

# Magnolia Newsletter

March 2010 (no 9)

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

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**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 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 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:** (still has one or two places left) 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)
- **LOSKOP Marathon Away weekend** – we only have 2 places left, anybody interested
- **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 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. **Lots of R200 donations eventually goes a long way.**

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

## Birthday wishes - enjoy your special day

Kenny	Erasmus	3	March
Ilze	Van Wyk	3	March
Dirk	Claassens	6	March

Herbie	Van den Berg	6	March
Sonja	Van Niekerk	6	March
Robert	Harris	8	March
Stephan	Roux	8	March
Elvira	Martin	10	March
Tobie	Reyneke	10	March
Peet	Benade	12	March
Joseph	Dittle	12	March
Gordon	Van Biljon	12	March
Jan	Wessels	12	March
Liza	Labuschagne	13	March

### [Welcome to our new members to the Magnolia family](#)

Martin Kanka, Merchia Muller, Lloyd Nelson, Lizelle Pauw, Chris Pretorius, Christiaan Schutte,

### [This week's Thank You's goes to:](#)

1. Tania and Maureen for organizing a well balanced route on Sunday.
2. Last week I forgot to thank Petru for organizing the route and Isabel for the sweets.
3. Special thanks for offering up your Sat morning to man our club tent
  - Bronkhorspruit 32km – Nadia and Dirk Van Rooy
  - De Loitte Phobians – Jenny Billau, we all enjoyed the popcorn

### [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](#):
- [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

### [March / April 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><a href="#">Organised weekend training sessions starting at the clubhouse (NOTE starting times)</a></u>					
Sat	6 Mar	<b>NO Slow Run</b>			Most of us are running our qualifier
		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
Sat	20 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	21 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
Sat	27 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	28 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
Fri	02 April	<b>Tap run</b>	18		
Sat	03 April	<b>Tap run</b>	20	<b>06h00</b>	Colin 082-578-3935
		Normal Club walk	10	<b>06h00</b>	Suresh 082-446-6880
Sun	04 April	<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
Mon	05 April	<b>Tap run</b>	15		

Sat	10 April	<b>Slow Run</b>	10	<b>06h00</b>	Colin 082-578-3935
		Normal Club walk	10	<b>06h00</b>	Suresh 082-446-6880
Sun	11 April	<b>Magnolia Long Slow 60km Run</b>	<b>4x15</b>	<b>06h00</b>	Tinus 083-304-7054
		Normal Club walk	10	<b>06h00</b>	Suresh 082-446-6880

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

- **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
- **Long Tom 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 **NOTE: only 3500 entries allowed, must enter early**
- **Closing dates for pre-entries – local races only (can still enter on the day)**
- **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

### Race Calendar and key dates

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. Enquires 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. Enquires John 082 435 9212 Pre-entries <a href="http://www.enteronline.co.za">www.enteronline.co.za</a>
24 Mar 18h30	<b>Exxaro Night Race Series NEW race on calendar</b> Cost: R20	Voortrekker Monument <b>Contact:</b> Dirk Lourens 083 609 1438 or Winston Fisher 082 781 2794 Pre-entries #, \$ and &
27 Mar 06h00	<b>Denel 10 / 21km</b> Cost: R50 = 21 and R30 – 10km	Denel Irene Campus, off Nellmapius Rd. Entries
11 April 06h00	<b>Magnolia 60km Long Slow Run (4x15 km)</b>	Magnolia Clubhouse
28 Apr 18h30	<b>Exxaro Night Race Series NEW race on calendar</b> Cost: R20	Voortrekker Monument <b>Contact:</b> Dirk Lourens 083 609 1438 or Winston Fisher 082 781 2794 Pre-entries #, \$ 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
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	10km	10 KM		
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 :**

- **Linda Potgieter, 1<sup>st</sup> Master Lady overall at the De loitte 21km**
- **Judas Ntuli, 7<sup>th</sup> place overall in 1h56 at the Bronkhorspruit 32km**
- **Judas Ntuli, 11<sup>th</sup> overall in 34,19 at the Tuks 10km**

<b>Time Trial</b>			
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> Mar	<b>Time Trial (3, 5, 6, or 8km)</b>	<b>5h45</b>	Clubhouse
9 <sup>th</sup> Mar	800 meter sprints	5h15	Contact Freddie for details 083-347-5040
16 <sup>th</sup> Mar	<b>Time Trial (3, 5, 6, or 8km)</b>	<b>5h45</b>	Clubhouse
23 <sup>rd</sup> Mar	800 meter sprints	5h15	Contact Freddie for details 083-347-5040
30 <sup>th</sup> Mar	<b>Time Trial (3, 5, 6, or 8km)</b>	<b>5h45</b>	Clubhouse
6 <sup>th</sup> April	<b>Time Trial (3, 5, 6, or 8km)</b>	<b>5h45</b>	Clubhouse

**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).**

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

Run-Away Sport is moving shop location, **they will remain on the same floor in the Sanlam Centrum Glenair**, 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 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.

<b>Qualifying Race Distance</b>									
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

**EDITORS TIP:** ARE YOU HAVING PROBLEMS QUALIFYING OR BATTLING TO ACHIEVE THAT LOWER SEEDING, THERE IS AN ALTERNATIVE. 24 APRIL COALDUST 3 IN 1KM CHALLENGE (WITBANK) IS ONLY 48KM. THIS MEANS YOU HAVE THE SAME TIME TO QUALIFY BUT YOU RUN 2KM LESS. For example 48km under 5:10 will give you an F seeding. Note this is an undulating course

### **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
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:**

- **24<sup>th</sup> 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 24<sup>th</sup> 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.

- **03<sup>rd</sup> April Mazda 15km road race**

The executive committee of the above-named club 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.

### **No races during World cup soccer tournament (01 June to 15 July) - Commander: Operational Support**

Please take note that the Event Section (Metro Police) **WILL NOT** approve "public" events from the period 01 June 2010 – 15 July 2010 due to the 2010 FWC and prioritization of resources ensuring the successful running of the 2010 FWC event as well as executing our day-to-day policing tasks within the City of Tshwane. Only approved City events related to the 2010 FWC as well as applicable parallel events will be allowed and policed. This decision was endorsed by our management as well as the ProvJoints (as SAPS also do not have additional resources).

### **E-mails received**

- **De Loitte 21km by Wanda Lennox**

As per tradition, it rained the night before Deloitte-a big thunderstorm over Gezina and over Lynnwood, judging by the state of the field. I arrived at 5.00 and found parking inside, walked down to the club tent which Jenny and Colin were erecting, ready to run 4km before the race as per Colin's e-mail.

Wilma, Colin, Andrew and I set off at 5.15, to the bottom of Lynnwood and back at a very comfortable pace, and arrived back ten minutes before the gun went off, to join a very big crowd of runners.

Off on time, with perfect cool & overcast weather, we ran up past Menlo High School, over Brooklyn, up Sydney to Klapperkop and past the Pretoria Boys Pipe band-doing a sterling job- down to Nelson Mandela. Found Debbie doing the 42.2 on our way down & chatted a little. Wilma took a little strain here with an unexpected side stitch, so we took a little walk. Over George Storrar, up another little hill and down past Crawford College to Queen Wilhelmina.

Through the grounds of Pretoria Boys, past a lovely little Orchestra of the students and out the top gate to run the last few kilometers to Menlo Park High School, over Lynnwood Road, down past PHOB Club and around a very wet field to the finish in 2.28.I walked out the gate with Wilma and ran another 4km (part of the TT route) to finish on 29km for the morning.

Well organised as usual. Parking always a problem given the volume of runners and the small parking facilities, well marshaled and excellent water points. Thanks to all the helpers who gave up a large part of their morning for us!!

Thanks also to Andrew and Colin for the "Warmup" run in the dark, it was great!! The rest of you missed out!!

Regards

Wanda

- Hi Colin,

Although not a member at Magnolia I have enjoyed the Sunday runs from the clubhouse. It is great to see such large groups enjoying each other's company and exercising together. Last week we had 60 plus runners.

Dale Dutton

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

### **Internet Articles**

**Hill Training - CRUISE CONTROL By Jason Karp, Ph.D.** 2009 issue of Runner's World (SA)

#### **Downhill running has its upsides but kills your quads. Here's how to avoid the burn.**

Six weeks before the 2006 Chicago Marathon, Benjamin Gailey ran in a relay in the Rocky Mountains as a tune-up. He chose two downhill legs, which dropped 1,900 feet each, figuring they'd be easy and let him save his strength for the marathon. Big mistake.

"I couldn't even walk afterward," says Gailey, 31. He went to Chicago hoping to qualify for the [Olympic Trials](#), but his 2:37 finishing time was too slow by 15 minutes. "The downhills definitely took a toll," he says. "I just didn't have the [strength](#) that I should have."

Gailey learned the hard way: As fun as it can be to fly down a hill with the help of gravity's pull, steep descents can zap the power you need to take on flat stretches and uphill climbs, and leave your quads feeling trashed for days afterward. "Everyone underestimates downhills, generally because they don't present much of a challenge to negotiate," says coach and exercise physiologist Jack Daniels, Ph. D. "But they can leave your running muscles pretty stressed out."

Why is that? Running downhill requires the muscles to lengthen, or make eccentric muscle contractions, which can cause microscopic tears in the muscle fibers and generate more force than when you're running uphill or on flat ground. To make matters worse: It's easy to hit top speed on a steep descent—and the faster you move, the harder each foot strikes the ground, and the more pounding the muscles endure.

That doesn't mean you should avoid all downward slopes. In fact, research has shown that running downhill can give your pace a lift. A 2006 study published in the *Journal of Strength and Conditioning Research* showed that when sprinters trained on uphills and downhill, they improved speed and foot turnover more than running uphills or flat surfaces alone. By incorporating downhill into your training, you can weather them better and bounce back from them sooner.

### **Start Small**

Add downhill to your routine a little at a time, says Daniels. Start with a short, gradual slope, with a two-to three-percent grade, and move on to steeper and longer descents as you get more comfortable. At first, run on a gentler surface, such as grass, then move on to roads. Treat downhill workouts as hard sessions, and follow them with two or three days of easy running. And be sure to back off of downhill in the two weeks or so before a target race, he adds. **Because your body absorbs a bigger impact with each footstrike, you could be at risk for IT band syndrome and other injuries**, cautions Irene Davis, Ph. D, director of the Running Injury Clinic at the University of Delaware. "If you're running on a more compliant surface and a less steep grade, that will help lessen the impact," she says.

It's easy to overstride when running downhill, which makes you land harder, wears you out sooner, and makes you more vulnerable to injury, says Joe McConkey, head coach at the Boston Running Center in Brookline, Massachusetts. To prevent that, shorten your stride, focus on quicker foot turnover, and try to keep your shoulders, hips, and feet aligned, he suggests. It should almost feel like controlled falling. "This allows for a more natural foot placement and sustains your forward momentum," McConkey says.

### **Rehearse Your Pace**

Practice your goal race pace on downhill, and develop an awareness of what that pace feels like compared to flat terrain or uphills. That will help you keep an even pace throughout the race—regardless of the grade. "The best downhill running skill to develop is the ability to run with different exertion levels," McConkey says. After his disappointing finish in the [Chicago Marathon](#), Gailey propped the back of his treadmill on stacks of copy paper, and started doing downhill workouts twice a week. "Now, I don't get as fatigued as much on downhill," he says. "And in races I can run more comfortably."

### **Making the Grade**

To build your downhill skills, try one of these workouts every other week in place of an intervals session, says running coach Joe McConkey. Start out on a gentler surface, like grass, the [treadmill](#), or a short, gentle grade of two to three percent.

### **Four by Fours**

Run 4 x 2 minutes on flat terrain, then run for 2 minutes downhill about 20 seconds faster than goal race pace. Increase the flat and downhill portions to 4 minutes each. Recover between repeats with 2 minutes of easy jogging.

### **Up and Downs**

Run uphill for 45 to 120 seconds at one-mile race pace, then run easy for 30 seconds. Run downhill for 30 to 90 seconds at race pace, then one minute on flat ground at race pace. Do this cycle 3 times, taking 2 to 4 minutes to recover.

### **Hill Medley**

Turn a 10-mile [tempo run](#) into a [hill workout](#). Trying to maintain your tempo pace, run 6 miles slightly downhill, then run 2 miles that incorporate four 400-to 600-meter uphills. Follow that with 2 miles on flat terrain.

## **[Hill Workouts - THIS WAY UP By Marc Bloom PUBLISHED 09/15/2008 \(RW US\)](#)**

### **Proper form helps you power up any incline.**

**HEAD:** "Keep your head and chest up. Don't slouch," says Olympian Adam Goucher. Attempting to "grit out" a [hill](#), many runners put their head down, which wastes energy by throwing off their form.

**EYES:** To keep your body upright, "fix your eyes directly ahead of you, not down at your feet," says cross-country champ Lynn Jennings. "You will sleekly move up the hill."

**HANDS:** "Keep your hands loose, no fists," says Jim Schlentz, who coached Olympian Kate Fonshell. Loose hands help your whole body stay relaxed.

**LEGS:** "Push your legs off and up, rather than into, the hill," says Goucher. This helps you feel "light," as if you're "springing" up the hill.

**GOING UP:** Run the first two-thirds of the hill relaxed, then slightly accelerate the last part, while carrying your pace over the top, says Schlentz. "Don't push too hard at the bottom of a hill," he says. "Then you're dead at the top."

**BRAIN:** "Visualize the crest of a hill 20 meters beyond where it really is, so you run to the top-and keep going," says Jennings. "I would tell myself, 'Up and over, up and over,' and would not relax till past the top."

**TORSO:** "Lean forward," says Jennings. "It maintains momentum."

**ARMS:** Coach and marathon champ [Alberto Salazar](#) emphasizes accelerated arm action to drive up a hill: "Concentrate on overusing the arms to really power up, so your running almost simulates sprinting." Your arms should form a 90-degree angle at the elbow, and swing straight back and forth, not across your body.

**FEET:** "Get up on your forefeet and take shorter strides," says Jennings. "Run with punctuation."

**GOING DOWN:** "Your feet should land underneath you," says Schlentz. "This produces minimal shock on the body." A shortened armswing will help shorten the stride.

**WHY BOTHER?:** Strength, efficiency, endurance. A study published in the Journal of Biomechanics found running on a steep grade at a fast pace achieved greater "muscle activation" in the legs and hip area than running at a slow pace.

**SHORT ON TIME:** Short hills provide maximum training effect with minimum [injury risk](#), says elite coach Brad Hudson. Start with three or four repetitions up a hill about 60 to 80 meters long at top speed. Recover fully between runs.

**DISTANT MEMORIES:** Longer hills teach the body to recruit muscle fibers when they're fatigued. "This helps you develop a kick," says Hudson. Start with three or four reps of a hill 300 to 600 meters long. Recover fully between runs.

## [Hill Running - OVER THE TOP By Sara Corbett PUBLISHED 09/06/2008 \(RW US\)](#)

**Hills - the very word evokes dread. Yet with an open mind, the proper form, and a yen for famous climbs, you can not only get over hills, but learn to love them.**

That [hill](#) you're approaching? It wants to eat you alive. All hills do. They were put on your running route for just that reason-to shock your lungs and suck the bounce from your quads. Hills have a signed contract with your psyche, the scary part of your psyche, that inner goon who doesn't believe-who never believes-that you'll make it. If you ask me, running a hill has little to do with the body. It's all about beating back the goon. A long time ago, I had a high school coach who, two or three times a week, used to load our team, a pack of long-limbed moody teenagers, into a school van and go looking for hills for us to run. Despite this being a relatively flat part of Massachusetts, our coach, Mr. Best, had a knack for geography that seemed, at the time, completely sinister. Mr. Best was not just our coach but also our precalculus teacher. And he coached the same way he taught math, refusing to see the drudgery in drudgery, prodding us through binomial theorems and hill workouts with a bemused smile and not a hint of mercy. We ran up broad, slow-building farm valley hills. We ran up the jagged face of a granite quarry. We ran up gullies and small mountains and endlessly twisting, pine-needle paths that led from somewhere low to somewhere high. If we ran the hill three times on the first visit, we ran it five times on the next, and seven times on the visit after that. We ran each hill until it became insignificant, something vanquished, not even worth talking about. And then he'd take us looking for a new hill.

When time was short, he drove us to a movie-theater parking lot that had a small but punishingly steep pitch just behind the dumpster, where we'd go furiously for a half hour, up and down, up and down. Mr. Best stood at the bottom of the hill with a bottle of Gatorade tucked under one arm, dressed, as always, in a green sweat suit. He had little tolerance for anyone whose pace slowed on a hill. He urged us to stay light-footed, emotionally uninvolved with the terrain. "Do it! Do it! Do it!" he would shout, as we ran heavenward in a ragged line. "This is not hard!"

At some point, we saw that he was right-that to dread a hill was to give it too much power, to start strategizing about how to get over it, to calculate our strength versus its distance and grade was a lost-cause algorithm. As far as Mr. Best was concerned, we didn't so much need to read the hill as to read ourselves.

Here is where I could get hokey and metaphorical with you about hills. Here is where I could talk about ascension and elevation and how life is an uphill battle anyway. I could rhapsodize about how you'll find the clearest views at the top of a conquered hill. I could evoke Sisyphus pushing his rock uphill or "The Little Engine That Could" and-we should all remember- did. But I won't. Because only you can work out your relationship to the hill you're on. Only you can outrun that inner goon who has no faith in you at all. You'd best do it quickly, though. The second you slow down and start shuffling is the moment you start to lose, not only to the hill, but also to the goon. What I learned from Mr. Best and the miles of uphill he put before me was just the simplest bit of math: The faster you run it, the sooner you're over it. And don't forget to enjoy the way down.