

# Magnolia Newsletter

Feb 2010 (no 7)

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.**

## Jacques Rossouw to visit Magnolia (16<sup>th</sup> March at 6h45pm)

We have arranged for Jacque Rossouw to visit Magnolia on the 16<sup>th</sup> March to talk running your first 10km to Ultra marathons, including Comrades. Concentrating of all aspects of training and nutrition supplements. The talk will last about 45 minutes and then answer group or individual questions. Jacques has a wealth of experience and has trained previous Russian Comrades winners. No entrance fee, talk to start at 7pm

To start the evening we would like to welcome all our new members to the Magnolia family and to introduce them to your Committee. There will be a R250 lucky draw for the lucky new member.

All members and friends of Magnolia are most welcome

## Club clothing

**Ladies Crop Tops:** The last batch of ladies clothing only lasted 1 week and we have had to re-order. Delivery is expected soon and we will keep you updated on the expected delivery date. In the first 6 weeks of the year we have had over 100 new members join Magnolia. We apologize to all our new lady members who were not able to purchase the crop tops as the demand outstripped supply

We are also in the process of evaluating improving the design of the crop top and will keep you update as we get more info. Samples have been received from a few performance Sport clothing manufactures.

**Ladies Sport Skirts:** In addition, we would like to offer our ladies the opportunity of purchasing running sport skirts, similar in design as supplied by some of the bigger clubs. Watch this space for details.

**Tracksuits:** 2nd Order for tracksuits has been placed and delivery is expected in around 4 to 5 weeks time.

**First Ascend clothing:** We would like to place an order in the next 5 weeks, details to follow next week

## Comrades

### **Rockies Comrades Panel Talks – Tuesday 9th Feb at 19h00, entrance fee R40**

**Special guest speakers: Bruce Fordyce, Don Olivier (19 medals) and Jon Patricios. Venue: Road Runners Club, Zoo Lake , Westwold road, Saxonwold. Enquires Val 086 107 6259 or [info@rockies.co.za](mailto:info@rockies.co.za)**

• **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)**

Magnolia will be holding our seventh Long Run on 11<sup>th</sup> April run through the **shaded** and **quiet** streets of Brooklyn and Groenkloof. To cater for all types of runners, either fast or slow and to provide the flexibility of allowing the runner to determine their own distance, there is a 15 km loop that does not go further than 3 km from the club at any time. We have had in the past over 330 runners from all over Pretoria / JHB and hope to equal or better this number.

• **ALL COMRADES ENTRANTS – we need you T-Shirt size for your Comrades top. We plan to purchase similar dry fit tops like last year. **If no response is received before the end of Feb, your size will default to Large.**** We encourage all Comrades entrants to make sure their club is correctly recorded with CMA to ensure that Comrades correspondence is forwarded to all Magnolia members.

• **SPONSORSHIP opportunities:** Any company wanting to sponsor our Magnolia top please contact me. Your company logo will be embroidered on one sleeve. To reduce your costs, we could consider having dual sponsorship.

• **Individual sponsorship:** Any member that would like to contribute towards the goody bag, either small items or just even a small cash amount, again please contact me.

## Birthdays wishes - enjoy your special day

Grant	Symmonds	16	Feb
Brian	Tomlin	16	Feb
Hennie	Van Der Merwe	16	Feb
Andre	Claassen	21	Feb
Jeremiah	Kgomokaboya	21	Feb
Dieter	Gloeck	22	Feb
Richard	Burroughs	23	Feb
Marius	Collins	24	Feb
Helen	Homan	26	Feb
Louiza	Swartz	26	Feb
Nadia	Van Rooy	26	Feb

## Welcome to our new members to the Magnolia family

**Babby Feltsadas, Bonita De Robeck-Carolin, Corne Engelbrecht, Flip & Kristell Prinsloo, Frikkie Fourie, Jeanne Oliver, Lorna Davel, Louiza Swartz, Marco Granelli, Maxine Fletcher, Nienke Meijer, Riaan Jordan, Ryno Meyer, Tork Liebezeit,**

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

- Freddie for organizing the Sunday Run at late notice.**
- McCarthy for the new direction signage boards at the clubhouse and for “repainting” the Magnolia in funky colours. It looks great.**

### YEAR PLANNER - NEXT 3 MONTHS

- Next Social : Bring and Braai 2<sup>nd</sup> March, 6<sup>th</sup> April and 4<sup>th</sup> May
- Next Club Tent: De Loitte 10/21/42 on 27<sup>th</sup> Feb
- What do you want to know about training – come to the clubhouse on the 16<sup>th</sup> March, start 6h45 pm
- Away Race: Loskop Ultra Marathon 17<sup>th</sup> April
- Magnolia LONG RUN (4 x 15km) – 11<sup>th</sup> April

## 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

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

Sat	20 Feb	<b>Comrades Novice Slow Run</b>	13 + 12	<b>06h00</b>	Colin 082-578-3935
		Normal Club walk	10	<b>06h00</b>	Suresh 082-446-6880
Sun	21 Feb	<b>Organised Run (car support)</b>	<b>25</b>	<b>06h00</b>	<b>Tinus 083-304-7054</b>
		Normal Club walk	10	<b>06h00</b>	Suresh 082-446-6880
Sat	27 Feb	<b>NO Slow Run</b>	21 + 9		Run 21km Deloitte + 9 extra
		Normal Club walk	10	<b>06h00</b>	Suresh 082-446-6880
Sun	28 Feb	<b>Organised Run (car support)</b>	<b>25</b>	<b>06h00</b>	<b>Tinus 083-304-7054</b>
		Normal Club walk	10	<b>06h00</b>	Suresh 082-446-6880
Sat	6 Mar	<b>NO Slow Run ??????</b>			
		Normal Club walk	10	<b>06h00</b>	Suresh 082-446-6880
Sun	7 Mar	<b>Organised Run (car support)</b>	<b>25</b>	<b>06h00</b>	<b>Tinus 083-304-7054</b>
		Normal Club walk	10	<b>06h00</b>	Suresh 082-446-6880
Sat	13 Mar	<b>Comrades Novice Slow Run</b>	13 + 14	<b>06h00</b>	Colin 082-578-3935
		Normal Club walk	10	<b>06h00</b>	Suresh 082-446-6880
Sun	14 Mar	<b>Organised Run (car support)</b>	<b>26</b>	<b>06h00</b>	<b>Tinus 083-304-7054</b>
		Normal Club walk	10	<b>06h00</b>	Suresh 082-446-6880
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		Normal Club walk	10	<b>06h00</b>	Suresh 082-446-6880

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

- **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
- **Kosmos 3 in 1** – pre-entries close 9<sup>th</sup> March [www.enteronline.co.za](http://www.enteronline.co.za). Race date 13<sup>th</sup> Mar
- **Elands Valley Marathon** – Bank details available from [elandsmarathon@gmail.com](mailto:elandsmarathon@gmail.com) Race date 20<sup>th</sup> March
- **Longtom Ultra 56km** – on line entries [www.longtominfo.co.za](http://www.longtominfo.co.za) or [www.enteronline.co.za](http://www.enteronline.co.za) Race date 27 March
- **2 Oceans marathon** – on-line entries close 3 March [www.twooceansmarathon.org.za](http://www.twooceansmarathon.org.za)
- **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
- **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
- **Sunrise Monster 32km** - pre entries close 10<sup>th</sup> March [www.enteronline.co.za](http://www.enteronline.co.za) plus Run-Away Sport & Running Inn & Sweat Shop. Race date 6 March. Quality drawstring goody bags to first 500 entries

<b>Race Calendar and key dates</b>		
20 Feb 06h00	<b>Tuks 10 / 21km</b> Cost: R30 – 10 and R40 -21 , plus R5 on race day	High Performance Sports centre Tuks University enquiries 082 821 6952 pre entries   #, \$ and & online ^^
27 Feb 06h00	<b>Deloitte Pretoria Marathon 10 / 21 / 42</b> Cost R60 – 42, R 40 – 21, R 30 - 10	PHSOB Club, Hoymeyer Park, enquiries Gerald 084-582-7242 entries #, \$ and & online ^^
6 Mar 06h00	<b>Akasia 3 in 1 10 / 21 / 42</b> Cost R55 – 42, R40 – 21, R30- 10 plus R5 on race day	Wonderpark Shopping Centre, Karen Park enquiries 012-549 1690. Pre entries #, \$ and &, plus % Montana, and all Mr Price Clothing Stores online ^^ and ++
13 Mar 06h08	<b>Medihelp Sunrise Monster 10 / 32km</b> Cost: R55 – 32 and R30 – 10km	Harlequin Club, Groenkloof. Enquiries Mark 084-718-5484 Pre-entries #, \$ and & online ^^
20 Mar 06h00	<b>Om Die Dam Ultra 50 / 21km</b> Cost: R120 – 50km and R50 – 21km	Hartbeespoort High School Sports grounds enquires 011 844 0149 <a href="http://www.enteronline.co.za">www.enteronline.co.za</a> and #, \$ and &
22 Mar 07h00	<b>Right To Run /Walk 10 / 21km</b> Cost: R40 = 21 and R30 – 10km	Sunnypark Shopping Centre, Sunnyside. Enquiries John 082 435 9212 Pre-entries <a href="http://www.enteronline.co.za">www.enteronline.co.za</a>
27 Mar 06h00	<b>Denel 10 / 21km</b> Cost: R50 = 21 and R30 – 10km	Denel Irene Campus, off Nellmapius Rd. Entries
<p><b>Legend for Hand delivery addresses: # - Run-Away-Sport 361 3733, @ - Varsity Sports, \$ - Running Inn 362 7322 (new number), % - Sportsman's Warehouse, &amp; - The Sweat Shop (Southdown) 665 0048, = - Base Runners or ON-LINE entries - ^^ - <a href="http://www.enteronline.co.za">www.enteronline.co.za</a> ++ - <a href="http://www.saactive.com">www.saactive.com</a></b></p>		

**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
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.**

- **Congratulations to all competitors finishing the Midmar Dam swim on Sat**

**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
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](#)**

10km entries CLOSED

Only a few 56km entries still available.

- **[Run-Away Sport shop is not closing](#)**

Run-Away Sport is moving shop location, 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.

### **E-mails received**

- Hi Colin,

On behalf of my parents and I, we thoroughly enjoyed assisting at the race on Saturday and Sunday. My parents were very impressed with how organized and smoothly everything was running and attended too. What impressed them even more were the friendliness of the Magnolia runners – making them feel at home and part of the club. Thank you to you and all the race committee members for all the hard work done behind the scenes to ensure a huge success of the event!

Regards,

Hettie Booysen

- Colin,

Ek en Andrew het ook lank gepraat oor die oorkom na julle klub toe – die manier hoe ons verwelkom was by julle het baie vertel van watter tipe klub julle is.

Dit is baie duidelik dat die klub mense in alles klasse en rasse in ag neem en dit is 'n baie groot plus punt vir my en Andrew. Mens voel ook belangrik en daar is mense wat na jou belange omsien.

Ja ek en Andrew is baie baie happy en ek glo ons gaan nog 'n lang pad saam julle stap.

Weereens baie baie dankie vir julle gasvryheid en vriendelikheid dit word opreg waardeer .

Esterhuysen Isabel and Andrew Slement

### **Comrades Novice Seminar**

Preparations are well underway by those first timers looking to complete this year's 85<sup>th</sup> annual Comrades Marathon. The internet-based Bonitas Novice Comrades Project, supplemented by the Bonitas-sponsored, live, interactive Seminars held throughout the country, are an imperative step in every novice's preparation schedule.

Every year, runners across the globe are drawn to compete in the Comrades, a grueling 89 km road-running race between Pietermaritzburg and Durban, pushing themselves beyond self-imposed mental and physical limits. It is encouraging to see that each year there are greater numbers of first time entrants, injecting new blood and fresh legs to the grand old daddy of marathons.

Bearing in mind how critical preparation is to an undertaking such as the Comrades, the Bonitas Novice Comrades Project is an initiative funded by Comrades Marathon sponsor Bonitas Medical Fund. Since its launch in early 2009, the initiative, available on the Runners World website [www.runnersworld.co.za](http://www.runnersworld.co.za) as well as [www.comrades.com](http://www.comrades.com), has seen an overwhelming response to its innovative and inspiring approach in preparing first time entrants for this testing ultra-marathon. By providing daily updated training advice from a panel of experts and an additional interactive facility, novice runners have direct access to pearls of wisdom from a panel of experts, including official Comrades Coach, Lindsey Parry, a qualified biokineticist, Two Oceans silver medalist and 2:52 marathon runner, who addresses any queries and concerns a 'newbie' entrant may have.

Building on the success of this initial platform, and launched to supplement the internet initiative, the Bonitas Comrades Novice Seminars were also inaugurated last year and enthusiastically attended. At these discussion groups, novices are afforded the opportunity to interact face-to-face with live experts and fellow runners, giving attendees the benefit of a more personal, hands-on approach to training than can otherwise be achieved via the internet. Led by Lindsey Parry, and featuring a live panel of highly respected sports science experts and nutritionists, discussions cover an array of topics, from nutrition and training to sports psychology and injury prevention.

"Through the Bonitas Comrades Novice Seminars, we seek to add a personal touch to our programme. It has been said that every South African should run the Comrades at least once in their lifetime – let 2010 be your year," concludes Mkhize.

**The 2010 Bonitas Comrades Novice Seminars are brought to you by Bonitas Medical Fund and will be hosted at the following venues across the country:**

**Tuesday, 16 February 2010 @ 19h00 at the High Performance Centre, Panasonic, Burnett Street, Hatfield, Pretoria**

**Tuesday, 02 March 2010 @ 19h00** at The Auditorium, Eskom Megawatt Park, No1 Maxwell Drive, Sunninghill Sandton hosted by Sunninghill Striders Athletic Club

These seminars are free of charge and are not to be missed!!! For more information, contact Thami Vilakazi at the Comrades Marathon Association on 033 8978650 or on [Thami@comrades.com](mailto:Thami@comrades.com).

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

## Internet Articles

### THE STRESS TRAP

**Running when you're tense or angry can cause injury. Here's how to unwind safely.**

Work has piled up, your kid is sick, and your car needs an expensive repair. When you have a miserable day, you probably make a beeline for your favorite route and try to work out your frustrations over a few kilometres. But there's a chance the very thing you're doing to unwind could set you up for injury—a runner's ultimate stress.

"Stress and anxiety can contribute to injuries," says Buz Swanik, Ph.D., associate professor of sports medicine at the University of Delaware. "When you're under a great deal of stress, your energy levels get sapped, and you can't recruit muscles as effectively or react quickly."

Indeed, a study published in the Journal of Science and Medicine in Sport reported that triathletes who had recently dealt with a "minor life event" or "hassle" (family, work, health, or financial issue) were more prone to injuries than those under less stress. Another study from the British Journal of Sports Medicine reported that elite athletes were more likely to get hurt if they competed while angry, confused, fatigued, tense, or depressed.

That's not to say you can run only when you're calm and collected. Cortisol and adrenaline ("flight or fight" hormones) can boost performance when released in small amounts. A temporary case of prerace anxiety, for example, can quicken your pace, says Swanik. It's chronic stress—when you feel completely exhausted and on-edge for weeks on end—that makes you vulnerable. When cortisol levels are elevated for too long, your muscles and immune system don't function at their best.

So what's a runner to do in these especially tense times? By being aware of the ways stress can impact your running, you'll be able to find peace—and stay healthy—on the roads.

#### **Stress Symptom: YOU'RE DISTRACTED**

Whether you zone out or go over every last detail of the fight you had with your spouse, when you're frazzled, you're less likely to pay attention to everything from good posture to potholes. Research published in Behavioral Medicine indicated that stressed-out athletes had a narrower peripheral visual field and increased distractibility than those who were relaxed.

**THE SOLUTION** Run on a flat, well-lit surface, and try to pick a scenic route you find calming. "When you're on edge, it's easy to stop enjoying your runs," says Bruce Gottlieb, who has advised professional and Olympic athletes in Boulder, Colorado, for the past 20 years. "So run in a place that will help you be present in the moment." Another option: Hop on the treadmill and crank your iPod—music is a proven stress reliever.

#### **Stress Symptom: YOU'RE FIRED UP**

Resist the urge to go all-out in an effort to blow off steam, says Mike Ricci, head coach with D3 Multisport in Boulder, Colorado. "You're more likely to be tired when stressed, and when you start your run already fatigued, your form will suffer," he says. "You'll have trouble maintaining good posture, you might struggle with your leg turnover or footstrike. These things can lead to injury, especially during a tempo run or an interval workout."

**THE SOLUTION** "Take it down a notch and keep the pace comfortable," Ricci says. Run with someone whose per-km pace is slower than yours. You should be able to keep a conversation without panting. Bonus: Venting to a running buddy can be therapeutic.

#### **Stress Symptom: YOU'RE TOO TENSE**

You're sitting at your computer and suddenly you realize your shoulders are near your ears and your jaw is clenched. It's natural for muscles to tighten up, but if you start running immediately after a tough day, you might strain something—especially an area that's already weak or vulnerable. "Stress can cause changes in the body that may most adversely affect areas that are not working at their optimum potential, such as an old injury with resultant scar tissue or reduced flexibility," says Larry Frieder, a Boulder, Colorado, chiropractic sports physician.

**THE SOLUTION** Improve your flexibility and strength—especially in those weak, injury-susceptible spots. Plus, strength and flexibility workouts encourage you to listen to your body. During a massage, stretching session, or weight workout, you might notice that your left hamstring is tighter or weaker than your right one, for instance. Working to resolve that issue now could save you the grief of physical therapy later.

#### **Stress Symptom: YOU'RE EATING POORLY**

When you don't have the time or energy to cook, some people end up in the drive-thru, while others skip meals. Either way, your diet suffers. What's more, the healthy nutrients you are eating aren't getting fully absorbed. "Blood rushes away from the stomach when we're stressed, which leads to less digestive enzyme production and weaker digestion," says Craig David, a certified fitness nutrition specialist. "Poor digestion can also lead to poor nutrient absorption, which can lead to a loss of lean muscle tissue."

**THE SOLUTION** Eating small, frequent mini-meals that include a lean protein, complex carbohydrate, and monounsaturated fat (like almond butter on whole-wheat toast or guacamole and carrot sticks) helps stabilize your blood sugar. This will keep your metabolism and digestive tract humming and will make it easier to resist unhealthy snacks.

## **The 8 principles of carbo-loading**

**Effective carbo-loading is more than just eating or drinking the right stuff at the right time.**

Good carbo-loading involves several factors and processes that you need to understand properly in order to get the most from the carbohydrate you consume.

### **1. Intensity counts.**

Perhaps the most critical point in carbo-loading is to do a training session intense enough to stimulate the activity of the glycogen storage enzyme, glycogen synthase. If the latter is not achieved, the carbohydrate eaten will be converted to fat instead of glycogen.

Glycogen storing only occurs in the muscles exercised. It is crucial that an intense training session a week or so before emulates the activity in the race. A slow long jog may result in an increase in leg muscle glycogen, but is not going to result in optimal glycogen loading in the arms and shoulders. It would be better to do a shorter high intensity run, similar to your racing pace. Likewise, it would not be of much benefit for a canoeist to do a high intensity cycle on a stationary bike, to stimulate glycogen synthase activity - it would be more beneficial to do a short, high intensity paddle.

The more intense the exercise, the faster the use of the glycogen. However, over-intensive exercise may result in prolonged muscle soreness, which may last for 5 to 6 days and will negatively affect your race performance. It is therefore preferable to do the high intensity exercise at least 6 to 7 days before the event. High intensity training also carries greater risk for injury.

### **2. Maintain blood insulin levels.**

To maintain the activity of the storage enzyme (glycogen synthase), you need to maintain your blood insulin levels. To prevent fluctuations in your insulin levels, you need to spread your carbohydrate intake evenly through the day so that it is split into even quantities, not just a big carbohydrate-based supper. This involves a bit of planning and you may want to consult a dietician or sports nutritionist. Linked to this, it is important to eat slow and intermediate-digesting carbohydrates instead of quick-digesting carbohydrates, which are more beneficial when taken immediately after training.

### **3. Maximise muscle glycogen uptake directly after exercise.**

It is crucial to consume at least 1g of carbohydrate per kg of your body weight within 30 minutes after an intense training session on days 7 or 6 prior to a race. This prevents fatigue and improves your immunity protection - benefits that have been well demonstrated in studies, and I am sure you have read that this is true for any intense training session that lasts for more than 90 minutes.

### **4. Get adequate fluid intake.**

It is crucial to drink adequate fluids while carbo-loading, because every gram of glycogen requires 2,7g water to store it. This in turn may result in a weight gain of 1 to 2kg during carbo-loading. Many runners don't realise this, and feel heavy during the race. It is very important to experiment thoroughly prior to a major race, as unexpected weight gain may negatively affect your running cadence (style), and consequently negatively affect your performance. To ensure adequate fluid intake, use carbohydrate drinks as part of your carbo-loading regimen.

### **5. Carbohydrate consumption should be based on your body weight.**

The body has a maximum rate of metabolising carbohydrate, usually 5 to 7mg per minute/per kg bodyweight. When you go above this level, the body will start making fat (a process known as lipogenesis). This process produces more carbon dioxide than glycogen formation, which in turn may hamper your breathing.

### **6. Carbohydrate absorption in the intestines is also limited.**

The average person (body size less than 100kg) will tolerate 100g carbohydrate intestinal absorption per hour. This again emphasises the importance of splitting your carbohydrate intake through the day.

### **7. Cut down on fructose.**

Fructose-based carbohydrate drinks are not as effective in replacing muscle glycogen post-exercise as those drinks that mainly contain glucose polymers or sucrose. It is preferable that the source of carbohydrate in your drink should not be more than 20% fructose.

### **8. Avoid alcohol and fluids high in caffeine.**

This is linked to adequate hydration. Alcohol is a potent diuretic (it dehydrates you), and caffeine is a mild diuretic. Don't try to fool yourself by trying to justify a few beers a day as being a good source of carbohydrate.

## **THE 10 RULES OF WEIGHT LOSS by Nancy Clark**

**Nutritionist Nancy Clark shares 10 tips all runners should know if they want to drop some kilos.**

1. To lose 5 kilograms of body fat a year, you need to eat 100 calories less per day. Cutting too many calories from your daily intake will sap your energy level and increase your hunger, making you more susceptible to splurging on high-calorie foods.
2. Don't skip breakfast. Eat within two hours of waking.

3. In fact, eat more breakfast than you think you should. Trade in some of your dinner calories for more calories at breakfast.
4. Don't allow yourself to get hungry. Eat at least every four hours, and split a meal in half to make sure you properly fuel up pre- and postrun. For example, eat part of your breakfast before your morning run (a banana) and the rest of your breakfast afterward (a bagel with peanut butter).
5. Eat at least three kinds of food each meal from these four categories: breads, cereals, and grains; fruits and vegetables; low-fat dairy and soy; and lean meats, fish, and nuts. Breads, cereals, and grains should be the foundation of each meal, with protein as an accompaniment.
6. Shoot for a gradual loss of body fat. You're more likely to put the weight back on (and more) if you drop weight too quickly.
7. Liquid calories add up fast and can lead to weight gain. Minimize the amount of sodas, juices, store-bought smoothies, sports drinks, coffee drinks, and alcohol you consume.
8. Eat closer to the earth, enjoying fruits, vegetables, and whole grains. Minimize the amount of processed foods you eat; they tend to offer less fiber and are less satiating.
9. If you can't resist fast food, ask for nutritional information before you make your choices (or check in advance via restaurant Web sites). Avoid any menu items with the words "fried," "crispy," and "special sauce," which are guaranteed to be high calorie.
10. Remember that the calories in the energy bars, sports drinks, and gels you consume during a run add up, even though you're running. Consume them only as needed.