

1. Editorial

We have made it to the end of what we now know as Lockdown Level 5. A good thing about this initial lockdown was that it came with an expiry date. Levels 4 and lower have no expiry date so setting a challenge has no lockdown deadline.

There are many challenges out there and this email points you to those that club members have asked me to publicize.

So – what are we going to do in the next weeks and months?

Your comments, suggestions and contributions are most welcome. Email me at nevyyoung@starwaders.com.



2. Running the Garden Route

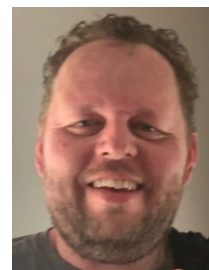
There have been several goals reached. Listing each step of the way for each runner would take up most of this letter, so let's look at the end results. These are the personal challenges of Strava friends that I am aware of. There may be other club runners who have privately done their own thing.

I doubt whether anyone – Strava or private – could have topped Retha Rossouw's performance. She attained her goal of completing a 100 miler during the 5 lockdown weeks. She completed 160 garden kilometers on around the 32nd day – an amazing effort! Of course some crazy guys ran a garden Comrades or marathon, none of them being a CSIR runner as far as I am aware.

Mark Thompson ran 100 Micro Lawn Trail kilometers by the 33rd day and swam many hundred of laps of his swimming pool. Wife Jane ran plenty too. Having completed 50kms in the first 3 weeks, Mark's challenge to me that I do another 50 in the next 2 weeks couldn't be resisted, so I managed to reach 100kms on day 35.

Johan Botha competed in various challenges and Ken Swettenham struggled to get a GPS signal in his well tree-ed garden. Brian Yalisi had a go at yard running but found that the frequent sharp turns were not doing his knees any good at all. I was lucky in that my lap only had only 3 turns and required only 46 laps to total 10kms. My 100kms thus required 460 laps so I got to know every inch of the route. Gerrit Roux sent me a logsheet showing his accumulation of 200km indoors on a treadmill!

The garden ditch cartoon bears repeating – Mark's garden was showing signs of doing the same thing.



3. Ultra Race Romania Lockdown

Retha has suggested this international challenge.

Option 1: She wonders if we can get a CSIR crowd together? If the guys don't want to pay the entry fee, let's do a Strava club for this. It requires you to run 70ks in 6 days.

Dear Runners Of The World,

you've asked for a new challenge, now it's here! We are raising the bar and pushing the limits to a new adventure.

Until we're going to run free as birds and hit the trails, we need to find ways to keep ourselves fit and motivated.

So we thought "**why not a virtual multi stage race**"?

That's the kind of race you complete on your own wherever you are located in the world, following the restrictions each country has during pandemic, and once you get it done, you record the evidence of your time and send it back to us.

So, we welcome you to **The Ultra Race Romania Lockdown**, a 70K's, 6 stages race.

When? Between 9th and 14th of May 2020.

Where? At you place! ☐

HOW'S GOING TO ROLL

The race has 6 stages that have to be completed in 6 consecutive days, as follows:

9 MAY – STAGE 1 – 10 km	10 MAY – STAGE 2 – 12 km
11 MAY – STAGE 3 – 11 km	12 MAY – STAGE 4 – 20 km
13 MAY – STAGE 5 – 9 km	14 MAY – STAGE 6 – 8 km

After each stage you have to upload the evidence of your run so that we'll be able to produce daily standings and of course the final one on 15th of May.

PRIZES

The top 3 winners in male and female categories will receive wildcards and important discounts to our main event **Ultra Race Romania - 250km | 6 stages | self sufficiency**.

CHARITY

It's made to give sense and strength to those who most need it. Each race entry is 10 euro and we'll be donating half or the raised amounts to Autism Voice NGO, so that the 400 children diagnosed with autism they care about, can continue the most needed therapy.

Be part of this story, head over to our website to enter NOW!

And stay safe!

<https://ultraraceromania.us8.list-manage.com/track/click?u=b57bfd76063440646e7c96865&id=cee61ca5f6&e=db03da5264>

OR Retha suggests

Option 2: We can do a invitational TT against some of the other clubs again 14 May over the 8 km?

Contact Retha directly or through me.



4. I Run for Relief

Tebogo Gumede suggests this local event, presented by the guys who time many of our Saturday morning races – www.raceresults.co.za. Contact me if you want to organise club participation.



Welcome to
I Run for RELIEF 

A series of Virtual Road Running Events in support of various charities offering Covid19 relief

**TRAINING WITH A PURPOSE
WHILE FORMAL EVENTS ARE
NOT ALLOWED**

- Official results on www.raceresults.co.za
- For more info contact: margaret@raceresults.co.za
- Detailed programme to follow.

 
Timekeeping

FIRST EVENT: 2 & 3 MAY 2020

***I RUN* to support families living on the edge**

Distance: 5/10/21 km

 (www.lesedilabatho.co.za)

- Walk or run 5, 10 or 21km in your neighbourhood
- "Race" Time: Sat 06h00 – Sun 12h00 (upload your time on Sunday before 18h00)
- To upload your time go to www.raceresults.co.za, click on the "I Run for RELIEF" block (click on the event, search for your name and follow the prompts)
- Free Certificates available
- Entry fee: R45 at www.webtickets.co.za (R30 to charity)
- No prizes for "race" winners or age categories
- No qualifiers or seeding
- No records
- Everybody Welcome
- **All Covid19 health and safety protocols must be followed at all times**