

# Magnolia Newsletter

Jan 2010 (no 3)

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 George Claassen on 30<sup>th</sup> Jan. 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.**

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)

Electronic payment possible: **Standard Bank, Menlyn Branch code: 012345, Acc No – 12187429, Please ref :**  
Club fees – Surname and print a copy as proof of payment.

## Important reminders

- **Tracksuits have arrived and are available at the clubhouse.** Do not lose out on this opportunity, only **R150**. Only 30 left. Magnolia has sponsored the balance
- **Last 2000 Comrades entries open on 30<sup>th</sup> Jan at all Mr Price Stores. Tip, you need to get there very early and you might have to take your sleeping bag with**

## Changes in training programmes

- **Time Trial** 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 800m speed session, including a 3km warm up, Start 5h15, please contact Freddie 083-347-5040 for more details.

- **Sat SLOW RUN** – our Saturday morning slow training runs to be more dedicated towards novice and slow runner 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 for those runners only wanting to run 10 -12km) 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**
- **Sat SLIGHTLY FASTER RUN (this Sat ONLY)** – As there is NO race in PTA this weekend and we anticipate a large group on Sat, we will split into 2 groups. There will be a second group to cater for the slightly faster runners (around 5:50 to 6 min per KM pace) and will also be running 20km.
- **Sunday's group attracted 74 runners**

### 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** departs from Magnolia Club house 06h00 Friday 28th 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
- **LOSKOP Marathon Away weekend** – we have booked 4 tent sites for 32 people. Actual cost not yet known – first come first serve. Last year it worked out to be around R150 per person for the weekend.
- **60 Km Long Run will be held on 11 April (4 times 15km laps)**

### Birthday wishes - enjoy your special day

Anton	Boshoff	19	Jan
Wouter	Du Plooy	20	Jan
Dirk	Ochse	22	Jan
Charlotte	Van Oostenrijk	23	Jan
Izette	Neveling	24	Jan
Esme	Coetzee	25	Jan
<b>Freddie</b>	<b>Du Plessis</b>	<b>25</b>	<b>Jan</b>
Coetzee	Van Rooy	27	Jan
Erik	Van Der Merwe	28	Jan
Paul	Vorster	28	Jan

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

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

1. Thank you to the 74 people that joined us on Sunday for our long run, and with 60 last week, our Sunday runs are growing in popularity.
2. Louis Erasmus for organizing the 20km 'scenic' Sunday long runs.

3. I can't say it enough, thanks to the faster runners for turning back or waiting for the slower runners on Sunday. We had a very large group (74) and it was amazing to see how disciplined the group was by waiting at each water point for the slower runner.
4. Ina for helping taking membership application forms on Tuesday and Sunday

### 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: Bronkhorspruit 32km
- Away Race: Loskop Ultra Marathon 17<sup>th</sup> April
- 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	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>	21	<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>	22	<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>	10- 21	<b>06h00</b>	<b>Tinus 083-304-7054 Rietondale park</b>
Sat	13 Feb	<b>NO Slow Run</b>			32km Bonkhorspruit
		Normal Club walk	10	<b>06h00</b>	Suresh 082-446-6880
Sun	14 Feb	<b>Organised Run (car support)</b>	24	<b>06h00</b>	<b>Tinus 083-304-7054</b>
		Normal Club walk	10	<b>06h00</b>	Suresh 082-446-6880
Sat	20 Feb	<b>Comrades Novice Slow Run</b>	24	<b>06h00</b>	Colin 082-578-3935
		<b>NO WALK</b>			League race
Sun	21 Feb	<b>Organised Run (car support)</b>	24	<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)

- **George Claassen 10/21** – pre entries close 29 Jan [www.enteronline.co.za](http://www.enteronline.co.za) and Run-Away Sport, Running Inn & The Sweat Shop. Race date 30 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

### Race Calendar and key dates

24 Jan	<b>Bobbies 25km</b>	JHB Arthur Bloch Park Enquiries Ria 082-7074495
30 Jan See right	<b>Pricewaterhouse Coopers George Claassen</b> <b>Cost R40 – 21 and R30 – 10km</b> Start times 05h30 21 W, 06h00 -21 R, 6h10 10 R, 06h20 -10 W	Menlyn Park Shopping Centre, enquires 079 869 5030 pre entries #, \$, & 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, enquiries 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 enquiries 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
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.

#### • Old Mutual Two Oceans Ultra Marathon 56km

Entries for 2010 open 1 November 2009.

Closing Date for Entries - Wednesday, 3 March 2010

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.

Date of Race - Easter Saturday, 3 April 2010

Website : <http://www.twooceansmarathon.org.za/>

- **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.**

### **E-mails received**

- We were barely in January 2010 and the first Magnolia Newsletter was already in our e-mail folders, providing us with the latest running news, dates to plan our 2010 strategies, latest club news, general running information, motivational articles and much more.

A big thank you to Colin for all the time he gives to prepare and distribute the newsletter – week after week. I am the Editor of a weekly electronic newsletter on auditing and accounting matters and I know how much it takes to keep up to date with the latest info, developments on the field and finding issues that are of interest to the selective readers. One seldom gets any recognition or appreciative readers contacting you. Unless of course you have given incorrect information or they need to know something...

Therefore, if you read this paragraph, and you appreciate Colin's efforts, I appeal to you the reader to take a minute, press the reply button of the e-mail to which this newsletter was attached and simply say "Thanks Colin" I am sure he will appreciate it.

Dieter Gloeck

- Colin & Team

Thank you for the "informal" invite to come and join your Sunday long run group.

Your presentation and hospitality was very well received by some of my friends and me. The organization seemed effortless and was done supremely – complements to all involved.

We **thoroughly** enjoyed the outing and the getting together with some old friends and meeting new one's – isn't it part of what running should be?

Just by looking at the amount of runners that pitched, indicated that Magnolia is doing something right and other clubs can take a leaf out of your book. FANTASTIC and WELL DONE !!

Thank you again for inviting us and for the opportunity to meet all of you. I do believe we can have a fruitful relationship in the future.

Sincerely,

Max Lange **Running Inn** (012 362 7322)

- Well known and popular announcer at many of the AGN races, George Koertzen died from a heart attack on Saturday morning, 16 Jan.

- Special event for road runners and walkers on 23 Jan at Pilditch stadium organized by the AGN Road Running / Walking Commission. As the Nedbank Matha event that was scheduled for 23 January has been cancelled, it was decided to present an event for Road Runners and Walkers on the track at Pilditch. 10000m for runners and 5000m for walkers will be presented. A road walking "clinic" will be presented by Willie Vermeulen from 11:00 to 12:00

1) Programme:

07:00 5000m-walk age group 60+ men and women.

07:50 5000m-walk age group 40-59 men and women.

08:45 10000m run age group 60+ men and women.

10: 00 5000m-walk age group open men and women.

10:50 10000m run age group 40-59 men and women.

11:55 1000m run age group open men and women.

2) Entries to reach the AGN office by 21 January. **No entry fee.** Information required: Name, age, gender, club, event and license number. License numbers to be worn to facilitate lap counting.

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

### **Internet Articles**

#### **Say 'Cheers' to Chafe (Runners World SA website)**

**Chafing is one of the most common running ailments. Knowing how to prevent it could mean the difference between a 'good' run and a 'really bad' one.**

Fat, thin, fit, unfit - no matter what your condition, size or weight there is one ailment that almost every runner will suffer from sometime in their running careers: Chafing.

No matter how skinny you are, the pure action of running over an extended distance makes you susceptible to chafe. This is a nasty condition that makes use of guerrilla warfare on unsuspecting exercisers. It doesn't need much to inflict pain. Just prolonged motion, some skin, a little fabric, a drop of moisture and Hey Presto - a throbbing red skin lesion is born!

"Chafe is the result of skin abrasion," says Dr Martinus Huystek of Pretoria University's Family Medical Department. "The friction caused by the movement of skin on skin, or skin on material, causes the superficial layer of epidermis (your hard outer layer) to be shaved off. "The longer you allow the condition to develop, the more you penetrate the dermis (deeper layers) which contain the blood and nerve supply of the skin.

Eventually, the wound begins to emit fluid, the broken skin and moist environment then make you prone to infection. If left untreated, serious secondary infection can occur."

### Fast facts

- During a marathon, the typical male nipple brushes the shirt approximately 50 000 times, causing a burning sensation and bleeding.
- Approximately 80% of all male runners who run 10km or more in a single workout experience some degree of chafing and abrasion.

### Prime candidates

**Big legs:** Legs that touch at any point between your crotch and knees need special attention. Invest in a pair of Lycra shorts to prevent causing a forest fire.

**Biceps that double as swimming armbands:** Big arms are first to chafe, but any contact with clothing is a prime cause, so skinny dudes beware. Use a lube regardless of size.

**Wonder bra ad girl:** Rule of thumb, if you have breasts, wear a sports bra that fits and lube the straps for good measure.

**Nipples (men):** Yes boys, you too must take care. Tape up your smarties with Micropore surgical tape for best effect.

**Comrades in a G-string:** Butt cheeks are a common chafe area. Forget cotton underwear and lube up. (We suggest you do it before you leave home!)

**Your legs join your body:** Well, then you probably have a crotch. Wear shorts designed for running and double up with Lycra if you are overloaded with precious cargo.

**Your dad is Dr Spock:** Sun glasses may cause chafe over the soft skin of the ears. Run with a pair with a good fit and shuffle them regularly.

**The Liquorice Allsorts Man:** You're in deep trouble if you dress in anything but running gear. Marinate in a petroleum-based lubricant for two days prior to race day!

**Get trendy:** Lose the white cotton rugby shorts. Use moisture wicking, modern running apparel.

**You're a guy:** Even the crown jewels need a polish every now and then. The scrotum is a hot spot for pain - treat it accordingly.

**You're a techno freak:** Your heart rate monitor chest strap is digging deep - make sure it is tight enough or wear it lower down over your ribs.

**You're Mike Finch (*Runner's World* editor):** "I fell foul to 'bum cheek chafe' at a recent road race, a painful day indeed. On closer inspection (using a full length mirror in the hotel room), I discovered a rash so bad it looked like a strawberry fight at a pre-school party. Don't take any chances... lube up (no matter what the distance) and wear shorts that don't bunch over a long run. Over truly long distances, keep a little sachet of lube just in case!"

### How do I treat it?

- In cases of severe chafe (you're bleeding)
- Clean the wound - soap and water will do
- Apply an antiseptic ointment e.g. Bactroban
- Cover with a bandage to avoid further chafe
- Remove after one day, re-apply and cover
- If secondary infection does occur (it is emitting a pus discharge) a course of antibiotics is recommended.

### What to use

- Vaseline: The household favourite, just slap it on and run for joy.
- Lanolube Sports lubricant containing lanolin.
- DynaSport Protective anti-chafe cream.
- MyloCort: A broad spectrum chafe and anti-itch cream for treatment only.
- Elastoplast Tape that really sticks - save some bravado for removing it.
- Mycropore: A fibrous surgical tape for delicate skin areas.
- Transpore: The heavy duty brother to Mycropore, this product is plastic-based, making it waterproof.
- Clocktower salve: A zinc oxide product for the treatment of chafe.
- Zambuk: Eucalyptus-based stalwart of body creams, but use it for treatment only, not prevention.
- Tinaderm: A fungal ointment which can be used for the treatment of chafe.

### What not to use

- Masking tape: Wears away due to moisture and you are left with the gluey residue.
- Skin moisturisers: Your skin absorbs the lotion (defeating the object) and they soften the skin.
- Your Mom's lipstick: Cosmetics often use perfume and colourant chemicals which may cause an allergic reaction.
- Cotton: Stays wet, which adds to the probability of chafe.
- Bum bags: They're not designed for running, so you can expect the burn after 20km if you insist.

### Emergency measures

- Duct tape
- Water down trouble spots continually. Sweat equals salt, salt equals abrasion

- Sun block. Water proof brands with high SPF help prevent sweat from crystallising and causing chafe.
- Snap off a frond from an Aloe plant. Squeeze out the goo.
- Motor oil. Out on the long run and you've forgotten your lube? Just pop into the local garage and find a used oil can. Messy but effective.
- Lip balm
- Any anti-bacterial topical ointment. You may have to apply it regularly, but at least you won't get an infection.
- Talcum Powder. A long-shot request from spectators, but worth the relief
- Stop running. Yeah right!

## **Cure Your Next Side Stitch (Runners World SA website)**

**The best way to cure a side ache while running is to try something else for a while.**

Many beginners suffer side aches, or stomach cramps, when they run. This can be because of a number of reasons.

**DIET:** One cause of side aches is eating too soon, or too much, before you run. It takes three to four hours to digest a large meal. If you have undigested food-or too much fluid-in your stomach, your stomach muscles may cramp. Some people may be allergic to certain foods, which may cause problems. Adjusting your diet may help.

**MUSCLE WEAKNESS:** When you begin running, you quickly discover the weakest part of your body. That body part begins to hurt. It may be your legs, your arms or your stomach muscles-causing a side ache. Your body is telling you to slow down. Pay attention, gradually strengthen your stomach muscles, and the side aches eventually should go away.

**MEDICAL CONDITION:** A side ache could signal appendicitis, a kidney infection, even a heart problem. We're not trying to be alarmist, but if you continually experience side aches while running, you may want to get a medical evaluation.

Once you experience a side ache, regardless of its cause, how do you alleviate it? The best way to cure a side ache, while running, is to do something different. Here are some common remedies:

**BREATHING:** Changing breathing pattern is often the best strategy for curing a side ache. Shift from 2/2 to 3/3 or some other pattern. Try belly breathing: using your stomach muscles instead of your lung muscles. (Pregnant women learn belly breathing by lying on the ground and moving a book placed on their bellies up and down.)

**CHANGE OF PACE:** Slow down. Speed up. Slowing down may work best, since one of the reasons for the side ache may be that you are pushing too hard. The side ache is a message from the body telling you to slow down. Any change in your rhythm may help relieve the problem.

**MASSAGE:** Act as your own massage therapist. While continuing to run, massage the aching area. Pinching may help. Swing your arms forward, backwards and in circles. If runners around you think you're crazy, that's all right. Tell them you have a side ache. Everybody gets side aches.

## **Secrets of Speed**

**Intervals and tempo runs matter. But they're not the only tools a runner can use to get quicker. Heed the advice below and look forward to setting a new PB.**

### **Lose Weight**

A 2.5kg weight loss can take more than two minutes off your half-marathon time. Plus, [weight loss](#) can reduce your injury risk and improve your biomechanics.

### **Wear Less**

Don't wear things that will slow you down. That means no fuel belt, no headphones, no iPhone, no long-sleeve shirt around your waist, and no heavy shoes.

### **Sleep More**

Research from Stanford University indicates that athletes who get more sleep during training have better reaction time and speed. Even if you can't get 10 hours of sleep like the study subjects, the researchers say that just a 20-minute nap can help performance.

### **Drink Caffeine**

Not only is [caffeine](#) credited with improved alertness and increased focus, newer research suggests it can improve pain tolerance and help you fatigue less quickly. To get the most out of caffeine, down a cup of plain tea or coffee (not a mocha frappuccino) 30 to 60 minutes before a race or hard workout.

### **Limit the Junk Food**

Sugar can actually trigger hunger, which can lead to weight gain. Plus, you'll get more out of your mileage with long-lasting staples like [whole-grain rice and pasta](#) than with sugary foods that can cause sluggishness—not what you want if you're pushing for speed.