

Bright greetings Team on this freezing and frost-bound weather. I hope you're keeping warm and having a fantastic day.

I am overwhelmed and moved by our team's effort at the Comrades Marathon. You've really brought your A-game and bravo to all of you.

Your hard work really shines through, and the effort you put in daily has truly made a difference at the world's greatest ultra-marathon.

You're an inspiration to the team. The strength of the team is each individual member. The strength of each member is the team. Unity is strength when there is teamwork, collaboration, and wonderful things that can be achieved.

I hope you're practicing soreness management with ice baths, compression socks, and massage to help reduce muscle soreness.

It's the time trials today (10/06/2025). We have inclement weather, and it might suspend our program.

Let's celebrate our teamwork. I am so proud to be working with such a dedicated and collaborative group of people.

I stand in recognition and have a wonderful week. Take care.

Catch you later.

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Communications and Newsletter