

Happy morning to you, team members

It's winter, and the temperature can only go up from here. This cold front is severe. Grab your big scarf. It's cold out there. I hope this doesn't stop you from doing your running schedule and intend.

Our team participated at The Grove Mall Race this past weekend, and they yielded good results. Congratulations, carry on and maintain.

The Ultimate Human Race (Comrades Marathon) is within sniffing distance, and our leadership has created other platforms for our participants to be kept in the loop with the inside story and notices. Be observant on this so that you can be pumped up and stirred for this biggest event of the year.

This is one of my favorite quotes for a buoying up. Go easy on yourself and have fun. May your preparations flourish and turn out well.

"Be confident in the work you did to prepare for the race. Take a look back at your training logs to remind yourself that you've done everything possible to prepare. The race is the fun part where you get to see the hard work pay off. Enjoy it."
—Desiree Linden, U.S. Olympic marathon star

Way to go, team, and catch you later.

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Communications and Newsletter