

Good morning team,

Winter has officially arrived, as we felt during this past weekend's Jackie Mekler Memorial Race. Despite the cold weather, the team showed a fantastic turnaround.

The zeal and enthusiasm displayed were truly uplifting and courageous. Congratulations to everyone who completed their races, as well as to those who participated in other events around the country. It is clear that the team is geared up and in top shape for the upcoming Comrades Marathon.

Last but not least, a warm welcome to all the new members who have joined us. Remember the winter running logic, it is only cold if you are standing still.

Way to go, and, catch you later.

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Communications and Newsletter