

Magnolia Newsletter

March 2010 (no 10)

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 with 21 Comrades behind him 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. All members and friends of Magnolia are most welcome

Club clothing

Ladies Crop Tops: We anticipate the new order will be available in the next 2 weeks.

Ladies Sport Skirts: As far as we can establish, ladies skirts are not manufactured in our royal blue and any lady runner / walker wanting to purchase running skirt with inner liners is more than welcome to buy in royal blue or black. Run-Away Sport and Running Inn have stock

Tracksuits: 2nd Order for tracksuits has been placed and delivery is expected in around 3 week's 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:** (still has one or two places left) 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

- **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 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.

- **Comrades Kerk Diens (NG Oosterlig Kerk) - 9 of 16 Mei**

Besonderhede beskikbaar in die volgende twee weke.

- **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

- **Comrades start seeding (48km - 3ix 16km lapper)**

Are you having problems qualifying or achieving that lower seeding. There is an alternative, 24th April Coaldust 3 in 1 challenge in 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. I have made contact with the organizers and the race is definitely on. At the moment they are trying to find the easiest and fastest route. Race pamphlet will be available next week.

- **Collection of Qualifying Times and Club details update**

Once you have qualified you need to make contact with CMA and advise your qualifying times, without, you will NOT be eligible to run on race day. You have the following options:

- **Phone (033-897 8650) or forward an email (info@comrades.com) or**
- **Forward me the details and I can have the changes made on your behalf (CMA confirmed)**

Birthdays wishes - enjoy your special day

Robert	Harris	08	March
Stephan	Roux	08	March
Elvira	Martin	10	March
Tobie	Reyneke	10	March
Peet	Benade	12	March
Joseph	Ditle	12	March
Gordon	Van Biljon	12	March
Jan	Wessels	12	March
Liza	Labuschagne	13	March
Reinhardt	Schmidt	15	March
Izanne	Wiid	17	March
Marita	Pera	18	March
Waldo	Roux	18	March
Christine	MiLES	19	March
Hetta	Pieterse	19	March

Welcome to our new members to the Magnolia family

Bulelwa Botshiwe, Neil and dan Du Toit, Louw Du Toit, Mariacatherina Du Toit, Herman Hendriks, Cobus Hendriks, Eugene Lombard, Colin Meyer and Michiel Van Den Berg

This week's Thank You's goes to:

- Elise and Hannlie for organizing a well balanced route on Sunday.**

YEAR PLANNER - NEXT 3 MONTHS

- Next Social: Bring and Braai 2nd March, 6th April and 4th May
- Next Club Tent: Loskop Ultra marathon
- 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
- Comrades Chairman's Run and Union Building photo session – 24th May
- Comrades Club Captains braai – 24th May

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>Organised weekend training sessions starting at the clubhouse (NOTE starting times)</u>					
Sat	13 Mar	Comrades Novice Slow Run	25	06h00	Colin 082-578-3935
		Normal Club walk	10	06h00	Suresh 082-446-6880
Sun	14 Mar	Organised Run (car support)	26.5	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
Fri	02 April	Tap run	18		
Sat	03 April	Tap run	20	06h00	Colin 082-578-3935
		Normal Club walk	10	06h00	Suresh 082-446-6880
Sun	04 April	Organised Run (car support)	25	06h00	Tinus 083-304-7054
		Normal Club walk	10	06h00	Suresh 082-446-6880

Mon	05 April	Tap run	15		
Sat	10 April	Slow Run	10	06h00	Colin 082-578-3935
		Normal Club walk	10	06h00	Suresh 082-446-6880
Sun	11 April	Magnolia Long Slow 60km Run	4x15	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)

- **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
- **Long Tom Ultra 56km** – on line entries www.longtominfo.co.za or www.enteronline.co.za Race date 27 March
- **25th Loskop Ultra Marathon** – Pre-entries close 1 April 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)**
- **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

13 Mar 06h08	Medihelp Sunrise Monster 10 / 32km Cost: R55 – 32 and R30 – 10km	Harlequin Club, Groenkloof. Enquires 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. Enquires John 082 435 9212 Pre-entries www.enteronline.co.za
24 Mar 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 Mar 06h00	Denel 10 / 21km Cost: R50 = 21 and R30 – 10km	Denel Irene Campus, off Nellmapius Rd. Entries
11 April 06h00	Magnolia 60km Long Slow Run (4x15 km)	Magnolia Clubhouse
28 Apr 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 &

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
22-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 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, 1st Master Lady overall at the Akasia 21km**

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
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
6 th April	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.

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 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.

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 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

Route description for this week's Sunrise Monster route (new route and in my option a more difficult route):

Route for the 32KM:

Start in Totius Street in front of Harlequin Club. Proceed east and turn left into Sibelius Str, right into Ormonde Str, left into John and right into Berea Str, left up Loveday Str, proceed to the top and follow the turn to the right into Devenish Str. all the way to join Burke, turn left into Leyds Str. down to George Storrar Drive where you turn right into the service road after crossing GS.

Go along the service road and turn left into Van Wouw, go up to the service road of Queen Wilhelmina Rd where you turn right and right again into Herbert Baker Str, turn left at the bottom at George Storrar and go through the gate into Groenkloof Nature Reserve. Follow the route up to Johan Rissik (1 – 1.5 km off road) and turn left when they exit just east of the reservoirs. Follow JR, turn right to Waterkloof Golf Course, keep to the right side of the road to the security entrance, go through the entrance on the right and come back on the other side and keep right to double back to turn right again into Johan Rissik to go right down Pikkewyn and turn left into Squirrel La, right into Bushbuck La, left into Tsessebe La, right into Eland Rd, right into Okapi Rd, right into Lion Rd and left into Squirrel La. Follow the bend into Steenbok Ave and turn right into Elephant Rd and right into Mandela Drive. Follow Mandela Drive all the way to the Fountains Interchange and go right up George Storrar Dr to turn right up Herbert Baker Str. Go all the way to Queen Wilhelmina, left down to Van Wouw Str and all the way back to George Storrar Dr. Return over George Storrar and go up Leyds again to turn right into Burke, right into Devenish, down Loveday, right into Berea turn left into John and right into Ormonde, right into Sibelius, left into Dr Lategan and left into Totius to return to Hallequins..

Route for the 10KM:

Start in Totius Street in front of Harlequin Club. Proceed east and turn left into Sibelius Str, right into Ormonde Str, left into John and right into Berea Str, left up Loveday Str, proceed to the top and follow the turn to the right into Devenish Str. all the way to join Burke, turn left into Leyds Str. down to George Storrar Drive where you turn right into the service road after crossing GS.

Go along the service road and turn left into Van Wouw, go up to the service road of Queen Wilhelmina Rd where you turn right and right again into Herbert Baker Str all the way to GS where you go left around the loop on the traffic island, return along the service road, cross GS at the intersection with Leyds, turn right and go along the GS sidewalk, turn left into Totius and proceed all the way down to Harlequins Grounds to the finish.

Amanda Nel, your contribution and articles, as always is much appreciated. Thanks guys

Internet Articles

The Perfect Post-Run Drink (RW SA) By Liz Applegate, PH.D

Milk is still the best choice for post-run recovery. Here's why runners need more of this nutrient-rich beverage

Few drinks are as high in **health-boosting nutrients** as milk. This staple contains protein, carbs, and key vitamins and minerals that make it a smart choice--especially for runners. (But choose fat-free or one - ercent varieties to reduce your intake of saturated fat.) Now, thanks to new processing techniques that help suspend tiny micro particles of fat in milk, even fat-free varieties (which actually have about half a gram per cup) have a creamier taste. Here's how milk can do the runner's body good.

BUILD STRENGTH As a kid, you learned milk is a standout source of calcium (vital for bone health and muscle contraction), supplying about 30 percent of your Daily Value (DV). Milk also contains more than 10 percent of your DV for potassium, which supports both fluid balance and healthy blood pressure.

BEAT SORENESS A 250ml glass of milk provides 18 percent of the DV for protein. Studies show that milk protein (made of whey and casein) may stave off [muscle soreness](#). And a new study concludes that milk does a better job of lowering markers of muscle damage postworkout than sports drinks do.

REFUEL MUSCLES Milk has about 12 grams of carbs per serving in the form of lactose, a sugar that helps refuel muscles. Lactose intolerant runners have trouble digesting this sugar, and drinking milk can cause GI issues. Fortunately, lactose-free versions make it possible for sensitive runners to enjoy milk.

IMPROVE PERFORMANCE Milk is fortified with about 25 percent of your DV for vitamin D, which many runners fall short on and may be important for endurance and speeding recovery. Milk has a quarter of your needs for vitamin B3, which runners--especially women--need to help maintain high mileage.

LOSE WEIGHT Organic milk may be more expensive, but it also contains higher levels of the essential fat alpha-linolenic acid (or ALA). Some studies suggest this fatty acid may help with long-term weight control. Brands such as Organic Horizon are now fortifying some of their milk products with omega-3 fatty acids, which fight inflammatory disorders and may help runners recover faster.

ADD TO YOUR CART

Yet another happy study (this one frm the UK) finds that **drinking chocolate milk** between exhaustive bouts of exercise improves endurance more than a carb recovery drink. Researchers think chocolate milk has a superior ratio of fat, carbs and protein making it ideal for recovery

Rules of the road

Accidents involving cars and runners are on the rise. To avoid colliding with a vehicle here are some of the rules runners must stick to.

- Don't assume a driver sees you. In fact, imagine that a driver can't.
- Run against traffic so as to view (and react to) any mistake an advancing motorist may make.
- At a stop sign or light, wait for the driver to wave you through—then acknowledge the driver with your own wave.
- Allow at least one metre between you and a passing vehicle.
- Be prepared to jump onto the pavement or shoulder of the road.
- During group runs, go single file when cars need to pass.
- Use hand signals to show which way you plan to turn.
- Respect a driver's right to the road.
- Run with proper ID, and carry a cell phone with emergency contacts taped to its back.
- Make sure to look out for people pulling out of a driveway. They may not see you.
- Watch out for car doors if you are running past parked cars.
- At an intersection always wait and look for vehicles coming from multiple directions and lanes before attempting to cross.
- If you run with headphones, make sure you can still hear what is going on around you. Run with just one ear piece in at a time.
- In commercial areas, look out for high-traffic areas, such as the parking lots of grocery stores, restaurants, and bars.
- Watch for early-morning drivers who do not clear morning dew off their windshields, or are on their way home still drunk from the night before; they may not be able to see you.
- Wear bright and/or reflective clothing.
- Run only on roads with wide shoulders.
- Never cross against traffic lights.

Treadmill running by Lindsey Parry

I am doing my hill repeats and speed training on a treadmill. Will I get the same results as I would on the road?
Anneline Peters

I have been following the Bill Rowan training program on the Runner's world website and am doing my hill repeats and speed training on a treadmill. Please tell me if I would get the same result doing these work outs on a treadmill as I would if I did it on the road? - Anneline Peters

The Comrades Coach Answers: While it is accepted that the eccentric load while treadmill running is not the same as on the road, this does not mean you cannot train effectively on a treadmill. For your easy runs keep the treadmill on 1% gradient and this will mean the resistance is similar to running. Use the same principle for hard running and use a gradient of 5% for hill sessions.

It is a good idea to spend at least some time on the road to experience the eccentric load of running on a more solid surface. However Alberto Salazar won Comrades training almost exclusively on a treadmill.

Minimum Distance Required by Lindsey Parry

Q: I want to train as little as possible. What is the shortest long run I can do and still finish Comrades?

A: The minimum distance you are required to cover by the Comrades Marathon Association is 42.2km to qualify for the race. If you can manage a marathon in less than five hours, you will stand a good chance of completing the race on 30 May. I would highly recommend you attempt a 50km run five weeks from race day. If you can pull that off in less than six hours, you will be in a good position come Comrades day.

Comrades Training - What is the key to Comrades?

The key is consistency and a slow progression. Both in training and on race day, the aim is consistent, steady progress. Thinking about 89km seems daunting, so focus on the immediate steps. Get started and build slowly: **If you are doing Comrades, February is qualifying month for the Bill Rowan and Bronze Programmes, while the Finisher's programme continues to lay a proper foundation.** The training habit has been created and you are starting to feel comfortable when you run. It is important to remain patient and to not build up your mileage too fast, risking overuse injuries.

Training Pace

We stick with the theme of running easy; however your qualifier is coming into focus so you need to do your hill sets and time trials with purpose. The combination of doing longer, easier runs with shorter, harder runs will allow you to see significant improvement this month.

Rest

As we build mileage and intensity, recovery becomes more crucial. Without adequate recovery you will risk overuse injury. Resist the excitement of getting fitter and ensure you rest when you are scheduled to. Rest plays a vital roll in recovery, so make sure you have a minimum of one, full rest day a week (and two to three days for novices or older runners). Before adding more sessions to your week, ensure you are recovering correctly from your current regime

Training for down hills

When in the gym, focus on exercises that incorporate an element of balance like single leg squats, squats on a bosu ball or wobble board. This will help with strengthening your quads and glutes better preparing you for the load of running. Downhill running is where the damage is done to the legs, and on the down Comrades, it is wise to be ready for this. Doing leg-strength exercises, particularly for the quads, will greatly improve your muscles' resistance to the pounding of Fields Hill

Long runs

The long runs start to build up over February getting you ready for the marathon and beyond. It is important that these are done at an easy pace, slower than planned marathon and ultra marathon pace. You should finish each of these runs with slightly aching joints but feeling as though you could definitely run another couple of kilometres if required. **If you run these too hard you will pay for it on race day.** These are the cornerstone of your training. You are preparing to be on your feet for 89km – speed is not going to get you to the finish line. If you are having a tough week and need to drop a session, pick another one; you need the long run. It is not only important for your physical preparation but vital for your mental preparation too. Each time you tick off a long run, your belief will grow stronger