

Nedbank Running Club Johannesburg - June 2020 Newsletter

Dear Members

We trust this communication finds you in good spirits. The past 2 months have been a very uncertain and difficult time for runners, the club, the country and the world. The worldwide Novel Corona Virus pandemic (COVID-19) brought about the restriction of movement, cancellation of races and other community based runs and training. Life as we knew it, up until the first half of March 2020, has changed. There are and still will be consequences as a result of the pandemic and the steps taken in this regard. In the midst of this stressful period we could not escape to the road and hit the tar to be free and to do what we love.

What did this mean for us during this period and going forward?

The committee put together a comprehensive calendar, targets and plans for 2020 which was in the progress of being implemented as agreed, with the focus on our members to:

- Grow the club
- Create more visibility and become easily accessible through various channels
- A comprehensive social calendar
- Better organised race hosting at agreed races
- Gearing to offer more support from a training perspective to members

All or most of the above plans had to be deferred and ultimately cancelled for 2020, in line with the cancellation of many races. This meant we could all stay indoors get comfortable on our couches at home and become unfit... at least until allowed to go outside again and start running. Embracing the new normal, ie meeting digitally, we had to revisit our plans to afford members an alternative. Through a couple of tests, we managed to settle in, and had a very collaborative session.

The input and collaboration of the committee allowed for the following initiatives:

Events completed and in progress

- Lockdown Level 5

The Virtual Garden/Balcony/Treadmill challenge - got members (and the broader running community) running again after the initial lull and disappointment of not being able to exercise as usual.

- Lockdown Level 4

The Virtual NRC JHB Time Trial Challenge – 5km or 8km time trial ran between the stipulated hours of 6am to 9am on Tuesday and Wednesday mornings.

- Runners that could not participate as a result of work commitments could do a Garden run later during these days
- All results will be uploaded on the website as per the normal TT results
- The Virtual Nedbank Johannesburg Run Challenges
 - Challenge 1 – For runners doing anything from 4kms to 21kms in a single run
 - Challenge 2 - For runners doing runs from 21.1kms and higher (launched prior to the Comrades cancellation in an attempt to get people training and sharing their long run experiences with the rest of the running community
 - 65 participants submitted their runs and results in this challenge over the past few weeks
 - A huge thank you to Marco Josephs and Theo Swanepoel (Oom T) for the hard work and successful implementation of these challenges!

The above challenges are all run based on a 4-week cycle after which individuals will be awarded based on performance improvement. Runners are encouraged to share their pictures and results on the social media pages. Results of the winners of these challenges will be posted in the next newsletter.

- Four of our members are also participating in National's "Keeping fit and Motivated under Lockdown challenge":
 - **Bjorn Uys**
<https://www.facebook.com/nedbankrunningclubnational/videos/557396098538948/>
 - **Lissa Wuytack**
<https://www.facebook.com/nedbankrunningclubnational/videos/562463448034863/>
 - **Ntshaveni Mudua** (Insert to be featured soon)
 - **Rabelani Mudua** (Insert to be featured soon)
- Upcoming events - Lockdown Level 3
 - Comrades Virtual Run Challenge, Sunday 14 June 2020

##NEWSFLASH## OVER 100 entries received

Nedbank Running Club Central Gauteng will be hosting a virtual Comrades Marathon Relay Challenge on 14 June 2020.

The challenge will start at 6h00 and teams will need to finish the 90.2km before 18h00.

If you are interested in participating please contact Marco via WhatsApp on 083 442 0614 or via e-mail on marco.josephs@gmail.com

This event is open to ALL – so get your friends involved!

This challenge can be done in parallel to the Comrades virtual run!

- **Beyond Level 3 lockdown**

Depending on the next levels of the national lockdown, the club will announce further events in line with government guidelines. Look out for our social focused 'thanksgiving run when all restrictions are lifted!

Our social media presence

Nedbank Running Club - Central Gauteng has recently updated its social media pages. It is still in its infancy stage and we are missing all of our loyal followers from previous pages. Share your pictures and stories of what you have been up to during the lockdown on the links below. Please also let us know which content you would like to see more of.

We appreciate your feedback.

 https://twitter.com/cg_nedbank
 <https://www.instagram.com/nedbankrunningcg/?hl=en>
 <https://www.facebook.com/Nedbank-Running-Club-Central-Gauteng-Johannesburg-and-Soweto-150279161653752/>

Club Finances Update

The lockdown has thus far not had a major impact on the club from a financial perspective, but we anticipate this to become more severe in the coming months due to reduced participation and membership income.

The club has taken a decision to honour all rental and other fixed expenses as per usual as a social and corporate citizen, allowing staff of venues to be paid during this difficult time and to continue in line with the club's moto and its standing as a community builder **#MoreThanAClub**

In conclusion

This has by far been one of the most trying times for most people, and runners are not unique in this situation.

We do however have an outlet in our passion for running. We ask of you our members to remain patient and to adhere to the rules and regulations.

The committee is considering the new normal and how it will impact you and the club going forward. We will try to afford you every opportunity to keep stretching your legs and doing what you enjoy most – RUNNING!

Until then please stay safe.

“That’s the thing about running. Your greatest runs are rarely measured by racing success. They are the moments in time when running allows you to see how wonderful your Life is”

Kara Goucher – Olympic Long Distance runner

Regards

Jose and the Nedbank Running Club Johannesburg Committee