

# Magnolia Newsletter

Feb 2012 (no 07)

Visit our web-site [www.magnoliaroadrunners.co.za](http://www.magnoliaroadrunners.co.za)

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**Chairman Tinus Marais can be contact at [tinus.marais@gijima.com](mailto:tinus.marais@gijima.com)**

**Take care on the roads and make sure that you are visible and safe at all times.**

"You have to wonder at times what you're doing out there. Over the years, I've given myself a thousand reasons to keep on running, but it always comes back to where it started. It comes down to self-satisfaction and a sense of achievement." - Steve Prefontaine, an American middle and long-distance runner.

## **NORRIE WILLIAMSON - 29<sup>th</sup> Feb**

Magnolia Road Runners is bringing Norrie Williamson to Pretoria on the evening Wednesday 29th Feb. After the great success of the talk by Prof Tim Noakes at the end of January 2012, the club brings you world renowned coach Norrie to talk about training management, running mechanics and mind matters. **All runners from all clubs are invited to join Magnolia on the evening.**

**Datum / Date: Woensdag 29 Februarie 2012 / Wednesday 29 February 2012**

**Plek / venue : Gereformeerde Kerk / Reformed Church Waterkloofrand**

**Hoek van Dey en Lange strate / corner of Dey and Lange streets**

**Ongeveer 400 meter van Magnolia klubhuis / About 400 metres from Magnolia club house**

**Veilige parkering by kerk beskikbaar / Safe parking available at church.**

**Tyd / Time: 18:30**

**Toegang / Entry : Gratis (Donasies welkom ) / Free (Donations welcome)**

WHO IS NORRIE WILLIAMSON ? He has been running for more than 40 years and coaching for more than 30 years. Some of us will not know Norrie and therefore we include some parts of his CV.

Coach Norrie has provided seminars, practical clinics, and after dinner talks to Clubs, groups, and companies both in South Africa and Internationally. He has a wide repertoire of subjects on offer – for more information contact:

[info@coachnorrie.co.za](mailto:info@coachnorrie.co.za)

COMPETITIVE CAREER:

Athletics

- Ran for Scotland 100km 1994–95 -96-98
- Ran for Great Britain European 24 hour Championships 1993, 1998
- BAF/SAF 100km Championships 1995, 1998

Has run over 150 Ultra events including some of these following highlights:

- Winner of numerous Ultra marathons; 12 Hour Longest Day track race Pietermaritzburg August 1997; 100 Mile track race Durban 1982, 84, 86, 88; 1000km Star Mazda Johannesburg to Durban 1983; Komani 200km East London to Queenstown 1985; Eastern Province 100 mile road race 1990, 91; Eastern Province 100km championships 1990, 91; Pick and Pay 100km Durban 1989; Workshop 100 miler road 1989; 54 miler South Downs U.K. 1988, 92 3rd, 94 6<sup>th</sup>; African 100km championships 1992, 3rd, 1993, 4<sup>th</sup>;
- Record runs : Johannesburg to Durban (5 days 11 hours 27 mins); 00 miles and 24 hours on treadmill; Ran from Port Elizabeth to East London +- 270km
  - Numerous shorter ultras including 19 Comrades 90kms (best of 6:07), 10 Two Oceans 56km, 8 Ladysmith 53kms, 11 City to City 50kms – Races in USA, Canada, Ireland, Spain, Greece, Netherlands, France, Belgium, Switzerland, Botswana, Austria.
- London and Boston Marathons (Sunday and Monday April 1983, 2:42 & 2:45 respectively)

SUMMARY OF SPORTS PERFORMANCE AND ADMINISTRATION SPORTS ADMINISTRATION:

- British Athletics Senior Coach 1996, Level 4 2001
- ASA National Coach 1999 -
- Middle Distance and Road running coach -(International, National and provincial Road and Ultra runners)
- Author of Comrades training chart 1986-96, 1999 – 2005
- Author of "Everyman's Guide to Distance Running" (Oxford) English and Zulu versions -UK Version 1998, USA 2004, 4th SA version 2004
- Author of "Every Beginners Guide to Walking & Running" (Juta).

- Senior Team Manager GB Ultra Squad until October 2000 – Resigned Nov 1998 to return to RSA Manager British 100 Km team World Championship 1997, 1998
- Manager British 24 Hour Team European Championships 1996, 1997, South Africa team to World 100km Challenge Japan 1994, South Africa team to World 100km Challenge 2000 / 2001
- International Amateur Athletic Federation Measurement co-ordinator Southern Africa 1999 -
- International Amateur Athletic Federation accredited Freelance Journalist, and Radio / TV announcer / commentator

### Magnolia Committee meeting tomorrow night

If any member has anything they would like to add to the agenda, please contact Tinus

### Club Tent at the Deloitte marathon this Sat

Is there anybody wanting to help man the tent this coming Sat. We will take the tent to the venue Friday evening, all you have to do is help at the tent Sat morning. We will pay you or one of your children to help us from 05h30 to 9h00. Please contact Freddie on 083 347 5040

### Klapperkop hill training session this coming Saturday

No Klapperkop hill training session this coming weekend but there will be a run next week for those that do not want to run the Sunrise Monster. There will be some runners wanting to run 30km.

### Magnolia Long Run - 27<sup>th</sup> April (Friday is a public holiday)

Ideally our long run should be 6 weeks prior to Comrades and as this date clashes with the Loskop Ultra marathon (21 April), Elandsvalley (14<sup>th</sup> April) and 2 Oceans Ultra marathon on 07<sup>th</sup> April) we have to make our long run later than usual. We have been advised to reduce the distance to 45km as Wally is the following Tuesday. Our recommendation is run Om die Dam mid March, followed by either 2 Oceans, Elandsvalley or Loskop, our 45km (no race pressure and to be viewed as a long training run) and maybe followed by the Wally ½. This will provide the runner with an ideal training opportunity of being able to run 42 – 56 a long run every second weekend.

Magnolia will be holding our 10<sup>th</sup> Long Run run through the **shaded** and **quiet** streets of Brooklyn and Groenkloof. To cater for all types of runners, either fast or slow and to provide the flexibility of allowing the runner to determine their own distance, there is a 15 km loop that does not go further than 3 km from the club at any time. Last year we had a bumper turn out and attracted almost 600 runners from all over Pretoria / JHB. Again we are grateful to Irene, Overkruin, Agape and Run-Away Sports for manning a waterpoint

### New running vest available at Run-Away Sport R150 (cost to club)

We ordered 150 new vests and have only a handful of odd sides left (all sold in less than 2 weeks). A second batch of 150 has been ordered and will be available early March. Old vests are available at half price (R75) which is still an official Magnolia vest. We have plenty of ladies Crop Tops in stock.

The ladies vests will be made shorter. We have plenty of stock of men's vest with spaghetti straps.

Men's / Ladies T-Shirt like running vests with no sleeves have also been ordered – initially only limited quantities will be ordered to gauge member's response. Will be the same colour design and material as new running vests. It will have a small zip just above the Magnolia logo and a second zip at back lower end (similar to cycling shirts but just smaller pocket) to put small items in. Available March

### LOSKOP ULTRA MARATHON AWAY WEEKEND - 21st April

This is our Magnolia away weekend and details will be published shortly. Magnolia contact details to be next week as we need to start finalising our accommodations arrangements.

### CSIR Invitation Run 14<sup>th</sup> March

Magnolia has been invited to run the 11<sup>th</sup> CSIR inter Club Time Trial on the 14<sup>th</sup> March, Distance 7.8km over a challenging course. Various trophies to be handed out for the first club over the line with 15 or more runners in each category. See attached flyer added to Newsletter # 6 on our website.

## Birthday wishes - enjoy your special day

Cornelius	Oosthuizen	20	Feb
Johan	Claassen	21	Feb
Heloise	De Beer	21	Feb
Jeremiah	Kgomokaboya	21	Feb
Luis	Figueiredo	22	Feb
Dieter	Gloeck	22	Feb
Marius	Collins	24	Feb
Carel	Kleynhans	25	Feb
Nadia	Van Rooy	26	Feb
Louise (WIES)	Buhrs	1	March
Manie	Pienaar	1	March
Kenny	Erasmus	3	March
Anke	Bos	6	March
Jasper	Theron	6	March
Stephan	Roux	8	March

### Welcome to our new members to the Magnolia family

**Orson Sorril, Susan Senekal, Bennie Du Plessis, Eksteen Jacobsz, Liesel Wiese, Alex Davies, Adam Cohen, Glenn Frankel,**

### Welcome and thank you for rejoining Magnolia - 249 plus members

#### This week's Thank You's goes to:

1. Tinus for organising the route and manning the car on Sunday, Thanks to the 15 odd people that got up in the rain to make it worthwhile for Tinus. That's commitment
2. Sias and his daughter for manning the club tent at the Tuks on Sat, thanks guys

#### YEAR PLANNER - NEXT 3 MONTHS

- Away Race: Loskop Ultra marathon to be held at the Loskop Dam
- Next Club Social – 06 March bring n braai
- Magnolia Long run – Fri 27 April 2012 distance 45km (public holiday)

#### Feb / March Races and Training sessions

##### Weekend training sessions

To lift your spirits, join a running group. The change in your routine should help revive you, and the camaraderie will add a social element to your long runs / walk.

**Running: Sunday run starts @ 06h00.** A vehicle travels with the group, at the pace of the slowest runner and provides cold water, coke and powerade every 3 km. No fixed route and we travel in a different direction every week. All runners are welcome, even if you belong to another club. Please contact our Club Captain **Freddie 083-347-5040 or Charl 082 900 1323** for more details

If you are not running the Saturday's race, come and join our SLOW session aimed at beginners wanting to build up to their first ½ marathon. The pace is between 6.20 to 6.40 minutes per KM. This group is ideal for beginners. **Sat run starts at 6h00.** Please contact **Colin 082 578 3935** for more details.

**Walkers: Start 06h00.** The group consists of both male and female, from the average to top walkers. These sessions are ideal for runners returning from injury. All are welcome. Please contact **Suresh 082 446 6880** for more details.

#### Organised weekend training sessions starting at the clubhouse (NOTE NEW starting times)

Sat	25 Feb	<b>NO Hill training session</b>			<b>Deloitte marathon</b>
		Normal Club walk	10	<b>06h00</b>	Suresh 082-446-6880
Sun	26 Feb	<b>Organised long run - car support</b>	24	<b>06h00</b>	Freddie 083-347-5040
		Normal Club walk	10	<b>06h00</b>	Suresh 082-446-6880
Sat	03 Mar	<b>Hill training (10, 15,20km)</b>	10 / 20	<b>06h00</b>	Top of Klapperkop Colin 082-578-3935
		Normal Club walk	10	<b>06h00</b>	Suresh 082-446-6880
Sun	04 Mar	<b>Organised long run - car support</b>	24	<b>06h00</b>	Freddie 083-347-5040
		Normal Club walk	10	<b>06h00</b>	Suresh 082-446-6880
Sat	10 Mar	<b>Hill training (10, 15,20km)</b>	10 / 20	<b>06h00</b>	Top of Klapperkop Colin 082-578-3935
		Normal Club walk	10	<b>06h00</b>	Suresh 082-446-6880
Sun	11 Mar	<b>Organised long run - car support</b>	24	<b>06h00</b>	Freddie 083-347-5040

		Normal Club walk	10	06h00	Suresh 082-446-6880
Sat	17 Mar	<b>NO Hill training session</b>			<b>Om Die dam</b>
		Normal Club walk	10	06h00	Suresh 082-446-6880
Sun	18 Mar	<b>Organised long run - car support</b>	24	06h00	Freddie 083-347-5040
		Normal Club walk	10	06h00	Suresh 082-446-6880

**Pre-entry Race closing dates and details (away races and PRE-ENTRY ONLY)**

<b><u>Race Calendar and key dates</u></b>		
26 Feb 06h00	<b>Deloitte Pretoria Marathon 10 / 21 / 42km</b> Cost: R80-42, R50-21 and R40-10km	Phsob Club, Hofmeyer Park, cnr Kings Highway and Queens Crescent. Pre entries #, \$, & and online entries ^^ <b>close 21 Feb</b>
3 March 06h05	<b>Medihelp Sunrise Monster 32 / 10km</b> <b>Cost</b>	Harlequin Ruby Club, Groenkloof enquires Geoff pre entries #, \$, & and online entries ^^
10 Mar 06h00	<b>Wonderboom Junction 10 ./ 21km</b> <b>Cost: R50- 21 and R40 – 10km</b>	Wonderboom Junction cnr Lavender and Lavender East Road. Gps Coordinates: S25.68653° E28.18968°7
17 Mar 06h00	<b>Lynnridge Mall and Rekord 10km 5km</b> Cost: R40 and R30	Lynnridge Mall
17 Mar 06h00	<b>Om Die dam</b> <b>Cost R150 – 50km, R50 -21, R 35 -10</b>	Hartebeespoort Dam enquires 083 215 1030
21 Mar 07h00	<b>Right To Run And Walk 5km 10km 21km</b> Cost: R 50 R 40 R 30	Sunnypark Shopping Centre, cnr Esselen / Jeppe Str
24 Mar 06h00	<b>The Great Run Challenge – 15km 5km</b> Cost: R 50 – 15km and R 30	Pilditch Stadium, Pretoria West
31 Mar 06h00	<b>Denel Road Race 10km, 21km and Fun Run</b> Cost: R 50 – 21, R 40 – 10 and R 30	Denel Irene Campus. Off Nellmapius Rd

**Legend for Pre Entries:** # - Run-Away-Sport **361 3733**, @ - Varsity Sports, \$ - Running Inn **362 7322 (new number)**, % - Sportsman's Warehouse, & - The Sweat Shop (Southdown) **665 0048**, = - Base Runners or ON-LINE entries - ^^ - [www.enteronline.co.za](http://www.enteronline.co.za) ++ - [www.saactive.com](http://www.saactive.com)

**2012 Running / Walking League Races**

**Please enter the below league races to maximise the amount of league points scored for the club (RR – Road Running & RW – Road Walking)**

EVENT	DATE	LEAGUE		CHAMPIONSHIP	
		Road Run	Road Walk	RR	RW
Denel Road Race	31 March			21km	
Solomon Mahlangu	14 April	10/21km	10/21km		
Jackie Mekler	05 May	10/21km	10/21km		
Zwartkop Road Race	28 July	10/21km	10/21km		
Lifegain Sport Wierie Road Race	18 Aug	10/21km	10/21km		
Andrew Greyling	29 Sept	10/21km	10/21km		
Jacaranda City Challenge	20 Oct			42km	42km
CSIR	27 Oct	10/21km	10/21km		
Kolonade Retail Park	17 Nov	10/21km	10/21km		

**Achievements**

Please e-mail all your race achievements to Colin at [cbillau@ford.com](mailto:cbillau@ford.com). All runners participating in walking events, please contact me for your walking results to be recorded. **Contact me if you want all your own personal race results.**

- **CONGRATULATIONS to**

**Time Trial**

<b>1<sup>st</sup> Tuesday of month</b>	Opposite Magnolia Club house (Runners & Walkers) Official start time:17h30	3, 5, 6, 8, 9 km	Select your distance. Time is taken and recorded. Walkers 3km. Some walkers start at 17h00 and do 6 km, last 3 recorded
<b>07<sup>th</sup> Feb</b>	<b>Time Trial (3, 5, 6, or 8km)</b>	<b>5h30</b>	<b>Clubhouse</b>
14 <sup>th</sup> Feb	800 meter sprints	5h15	Contact Freddie for details 083-347-5040
21 <sup>st</sup> Feb	800 meter sprints	5h15	Contact Freddie for details 083-347-5040

**News Corner / Race Reports**

**Have you recently run / walked a fun, unique, local, inspiring race or your first 10, 21, marathon and would like to share your experiences with us? If so, please tell us about it by e-mailing a short race report (English or Afrikaans).**

- **Please collect your free copy of the latest Modern Athlete magazine at Clubhouse after Time Trial or weekend training sessions.**

## **2012 Comrades Marathon**

The 2012 Comrades Marathon will take place on Sunday, 3 June 2012 and will be a "Down Run" from Pietermaritzburg to Durban. The race will start outside the City Hall in Albert Luthuli Street, Pietermaritzburg and finish at the Sahara Kingsmead Cricket Stadium in Durban.

**Entries for the 2012 Comrades Marathon closed Wednesday 30 November 2011,**

• All athletes who submitted their entries by closing date of entries have until Friday, 4 May 2012 to qualify for the 2012 Comrades Marathon. The athletes will be required to submit their qualifying details (club name, license number and qualifying time) to the CMA office in Pietermaritzburg by Friday, 4 May 2012. Athletes who have successfully completed the 2011 Comrades Marathon can use their race time as the qualifying time for the 2012 Comrades Marathon.

The CMA has also approved for implementation in 2012, for the first time in its history, a **Substitution Rule** that would allow athletes to substitute (or replace) other athletes who entered but are no longer able to run due to injury, illness or because they were unable to qualify. The detailed substitution procedure and time period for the substitution process will be announced in due course.

### **Comrades Bus # 1**

**Departure:** 06h00 on Friday 2 June 2012 from Menlyn Retail Park, Lois Street (Opposite Menlyn Shopping Complex) **Return:** Monday 4 June 2012 **Accommodation:** Amanzi Holiday Flats in Amanzimtoti  
**Price:** R1700 per person **Deposit:** R500 payable with reservation. **Enquiries & Reservation:** Contact Willie Hall 082 375 6174 or Stephanie Walters 072 374 6044 email [atyourservice@webmail.co.za](mailto:atyourservice@webmail.co.za)

### **Comrades Bus # 2**

**Departure:** 23h00 on Thursday 1 June 2012 from behind Magnolia Clubhouse Parking lot **Return:** Monday 4 June 2012 **Accommodation:** Amanzi Holiday Flats in Amanzimtoti **Price:** R1300 – R1500 per person  
**Deposit:** R600 payable with reservation. **Enquiries & Reservation:** Contact Dirk Olivier 082 787 5097 or Cameron 082 787 8380 [dirk.oli4@telkomsa.net](mailto:dirk.oli4@telkomsa.net)

### **Two Oceans Update**

Online entries for next year's ultra marathon opened on 5 October 2011 and closes 7 March. The 43rd event takes place on Easter Saturday 7 April 2012. Participants are encouraged to get their qualifying marathon done as soon as they can and to submit their entry to avoid disappointment.

The qualifying window is from 1 September 2011 to 7 March 2012. South African entrants wanting to run the ultra marathon must belong to a registered ASA running club and have a valid provincial license number, as no temporary licenses will be issued for the 56km event. <http://www.TwoOceansMarathon.org.za>

**Count:** 21km entries **CLOSED** and 56km **4620** (out of 11 000)

### **❖ E-mails / Facebook messages received:**

#### • **Facebook**

Would like to join our Magnolia group to catch up on the latest going on at the club, please go to:  
[http://www.facebook.com/home.php?sk=group\\_6723843196#!/home.php?sk=group\\_6723843196&ap=1](http://www.facebook.com/home.php?sk=group_6723843196#!/home.php?sk=group_6723843196&ap=1)

#### • **IRENE COMRADES COACHING CLINICS WITH BRUCE FORDYCE**

You are invited to come and join the Irene Road Running Club for a series of coaching clinics hosted by Bruce Fordyce. This clinics will take place on **3 April and 15 May**.

The following topics will be covered:

1. The first session will focus on training and qualifying for Comrades
2. The second session will focus on tapering and injuries and how to treat them
3. The third session will focus on what to do in the last few weeks before the race and how to tackle the day!

There will be question and answer session after each discussion. These sessions are beneficial to both novices and experience runners. Come and join us at Irene club house on the ARC at 7pm on these Tuesdays. The cost is R20 per person. Contact Joy-ann Nichol on 083 284 4884 or e-mail [training@irenerunner.co.za](mailto:training@irenerunner.co.za)

### **❖ Race reports: none received**

## **Training Programmes (to be included monthly)**

- **Runner's World (SA) Beginners training programme for your first half marathon in April 2012 (i.e. aimed at Two Oceans)**  
See Newsletter issue 46 for Dec training programme, Feb will be included in the next newsletter

## **Internet Articles**

### **Useful Links:**

[www.raceresults.co.za](http://www.raceresults.co.za) for the latest race pamphlets and your race results  
[www.agn.co.za/#League](http://www.agn.co.za/#League) for the latest league logs and the league points you earned  
[www.agn.co.za/#RW](http://www.agn.co.za/#RW) AGN 2011 RW qualifying standards and selection criteria  
[www.runawaysport.co.za](http://www.runawaysport.co.za) Run-A-Way Sport's web site

After the very successful Tim Noakes evening I did a "little" research and came across the following on the subject High Protein Low Carb diets and thought for the following 3 weeks I will include some "food" for thought. Colin.

PS: It appears I have somehow lost the hyperlinks and they are not working, but if you right click and select edit the hyperlink. You can copy to your clipboard and paste into the google browser. Hit enter.

**Next week:**

- **Getting Started on a Low Carb Diet**  
What to eat resources
- **Is a Low-Carb Diet Right For You?**  
Diabetes
- **20 Benefits of Low Carb Diets**

**Week thereafter:**

- **Seven Steps to Greater Carb Control**
- **List of High-Protein Foods and Amount of Protein in Each**
- **Low-Carb Fruit: Lists of the Best and Worst**
- **Vegetables on a Low-Carb Diet: The Best and Worst**

## High Protein, Low Carb Diets

High-protein, low-carbohydrate diets have been widely promoted in recent years as an effective approach to [losing weight](#). These diets generally recommend dieters receive 30% to 50% of their total calories from protein. By comparison, the American Heart Association, the National [Cholesterol](#) Education Program, and the American Cancer Society all recommend a diet in which a smaller percentage of calories are derived from protein (nutrients essential to the building, maintenance, and repair of tissues in the body).

[The Atkins diet](#) is an example of a low-carb diet.

### Pros and Cons of High-Protein Diets

WebMD Medical Reference

High-protein diets are a close cousin of their world-famous predecessor -- the low-carb diet. While diets like the well-known Atkins focus on an intense restriction of carbohydrates, high-protein diets are centered on lots of protein-packed foods that leave you satisfied and satiated.

High-protein diets, which in many cases are low-carb diets in disguise, have their own set of pros and cons -- not unlike any other diet out there. But are they the next big thing in the world of weight loss? Experts give WebMD their insights on protein-packed diet plans.

[Read more about pros and cons of high-protein diets](#)

Related to low-carb diets [Atkins diet](#), [low carb diet](#), [high protein diet](#), [protein sources](#), [weight loss](#), [ketosis](#), [insulin](#), [metabolism](#), [South Beach diet](#)

### **How Do Low-Carb Diets Work?**

By restricting carbohydrates drastically to a mere fraction of that found in the typical American diet, the body goes into a different metabolic state called *ketosis*, whereby it burns its own fat for fuel. Normally the body burns carbohydrates for fuel -- this is the main source of fuel for your brain, heart, and many other organs. A person in ketosis is getting energy from *ketones*, little carbon fragments that are the fuel created by the breakdown of fat stores. When the body is in ketosis, you tend to feel less hungry, and thus you're likely to eat less than you might otherwise. However, ketosis can also cause health problems, such as kidney failure (see below).

As a result, your body changes from a carbohydrate-burning engine into a fat-burning engine. So instead of relying on the carbohydrate-rich items you might typically consume for energy, and leaving your fat stores just where they were before (alas, the hips, belly, and thighs), your fat stores become a primary energy source. The purported result is [weight loss](#).

### **What Are the Risks Linked to High Protein, Low-Carb Diets?**

High protein, low-carb diets can cause a number of health problems, including:

- **Kidney failure.** Consuming too much protein puts a strain on the kidneys, which can make a person susceptible to kidney disease.
- **High cholesterol.** It is well known that high protein diets (consisting of red meat, whole dairy products, and other high fat foods) are linked to high cholesterol. Studies have linked high cholesterol levels to an increased risk of developing [heart disease](#), stroke, and cancer.
- **Osteoporosis and kidney stones.** High protein diets have also been shown to cause people to excrete more calcium than normal through their urine. Over a prolonged period of time, this can increase a person's risk of osteoporosis and kidney stones.
- **Cancer.** One of the reasons high protein diets increase the risks of certain health problems is because of the avoidance of carbohydrate-containing foods and the vitamins, minerals, fiber, and antioxidants they contain. It is

therefore important to obtain your protein from a diet rich in whole grains, [fruits, and vegetables](#). Not only are your needs for protein being met, but you are also helping to reduce your risk of developing cancer.

- **Unhealthy metabolic state (ketosis).** Low-carb diets can cause your body to go into a dangerous metabolic state called ketosis since your body burns fat instead of glucose for energy. During ketosis, the body forms substances known as ketones, which can cause organs to fail and result in gout, kidney stones, or kidney failure. Ketones can also dull a person's appetite, cause nausea and [bad breath](#). Ketosis can be prevented by eating at least 100 grams of carbohydrates a day.

## Is a Low-Carb Diet Right for Me?

These theories of weight loss remain unproven, and most experts are concerned that high-protein, low-carb diets can cause a host of problems, particularly for the large segment of the population that is at risk for heart disease. What's more, the plan doesn't permit a high intake of fruits and vegetables, recommended by most [nutrition](#) experts because of the numerous documented health benefits from these foods.

The experts say to achieve permanent weight loss you must change your lifestyle. This means following a lower calorie diet that includes grains, legumes, fruits, and vegetables combined with participating in regular [physical activity](#).

**Before starting this or any diet, be sure to talk with your doctor to determine what approach is right for you.**

## Carbohydrates, Fiber, and Diabetes

For those with diabetes, the long-held belief that eating sugary foods (sweets) will cause your blood sugar levels to rise higher and more quickly than starchy foods (bread, rice, and pasta, for example) has not been supported by scientific evidence. Both are types of carbohydrates and both cause blood sugar to increase.

Carbohydrates have the most immediate effect on your blood sugar since they are broken down into sugar early during digestion. It is important to eat the suggested amount of carbohydrates at each meal, along with some protein and fat.

### Recommended Related to Diabetes

#### [Artificial Sweeteners and Diabetes](#)

Is it possible for someone with diabetes to eat sweets? The answer is "yes." Artificial sweeteners for diabetes patients is one strategy you can use. But which artificial sweeteners are OK? How should you use them?

[Read the Artificial Sweeteners and Diabetes article >>](#)

Carbohydrates are mainly found in three food groups: fruit; milk and yogurt; and bread, cereal, rice, pasta, and starchy vegetables. You will need to consider the total amount of carbohydrates when working out your daily meal plan.

### Counting Carbohydrates

Counting grams of carbohydrates and evenly distributing them at meals will help you manage your blood sugar if you have diabetes. Counting carbs is a method of meal planning that is a simple way to keep track of the amount of total carbohydrates you eat each day.

Instead of following an exchange list, you monitor how much carbohydrates (sugar and starch) you eat daily. One carbohydrate choice is equal to 15 grams of carbohydrates. Note: The amount of protein and fat you eat still counts as calories.

With carb counting, you plan your carbohydrate intake around the amount of insulin that's available to process it. The insulin can be either injected or naturally produced by your body. If you eat more carbohydrates than your insulin supply can handle, your blood sugar level goes up. If you eat too few carbohydrates, your blood sugar level may fall too low.

A registered dietitian will help you figure out a carb counting plan that meets your specific needs. For adults, a typical plan generally includes three to four carbohydrate choices at each meal, and one to two carbohydrate choices as snacks.

With carbohydrate counting, you can pick almost any food product off the shelf, read the label, and use the information about grams of carbohydrates to fit the food into your meal plan.

Counting carbs is most useful for people who take multiple daily injections of insulin, use the insulin pump or who want more flexibility and variety in their food choices. The amount and type of insulin you are prescribed may affect the flexibility of your meal plan.

Counting carbs may not be for everyone, and the traditional method of following food exchange lists may be used instead.

### Fiber and Diabetes

Fiber is the indigestible part of plant foods and it plays an important role in the digestive process for everyone -- not just those with diabetes. Fiber helps move foods along the digestive tract and adds bulk to stool to speed its passage through the bowel and promote regular bowel movements.

Fiber also delays sugar absorption, helping to better control blood sugar levels. In addition, fiber binds with cholesterol and may reduce the level of cholesterol in the blood. Lastly, fiber helps prevent constipation and reduces the risk of certain intestinal disorders.

The goal for all Americans is to consume 25 to 35 grams of fiber per day. The best way to increase your fiber intake is to eat more of these fiber-rich foods:

- Fresh fruits and vegetables

- Cooked dried beans and peas
- Whole grain breads, cereals, and crackers
- Brown rice
- Bran products

## **Does Marathon Training Lead To Weight Gain?**

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If you've ever trained for a marathon, you probably expected to lose weight

And why not?

Long runs that last two, three and four hours burn a serious number of kilojoules. But many runners step on the scale just before race day and discover that instead of dropping kilos, they've added some. Runners sometimes gain weight because they change their diets along with their mileage or because other factors, such as hormonal fluctuations, come into play. And occasionally extra kilos are actually a sign that things are going right.

Here's why the numbers on the scale go up during training, and how to fuel yourself so you get to the start at an ideal weight.

### **You're hungrier!**

Marathon training almost always requires more mileage, which boosts the number of kilojoules you burn as well as your appetite. Your body is trying to help fuel your increased activity. One of the ways it does this is by making you hungry. It's worse for women: Researchers at the University of Massachusetts discovered this heightened sense of hunger is stronger in women than in men because exercise accelerates the production of appetite-regulating hormones, prompting them to eat more; men, it turns out, aren't as susceptible to these changes.

If you've just finished a three-hour-long run, of course you need a recovery meal containing carbs and protein, such as a chicken-vegetable stir-fry with brown rice, to restock energy stores and speed muscle repair. After that, ask if you're still hungry, actually thirsty, or simply giving in to cravings. When your body truly needs food, you'll experience fatigue, a rumbling stomach, or hunger pangs that accumulate over time. To keep cravings at bay and avoid unnecessary kilojoules, remove temptations from your sight – if nacho cheese Doritos aren't on the counter, chances are they won't call your name. You can also try a diversion, such as taking a walk; a study published in 2009 in the journal *Appetite* found that taking a brisk 15-minute walk reduces chocolate cravings.

Or use your stopwatch as a tool: Force yourself to wait 20 minutes before giving in. Usually after 20 minutes have lapsed, the urge is no longer as strong.

### **You're overeating!**

You go for a 15km run, come home starving, and scoff a smoothie, eggs, bacon, toast, and a well-earned choc-chip muffin. Oops, you've just eaten nearly 5 000 kilojoules – a few thousand more than you burned on the run. To limit overcompensation – that is, eating above and beyond what you need for recovery and erasing the kilojoule deficit achieved during a workout – you need to make smarter food choices all day.

Eat mostly whole, minimally processed foods rich in carbs, fibre, and protein. The latter two take longer to digest, keeping hunger at bay and helping you avoid eating more than you should. Sabato also warns runners against falling into the 'I deserve it' mindset: Going for a long run doesn't give you license to eat a whole batch of cookies.

When you eat can also help you to avoid overcompensating. The goal is to time meals so that you provide your body with enough energy to fuel runs and recovery, but without overdoing it. If you eat a meal two to three hours before a workout, your body will be fuelled for the run and you won't feel hungry – this eliminates the need for a pre-workout snack, which adds extra kilojoules.

After a run, skip the recovery snack and instead sit down to a full meal within 30 minutes.

### **You're gaining muscle – and retaining fluid!**

Not all weight gain is bad. There are reasons you may have put on kilos that will actually help you on race day. Months of training can reduce body fat while adding muscle mass. Muscle is denser than fat, which explains why the scale may have crept up even though you've most likely lost a few centimetres around your waist and gained strength.

Another reason for weight gain just before a race? Fluid retention. Not only do runners typically drink more in the days leading up to a race, but they also eat more carbs. And carbohydrates attract water, leading to possible fluid retention.

This fluid (and the energy from stored carbs) will help ensure you're well hydrated and fuelled on race day. Fluid gains often disappear in the days after a race, when you're no longer loading up on carbs or hydrating as much.