

Magnolia Newsletter

Feb 2010 (no 8)

Visit our web-site www.magnoliaroadrunners.co.za

Editor can be contacted at 012-842 2566 W, 012-361 2965 H, 082 578 3935 or 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 (16th March at 6h45pm)

We have arranged for Jacque Rossouw to visit Magnolia on the 16th 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

- **BUS # 1:** 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 swalters2@fnb.co.za
- **BUS # 2:** departs from Magnolia Club house 22h00 Thursday 27th and returns Monday 31st May
Cost : R1100, deposit R250 Accommodation: Amanzi Holiday Flats, Amanzimtoti
Enquiries: Dirk Olivier 086-510-8825 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 11th 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.

Thank you to Dieter for the generous contribution towards the goody bag

Birthday wishes - enjoy your special day

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
Madaleen	Claassens	27	Feb
Linda	Piek	28	Feb
Kenny	Erasmus	3	March
Ilze	Van Wyk	3	March

Welcome to our new members to the Magnolia family

Ingrid Koster and Ella Du Plessis

This week's Thank You's goes to:

1. Deon from Phobians for organizing a well balanced route on Sunday Run.
2. On Sat we had 21 and 68 runners on Sun

YEAR PLANNER - NEXT 3 MONTHS

- Next Social: Bring and Braai 2nd March, 6th April and 4th May
- Next Club Tent: De Loitte 10/21/42 on 27th Feb
- What do you want to know about training – come to the clubhouse on the 16th March, start 6h45 pm
- Away Race: Loskop Ultra Marathon 17th April
- Magnolia LONG RUN (4 x 15km) – 11th 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	27 Feb	NO Slow Run	21 + 9		Run 21km Deloitte
		Normal Club walk	10	06h00	Suresh 082-446-6880
Sun	28 Feb	Organised Run (car support)	25	06h00	Tinus 083-304-7054
		Normal Club walk	10	06h00	Suresh 082-446-6880
Sat	6 Mar	NO Slow Run			I am running my qualifier
		Normal Club walk	10	06h00	Suresh 082-446-6880
Sun	7 Mar	Organised Run (car support)	25	06h00	Tinus 083-304-7054
		Normal Club walk	10	06h00	Suresh 082-446-6880
Sat	13 Mar	Comrades Novice Slow Run	13 + 14	06h00	Colin 082-578-3935
		Normal Club walk	10	06h00	Suresh 082-446-6880
Sun	14 Mar	Organised Run (car support)	26	06h00	Tinus 083-304-7054
		Normal Club walk	10	06h00	Suresh 082-446-6880
Sat	20 Mar	Comrades Novice Slow Run	13 + 14	06h00	Colin 082-578-3935
		Normal Club walk	10	06h00	Suresh 082-446-6880
Sun	21 Mar	Organised Run (car support)	26	06h00	Tinus 083-304-7054
		Normal Club walk	10	06h00	Suresh 082-446-6880
Sat	27 Mar	Comrades Novice Slow Run	13 + 14	06h00	Colin 082-578-3935
		Normal Club walk	10	06h00	Suresh 082-446-6880
Sun	28 Mar	Organised Run (car support)	26	06h00	Tinus 083-304-7054
		Normal Club walk	10	06h00	Suresh 082-446-6880

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

- **Cape Gate Vaal Marathon** – contact Nadia on email ncoen@icon.co.za for entry form. Race date 7 March
- **Remax 21 / 42 (Edenvale)** – pre-entries close 28 Feb www.enteronline.co.za or www.sactive.com Race 7 March
- **Kosmos 3 in 1** – pre-entries close 9th March www.enteronline.co.za. Race date 13th Mar
- **Elands Valley Marathon** – Bank details available from elandsmarathon@gmail.com Race date 20th March

- **Longtom Ultra 56km** – on line entries www.longtominfo.co.za or www.enteronline.co.za Race date 27 March
- **2 Oceans marathon** – on-line entries close 3 March www.twooceansmarathon.org.za
- **25th Loskop Ultra Marathon** – Pre-entries close 1 April 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 and Run-Away Sport & Running Inn. Race date 27 Feb
- **Akasia 3 in 1** - pre entries close 3 March www.enteronline.co.za plus Run-Away Sport & Running Inn & Sweat Shop Race date 6 March
- **Sunrise Monster 32km** - pre entries close 10th March www.enteronline.co.za plus Run-Away Sport & Running Inn & Sweat Shop. Race date 6 March. Quality drawstring goody bags to first 500 entries

Race Calendar and key dates

24 Feb 18h30	Exxaro Night Race Series NEW race on calendar Cost: R20	Voortrekker Monument Contact: Dirk Lourens 083 609 1438 or Winston Fisher 082 781 2794 Pre-entries #, \$ and &
27 Feb 06h00	Deloitte Pretoria Marathon 10 / 21 / 42 Cost R60 – 42, R 40 – 21, R 30 - 10	PHSOB Club, Hoymeyer Park, enquiries Gerald 084-582-7242 entries #, \$ and & online ^^
6 Mar 06h00	Akasia 3 in 1 10 / 21 / 42 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	Medihelp Sunrise Monster 10 / 32km Cost: R55 – 32 and R30 – 10km	Harlequin Club, Groenkloof. Enquiries Mark 084-718-5484 Pre-entries #, \$ and & online ^^
20 Mar 06h00	Om Die Dam Ultra 50 / 21km Cost: R120 – 50km and R50 – 21km	Hartbeespoort High School Sports grounds enquires 011 844 0149 www.enteronline.co.za and #, \$ and &
22 Mar 07h00	Right To Run /Walk 10 / 21km Cost: R40 = 21 and R30 – 10km	Sunnypark Shopping Centre, Sunnyside. Enquiries John 082 435 9212 Pre-entries www.enteronline.co.za
27 Mar 06h00	Denel 10 / 21km Cost: R50 = 21 and R30 – 10km	Denel Irene Campus, off Nellmapius Rd. Entries

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 **++** - 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
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 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 st and 3 rd 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
23 rd Feb	800 meter sprints	5h15	Contact Freddie for details 083-347-5040
2 nd Mar	Time Trial (3, 5, 6, or 8km)	5h45	Clubhouse
9 th Mar	800 meter sprints	5h15	Contact Freddie for details 083-347-5040
16 th Mar	Time Trial (3, 5, 6, or 8km)	5h45	Clubhouse
23 rd Mar	800 meter sprints	5h15	Contact Freddie for details 083-347-5040
30 th Mar	Time Trial (3, 5, 6, or 8km)	5h45	Clubhouse

Thanks to Freddie for recording the time and to those few who participated in last week's Time Trail.

Time Trial results for Tuesday 15th Feb 2010

1	Riaan vd Watt	6km	26:52
2	Izaak Masango	6km	27:12
3	Kalichi Mabunda	6km	27:55
4	Karen Boegman	6km	31:20
5	Rina Wilken	6km	31:36
6	Ds Willem Nicol	6km	31:38
7	Kate Rooseboom	6km	36:04
8	Glenn Rooseboom	6km	36:04
9	Letta Willemse	6km	37:08
10	Madelyn van Zyl	6km	45:08
11	Anika Katona	6km	45:08
12	Melissa Wilken	9km	43:17 (6km 28:37)

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**

21km entries CLOSED

Only a few 56km entries still available, closing date 3rd March.

- **Run-Away Sport shop moving location**

Run-Away Sport is moving shop location, **they will remain on the same floor in the Sanlam Centrum Glenfair**, but as from the 1st March they will be moving to a new shop location - 2 shops to their right where Berlina Sewing shop used to be located.

- **Comrades start seeding and reminders from Feb Comrades newsletter**

All entrants must qualify by completing an officially recognised race according to the following table during the period 24 May 2009 and 26 April 2010. All entrants will be seeded according to their qualifying times. Entrants qualifying for batches A and B are required to submit proof of qualifying time. Previous Gold Medalists and 2009 Silver Medalists automatically qualify for seeding in Batch A.

All entrants who completed the 2009 Comrades Marathon may use this as their qualifying race and will be seeded according to their finish time.

Qualifying Race Distance									
Batch	42.2 km	48 - 50 km	52 - 54 km	56 km	60 km	64 km	80 km	89km	100 km
A	3:00:00	3:40:00	3:55:00	4:05:00	4:30:00	5:00:00	6:20:00	7:30:00	8:15:00
B	3:20:00	4:00:00	4:20:00	4:35:00	5:00:00	5:30:00	7:00:00	8:15:00	9:15:00
C	3:40:00	4:25:00	4:45:00	5:00:00	5:30:00	6:00:00	7:40:00	9:00:00	10:15:00
D	4:00:00	4:50:00	5:10:00	5:30:00	6:05:00	6:40:00	8:30:00	9:45:00	11:00:00
E	Green Number Club								
F	4:20:00	5:10:00	5:35:00	6:00:00	6:40:00	7:15:00	9:15:00	10:30:00	11:45:00
G	4:40:00	5:35:00	6:05:00	6:30:00	7:10:00	7:50:00	10:00:00	11:15:00	12:30:00
H	5:00:00	6:00:00	6:30:00	7:00:00	7:40:00	8:20:00	10:40:00	12:00:00	13:30:00

For example if you finished your qualifying race in 4:15 (42km) and 5:09 (50km) you qualify for a F seeding, similarly, a 3h59 (42km) you will qualify for a D seeding

2010 Club Details & Qualifying

A friendly reminder to submit your 2010 club and license details to the CMA by no later than 26 April 2010, as well as your qualifying time, if you have not already done so. Failure to do this will result in your entry being rejected.

You may run any standard marathon (42.2km), as long as it is an officially organized race, and is a timed event, you may use your finishing time as your qualifying time. Maximum time permitted is 5 hours for a standard marathon for qualifying.

Collection of Qualifying Times

The CMA will be visiting the following races in order to collect qualifying times for 2010 from runners. Please make use of this opportunity, which will assist you in submitting your qualifying time.

QUALIFYING EVENTS

Event Name	Province	Date of event
Pick n Pay Marathon 42.2km	Central Gauteng	14-Feb-10

QUALIFYING EVENTS

Wonderpark Akasia 3-in 1 Marathon	Gauteng North	6-Mar-10
Slow Mag Marathon	Central Gauteng	11-Apr-10
Loskop Marathon	Mpumalanga	17-Apr-10

Race Cancellations:

- **24th April: Telkom ConnecXion 10 / 21km road race**
Please be advised that due to unforeseen circumstances, we shall not be able to host the race on the 24th of April 2010 as previously agreed upon. We are therefore willing to "lend" this date to the Mazda athletic club (or whatever club) but we shall definitely use it next year.
- **03rd April Mazda 15km road race**
The executive committee of the above-named club met and exhaustively deliberated about this matter, the general feeling was that it is going to take place on a very awkward week-end, it clashes with a big event the Two Oceans Marathon and therefore we have decided to cancel our race

Race fixture changes

- 1) Right to Run race moved from 20 March 2010 to Monday 22 March 2010.
- 2) The venue of The Family Day Event 5 April 2010 changed from the Gift Acres Shopping Centre to The Grove Shopping Centre Corner Lynnwood/ Simon Vermooten Rds.
- 3) The venue of the Brooklyn School event 29 May 2010 changed from the school to the Jacaranda Shopping Centre 18 Avenue Rietfontein.

E-mails received

- **Race report: The Otter African Trail Run (The Three Cranes Challenge) by Dieter Gloeck**
12, 13 & 14 February 2010

The Three Cranes Challenge <http://www.3craneschallenge.co.za> matches the format of the AfricanX Trail Run (7, 8 & 9 May 2010) <http://www.stillwatersports.com>. Both these multi stage events are the "little" brothers of the five day Cape Odyssey (which the organisers have sadly not been able to put together again after the spectacular September 2008 event).

The distances of the Three Cranes Challenge are: Day 1: 32km, Day 2: 42km, Day 3: 32km; totalling some gruelling mountain and forest tracks over a total distance of 106km over 3 days (African X: 24km, 44km, 22km = 90km).

The Karkloof Nature Reserve is situated in the Natal Midlands, 22km north of Howick on the road to Rietvlei. The Karkloof Nature Reserve has 936ha of indigenous forest and presents one of South Africa's most important grassland and wetland areas and it is the most important breeding ground for three cranes species. This area has magnificent viewing sites of Karkloof Falls. Karkloof Nature Reserve is not open to the public. The significance of the Karkloof forests is attested by the presence of an isolated population of Crested Guinea-fowl which belong to a subspecies endemic to the Karkloof. A large proportion of the area is privately owned. Leopard Bush Private Nature Reserve consists of a 600 ha area of which more than half is forest. It is a birding paradise and a day's exploration of the area should produce 80-100 species of birds (that's not whilst running!). All of the three crane species are found here: The Blue Crane (*Anthropoides paradiseus*): South Africa's national bird, the population of which has declined by almost 80% in the eastern parts of the country during the past half century. The Grey-Crowned Crane (*Balearica regulorum*). The numbers have decreased dramatically in this species. The Wattled Crane (*Bucconas carunculatus*). The decline of this crane has been catastrophic and it is now Critically Endangered in South Africa – there are just over 200 birds left world-wide.

The race is intended to raise funds for the preservation of the three species. The race is presented by the Wildlands Conservation Trust, an organisation which organises a series of conservation challenges and fundraising events which contribute towards the Trust's activities. The Mont-Aux-Sources Run Challenge is one of them.

The attraction of these events is that the organisers go to great lengths to negotiate access to areas one would normally not have the privilege to enter, let alone run through.

Thursday 11 February 2010

We arrived at the camp site for registration and the pre-race briefing where we were greeted by a soloist saxophone sending out his lonely tunes next to the trout dam with his silhouette reflecting on the water in the setting sun. Didn't need much more to get into the right mood: this is no longer city life: here you are free...

Competitors were accommodated in brand new tents with a mattress and the dinner was of the highest standard. There was a chill zone which provided free sandwiches throughout the event, juices, water, muffins and other bites. You only needed to pay for other drinks at a well-stocked bar. Can't get any better. By the way, daily physio sessions were also included and therefore free of extra charge.

The race presenter Andrew and the race designer and brain child Heidi, need special mention. They were so approachable, friendly and accommodating, it provided a very special and relaxed atmosphere throughout the event.

Friday 12 February 2010 – 32km

Start at 06h30. 300 meters along the route, we headed into the indigenous forest behind our camp site and within 4km we ascended from 1,100m to 1,700 where we popped out of the forest to see the most spectacular views. Took the burning feeling right out of the quads...

As the event is hosted in one of the most important grasslands in South Africa (bordering onto wetlands), running on grass is probably the single most striking feature of the event. Not for a few kilos, but for tens of kilos with plenty of elevation. I must state, that for me, running on grassland, seems to be the most challenging of all surfaces. These grasses are not struggling to survive, on the contrary, they grow in hothouse-like conditions (Pietermaritzburg had its hottest day in many years – 37 degrees and the humidity was 70% plus). Imagine what grass monsters are grown in these conditions. When cut, the tufts that remain are the size of a soccer ball and its cuttings cover large rocks, porcupine holes and other obstacles. You cannot find a comfortable stride, but in stead hop along like a rabbit – your Achilles being tested to the utmost. The temptation to look at the beautiful views is quickly punished when you put your foot onto a grass tuft, rock or stone, so it's a gamble between staring in front of you and granting yourself a refreshing view.

There were two water points along the 32km route and with the 35C+ temperatures, a full camel back bladder is a must if you want to survive. It was quite extreme. The route traverses along the escarpment – in and out of forests – back onto the grasslands. 4 and a half hours later I was back in the camp. Day 2 here we come.

The Chill Zone provided some extra luxury with a large flat screen TV being set up next to the trout dam and we could see the Bulls thrash the Cheetas. A typical thunderstorm cooled everything down nicely and it was into the tents for the night

Saturday 13 February 2010 – 42km

When we started the Saturday stretch, my thoughts went to my Gauteng running friends who just started their Bronkhorstspuit 32km. Well I had the 32km in my legs already, and it was clear that with today's stretch being 42km we were heading for a long day...

The scenery does not change that much, you just get rewarded with views of beautiful waterfalls, river crossings, different forests (planted and indigenous), and more grassland running (the author having already expressed his rating of the grassland surface – no more said to emphasises the effect this has on the legs).

It was a few degrees “cooler” than the previous day, but for us upcountry runners the higher humidity was some challenge. The distances were a bit mixed up (as Jaco and I already discovered on the Odyssey, trail running is not an exact science...) and we were heading for a distance closer to 45/46km. What a pleasant surprise when our journey was indeed ended at about 42/43km next to a clear, ice cold stream and runners were lifted on the back of bakkies to the camp site. The farmers who drove the bakkies certainly know their roads (and their bakkies) and would have made a name for themselves on TopGear. Thanks guys!

That afternoon it started raining heavily and continued to do so during the night – setting us up for a very different last day...

Sunday 14 February 2010 – 32km

The plan was as follows: Up at 03:00, start running at 04:00, run with headlights up onto the Escarpment and see the sun rise. Enjoy breakfast along the road and think of your Valentine...

As so often, the weather had something else planned.

It rained pretty much throughout the night and when we rose at 03:00 the rain was complimented by heavy mist. The kind of mist that gives you a few meters sight at the most. Runners wandering around at the start, recognisable only by their very dim (due to the mist) headlights could have been a scene from Lord of the Rings or even Avatar...!

But then the hooter went off and we were on our way. The headlights failed to penetrate the mist and it was the strangest feeling not knowing if your ran uphill or downhill – except if it was really steep. The first couple of kilos were on a dirt road and the then Jeep track. The massive puddles became only visible when your foot was over them and the best indication that a mud or water puddle was ahead were the comments from the runners in front of you, ranging from “Oooops” to some stronger worded descriptions which have no place in a race report – taking into account the circumstances (05:00 on Valentine's Day) they were probably justified. I was wondering how the front runners managed, their speed being so must faster... But that was their problem – we had our own!

The first indication that the sun had risen, was when the surroundings became more visible. And then after about 90 minutes we found the water point at the promised 9km mark (remember trail running is not an exact science). Getting a fried egg on a buttered bun in the rain and mist is worth getting up at 03:00 and every single water/mud hole. Forever grateful to the ladies who were out therein the rain on their Valentine's Day and made those special fried eggs for us.

Not everyone will understand this, but running out there for four and a half hours hitting the mud- and waterholes was an awesome experience. The cherry on top were the last 4km. The steep climb from 1,100 meters to 1,700m we started the race with on Day 1, was now reversed. It was 4km to go and we descended through the thick forest from 1,700m to 1,100m. For the runners that slipped and slid downwards, it certainly was no joke. Everyone has to admit there were times when it was a bit scary. Thank heaven for the “Tarzan ropes” and the many trees who stood firm when needed.

As we heard the announcer's voice coming through the thick forest leaves, we knew we were close and a few minutes later the Three Cranes Challenge was completed. A quick shower and then to the tent to enjoy food “wat skrik vir niks”. I do not know how they managed to serve us the delights that they did. Ester and her team – thank you. I will remember this meal for a long time.

Afterthoughts

I did miss my running partners of the other multi stage races (Odyssey – Jaco and AfricanX - Karl-Robert), but when you are not running in a team, you chat a lot more to other runners. A highlight of participating in a race run by a relatively small group is that I experienced a lot more interaction between runners. The chats I had with Dirk, Nic, Buzz, James, Dave, Jaqui, Charles – I cannot name all of you – was a highlight (note: I certainly did not chat with Dirk (3rd) or Nic (1st) on the road!). Dirk Cloete (Winner: Kalahari Augrabies Extreme) so freely shares his wealth of experience with other

runners – it's like a free coaching, motivation and runners' diet session all-in-one. This way Dirk gives a lot back to the sport.

Heidi had the privilege of the last word of good-bye. Her tears when she greeted all of us were a reminder of the special bond which had developed over the last couple of days. I was so engaged in greeting everyone myself that I never looked at the final results – or even bothered to find the lists. Just for the record, they were posted on the website a few days later. I ran the event to enjoy it and to get strong for the runs I have planned for the remainder of the year. That called for a constant pace and the positions I did finish in supported my objective (Day 1: 18th; Day 2: 19th; Day 3: 24th; Overall: 19th).

As far as the adventure goes, I definitely got much, much more than what I hoped to get. I just love multi stage trail running events! Do yourself a favours and try them too.

The AfricanX is held on 7, 8 & 9 May. If I can, I will be back for the Three Cranes Challenge in February next year....

- **Race report: The Discovery Surfers Challenge by Charl & Carien Strydom (new members)**

On Saturday 13 February the wife and I ran the Surfers Challenge. The race starts at the Kwelera river mouth and ends some 17 km further at Nahoon Beach in East London. This is a unique race and its history dates back to 1975, when a group of Eastern Cape local athletes and surfers challenged each other at a pub in East London. After losing to the road runners in a race between King William's Town and East London, the surfing team sought revenge and challenged the runners for a race on the beach (and sea). The runners would run between the two points on the beach, while the surfers paddled in the ocean. The runners also have to cross three rivers en-route. See www.surferschallenge.co.za for more details.

This year was the 36th running of the race and some 2 600 individuals entered, most of which were runners. The normal route spans some 16,5 km, but due to a spring high-tide experienced this year, the runners (and walkers) had to follow a small detour going inland, which brought the total distance to 17,5 km. For the runners and walkers, the spring tide also meant that it was difficult to cross the rivers, especially the Gonubie. Without the assistance of a rope and a group of very keen life-savers, many participants would have given up here.

The point is, this must be one of the toughest races in the country: Running over rocks and boulders for over 4 kilometres, then hitting soft sand and having to run with wet shoes really tires you. Like with many other races, the East London residents actively supports the competitors: some provide "private water points", some put out a sprayer on the pavement to cool the runners down, while others just provided the moral support with chants to "hang in there" and ovations.

Although we just missed the cut-off time of 2 hours and 45 minutes to qualify for the sought-after t-shirt, there was still a sense of achievement and content. We would like to compliment the organisers: what a well-organised and structured event. Thank you.

The Discovery Surfers Challenge is exactly that: A challenge!! (And then some advice for future participants: practise keeping your balance on loose boulders and running more than 10 km in loose sand before entering!!)

Charl & Carien Strydom

- **Race report: Peninsula Marathon Cape Town by Janeen de Klerk**

I hope you are sitting down as I have finally decided to put pen to paper and write you a race report – no its not for the Paris Marathon I ran in April last year (maybe you'll get that before the years up!!!) it's for the BDO Peninsula Marathon held in the Cape on Sunday 21ST February 2010

A business trip to Cape Town and the necessity to qualify for Two Oceans led me to enter this race

A six o'clock race start in Cape Town is a lot darker than one in Gauteng and I found myself wondering if I had not got to the start line too early. Traffic and other crazy runners like myself were proof that I in fact was in the right place at the right time I had anticipated Saturday's heat but grey skies, choppy seas and a rather ominous south easter resulted in my deciding to leave my peak and sunglasses in the car and hence begin the race with a little less weight

At the sound of the gun, 1500 – 2000 runners lined up outside the old margarine factory (between Glencairn and Simonstown) began running towards Fish Hoek – a fairly flattish and wind protected 5 or so kilometers but very muggy. From the main road in Fish Hoek we turned left along a familiar undulating road for Two Oceans runners but instead of turning right to Noordhoek and Chapman's Peak we turned left and up a hill referred to as Black Hill not too steep but long. I was surprised to discover that there was no water table between 3 and 11 km. Having ascended Black Hill one then descends back into the Glencairn Valley and has these beautiful views of unspoilt fynbos on your left and right and False Bay ahead. At the bottom of the hill we turned right running parallel to the sea and with a little back wind to give an extra push up the slowly undulating climb towards Simonstown. 3 km before Simonstown we turned right to begin an ascent up Red Hill – a winding climb of about 8 km that makes Klapperkop look like a stroll in the park!!! Having begun the climb at 13 kms I was again astounded to discover that the next water point was only at about 21 km and double disaster – they had run out of water and cups and runners were required to take slugs of coke from the odd remaining 1.5 litres bottles.

Not being a clock watcher I glanced at my watch at the 21 km mark to see it had recorded 2 hrs and 29 minutes – a lot slower than I thought was. Having kept my mind occupied writing this article in my head as I climbed steadfastly up the hill I thought woe is me, Two Oceans and Colin's article if I don't make the 5 hour cut off. I determinedly (and in the hope of water) headed down the hill towards the Cape Point Road – where we turned left heading in the direction of Cape Point, Smitswinkel Bay and hopefully at the end Simonstown. The next refreshment stations yielded very little and again we slugged coke from a communal bottle and the energy gels remained unopened. I continued on with the frequent comments of "worst race of the year", "same thing happened last year" and shouts of "you'll be getting letters" from runners to the marshals all around me. I silently thought – yay for Gauteng and the trustworthy "every 3 kms" water tables.

The remainder of the route was fairly undulating with not too many hills and I determinedly jogged on with that 5 hour cut off in mind. This section of the route proved in many ways to be the most difficult as one was running into a strong Cape wind and I wished I had my glasses just to keep the fine sea sand dust out of my eyes. The route was scenic with lots of cyclists heading towards us (last minute training for the Argus) and I kept a watchful eye on the rather large intimidating baboons on the opposite side of the road. Luckily enough for me I was not of sufficient interest to them to divert them from their roadside contemplation.

Finally glimpses of the sea indicated that the finish was near and running parallel to the wide open beautiful emerald water spurred me on further. Fortunately (given the dehydrating effect of the winds) in the second half of the race well stocked water tables were present roughly every 4 or 5 kms with one unexpected one 1 km from the finish. With a welcome sugar burst I crossed the line within 8 minutes of cut off time - hot, sweaty and covered in a layer of fine sea sand. Despite the lack of water – a race to be recommended and with the beautiful scenery around a good one to remind the souls of runners why we are mad enough to put our bodies through 42 kilometres and more!!!!

Dieter, Janeen, Charl and Carien, your contribution and articles, as always is much appreciated. Thanks guys

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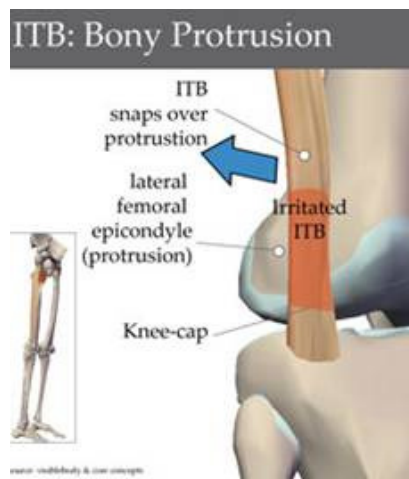
ILIOTIBIAL BAND SYNDROME

Iliotibial band syndrome is relatively common, and it hurts. Help has arrived.

Laura Kennelly had been running for several years before the pain hit. Two days after finishing her first marathon, she went off with her regular running group for an easy 5-km. But after 2 km, the outside of her leg began to hurt -- big-time. "My leg just blew out. I stopped running and could barely walk," she recalls. "I hobbled home in pain."

Kennelly was suffering from iliotibial band syndrome, one of the most common overuse injuries among runners. Because the most notable symptom typically is swelling and pain on the outside of the knee, many runners mistakenly think they have a knee injury.

But it's not the knee, it's the ligament that runs down the outside of the thigh from the hip to the shin. "When the band comes near the knee, it becomes narrow, and rubbing can occur between the band and the bone. This causes inflammation," says Freddie H. Fu, M.D., a Pittsburgh orthopedic surgeon and chairman of the board of the Pittsburgh Marathon.



What causes ITB syndrome?

ITB syndrome can result from any activity that causes the leg to turn inward repeatedly. This can include wearing worn-out shoes, running downhill or on banked surfaces, running too many track workouts in the same direction, or simply running too many km. Unlike many overuse injuries, however, ITB pain afflicts seasoned runners almost as much as beginners.

"Forty percent of the runners we see for ITB syndrome have been running 5 or more years," says John Pagliano, D.P.M., a sports-medicine podiatrist in Long Beach, Calif., and a onetime 2:26 marathoner. "That's quite a high number. About 50 percent of them are running between 30 and 50 km a week.

"Also ITB syndrome is much more common in women," Dr. Pagliano notes. "Why? It could be the way some women's hips tilt, which can cause their knees to turn in."

Dr. Pagliano describes most runners with ITB pain as "Type A's." "They run high mileage," he says. "They're not willing to back off, and they are willing to run through pain."

How can you tell if you have ITB syndrome?

"The best way is to bend your knee at a 45-degree angle. If you have an ITB problem, you'll feel pain on the outside of the knee," says Dr. Fu. "Sometimes an MRI can confirm it. An X-ray is usually negative, but an MRI can show a partial thickening of the band -- which results from inflammation."

Prevention

Here are some steps you can take to prevent ITB syndrome:

- Most importantly, always decrease your mileage or take a few days off if you feel pain on the outside of your knee.
- Walk half-a-km before you start your runs.
- Make sure your shoes aren't worn along the outside of the sole. If they are, replace them.
- Run in the middle of the road where it's flat. (To do this safely, you'll need to find roads with little or no traffic and excellent visibility.)
- Don't run on concrete surfaces.
- When running on a track, change directions repeatedly.
- Schedule an evaluation by a podiatrist to see if you need orthotics.
- Avoid doing any type of squats.

Treatment

Once you notice ITB pain, the best way to get rid of it for good is to rest immediately. That means fewer km, or no running at all.

"In the majority of runners -- 85 percent -- once they rest, the pain doesn't come back," Dr. Pagliano says. "But I'm not talking about the guy who finally decides to rest after feeling pain for 6 months during 100-km weeks. You have to rest immediately."

While you're backing off on your mileage, you can cross-train. Swimming, pool running, cycling, and rowing are all fine. Stair-climbing is not, because it is too much like running.

Side stretches will also help, as will ice or heat, ultrasound, or electrical stimulation with topical cortisone. This last method is useful "particularly in the acute phase," says Dr. Fu.

If you don't give yourself a break from running, ITB syndrome can become chronic. "Then you'll need to run fewer km and give up marathons," says Dr. Fu.

If your ITB problem doesn't get better after several weeks, seek help from a sports-medicine professional. You may need a cortisone injection to break up scar tissue and help speed healing. But cortisone presents its own risks, as it can weaken ligaments and tendons. Consider cortisone injections as a "second-to-last resort," Dr. Pagliano says.

Your last resort is surgery. "Once you've tried everything else, and nothing helps, we can surgically release the IT band," Dr. Fu says. Adds Dr. Pagliano: "But surgery makes your knee a little floppier, and patients are never happy with it."

As Laura Kennelly reports, "I've had other injuries since -- including fractured bones in my foot -- but none of them took as long to heal or still troubles me as much as that ITB strain. I know now that I have to respect that weakness in my leg, and back off when it acts up."



Conquer common problems when they strike.

You're in the middle of an important training run or race when a cramp, blister, or slippery banana peel strikes. Here's how to run around these setbacks.

Oh No! Muscle Cramp

Recovery Plan: Stop running and apply pressure to the muscle. Press firmly for 15 seconds—don't massage. Then gently stretch the muscle. Repeat the pressure/stretch cycle until the cramp subsides. Walk at first, then slowly increase your pace.

Oh No! Blister

Recovery Plan: In a short run or race, keep going. Otherwise, it's best to deal with a blister before it becomes painful enough to throw off your gait. Covering it with a Band-Aid or moleskin is ideal. But if an aid station or home is miles away, adjust your laces. Tightening them could stop heel slippage (a common cause of blisters); loosening them could take pressure off a hot spot.

Oh No! Side Stitch

Recovery Plan: Notice which foot is striking the ground when you inhale and exhale. Then switch the pattern. So if you were leading with your right foot, inhale when the left foot steps. If that doesn't help, stop running and reach both arms above your head. Bend at the waist, leaning to the side opposite the stitch.

Oh No! Ankle Turn

Recovery Plan: If you suffered a minor sprain, your first few steps will be painful. But once the ankle loosens up, you'll be able to run on it and get back in the race with ease. Stop if your pain is more severe with each step—that's a sign of a fracture.

Oh no! Stumble and Fall

Recovery Plan: Get up and assess yourself. Road rash or minor scrapes can be patched up later. (Heavy bleeding needs immediate treatment.) Running might feel difficult at first because your heart rate will be elevated and you'll be shaken up.

Oh no! Stiffness After a Pit Stop

Recovery Plan: keep your breaks brief—two minutes at most. Walk while taking water rather than coming to a complete stop. Start back up slowly; don't resume your prior pace right away