

# Magnolia Newsletter

Jan 2010 (no 2)

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

Editor can be contacted at 012-842 2566 W, 012-361 2965 H, 082 578 3935 or [cbillau@ford.com](mailto:cbillau@ford.com) for any enquiries

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

## McCarthy Toyota 10 / 21km (Magnolia organised event – 6<sup>th</sup> Feb)

The McCarthy Toyota is an Magnolia organised event and has the reputation for being one of the better half marathon organized in South Africa. Without your help we will not be able to year after year organize such a successful event. Testimony to this fact, last year only 6 out of 48 Traffic Cops arrived on the morning and the race still ran smoothly.

We need helpers for the following:

- 75 Marshals for all 3 races – Contact Onne, Charl or Colin
- 30 helpers to assist with 10 & 5km entries and to also help with handing out medals at the finish – contact Ronald or Kevin. Those members helping with only entries will be able to run the race
- 8 Water point captains (all tables are sponsored, but we need somebody to represent Magnolia at these water holes) – contact Wayne
- 10 parking and ground attendants. These members will also be able to run the race but need to get there very early

**As our race is very manpower intensive, the committee has decided to follow the decision of many other clubs to not allow members to participate in either race.** All members are encouraged to assist on the Saturday and run/walk the workers race on the Sunday.

All helpers will receive a McCarthy race T-Shirt. Our tent will be erected at the finish and cold drinks and food will be available to all helpers. For R5, all finishes of the workers race will receive a **race medal**, **sponsors goody bag** and your time will be incorporate in the official results.

Please note that both the 10 and 21 km are **running league races** and the workers race is still eligible for league points. Please join us on Sunday even if you come and run only the 10 km.

Anybody interested in assisting in handling out race pamphlets at the below races. If you are running / walking and you have a family member waiting for you at the finish, please contact Ronald or myself and we will arrange to get the pamphlets to you or to the venue. **Any kids wanting pocket money, we will pay for the service.**

- 16 Jan ACE 10/21 – Colin
- 30 Jan George Claassen 10/21 - TBA

Ronald (start / finish)	012-6671188 H,	012-313 3632 W	or 082 808 4062
Onne Jager (Marshals)	012 9910598,	012-803 5171	or 083-786-5172
Charl Crouse (Marshals)	012-460 6833	012-430 3420	or 082-900-1323
Colin (Fun Run marshals)	012-842 2566,	012-333 4615	or 082 578 3935 (finished before 7:00)
Freddie and Tinus (parking)	012-662 0167,	012-426 8785	or 083 347 5040
Kevin Lombard (entries)	012-329 4405		or 082 800 8195
Janeen de Klerk (entries)	012-993 4037	012-394 3346	or 082 415 4753
Wayne (Water points)	012-804 2610		or 083 408 4831

**Workers Race:** We are looking for **6 people wanting to run the main race** to assist us on Sunday with the manning of the water points (2 per table). Please contact Tinus 083 347 5040. All helpers are welcome to join us on Sunday, starting at 06h00.

## 2010 Club fees

First full member	R 260
Second full member	R 220
Junior member	R 120
Great Grand Master (70>)	R 120
Social member	R 160 (No Race number)
Friends of Magnolia	R 160 (Participates in other club colours, but wants to be part of the Magnolia family and enjoy our Sunday runs)

## 2010 AGN race numbers have ARRIVED

2010 RACE NUMBERS ARE **NOW AVAILABLE** FROM RUN-AWAY SPORT and from the CLUBHOUSE ON TUESDAYS. If you want to reserve your old number, you must collect from the clubhouse. Please don't forget to check your email address and complete both forms. Your ID number is an AGN mandatory requirement.

## Important reminders

- **Tracksuits have arrived and are available at the clubhouse.** Do not lose out on this opportunity, only **R150**. Only 35 left. Magnolia has sponsored the balance

## Changes in training programmes

- Time Trial From next year time trail will only occur on the 1<sup>st</sup> and 3<sup>rd</sup> week of every month and will move to 5h45 time slot in the summer months to allow more people an opportunity to get through the traffic. On the other Tuesdays, there is a speed and hill session around 8 – 10km, please contact Freddie 083-347-5040 for more details.
- Sat SLOW RUN – 2010 Comrades has attracted more than 130 entrants and still counting, of these there are 41 novices runners. Due to the high number of runners expressing an interest to participate in the 2010 Comrades marathon, we have decided to change our Saturday morning slow training runs to be more dedicated towards novice and slow runners wanting to train for Comrades.

Magnolia would like to help all runners to get to the starting line by offering long slow runs (LSD) every Sat morning, except for league race weekends. We will be starting with 20km (short cuts will be made available) and will build up slowly to 30km. I personally believe there is a requirement to run long slow runs without the pressures of a race every weekend and it also helps with quicker recovery, less injuries and higher weekly mileage. As the group gets stronger and fitter we will include hill training (Klapperkop) on alternate weekends..

- 6:20 – 6:45 running pace. If you run quicker, please be prepared to double back to collect the slower runners
- Start 06h00 to avoid the heat and traffic. If you ran the race you would have had to get up much earlier
- 20km and will increase to 28 – 30km before the big day and if you want to run an extra 4km, we start at 5h30 and then return to the clubhouse to collect the others.
- In April, Magnolia will offer a 60km Long Run (4 x 15km laps) which means you can determine your own distance
- **All runners are welcome, even none Magnolians**
- Costs – we will buy coke / powerade at petrol garages and you will need to bring a few pennies with you
- Our Saturday Long Slow Run is aimed at providing you with an ideal opportunity to increase your weekly mileage without putting your body through too much stress and which will help with quicker recovery
  - **Sat 9 Jan we had 28 runners – what a start to the new year**

## Run-Away Sport shop is not closing

**There is no true in the rumour that Run-Away Sport is closing, they will remain in the Sanlam Centrum Glenfair on the same floor, but as from the 1<sup>st</sup> March they will be moving to a new shop location - 2 shops to their right where Berlina shop is currently located.**

## Comrades Bus

Bus departs from Magnolia Clubhouse 06h00 Friday 28<sup>th</sup> and returns Monday 31st May

**Cost** : R1100, deposit R250

**Accommodation**: Amanzi Holiday Flats, Amanzimtoti

**Enquiries**: Willie Hall 082 375 6174 or Stephanie 072 374 6044

## Birthday wishes - enjoy your special day

Hettie	Booyesen	11	Jan
Martin	Coetzee	11	Jan
Genevieve	Symonds	15	Jan
Luuk	Hepkema	16	Jan
Sean	Walters	17	Jan
Stephanie	Walters	17	Jan
Anton	Boshoff	19	Jan
Wouter	Du Plooy	20	Jan
Dirk	Ochse	22	Jan

## Welcome to our new members to the Magnolia family

Reinhart Schmidt, Lise & Peet Benade, Isabel Esterhuysen, Carien Eksteen, Ilze Van Wyk, Gordon Van Biljon, Andrew McCabe, Emma Jane Burnett,

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

1. Thank you to the 60 people that joined us on Sunday for our long run. With 28 on Sat and 60 on Sunday, our training sessions are becoming very popular.
2. Ronald and Kevin (previous week) for organizing the 20km Sunday long runs.
3. Tinus for arranging the champagne on Sunday
4. To the fast runners that turned back for the slower runners, thanks we appreciated it

## YEAR PLANNER - NEXT 3 MONTHS

- Next Social: Bring and Braai 2<sup>nd</sup> Feb, 2<sup>nd</sup> March and 6<sup>th</sup> April,
- Next Club Tent: ACE 10 / 21km 9<sup>th</sup> Jan
- Away Race: Kosmos 3 in 1 on the 13<sup>th</sup> March, Secunda (160km from PTA)
- Magnolia organised 10 / 21 road race – McCarthy Toyota 10 /21km 6<sup>th</sup> Feb 2010 – many helpers will be required
- Magnolia LONG RUN (4 x 15km)– 11<sup>th</sup> April

### Jan / Feb 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 **Tinus 083-304-7054**

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 06h00.** 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

<u>Organised weekend training sessions starting at the clubhouse (NOTE new starting times)</u>					
Sat	16 Jan	<b>NO RUN</b>			League race
		Normal Club walk	10	<b>06h00</b>	Suresh 082-446-6880
Sun	17 Jan	<b>Organised Run (car support)</b>	<b>18</b>	<b>06h00</b>	<b>Tinus 083-304-7054</b>
		Normal Club walk	10	<b>06h00</b>	Suresh 082-446-6880
Sat	23 Jan	<b>Comrades Novice Slow Run</b>	20-24	<b>06h00</b>	Colin 082-578-3935
		Normal Club walk	10	<b>06h00</b>	Suresh 082-446-6880
Sun	24 Jan	<b>Organised Run (car support)</b>	<b>20</b>	<b>06h00</b>	<b>Tinus 083-304-7054</b>
		Normal Club walk	10	<b>06h00</b>	Suresh 082-446-6880
Sat	30 Jan	<b>Comrades Novice Slow Run</b>	20-24	<b>06h00</b>	Colin 082-578-3935
		<b>NO WALK</b>			League race
Sun	31 Jan	<b>Organised Run (car support)</b>	<b>21</b>	<b>06h00</b>	<b>Tinus 083-304-7054</b>
		Normal Club walk	10	<b>06h00</b>	Suresh 082-446-6880
Sat	6 Feb	<b>NO RUN or WALK</b>			Our Race
Sun	7 Feb	<b>Workers Race LEAGUE RACE</b>	<b>10- 21</b>	<b>06h00</b>	<b>Tinus 083-304-7054 Rietondale park</b>
Sat	13 Feb	<b>Comrades Novice Slow Run</b>	20-24	<b>06h00</b>	Colin 082-578-3935
		Normal Club walk	10	<b>06h00</b>	Suresh 082-446-6880
Sun	14 Feb	<b>Organised Run (car support)</b>	<b>21</b>	<b>06h00</b>	<b>Tinus 083-304-7054</b>
		Normal Club walk	10	<b>06h00</b>	Suresh 082-446-6880

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

- **Johnson Crane 21 / 42** - pre entries close 30 Jan [www.enteronline.co.za](http://www.enteronline.co.za) Race date 31 Jan.
- **Striders 15 / 32km** - pre entries close 31 Jan [www.enteronline.co.za](http://www.enteronline.co.za) Race date 7 Feb
- **Pick n Pay Marathon** - pre entries close 10<sup>th</sup> Feb [www.enteronline.co.za](http://www.enteronline.co.za) Race date 14 Feb
- **2 Oceans marathon** – on-line entries [www.twooceansmarathon.org.za](http://www.twooceansmarathon.org.za)
- **Ottosdal Nite Race 42 / 21 / 10km** - race date 30th January 2010

#### Closing dates for pre-entries – local races only (can still enter on the day)

- **ACE 10 / 21** - pre entries close 15 Jan [www.enteronline.co.za](http://www.enteronline.co.za) and Run-Away Sport & Running Inn. Race date 16 Jan
- **Deloitte PTA** pre entries close 22 Feb [www.enteronline.co.za](http://www.enteronline.co.za) and Run-Away Sport & Running Inn. Race date 27 Feb
- **McCarthy Toyota 10 / 21** – pre entries close 3 Feb [www.enteronline.co.za](http://www.enteronline.co.za) race date 6 Feb
- **Irene Latern 10 km** - pre entries close 07 Feb [www.enteronline.co.za](http://www.enteronline.co.za) and Run-Away Sport & Running Inn. Race date 10 Feb

<u>Race Calendar and key dates</u>		
16 Jan 06h00	<b>ACE 10 /21km RUNNING LEAGUE RACE</b> <b>Cost: R40 – 21 and R30 – 10km</b>	Derdepoort Recreation Resort, East Lynn, enquires Kevin 083 291 6834 Pre-entries <b>#, \$ and &amp;</b>
17 Jan 06h00	<b>Dis-Chem 21km PRE-ENTRY ONLY</b> <b>Cost - R55 for 21km (limit to 5000 entries)</b>	Bedfordview Virgin Active Club enquiries 083-2876792 <a href="http://www.championship.co.za">www.championship.co.za</a> or <a href="http://www.dischem.co.za">www.dischem.co.za</a>
24 Jan	<b>Bobbies 25km</b>	JHB Arthur Bloch Park Enquiries Ria 082-7074495
30 Jan See right	<b>Pricewaterhouse Coopers George Claasen</b> <b>Cost R40 – 21 and R30 – 10km Start times 05h30</b> 21 W, 06h00 -21 R, 6h10 10 R, 06h20 -10 W	Menlyn Park Shopping Centre, enquires 079 869 5030 pre entries <b>#, \$, &amp;</b> and <b>Menlyn Info Kiosks</b> and <b>on-line ^^</b> , <b>++ Close 29 Jan WALKERS LEAGUE RACE</b>
31 Jan	<b>Johnson Crane 12 / 42 marathon</b>	JHB Old Benonians Sport Club enquires Ashvin 082-9240234

6 Feb 06h00	<b>McCarthy Toyota 10 / 21 RUNNING LEAGUE RACE. NOTE 21 IS A PRE ENTRY RACE ONLY – YOU CAN ONLY ENTER FOR THE 10KM ON RACE DAY</b>	Rietondale Park, Soutspansberg RD, enquires 012 993 1356 (15h00 17h00 only)
7 Feb 06h00	<b>Striders 15 / 32km Cost R35 -15 and R55 – 32km</b>	Springs Rugby Club, Olympia park, Springs enquires 011 811 7767 <a href="http://www.enteronline.co.za">www.enteronline.co.za</a>
10 Feb 18h30	<b>Irene Lantern Night race – 10km Cost: R30</b>	Irene Campus ARC, Centurion enquires 012-654 0005 pre entries All Superspars stores and #, \$ and &
13 Feb 06h00	<b>Bronkhorspruit 32km Cost R50 – 32 and R25 – 10km</b>	Hoerskool Erasmus, enquires Ronel 082 452 8127. Pre entries Run-Away Sport and <a href="http://www.enteronline.co.za">www.enteronline.co.za</a>
27 Feb 06h00	<b>Dekoitte Pretoria Marathon 10 / 21 / 42 Cost R60 – 42, R 40 – 21, R 30 - 10</b>	PHSOB Club, Hoymeyer Park, enquires Gerald 084-582-7242 entries #, \$ and & online ^^
6 Mar 06h00	<b>Akasia 3 in 1 10 / 21 / 42 Cost R55 – 42, R40 – 21, R30- 10 plus R5 on race day</b>	Wonderpark Shopping Centre, Karen Park enquires 012-549 1690. Pre entries #, \$ and &, plus % Montana, and all Mr Price Clothing Stores online ^^ and ++
20 Mar 06h00	<b>Om Die Dam Ultra 50 / 21km Cost: R120 – 50km and R50 – 21km</b>	Hartbeespoort High School Sports grounds enquires 011 844 0149 <a href="http://www.enteronline.co.za">www.enteronline.co.za</a> and #, \$ and &

Legend for Hand delivery addresses: # - 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)

### 2010 Running (RR) / Walking League Races (RW)

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

DATE	EVENT	LEAGUE			CHAMPIONSHIPS	
		Club	RR	RW	RR	RW
16-Jan	ACE	ACE	10 & 21 KM			
23-Jan	Nedbank Matha Series				21 KM	
30-Jan	George Claasen	PMC		10 & 21 KM		21 KM
6-Feb	McCarthy Toyota	Magnolia	10 & 21 KM			
27-Feb	Deloitte	Phobians		10; 21 & 42 KM		42 KM
6-Mar	Akasia 3 in 1	Akasia			42 KM	
20-Mar	Right to Run	Arcadia	10 & 21 KM			
27-Mar	Denel	Kentron		10 & 21 KM		
10-Apr	Solomon Mahlangu	AGN		10 KM		
10-Apr	Solomon Mahlangu	AGN	10km			
8-May	Jackie Meckler	PMMC	10 & 25 KM			
22-May	Muller Potgieter	VTM		15 KM		

### Achievements

Please e-mail all your race achievements to **Paul Laubscher** at [paul.laubscher@gmail.com](mailto:paul.laubscher@gmail.com) or **012-844-0744 Work** or forward to me. All runners participating in walking events, please contact me for your walking results to be recorded. **Our database already includes over 34 000 recorded race times. Contact Paul if you want all your own personal race results.**

### Time Trial

1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday of month	Opposite Magnolia Club house (Runners & Walkers) Official start time:17h45	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
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**Thanks to Freddie for recording the time and to those few who participated in last week's Time Trail.**

### 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).**

### RACE CANCELLATION

The Nedbank Martha Series race scheduled for 23 Jan has been cancelled.

### E-mails received

- **Old Mutual Two Oceans Ultra Marathon 56km**

Note that entries will close as soon as 10 000 entries have been received, even if this is before closing date. NO LATE ENTRIES WILL BE ACCEPTED.

- **Comrades OPEN for another 2000 entries – 30th Jan 2010**

Dear Club Chairman, Secretaries & Comrades Runners

Due to the overwhelming response from previous Comrades Marathon Runners and Novices alike, the CMA Board, after consultation with key stakeholders, decided to **reopen entries for a limited number of 2,000 additional entries only. Entries will open on Saturday morning 30 January 2010 at 09h00 and will ONLY be accepted at Mr Price Clothing, Sport and Home Stores countrywide. Entries will close as soon as 2,000 entries have been received. This means that if the 2,000 available spots are taken up within the first hour, entries will then close as and when the 2000 mark is reached. This is the FINAL ENTRY INTAKE and no further opportunities will be created after this period.**

In order to work on a fair "first come first serve" basis, NO FAX, POSTAL OR ON-LINE ENTRIES WILL BE ACCEPTED. Entries will also not be taken at Comrades House in Pietermaritzburg. The CMA therefore appeals to those runners who still wish to enter for the 2010 Comrades Marathon, to make sure that they are at a Mr Price Store early on Saturday 30 January 2010. No correspondence will be entered into if runners miss this opportunity.

**Kenneth, your contribution and articles, as always is much appreciated. Thanks guys**

### Internet Articles

#### Kicking the Habits Posted: 16 March 2006 by Anita Bean Runners World UK website

An unbalanced diet could be undoing all the good work you put into your training. Here's how to overcome your nutritional foibles. You might think that, as a health-conscious runner, you're eating all the right

things, but the chances are you have at least one nutritional bad habit. Whether it's a penchant for chocolate cookies or a more serious pitfall such as running on empty, most of us have at least one bad habit. Runners tend to eat a healthier diet than your average crisp-munching couch potato but we are also more prone to food fetishes and disordered eating. We spoke to a range of runners from across the age and ability spectrums and found the eight most common runners' food mistakes. Read on to see if you recognise yourself, and to find out how to fix your problems.

#### The fat phoebe

##### **You avoid fat because you think it will make you fat**

There's no evidence that a very low-fat diet improves physical performance. Quite the contrary, in fact. Eating too little fat has been proven to increase your heart-attack risk, increase your risk of injury, suppress your immune system and, ironically, lower your stamina. Go below 20 per cent of total calories coming from fat and you will certainly be missing out on the good fats found in vegetable oils, seeds, nuts and oily fish. These fats assist vitamin absorption, lower blood cholesterol, control blood pressure and help regulate your metabolism. One group of healthy fats, the omega-3 fatty acids, is especially good for runners, enhancing oxygen delivery to working muscles, boosting endurance and preventing ligament, joint and tendon strains.

##### **Change your ways**

- Focus on healthy fats (monounsaturated, polyunsaturated and omega-3 fats) and minimise the ones that can harm your health (saturated and trans fats).
- Aim to consume around 0.5-1g of healthy fats per kilogram of your body weight per day.
- Choose olive or rapeseed oil for cooking, use sesame, flaxseed or walnut oil for dressings, smear peanut butter instead of butter in sandwiches, and add one of the following to your daily menu: half an avocado, two tablespoons of pumpkin seeds, a portion of sardines or salmon, or a sweet potato.

#### Running on empty

##### **You always run on an empty stomach because it makes you feel light and lean**

Many runners claim they can't run with food in their stomachs. Others believe that running on empty will help them shed weight faster. The truth is that you will be better off exercising after a light meal or snack. Exercising in a fasted state reduces your endurance and encourages your muscles to turn to protein for fuel, so you can literally burn away those leg muscle fibres. While you may burn slightly more fat for fuel, according to researchers from the University of Connecticut, the downside is that you tire sooner or have to drop your speed so you end up burning fewer calories than if you'd grabbed a snack before heading out of the door.

##### **Change your ways**

- A slice of toast, a piece of fruit, a small cereal bar or a handful of dried fruit will help you train harder and longer.
- It is possible to "train" yourself to run with a small amount of food inside you so try different high-carb options to find what works for you.
- If you can't face solid food, try a liquid meal: fruit juice (diluted half and half with water), a small meal replacement shake (carbs and protein) or a smoothie.

#### The evening gorgier

##### **You eat like a sparrow during the day then gorge at dinner and into the evening**

This is a very common pattern of eating that's akin to filling your petrol tank after you've reached your destination. Your calorie needs are lower in the evening (post-run) so all those calories you don't burn up will be shunted into fat cells. A

busy and stressful work schedule often deadens your natural appetite (because of high cortisol levels) but once you relax at the end of your day, cortisol levels drop and your appetite soars, causing you to eat a bigger dinner than you need and usually extending into an all-evening sitting of high-calorie snacks consumed in front of the TV.

### **Change your ways**

- Switch to a front-loaded eating pattern, eating at least two thirds of your daily calories for breakfast and lunch (with a couple of healthy snacks in between).
- If three square meals aren't an option, carry a supply of healthy but substantial snacks: bagels with cheese, yoghurt drinks, peanut butter sandwiches or assorted nuts and dried fruit.
- Plan a light meal or snack one or two hours before your training session and a balanced meal afterwards.

### **The carb fiend**

#### **You eat so many carbs your kitchen looks like a pasta factory**

While a high-carb diet is generally recommended for boosting endurance and promoting recovery after long runs, some runners take this message to the extreme, eating considerably more than the recommended 60 per cent of total calories from carbs. The problem is that all these carbs displace protein and good fats in your diet, resulting in fatigue and slow recovery after training. Without enough protein you risk losing muscle tissue and you won't be able to build a lean strong body. Studies at the University of Texas have shown that combining carbs with protein (in a three to one ratio) after exercise speeds glycogen recovery compared with carbs alone. A milkshake or yoghurt would therefore be better post-workout choices than a pasta feast.

### **Change your ways**

- Aim to consume 1.2-1.4g protein per kilogram of body weight (84-98g if you weigh 70kg) daily, including at least one protein-rich source (lean meat, fish, dairy or pulses) per meal.
- Your carb portion (pasta/potatoes) should measure no more than twice your protein portion.
- Vegetarians can eat their daily protein quota by eating a variety of beans, lentils, whole grains, tofu, dairy foods and nuts (think beans on toast, vegetarian chilli and rice, or lentil dhal and chapatti).

### **The weekday saint/weekend party animal**

#### **You eat a model healthy diet Monday to Friday then binge drink at the weekend**

It's all or nothing for many serious runners who regard their binge drinking sessions as a reward for a good week's training. One or two drinks may be healthy (helping lower blood fats and reduce your heart-attack risk) but more than six units of alcohol (three pints of beer or six glasses of wine) in one go (classified as a binge, according to the government guidelines) could jeopardise your training as well as your health. It takes up to 48 hours for the body to recover and rehydrate from a binge session, so you could well be feeling below par during your Monday session. What's more, alcoholic drinks can add a hefty calorie load to your weekly diet, cancelling out any calorie-burning benefits from your weekday runs – a couple of 175ml glasses of wine tot up 240kcal, a can of premium lager 260kcal (the same as a Danish pastry).

### **Change your ways**

- It's much healthier to have one or two drinks a day than six or more in one session.
- Drink a glass of water in between each alcoholic drink to stretch out your evening and reduce the risk of dehydration and hangover.
- After a run, make your first drink a big glass of water, diluted juice or a sports drink before hitting the beer or wine.

### **The calorie-deprived runner**

#### **You eat fewer calories than you burn**

There are two types of runners in this category: the under-eating over-training runner who loses weight unintentionally; and the runner who uses running to lose weight. Consistently failing to match calories burned with those consumed (whether intentional or not) carries the risk of chronic fatigue, muscle loss (where the body is forced to break down tissue proteins for fuel), reduced performance despite increased training, lowered immunity and a greater chance of injury and infections.

### **Change your ways**

- If you're stepping up your mileage, adjust your calorie intake. You will need to eat an extra 1,400kcal a week for every extra 10 miles each week to maintain your muscle glycogen stores and prevent a rise in cortisol.
- If weight loss is your goal, cut back your calorie intake only modestly – no fewer than 1,500kcal per day for women or 1,800kcal for men and gradually build up your running volume.
- Keep energy levels high and glycogen stores topped up by eating five or six small meals or snacks during the day.

### **The junk-food addict**

#### **You eat whatever you want because running burns it off**

It's surprising how many runners use running as a convenient excuse to justify their junk food habit. Unwilling to change, they happily exist on a diet of fast foods and ready meals supplemented by snacks of crisps, sweets and biscuits. While running burns a lot of calories, it's easy to underestimate your calorie influx from all that processed grub and end up with a bit of a calorie overdraft. A Pizza Hut individual margherita pan pizza with garlic bread stacks up 1,264kcal, equivalent to two hours and 12 minutes of running for a 70kg person, a KFC chicken fillet burger and fries is 738kcal (one hour and 18 minutes of running), and a Snickers bar is 311kcal (33 minutes). These foods are calorie dense, loaded in salt and unhealthy (saturated and trans) fats, and low in fibre, which not only damages your health but also accustoms your taste

buds to the taste of processed foods. The odd chocolate bar or burger is fine but a junk-food loaded diet cannot provide all the important vitamins, minerals and fibre to fuel runs and promote recovery.

### **Change your ways**

- Breaking a junk-food habit is difficult – try to limit yourself to one junk-food item a day.
- If you do have a junk-food meal, make it healthier by adding a salad, a serving of vegetables or a bowl of fresh fruit.
- Swap snacks high in fat, sugar and salt for healthy but delicious alternatives – try dried apricots or mango for a sweet fix; a handful of peanuts for a salty fix or a chicken tikka toasted deli sandwich instead of a Big Mac.

### **The pill popper**

#### **You pop vitamin pills and just about anything else that promises to make you run faster**

A multivitamin supplement may top up low levels in your diet and give you peace of mind but there's no evidence that mega-doses will make you run faster. In fact, high doses of certain supplements (including chromium, vitamins A, C, D and B6, and iron) taken long-term can do more harm than good and lead to imbalances in the body. Claims for many supplements promoted to athletes, such as bee pollen, ginseng, and carnitine are not supported by scientific evidence so you could be wasting your money. Aim to obtain your vitamins and minerals from food and regard supplements as a safety net.

### **Change your ways**

- Popping a pill can't erase all the effects of a poor diet – re-assess your diet and aim to eat at least five portions of fruit and vegetables daily, plenty of wholegrains as well as at least one source of healthy fats daily.
- If you want to take a multivitamin/mineral supplement pick one that contains at least 23 vitamins and minerals, 100-200 per cent of the RDA for the B-vitamins and vitamin C, no more than 100 per cent of the RDA for vitamins A and D and the minerals.

An antioxidant supplement may promote faster recovery during periods of intense training.

### **The Importance of Sun Protection Runners World SA website**

#### **The sun can turn a healthy habit into a harmful one. Here's how to avoid the burn.**

It's not an easy topic but simple cause-and-effect shows runners can be at a greater risk of getting skin cancer, or a form of skin cancer. "Someone who runs in the midday sun four to six times a week, in a lifetime of cumulative ultraviolet exposure, has a very significant risk for skin aging, pre-cancers, and cancer," says Rodney Basler, M.D., past chair on the task force on sports medicine of the American Academy of Dermatology. Add in the fact that vests and shorts provide about as much coverage as a Janet Jackson ensemble, and you have the perfect formula for skin cancer. Plus, despite being generally health-conscious, runners can be negligent about protecting their skin. According to a recent Runner's World US online poll, 41 percent of runners never put on sunscreen before an outdoor, daytime run. (Answer our poll below)

Skin cancer comes in two forms: mela-noma and non-melanoma. Melanoma has the most potential for being lethal, but is often curable if detected and treated early. In men, melanoma tends to appear on the torso, head, or neck. The lower legs are a common site of melanoma in women. Melanomas tend to be jet black with asymmetry around the border.

Non-melanomas are more common and include basal cell carcinomas and squamous cell carcinomas--which typically don't spread to other parts of the body and can be easily removed by surgery. Basals are generally characterized by a newly appearing fleshy mole that bleeds easily, while squamous ones generally are red, crusty, and appear in older age groups.

"Compared to all other forms of cancer, except lung cancer, it's the most preventable form of cancer there is," says Tim Berger, M.D., professor of clinical dermatology at the University of California at San Francisco. It's important to be on the lookout for any suspicious moles or markings, and contact your doctor as soon as you spot one. But they can be sneaky. That's why the American Cancer Society recommends that people 40 and older have a skin-check once a year, and people 20 to 40 have a skin-check at least every three years.

Here are other ways runners can reduce their risk:

#### **Run early or late**

The sun is most damaging between 10 a.m. and 4 p.m. Earlier is better, because there's still a residual ultraviolet effect in the afternoon.

#### **Don't hide behind a t-shirt**

If you're ultra-sun-sensitive, it's possible to get sun damage through a shirt, as T-shirts only offer an SPF of about 7. "A T-shirt loses some of its already minimal sun protection when you sweat," says Mark Rubin, M.D., assistant professor of dermatology at the University of California at San Diego. You can spring for clothing that contains built-in sun protection. Or you can slap on sunscreen under your shirt.

#### **Cover your face**

Always protect your face with sunscreen and caps. "Have some common sense," Basler says. "If I take a dime-sized basal off your arm, it's not as big a deal as taking off a part of your nose."

#### **Cover the top of your head**

"The scalp was never designed to get sun, so cancers develop more quickly and are more aggressive if they occur on a balding scalp," says Berger.

#### **Don't ignore your legs**

"They don't burn as easily, but they're still accumulating damage," Berger says.

### **Wear sunscreen**

Runners don't need to wear helmets or padding, but that doesn't mean we don't need protection. Mark Rubin, M.D., a dermatologist at the University of California at San Diego, says runners should wear a sunscreen with an SPF of at least 30. "SPF 15 is fine for some people, but runners usually don't apply enough and don't want to reapply during a run, so they need more protection," he says.

See our recommended list below:

- **PIZ BUIN ACTIVE LONG LASTING LOTION**

SPF30 – Applies smoothly and absorbs quickly. The beachy scent will make you feel like immediately heading out the door. *R140 at Dis-Chem and selected pharmacies*

- **ISLAND TRIBE CONTINUOUS CLEAR SPRAY**

SPF40 – Gives your skin a healthy glow. You'll look like you just stepped off the set of Baywatch. *R99.99 at Cape Union Mart, Billabong surf stores, selected pharmacies, fly-fishing outlets and surf stores*

- **NIVEA SUN INVISIBLE PROTECTION**

SPF30 – This invisible spray is rapidly absorbed without stickiness or greasiness. It is clear and rub-free, so your hands don't do any of the dirty work. *R99.99 at pharmacies. Also available in SPF20 for R89.99*

- **DERMALOGICA WATERBLOCK SOLAR SPRAY**

SPF30 – The folks at Dermalogica have used the latest sunscreen technology in this alcohol-free spray. It provides a full-body shield against damaging UVA and UVB rays. *R340 at selected outlets. Call 011 268 0018 to find one near you.*

- **PIZ BUIN AFTER SUN COOLING SPRAY**

Refreshes and restores sun-stressed skin. Keep it in the fridge for an extra cool sensation. *R120 at Dis-Chem and selected pharmacies*

### **Rules of the road**

**Accidents involving cars and runners are on the rise. To avoid colliding with a vehicle here are some of the rules runners must stick to.**

- Don't assume a driver sees you. In fact, imagine that a driver can't.
- Run against traffic so as to view (and react to) any mistake an advancing motorist may make.
- At a stop sign or light, wait for the driver to wave you through—then acknowledge the driver with your own wave.
- Allow at least one metre between you and a passing vehicle.
- Be prepared to jump onto the pavement or shoulder of the road.
- During group runs, go single file when cars need to pass.
- Use hand signals to show which way you plan to turn.
- Respect a driver's right to the road.
- Run with proper ID, and carry a cell phone with emergency contacts taped to its back.
- Make sure to look out for people pulling out of a driveway. They may not see you.
- Watch out for car doors if you are running past parked cars.
- At an intersection always wait and look for vehicles coming from multiple directions and lanes before attempting to cross.
- If you run with headphones, make sure you can still hear what is going on around you. Run with just one ear piece in at a time.
- In commercial areas, look out for high-traffic areas, such as the parking lots of grocery stores, restaurants, and bars.
- Watch for early-morning drivers who do not clear morning dew off their windshields, or are on their way home still drunk from the night before; they may not be able to see you.
- Wear bright and/or reflective clothing.
- Run only on roads with wide shoulders.
- Never cross against traffic lights