

Bright greetings Team,

I hope your week is truly blessed with personal growth, love, and joy for the small and big things in your life.

We had another inspiring time trials on Tuesday (04/03/2025). It was awe-inspiring to consort with others again.

We are in the new month, and I hope you've stepped into it with gratitude and joy. I wish you warmth, growth, and sunshine.

We have different races coming up this weekend. Keep a positive mindset and believe in your abilities. You've got this! I wish you the best of luck on your run.

Remember to drink plenty of water before, during, and after your run.

Way to go, team, and we'll catch up later.

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Communications and Newsletter