT FOR THE WEEK

Age is no barrier. It's a limitation you put on your mind.



Knowledge Integration Dynamics



PHOTO CORNER (The Irene trolley bus at the Tom Jenkins race in 2008)

