



IRENE NEWS

27 April 2020

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COMRADES PREFERRED QUALIFIERS

We received the following email from Rowyn James, the Comrades Race Director:

“This is how many 2019 Comrades runners used which races as their preferred qualifier:”

	Qualifying Marathon	No. Qualified
1	Irene Ultra Marathon	1765
2	Soweto Marathon	1313
3	Kaapsehoop Marathon	1247
4	Cape Town Marathon	1184
5	Johnson Crane Marathon	1149
6	Wally Hayward Marathon	938
7	Loskop Marathon	859
8	Maritzburg City Marathon	756
9	Durban City Marathon	750
10	Deloitte Challenge Marathon	669
11	Cape Peninsula Marathon	516
12	Edenvale Marathon	435
13	Cape Gate Vaal Marathon	431
14	Gaterite Challenge	390
15	Sasol Marathon	382
16	Jeppe Marathon	373
17	Two Oceans Marathon	367
18	Robor Marathon	346
19	Cango Marathon	335
20	Hillcrest Marathon	321

This is just another proof that we are doing something right with the JointEze Irene Ultra.

ACHIEVEMENTS

Well done to all our members and families who have done the Irene Virtual Lockdown Challenge yesterday and who have submitted their results. Please see the results attached.

Danie Labuschagne has now done 7850 rounds of 70 meters at his house during the lockdown period. A total of 459 km!

PAINFUL JOINTS? – NOT THIS WINTER!

When the weather gets colder, we change our way of living to accommodate it – we change our clothing, the food we eat and socialising moves from outside into the warmth of the indoors. The cold weather not only affects our way of living but our bodies as well; even the smallest movement can make us grunt with the aches and pain we feel.

“Cold weather can be the reason why we feel our joints ache a little more than usual,” says Odette Vass, brand manager for OsteoEze. “This is because our bodies restrict the amount of blood that flows to our hands and feet when it gets colder and redirects it to our vital organs. Unfortunately, this does make the pain in our joints more noticeable.”

Keeping your joints healthy and relatively pain free during winter, makes the colder weather a little more bearable. It's cold outside, warm inside, and the couch looks extremely inviting, but being active during winter is a definite must for keeping your joints mobile and flexible.

“During winter we tend to slow down our exercising, but this only contributes to the stiffness in our joints, and can also lead to weight gain, which will also put extra strain on our joints,” says Vass.

“Just make sure that you remember to stretch before and after exercising, to avoid any further injuries to your joints.”

Exercise is important for your joint health, and joint mobility, but make sure that your joints are warm before impacting them with further exercise. Stretching is a necessity before and after exercising to prepare your joints before working out and to soothe them after.

To continue looking after your joints after exercising, or when they are feeling stiff and painful, don't forget to try heat therapy; this can include holding a hot towel to the painful area, or simply lying in a hot bath. For effective results also use a heat rub, such as the OsteoEze® Heat Rub with capsaicum which is a hot relief for muscles and joints.* Use in conjunction with OsteoEze® Platinum which assists with joint comfort, improves mobility and flexibility, promotes joint function and helps you exercise for longer. OsteoEze® Platinum when used early, stops joint pain and cartilage damage before it starts! *

*Efficacy of support between users may vary. This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

	
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CORONA QUOTES

Dance in the rain

So, what do we do now?

"Better to be busy than to be busy worrying," actress Angela Lansbury is quoted to have said. Because, author Vivian Greene explained, **"Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain."** Or as Sting sings, **"When the world is running down, you make the best of what's still around."**

We need to make the best with what we have now, especially if the grocery store shelves are empty. **"You can't always get what you want. But if you try sometime, you'll find, you get what you need,"** sang the Rolling Stones.

And what you need are the bare necessities, **"The simple bare necessities. Forget about your worries and your strife ... The bare necessities of life will come to you,"** promises Baloo the bear in Disney's "The Jungle Book."

Two hundred years before coronavirus, the German writer Johann Wolfgang von Goethe had some poignant metaphorical advice to do your part in this pandemic, when he wrote, **"Let everyone sweep in front of his own door, and the whole world will be clean."**

Embrace that this time could have a positive impact on you. **"That which does not kill us, makes us stronger,"** the aphoristic philosopher Friedrich Nietzsche famously said. And spiritual teacher Eckhart Tolle added that **"Life will give you whatever experience is most helpful for the evolution of your consciousness."**

That evolution will likely lead you to look out for others in this critical time. **"I shall pass this way but once; any good that I can do or any kindness I can show to any human being; let me do it now,"** wrote the Quaker missionary Etienne de Grellet.

And whatever happens, we just need to endure. **"If you're going through hell, keep going,"** said the British Prime Minister Winston Churchill. Because as the days rack up, or the situation intensifies, more things may fall apart and further call on our resolve to power through. In other words, **"You just gotta keep livin' man, L-I-V-I-N,"** Matthew McConaughey's Wooderson reminds us in the film "Dazed and Confused."



BLANKET PROJECT

A few more donations were received last week for this worthy project. Thank you for each donation thus far. Please support it and make your contribution, any amount is welcome.

PERSONALIA

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

Leon	Els	28 Apr
Ina	van As	03 May
Deane	van Rooyen	03 May



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REGISTERED QUANTITY SURVEYORS • GEREISTREERDE BOUREKENAARS

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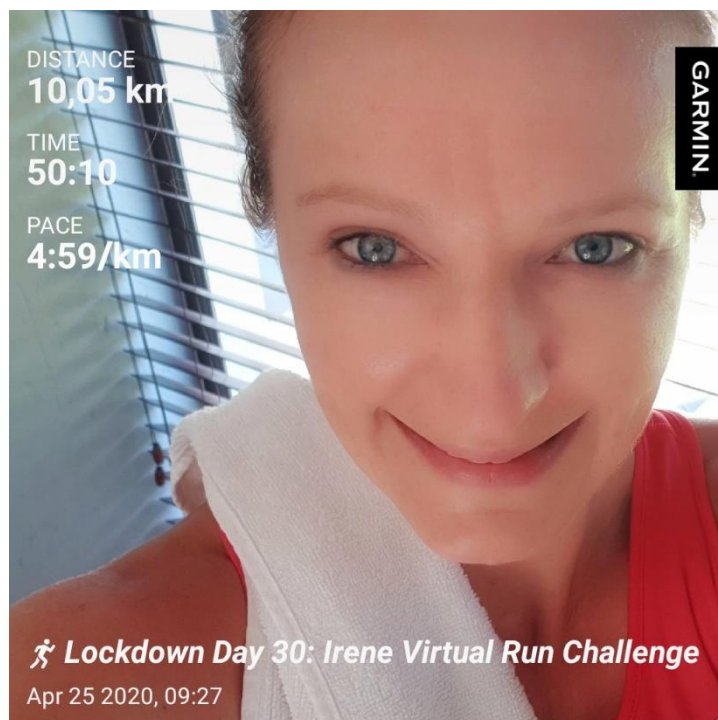
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THOUGHT FOR THE WEEK

Optimism is the faith that leads to achievement.

PHOTO CORNER (IRENE VIRTUAL LOCKDOWN CHALLENGE)



Zoë Scholtz



Gerard van den Raad – Apparently Gerard twisted his middle, hence the swelling!



Kathleen Faling



The Hannweg family, Claudia, Rose and Norbert



Ansie Breytenbach



Wynand Breytenbach



John Ellmore



Isabel and Leo Erlank with Bobby



Suné van der Walt



Francois Jarvel



Keith Reynolds



Rudi and Louisa Koornhof with Dusty



Christiaan Dijkstra



Isabelle van der Schyff – Brick paving 1 – Knee and elbow 0 (soldiered on and finished the run)