

Good afternoon, team members,

This week has been a real highlight, and I am already looking forward to the next one. Our time trials on Tuesday (25/03/2025) covered ground, and the team was in good spirits and cheerful as usual.

I have learned so much this week, and I am excited to see what the future holds, that being said our team is participating at the Overkruin Beast Race 5, 15 and 32km discretely on Saturday (29/03/2025).

I am sending you positive vibes and good energy for this next adventure. Go out there and give it your all. Believe in yourselves, and I trust that you have what it takes to succeed. Best of luck to you!

My tip for this week is that water is life, hydration is key, and at the marathon, stay hydrated to slay the day.

Way to go, team, and catch you later.

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Communications and Newsletter