

# Magnolia Newsletter

Jan 2010 (no 4)

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)

We still require another **20** marshals and if you can help, please contact one of the 3 captains. All helpers will receive a McCarthy race T-Shirt and for R10, all finishes of the workers race will receive a **race medal**, **sponsors goody bag** and your time will be incorporate in the official results. You are all welcome to join us on Sunday even if you come and run/walk only the 10 km Please contact Tinus 083 347 5040 if you can help on Sunday. The **McCarthy 10 / 21 running races are both league events** and participants of the workers race will be eligible for league points. See you Sunday, starting at 6h00, venue Soutspnaberg Road and North Street, Rietondale Park

**If you can help with marshalling please contact:**

Onne Jager (21 Marshals)	012 9910598,	012-803 5171	or 083-786-5172
Charl Crouse (10 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

## 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
- Saturday's LSD run attracted **55** and **54** in the slow and faster groups respectively and on Sunday we had again 55 runners (I am sure the rain scared off a few). The **50** plus numbers every weekend just shows there is a demand for organized group training sessions in a relaxed environment.

## Run-Away Sport shop is not closing

There is no true in the rumour that Run-Away Sport is closing, they will remain on the same floor in the Sanlam Centrum Glenfair, 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 Sewing shop is currently located.

## Club clothing

New stock of men's and ladies running vests and crop tops were delivered Monday to Run-Away Sport

## 2010 Club fees

Electronic payment possible: Standard Bank, Menlyn Branch code: 012345, Acc No – 012187429,  
Please ref : Club fees – Surname and print a copy as proof of payment.

## Comrades

**Important Notice :Comrades entries open on 30<sup>th</sup> Jan at all Mr Price Stores for additional 2000 entries. If you have any ambitions of running this year's event, you need to get there early and be at the door by 9 am. 5 DAYS LEFT**

- **BUS # 1:** departs from Magnolia Club house 06h00 Friday 28<sup>th</sup> and returns Monday 31<sup>st</sup> May  
Cost : R1100, deposit R250 Accommodation: Amanzi Holiday Flats, Amanzimtoti  
Enquiries: Willie Hall 082 375 6174 or Stephanie 072 374 6044 [swalters2@fnb.co.za](mailto:swalters2@fnb.co.za)
- **BUS # 2:** departs from Magnolia Club house 22h00 Thursday 27<sup>th</sup> and returns Monday 31<sup>st</sup> May  
Cost : R1100, deposit R250 Accommodation: Amanzi Holiday Flats, Amanzimtoti  
Enquiries: Dirk Olivier 086-510-8825 [dirk.oli4@telkomsa.net](mailto:dirk.oli4@telkomsa.net)
- **BUS # 3:** R750 per person - all inclusive. Contact Daan du Toit 012 365 3553 or 0825724169
- **LOSKOP Marathon Away weekend** – we have booked 4 tent sites for 32 people. R165 per person for the full weekend. Additional charge R30 per car per night will also be payable. To secure your booking, please email me for the bank details.
- **60 Km Long Run will be held on 11 April (4 times 15km laps)**

## Away Race - Victoria falls Marathon (28th - 31st Aug 2010)

We have made a block booking to stay at the Kingdom Hotel, flying British Airways. The more people the cheaper it becomes for ALL. If you are interested please contact Aaron 082 778 9667 [deana@saps.org.za](mailto:deana@saps.org.za) or myself and we will forward you full itinerary. Cost +/- R6700 and could be much less if we can get a larger group. At the moment we are about 8 people.

**Included:-** Flights and taxes, Accommodation and meals as specified, Airport transfers as specified, Marathon entry fee, Transfer Finish line to Kingdom Hotel, Victoria Falls after party and Sunset Cruise

**Excluded:-** Visas, drinks, meals not stated, tips, items of a personal nature, services not specified, travel insurance, and health requirements.

## Birthday wishes - enjoy your special day

<b>Freddie</b>	<b>Du Plessis</b>	<b>25</b>	<b>Jan</b>
Esme	Coetzee	25	Jan
Coetzee	Van Rooy	27	Jan
Erik	Van Der Merwe	28	Jan
Paul	Vorster	28	Jan
Lance	Lundt	29	Jan
Joan	Bunting	31	Jan
Andre	Kok	31	Jan
Rene	De Pinho	31	Jan
Herman	Verhage	2	Feb
Robert	Mashava	2	Feb
<b>Ina</b>	<b>Lombard</b>	<b>4</b>	<b>Feb</b>

## Welcome to our new members to the Magnolia family

47 New members joined last week: Peet & Lisa Benade, Carien Eksteen, Isabel Esterhuysen, Reinhardt Schmidt, Gordon Van Biljon, Karin Boegman, Phillip Briedenhann, Marnus Conradie, Willie du Plessis, Andre Eaton, Albert Enslin, Louis Erasmus, Nicky Erasmus, Hannelief Fourie, Marie-Louise Funston, Jean Henning, Andile Hlela, Adele & Jacques Jansen Van Rensburg, Elmie & Lourens Jansen Van Rensburg, Anneke Jansen Van Rensburg, Sarah Jones, Kris Jooste, Jeremiah Kgomokaboya, Annelie Kruger, Hendrik Kotze, Wouter Kritzinger, Liza Labuschagne, Christine Miles, Gert Pelsler, Emilio Pera, Linda Potgieter, Mauritz Potgieter, Annelie & Tiaan Rossouw, Andrew Slement, Grant & Suenet Symonds, Rion Van Heerden, Sonja Van Niekerk, Ilize Van Wyk, Madelyn Van Zyl, Piet & Ryk Visser and Francois Willemse

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

1. Thank you to the 160 people that joined us over the weekend for our long runs
2. Yolande and Schalk for organizing the 22km Sunday long run.
3. Hank for trying to resolve the general plumbing problems experienced around the clubhouse
4. Magnolia unseen heroes, Haffie and Jenny for all the work behind the scenes collecting race numbers and capturing our membership data.

5. Tinus for arranging for the new club clothing to be delivered ASAP
6. Mishelene, thank you for your support in the background

### 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 32kn
- 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 / 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 **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	30 Jan	<b>Comrades Novice Slow Run</b> <b>NO WALK</b>	24	<b>06h00</b>	Colin 082-578-3935 League race
Sun	31 Jan	<b>Organised Run (car support)</b> Normal Club walk	22 10	<b>06h00</b> <b>06h00</b>	<b>Tinus 083-304-7054</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> Normal Club walk	10	<b>06h00</b>	32km Bonkhorspruit Suresh 082-446-6880
Sun	14 Feb	<b>Organised Run (car support)</b> Normal Club walk	24 10	<b>06h00</b> <b>06h00</b>	<b>Tinus 083-304-7054</b> Suresh 082-446-6880
Sat	20 Feb	<b>Comrades Novice Slow Run</b> Normal Club walk	13 + 12 10	<b>06h00</b> <b>06h00</b>	Colin 082-578-3935 Suresh 082-446-6880
Sun	21 Feb	<b>Organised Run (car support)</b> Normal Club walk	25 10	<b>06h00</b> <b>06h00</b>	<b>Tinus 083-304-7054</b> Suresh 082-446-6880
Sat	27 Feb	<b>NO Slow Run</b> Normal Club walk	21 + 9 10	<b>06h00</b>	Run 21km Deloitte + 9 extra Suresh 082-446-6880
Sun	28 Feb	<b>Organised Run (car support)</b> Normal Club walk	25 10	<b>06h00</b> <b>06h00</b>	<b>Tinus 083-304-7054</b> Suresh 082-446-6880
Sat	6 Mar	<b>Comrades Novice Slow Run</b> Normal Club walk	13 + 12 10	<b>06h00</b> <b>06h00</b>	Colin 082-578-3935 Suresh 082-446-6880
Sun	7 Mar	<b>Organised Run (car support)</b> Normal Club walk	25 10	<b>06h00</b> <b>06h00</b>	<b>Tinus 083-304-7054</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.
- **Sasol Marathon** - pre entries close 01 Feb [www.enteronline.co.za](http://www.enteronline.co.za) Race date 6 Feb
- **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
- **Pirates Toughest ½ marathon** - pre entries close 17<sup>th</sup> Feb [www.enteronline.co.za](http://www.enteronline.co.za) Race date 21 Feb
- **Cape Gate Vaal Marathon** – contact Nadia on email [ncoen@icon.co.za](mailto:ncoen@icon.co.za) for entry form. Race date 7 March
- **Remax 21 / 42 (Edenvale)** – pre-entries close 28 Feb [www.enteronline.co.za](http://www.enteronline.co.za) or [www.saactive.com](http://www.saactive.com) Race 7 March
- **2 Oceans marathon** – on-line entries close 3 March [www.twooceansmarathon.org.za](http://www.twooceansmarathon.org.za)
- **Ottosdal Nite Race 42 / 21 / 10km** - race date 30th January 2010
- **25<sup>th</sup> Loskop Ultra Marathon** – Pre-entries close 1 April [www.loskopmarathon.co.za](http://www.loskopmarathon.co.za) race date 17 April

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

- **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
- **Akasia 3 in 1** - pre entries close 3 March [www.enteronline.co.za](http://www.enteronline.co.za) plus Run-Away Sport & Running Inn & Sweat Shop Race date 6 March

## Race Calendar and key dates

30 Jan See right	<b>Pricewaterhouse Coopers George Claasen</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</b> <b>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</b> <b>Cost: R30</b>	Irene Campus ARC, Centurion enquires 012-654 0005 pre entries All Superspars stores and #, \$ and &
13 Feb 06h00	<b>Bronkhorspruit 32km</b> <b>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>Deloitte Pretoria Marathon 10 / 21 / 42</b> <b>Cost R60 – 42, R 40 – 21, R 30 - 10</b>	PHSOB Club, Hoymeyer Park, enquiries Gerald 084-582-7242 entries #, \$ and & <b>online ^^</b>
6 Mar 06h00	<b>Akasia 3 in 1 10 / 21 / 42</b> <b>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 &, <b>plus % Montana</b> , and <b>all Mr Price Clothing Stores</b> online ^^ and ++
20 Mar 06h00	<b>Om Die Dam Ultra 50 / 21km</b> <b>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
2 <sup>nd</sup> Feb	<b>Time Trial (3, 5, 6, or 8km)</b>	<b>5h45</b>	Clubhouse
9 <sup>th</sup> Feb	800 meter sprints	5h15	Contact Freddie for details 083-347-5040
16 <sup>th</sup> Feb	<b>Time Trial (3, 5, 6, or 8km)</b>	<b>5h45</b>	Clubhouse
23 <sup>rd</sup> Feb	800 meter sprints	5h15	Contact Freddie for details 083-347-5040

**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).

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

Entries for 2010 open 1 November 2009.

Closing Date for Entries - Wednesday, 3 March 2010

Date of Race - Easter Saturday, 3 April 2010

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

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.**

### E-mails received

- Hi Colin,

Just want to take this opportunity to thank you for keeping me informed and on your mailing list. I do enjoy the news and info from SA. I also would like to wish you and every Magnolian a very happy holiday season, all the best for the coming year, and lots of fun running!

Happy running!

Gordon Ludt (From Japan)

Race report:

While planning a trip to Europe a couple of months ago I was looking for a race to run, but I was not too interested in a standard city marathon. Fortunately, Europe offers a huge amount of events from September to the beginning of December, so there were a lot of choices. In the end, I decided on the Eurasia Marathon in Istanbul, Turkey. The remarkable thing about this one: it is the only marathon in the world where you can run from one continent to another, the start being on the Asian side of Istanbul. Then the route takes you across the Bosphorus Bridge to the European side of Istanbul. After a mostly flat course through this fascinating part of the city you have a moderate climb in the last kilometer to the finish line. With its long history and a legacy of three empires which ruled the city over the centuries, there are a number of famous sightseeing spots (the Blue Mosque, the Hagia Sophia, Galata Tower, the Great Bazaar, not to mention numerous museums), which would keep a visitor busy for several days. People are friendly, there is excellent and inexpensive food, it is easy to get around - in short, a very pleasant place to be. But I came for the marathon, and that was a different story altogether. In fact, of the 50+ marathons I ran, this was easily the most disorganized marathon of them all. And it was the 31<sup>st</sup> running of it, so one would think that they must have learned something over the years. Well, read on. Internet registration was no problem, but when I was trying to pick up my race pack, I hit the first stumbling block: no info as to where the promised shuttle buses were leaving, no signs, no buses. The pick-up site and expo were 10k out of town. I got there with some Turkish help, but then found out that the next bus back to the city was leaving in 3 hours time.

Race day: The website promised shuttle buses to a central bus terminal, from where more shuttle buses would transfer the runners to the starting area across the bridge. The marathon office confirmed the first-stage shuttle buses on Thursday, but said on Friday that there are no buses: "please take the street car, it's easy". It wasn't, because that streetcar line was not running - because of the marathon. Well, took a taxi to the Central Bus Terminal: dozens of buses, but none for the runners: mass confusion, no info whatsoever. Heavy rain starts. Buses arrive, everybody jams in for the short ride to the starting area. 45 minutes to starting time, the bus drivers tell everyone to get out. 11 degrees C and rain coming down in buckets, we are standing in the early morning on a six-lane freeway, absolutely no place to take shelter. About 3000 half and full marathon runners and 5 (five) toilets. Fortunately there were some fields, bushes and trees around us, so everything within walking distance became heavily fertilized (I suspect that they had planned this all along, maybe there is a strong farmers' lobby). Buses for the tog bags arrive, but do not open their doors until 10 minutes before the start. Pandemonium again. Finally, we are off, what a relief. On the course - only water, no sports drinks, no food other than some rock-hard apples. After three hours the sun comes out, and it gets warm. No more water from km 27 to 35 for slower runners, but everybody got a rain poncho after crossing the finish line (by that time it was sunny and 28°). Found the tog bag buses after a 15 minute search, but there was no food of any kind in the finish area. - Sounds like a challenge? Anyway, I made it. By the way, there were 1900 runners registered for the full marathon, but only 788 finishers, an incredible failure rate of 60%! I guess most of those never even made it to the start due to incorrect information, or gave up because of the weather. But this marathon did one thing to me: I now really appreciate a well-organized event, and it made me think back to the two Comrades and the Magnolia bus - everything ran like clockwork! That was a real highlight in my running career, thanks again!

- Hi Colin

Weer eens baie dankie vir Sondag se long run. Ek dink Magnolia is 'n wonderlike groep mense. Die voorste ouens wat terug draf is ongelooflik, dit gebeur gewoonlik nie. Dankie dat julle so geduld met my gehad het daar heel agter, ek weet net as ek dit gereeld kan doen is ek een van die dae nie meer so agter nie.

Sien jou môre!

**Marietjie (Apage Running Club)**

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

## Internet Articles

### Race Tips - LET IT GO By Kelly Pate Dwyer

From the December 2009 issue of US Runner's World

#### **The five stages of getting over a bad race experience—and running better next time.**

You've trained for months, logging scores, or even hundreds of miles to prepare for your goal race. Then the big day arrives and something disastrous happens: You get the flu. You wake up to a freak hailstorm, heat wave, or blizzard. A killer muscle cramp stops you in your tracks. And with that, your dreams of running a PR or qualifying for [Boston](#) evaporate. Maybe you don't even reach the finish line. You're disappointed, maybe even devastated. Was all that hard work really worth it?

Of course it was, as long as you heed what went wrong. "Not meeting a race goal doesn't mean that the race is a failure," says Mark Wallis, a running coach and marathoner from Tucson. "If you can learn something from it, a bad race could be a stepping stone to a breakthrough performance. Also, when you work through a challenging experience, you develop mental strength and perseverance that will help you on your next tough run."

Getting into that mind-set and being able to learn from the past and refocus on the future isn't an easy task. So we've broken the process down into five stages that'll help you recover from the initial letdown and plan your comeback.

#### **1 Immediately After WALLOW (A BIT)**

"When you invest so much into your training and don't get the results you want, you have a right to be upset," says sports psychologist Karen Cogan of Denton, Texas. "Expressing your frustration should be part of your recovery process." Cry, mope, blog, vent to a fellow runner who can empathize. Do what you need to for a day or two (a week tops)—it'll help you move on.

#### **2 The Morning After FIND A POSITIVE**

Jane Buck's first marathon in 2008 seemed doomed from the get-go: She woke up feeling sick, a punctured gel oozed all over her hands at the start, her heart-rate monitor fell apart, and then it began to rain. At mile 19, she vomited. Still, she finished, which made her realize "I can do anything I set my mind to," she says. "Now when I'm having a tough time on a run, I think back to that race and I can keep going." Wallis says finding the silver lining will help you get over a bad day. "If you were able to adapt and work through, consider the race a success," he says. "Redirect your energy to something positive that came out of it, whether it's getting to run through a new city or getting a new race T-shirt for your collection."

#### **3 A Week Later ANALYZE IT**

Once your emotions settle, review your training plan, your diet, and your race-day strategy to see if there is anything you can improve upon. "Every race is a puzzle," says coach Jeff Horowitz, author of *My First 100 Marathons*. "Look for clues to solve the puzzle." Did you rest enough during your taper? Did you go out too fast? Did you drink enough leading up to—and during—the race? "What went wrong is sometimes within your control," says Horowitz, who is proof that mistakes can happen to experienced runners. In March, at his 141st marathon, he was on pace for a 3:15 finish. But 22 miles in, his energy tanked and his calf muscle cramped. He eventually finished in 3:35. "I pieced together what went wrong," he says. "I wasn't taking in enough electrolytes." He tweaked his [nutrition](#) strategy for his next race and finished strong, cramp-free—and 10 minutes faster.

#### **4 Two Weeks Later SET NEW GOALS**

Every athlete has bad races—even the ones who do this for a living. Britain's Paula Radcliffe dropped out of the 2004 Olympic Marathon, but three months later, staged an impressive comeback by winning the [New York City Marathon](#). Elites like Radcliffe are able to bounce back because they have to, says sports psychologist Neal Bowes, of McLean, Virginia. If they allowed themselves to get caught up in a single bad race, they'd be out of work. You may not get paid to run, but you can adopt this mind-set. "Your running career isn't about one race," Bowes says. "Use your disappointment to fuel your next success." When setting your next goal, though, make it manageable. If you struggled to put in training miles for your last marathon, you might want to target a shorter distance. Also, to increase your chances of reaching your ultimate goal, set smaller goals along the way. If prerace jitters threw you off, race a few 5-Ks before your next big race so you learn to calm those butterflies. "Small victories help rebuild confidence after a disappointing experience," Cogan says.

#### **5 Before Your Next Race MANAGE EXPECTATIONS**

"I go into a race knowing full well that part of running is taking the chance that something will not go right," says Kim Maxwell, a coach in Stillwater, Minnesota. Also, before you toe the line again, remind yourself that your performance—good or bad—doesn't define you (see "Embrace the Process," below). Running is part of a healthy lifestyle; it can make you feel stronger, happier, and saner. Those benefits outshine any postrace glow.

## FEEL BETTER

If you're still mopey weeks after a race, consult a sports psychologist. Red flags of depression include lack of energy and motivation, appetite loss or overeating.

### Embrace the Process

To enjoy your racing, sports psychologist Neal Bowes recommends being process-focused rather than outcome-focused. This allows you to see ups and downs as part of becoming a stronger athlete, rather than tying your self-worth to a time goal.

**OUTCOME-FOCUSED:** You focus on a highly ambitious, perhaps unrealistic, time goal.

**PROCESS-FOCUSED:** Your time goal is based on training runs and recent races. You also focus on mind-set, pacing, fueling, nutrition.

**OUTCOME-FOCUSED:** Your confidence as a runner is based on race times. You're driven by how people will view your achievements.

**PROCESS-FOCUSED:** Your confidence is based on your ability to execute a race plan, your development as a runner, and the role running plays in your life.

**OUTCOME-FOCUSED:** Your routine is strict—you train through pain and risk injury.

**PROCESS-FOCUSED:** When you notice a potential sign of trouble, you back off and give your body time to rest.

**OUTCOME-FOCUSED:** You measure race-day success in terms of times and placing. If you miss a goal time, you feel like a failure.

**PROCESS-FOCUSED:** You measure race-day success based partly on times and placing, but also on the experience—what you can learn and how you can apply it to future races.

## The basics of stretching

### Stretches every runner should do.

A little soreness after a run is inevitable, but you can minimise the "morning after" effect by walking for a few minutes and stretching after your run. In addition to improving flexibility, stretching flushes the muscles with blood and oxygen, which promotes recovery. At the very least, focus on these areas.

#### HAMSTRINGS

**WHY:** They're running's primary propulsion muscles.

**HOW:** Place your heel on a step or any elevated surface and bend slowly at the waist until you feel a stretch in the back of your thigh (you may also feel a stretch in your calves). Avoid rounding your back. Hold for 30 to 60 seconds. Release and repeat four or five times. Change sides.



#### QUADS

**WHY:** They are the shock absorbers of the legs, controlling your movement every time you land.

**HOW:** Stand up straight, bend one leg behind you, and grab your foot; pull it toward your butt until you feel the stretch in the front of your leg. Hold for 30 to 60 seconds. Release and repeat four or five times. Change sides.



#### CALVES

**WHY:** They help propel you forward and absorb impact.

**HOW:** Place both hands on a wall and take a step back with one leg. Keep your heel on the ground and lean into the wall until you feel a stretch in your calf. Hold and repeat as noted above. Change sides. Stretch again, this time bending the knee of the extended leg slightly, so you feel the stretch in the lower half of the calf.

## When Should I Stretch?

**There are so many many conflicting opinions about when to stretch -- before running, after running; don't stretch race day; stretch in the morning, at night...**

Stretching, as you can imagine, is very important. Clearly, being more flexible allows for some biomechanical imperfections to be "ignored" by the body and prevent injury or chronic inflammation by rubbing. The question is: how do you get to this flexible state. As you know, being Gummy-like is a factor of heredity, as some people with little stretching can contort in all types of positions while others need to work at it.

A global (whole-body) stretching program has been shown to be the answer. Be sure to warm up first, just enough to raise your body temperature about ½ degree (as evidenced by a minimal sweat); this will make your muscles more pliable, like taffy, and easier to stretch. Whenever you fit in a stretch routine, individual to you, daily is the key. Time of day is of no consequence; doing it is. Meet with a personal trainer or coach to go over which stretches and proper technique.

**Stretching before you run is not necessary**, since it has been proven to not decrease injury. Yes, warm-up is important to getting blood flow and warmth to your muscles, but if you are globally flexible, that additional stretch before the run does nothing for you. Stretching after your run is still good, since it helps maintain the length of the muscle/tendon unit after stressing that unit with exercise.