

# Magnolia Newsletter

April 2010 (no 13)

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

Editor can be contacted at 012-842 2566 W, 012-361 2965 H, 082 578 3935 or [cbillau@ford.com](mailto:cbillau@ford.com) for any enquiries

**Take care on the roads and make sure that you are visible and safe at all times.**

## SPN (Sport Performance Nutrition) products available at dealer prices:

Magnolia is now registered to sell the international SPN products direct to our members. Jacques Rossouw (a sport scientist) has been directly involved in the development of the SPN Endro and Carbo-Load Gel energy enhancing sachets and these products comes very highly recommended by top SA and world athletes. The inclusion of FoodState technology into these products makes them better absorbed and utilized by the body.

FoodState nutrients are the most important advance in nutrition today. They are a unique new generation of vitamins and minerals molecularly bonded to proteins, carbohydrates and lipids in a complex food matrix as found in natural foods. These nutrients are absorbed up to 5 times more efficient than commercial available vitamins and are retained up to 16 times longer by the body.

SPN Stoke (carbo load) helps endurance by delaying the onset of fatigue when taken prior to an endurance event, as part of a carb-load programme.

SPN Blaze (energy) helps fights fatigue and provides energy during an event. Optimizes ingestion, digestion, and absorption of carbohydrates during exercise. Contains Glucose, Fructose, Caffeine, Sodium, Vitamin C, Potassium, FoodState. **Our cost +/- R100 per box of 10, normal retail price over R130**

An initial order for both products will be placed and they will be available from the clubhouse early next week.

## Magnolia Long Run Helpers required - 11<sup>th</sup> April

Not running Comrades and would like to get involved in our Long Run. We are looking for a few volunteers to help man the water tables on the 11<sup>th</sup> April and need helpers for the second and third water points. We have split the day into 3 shifts so that it is not necessary to stand all day. If you are available between **06h00 – 08h30** (need 8) or **08h30 to 11h30** (need 5) or **11h30 to 1h30 pm** (need 5), please contact me 012-842 2566 or 082 578 3935 if you can help. All helpers will receive a T-Shirt.

## Club clothing

Ladies Crop Tops: We anticipate the new order will be available next week.

Tracksuits: 2nd Order for tracksuits has been placed and delivery is expected next week.

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

## Comrades

- **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.

- **Comrades SUPPORTER T-SHIRTS**

After the success of last year's supporter T-Shirts, we would like to place another order **ASAP**. Cost will depend on the amount ordered. The T-Shirt will be coloured (last black) and will have a catchy LOGO on the front similar to last year. To give you an idea last year we paid **R55** for our Supporters T-Shirt. Please advise who is interested and your sizes. I apologize for publishing incorrect cost for last year's T-Shirt, should have been R55.

- **Comrades Kerk Diens (NG Oosterlig Kerk) - 2 Mei tweede diens – starts @ 10:00**  
**Ds Herman Nienaber**

Kontak asseblief vir Elzette as jy meer besonderhede wil he. 012 347 3361, 082 292 3725

[elzette@timestalent.co.za](mailto:elzette@timestalent.co.za) - dink ons moet so 09:30 bymekaar kom

H/v Hugo- & Leastraat, Waterkloof Glen

All runners/walkers and non Magnolia members are welcome

- **Thank's to the following sponsors for items to go in our goody bag:**

- **Colgate** for again sponsoring various Colgate products, Sue thank you
- **Mimmo's Brooklyn** for partially sponsoring our Dry Fit Top
- **Sportron International (SPN)** will sponsor one Endro Energy Gel sachet per Comrades entrant.

- **CPS QS** for the large cash donation, thanks to Dries Prinsloo
- Individual donations received from the following members, again thank you:  
**Dieter Gloeck, Kevin and Ina Lombard, Colin and Jenny Billau, Mike and Janeen de Klerk, Ronald and Ina Lagerwall, Antonie Bam and Elizna Swart,**
- **Collection of Qualifying Times and Club details update – do not miss the 26 April deadline**

### Birthday wishes - enjoy your special day

Antonie	Bam	30	March
Adele	Janse van Rensburg	30	March
Maria	Theron	30	March
Theo	Pienaar	2	April
Tinus	Marais	4	April
Debbie	Van den Berg	4	April
Albert	Enslin	5	April
Yolande	Fourie	5	April
Ian	Fyshe	6	April
Lenza	De Jager	7	April
Stefan	Pienaar	7	April
Jacques	Janse van Rensburg	8	April
Michael	Ramaroka	9	April
Heinrich	Swanepoel	9	April

### Welcome to our new members to the Magnolia family

**Mariama Abudula, Annetjie Beaumont, Carin Cameron, Paul Gullimore, Dore Jordaan, Richard Kreunen, Melanie Loubser, Ria Mare, Dawid Van Der Walt, Charlene Wilms,**

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

1. **Freddie** for organizing our Sunday run and for taking us to areas of Pretoria we had forgotten about.
2. **To the 25 and 55 runners** that joined us on Sat and Sun respectively.

### YEAR PLANNER - NEXT 3 MONTHS

- Next Social: Bring and Braai 6<sup>th</sup> April and 4<sup>th</sup> May
- Next Club Tent: Loskop Ultra marathon
- Away Race: Loskop Ultra Marathon 17<sup>th</sup> April
- Magnolia LONG RUN (4 x 15km) – 11<sup>th</sup> April
- Comrades Church service – 2<sup>nd</sup> May
- Comrades Chairman's Run and Union Building photo session – 24<sup>th</sup> May
- Comrades Club Captains braai – 24<sup>th</sup> May

### April / May 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)

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>	<b>Tinus 083-304-7054</b>
		Normal Club walk	10	<b>06h00</b>	Suresh 082-446-6880

Sat	17 April	<b>NO Slow Run</b> Normal Club walk	10	<b>06h00</b>	(Loskop) Suresh 082-446-6880
Sun	18 April	<b>Organised Run (car support)</b> Normal Club walk	28	<b>06h00</b>	<b>Tinus 083-304-7054</b> Suresh 082-446-6880
Sat	24 April	<b>Long Slow Run</b> Normal Club walk	25	<b>06h00</b>	Colin 082-578-3935 Suresh 082-446-6880
Sun	25 April	<b>Organised Run (car support)</b> Normal Club walk	28	<b>06h00</b>	<b>Tinus 083-304-7054</b> Suresh 082-446-6880
Sat	1 May	<b>Long Slow Run</b> Normal Club walk	20	<b>06h00</b>	Colin 082-578-3935 Suresh 082-446-6880
Sun	2 May	<b>Organised Run (car support)</b> Normal Club walk	25	<b>06h00</b>	<b>Tinus 083-304-7054</b> Suresh 082-446-6880

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

- **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**
- **Slow Mag Marathon** - on line entries close 28<sup>th</sup> March [www.enteronline.co.za](http://www.enteronline.co.za) Race date 11 April
- **Cradle of Humankind 10 / 21** – [www.enteronline.co.za](http://www.enteronline.co.za) race date 27<sup>th</sup> April
- **Colgate 15 / 32km** - on line entries close 16 April [www.enteronline.co.za](http://www.enteronline.co.za) Race date 8<sup>th</sup> May
- **Closing dates for pre-entries – local races only (can still enter on the day)**
- **Wally Hayward** - on line entries close 27 Apr [www.enteronline.co.za](http://www.enteronline.co.za) + all Sportsmans warehouses race date 1st<sup>h</sup> May
- **Jackie Mekler 25km** - on line entries close 1 May [www.enteronline.co.za](http://www.enteronline.co.za) + all sport shops Race date 8<sup>th</sup> May

**Race Calendar and key dates**

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 WALK LEAGUE RACE</b> Cost: R50 = 21 and R30 – 10km	Denel Irene Campus, off Nellmapius Rd. Entries
11 April 06h30	<b>Magnolia 60km Long Slow Run (4x15 km)</b>	Magnolia Clubhouse
24 Apr 06h00	<b>Mazda 15km</b> Cost: R35 – 15km	Venue: Ford Sports and Recreation Centre, Watloo, enquiries Robert 083 231-0324 :
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 &
1 May 06h30	<b>Wally Hayward 42 / 21 / 10</b> Cost R70 – 42.2, R40 – 21.1, R30 – 10km	Hoerskool Zwartkop Mopanie Rd, Centurion. Enquiries Mike 082 4357
08 May 06h00	<b>Jackie Mekler 25km / 10km RUN LEAGUE RACE</b> Cost: R45 -25 and R25 -10km	Pretoria Military Sports Grounds, Thaba Tshwane (Voortrekkerhoogte) 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
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 : Pierre Loubser for finishing the Absa Cape Epic, the most grueling Mountain bike race in the world in position 218, time 46 hours 53 min**

**Time Trial**

1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday of month	Opposite Magnolia Club house (Runners & Walkers) Official start time:17h45	3, 5, 6, 8, 9 km	Select your distance. Time is taken and recorded. Walkers 3km. Some walkers start at 17h00 and do 6 km, last 3 recorded
30 <sup>th</sup> Mar	<b>Time Trial (3, 5, 6, or 8km)</b>	<b>5h45</b>	<b>Clubhouse</b>
6 <sup>th</sup> April	<b>Time Trial (3, 5, 6, or 8km)</b>	<b>5h45</b>	Clubhouse
13 <sup>th</sup> Apr	800 meter sprints	5h15	Contact Freddie for details 083-347-5040
20 <sup>th</sup> April	<b>Time Trial (3, 5, 6, or 8km)</b>	<b>5h45</b>	Clubhouse
27 <sup>th</sup> Mar	800 meter sprints	5h15	Contact Freddie for details 083-347-5040

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

## [News Corner / Race Reports](#)

Have you recently run / walked a fun, unique, local, inspiring race or your first 10, 21, marathon and would like to share your experiences with us? If so, please tell us about it by e-mailing a short race report (English or Afrikaans).

### 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 1<sup>st</sup> June they will be moving to a new shop location - 2 shops to their right where Berlina Sewing shop used to be located.

### Race Cancellations:

- 10th April 2010 Solomon Mahlangu Race.
- 24<sup>th</sup> April: Telkom ConnecXion 10 / 21km road race
- 3<sup>rd</sup> April Mazda 15km race (MOVED TO 24<sup>TH</sup> APRIL)

### Race fixture changes

- 1) Mazda 15km race moved 24<sup>th</sup> April.
- 2) 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

- Colin

Hereby attach you find a list of all the top 3 Magnolia runners for the 10, 15, 21.1, 32 and 42.2 KM races. The stats are from 2<sup>nd</sup> January up to 13<sup>th</sup> March 2010. The Walkers list will follow later.

Could you also mention to all the runners, if their names are not included the 3 best times per distance and have run a better time to please contact me.

Regards

**Paul Laubscher** at [paul.laubscher@gmail.com](mailto:paul.laubscher@gmail.com) or 012-844-0744 Work

- Good afternoon Colin,

Thank you very much for the great club runs on Sundays, and that Magnolia club is allowing non Magnolia runners to run with the club each weekend. I am definitely going to join Magnolia club next year in 2011. These club runs are great and the organization of it is great also. The fact that you run a different route each week is excellent.

Can I please ask you if you don't mind to include me in the distribution list for the weekly news letters that you are sending out?

Regards,

**Gerhard Greeff**

- **Old Mutual Two Oceans Marathon: CAPE TOWN'S TOP ROAD RUNNING EVENT ATTRACTS A RECORD FIELD** Author: Old Mutual Two Oceans Marathon Race Office (26 Mar 2010)

Close to 21 000 runners are expected to line up for the Old Mutual Two Oceans Marathon on Easter Saturday 3 April. Ultra entries are well up on last year with just under 9 000 runners taking on the 56km ultra event. The half marathon has attracted a field of just over 11 600 participants and entries closed nearly a month before the official closing date.

Said Rowyn James, race director: "We are delighted to have again attracted a record field as we celebrate the event's 41st anniversary. These record figures show that interest in road running, and even ultra events, is still high, which is good for the sport in general and many road races have seen a marked increase in numbers this year."

This year sees Western Province again recording the biggest overall contingent of runners taking part in both events with 8 529 participants which is 41.7% of the total field. Next is Gauteng with 5 279 runners in both events and is 25.8% of the whole field.

### **Other interesting statistics include the following:**

- Administrative entries constitute 20.2% of the total entries received, which means that 79.8% of all the entries received entered online.
- 1 107 runners or 5.4% of the total field will be coming from outside the borders of South Africa. 207 runners are coming from Germany, 201 from the UK and 108 from USA.
- 73 runners will get their light blue number for completing 10 half marathons. 72 runners participating in the 21km have their light blue number already.
- 224 runners will get their blue number for completing 10 ultras. 1 094 runners participating in the 56km have their blue number already.
- 37% of the field (7 556 runners) purchased a ChampionChip, which potentially indicates that it is the first time that they are participating in the race.

- In the 56km, 74% of the field are men and 26% are women. 34% of the ultra field will be doing the race for the first time. 67% of the ultra field comes from outside of the Western Cape.
- In the 21km, 50% of the field are men and 50% are women. Just over half the field (51%) are novices and will be doing the race for the first time. 42% of this total field comes from outside of the Western Cape. 51% will be running in a temporary license i.e. are not a member of a club.
- 22 runners in the 21km and 31 runners in the 56km will celebrate their birthday on race day.
- The 3 biggest Western Province clubs entries come from Varsity Old Boys with 428 runners, Celtic Harriers with 248 runners and Durbanville with 187 runners in both races combined. Rand Athletic Club from Gauteng has 352 entries for both races.
- Of last year's top 10 men in the 56km, 8 have re-entered. In the women's race, all of the top 10 women from last year have re-entered. The Nurgalieva twins have confirmed their entries for 2010 and the men's defending champion, John Wachira, will be lining up on race day.

In the 21km, 3 of last year's top 10 in the men have re-entered. Stephen Mokoka will not be back to defend his title. In the women's race, 5 of last year's top 10 have entered but last year's winner and course record holder Helalia Johannes has not entered. Other names to watch are Rene Kalmer and Irvette van Blerk

- **From AGN to Tshwane Metro Police:**

We take note of your correspondents mentioned below.

However in the absence of your personnel during our events, we suggested that clubs that are hosting will double their marshalling personnel at all intersections for the safety of runners.

Athletics Gauteng North is a Non Profit Organization. We are totally depended on levies paid to us from club that are hosting events. We stand to loose about R40 000.00 if no events should take place as mentioned.

An advantage of these events are that they all commence from 07h00 – 09h00. They are not near any part of the soccer event. Clubs will be responsible for their own marshals and safety of participants. Events will last at most two hrs in the morning. We have also agreed to use these events to hype the world cup and promote our city.

Thanking you in advance. I hope you will find our arrangements in order.

**Reply from Tshwane Metro Police to Agn**

Unfortunately, this can't be allowed. A marshal don't have the lawful right to direct traffic. In other words, a marshal are not allowed to stop traffic for whatever the reason may be. Also take note that such an event will be very dangerous because of the cones that won't be present and no approval will be given from this office between the mentioned dates and there for any event that takes place on a public road without out approval, will be an illegal event.

**Cost Brakedown**

Walter, here are a breakdown on how out costing works:

On a weekday and Saturdays:

- R119.00 p/member p/hour
- R161.00 transportation fee per member once off
- R348.00 Admin fee

On Sundays and Public Holidays:

- R161.00 p/member p/hour
- R161.00 transportation fee p/member once off
- R348.00 Admin fee

- Hi Colin

I'm thinking of running the Gaborone Marathon on 18 April, but can only afford to go if someone tags along to share costs. If any runners are interested they can contact me directly at [jhoman@aasa.co.za](mailto:jhoman@aasa.co.za) or 073 260 5507

Thanks

Jacques Homan (011 789 1203 work)

- Kokkie is looking for a one way lift to the 2 Oceans marathon leaving Kempton Park area around Midday on Thursday. Please contact Kokie if you can help him 083-373-4026

**NO RACE REPORTS THIS WEEK**

**Rowyn James, Jacques Homan, Kokie and Ken Nurden from Agapae, your contribution and articles, as always is much appreciated. Thanks guys**

**Internet Articles**

**Training Tips GET OVER IT By Beth Dreher (RW US)**

**Too tired, stressed, or hungry to run? Here's how to overcome these common obstacles.**

From the March 2010 issue of Runner's World

As much as you may love to run, there are still days when simply tying your shoes requires a marathon effort. Morning runners groan when the alarm buzzes; midday runners battle full in-boxes and growling stomachs; evening runners struggle to find energy after a long day. And when you hit the road, you sometimes face the urge to walk a [hill](#) or turn back early. "Hormonal and neurological shifts occur in our body, which can impact how we feel about exercise and how we feel while exercising," says exercise physiologist Julia Moffitt, Ph.D., assistant professor of physiology and

pharmacology at Des Moines University. Luckily, you can outsmart these internal power struggles and reduce the temptation of hitting snooze, working through lunch, or cutting a workout short. Here's how to clear the roadblocks in your running day.

### **Morning Roadblock: YOU'RE SLEEPY**

#### **WHAT'S HAPPENING**

"The predawn hours are challenging because body temperature and heart rate dip to their lowest point at this time," Moffitt says. "In the presence of light, body temperature and heart-rate increase, which makes it easier to be active." The carbohydrates in your last meal play a role, too. If you skipped dinner or ate fast-digesting carbs like rice, bread, or sugary desserts, your glycogen levels will be depleted, making it even harder to muster the energy to get up.

#### **HURDLE IT**

Prep for an early-morning run the night before. Eat slow-digesting carbs like broccoli, beans, and lentils. Set your automatic coffeemaker to brew before you wake. "[Caffeine](#) can help stimulate your arousal system and get you ready to run," Moffitt says. Shut-eye is important, too. If you're constantly waking up feeling exhausted, it's a sign you aren't getting enough z's. Turn off the computer and TV at least 30 minutes before you hit the sack and get blackout shades for your windows—the absence of light boosts production of melatonin, a hormone that makes you feel sleepy.

### **Midday Roadblock: WORK DEMANDS AND HUNGER PANGS STRIKE**

#### **WHAT'S HAPPENING**

Melatonin production is at its lowest around noon, so physiologically that's when you're most alert, Moffitt says. That means you may be motivated to continue plugging away. And your blood sugar dips, which may make you too famished or weak to run.

#### **HURDLE IT**

Schedule your run like you would any other meeting, then record your time and distance to give you a sense of accomplishment, says Steve DeVries, Ph.D., professor of exercise psychology at Cornell College in Iowa. Try splitting your lunch in two: Eat half an hour before you run, then have the rest afterward. If you're still tempted to bow out, consider this: A British study found that midday exercisers increased their productivity.

### **Late-day Roadblock: IT'S BEEN A LONG DAY AND YOU'RE BEAT**

#### **WHAT'S HAPPENING**

Mental fatigue lowers dopamine, a brain chemical that makes you feel energized. Plus, blood sugar dips again between 5 and 7 p.m.

#### **HURDLE IT**

Don't confuse mental fatigue with physical fatigue. Researchers from Bangor University in Wales report that short-term mental fatigue doesn't impact the physical function. So it's your mind—not your body—that craves downtime. And running is the perfect antidote. "Running elevates your nervous system, which increases your sense of alertness," Moffitt says. Resist the urge to skip your run by packing your gear, changing at work, and going directly to the gym or trail. Even better, join—or start—an after-work running group. Keep your energy up with a snack before your run.

### **Midrun Roadblock: YOU'RE TEMPTED TO WALK OR CUT YOUR RUN SHORT**

#### **WHAT'S HAPPENING**

On a run that's longer than 90 minutes, it's probably a fuel issue. "As you run out of carbohydrates, your body uses [fats](#) for energy, which takes longer and leads to a sluggish feeling until that fuel kicks in," Moffitt says. Or it could all be in your head: "You may feel like you've done enough, and no one's watching anyway," DeVries says.

#### **HURDLE IT**

On runs longer than an hour, consume 100 to 200 calories every 30 to 60 minutes to replenish energy stores, says Nancy Clark, R.D., a sports-nutrition expert. Keeping a running log can also discourage you from taking shortcuts, DeVries says. You won't want to write that you did eight miles instead of 10.

### **Postrun Roadblock: YOU WANT TO CRASH, NOT STRETCH AND ICE**

#### **WHAT'S HAPPENING**

When you stop running, your blood pressure drops and blood pools in your legs, which may make you feel weary and lightheaded. "You may feel 'my work is done; I deserve to chill out now,'" DeVries says.

#### **HURDLE IT**

Slow your pace the last mile of your run, and then walk for a few minutes before stopping. Because muscles are most pliable and inflammation is at its peak right after running, try to stretch and ice trouble spots after cooling down. Then, within an hour of finishing, consume a carb-protein snack. "Carbohydrates refill your glycogen stores, while protein repairs muscles," Clark says. Record your postrun routine ([stretching](#), icing, refueling) in your log so you'll consider it just as important as the run itself, DeVries says.

### **Adjust Your Running Clock**

How to get over three common tricky timing issues

**Are you usually a morning runner, but winter's dark mornings have you hibernating?**

Instead of getting dressed half-asleep by the dim glow of a nightlight, put on your running clothes in a brightly lit room. When light hits your eyes, it signals your pineal gland to stop producing melatonin, a hormone that makes you feel sleepy. Compact fluorescent light bulbs (CFLs) work best because they closely mimic natural sunlight.

### **Are you usually an evening runner, but your key race is in the morning?**

Run at the time of your race once a week. Train your intestinal tract by rehearsing what you'll eat. Eat your normal breakfast (about 500 calories) four hours before your race time, then snack on a banana or energy bar an hour before you head out. If prerace jitters make you too nervous to eat the morning of a big event, practice eating breakfast the night before.

### **Are you usually an evening runner, but have to run in the morning because of schedule conflicts (or vice versa)?**

Give the transition at least two weeks and don't be surprised if you don't feel or run your best for a little while. It takes a couple of weeks to fully adjust to a time change. Switching your workout routine may make you feel like you're recovering from jet lag on a run. But your body will adapt to the new schedule

## **How to Run Faster and faster By Ed Eyestone (RW US)**

From the September 2009 issue of Runner's World

Back in my college days at Brigham Young University, a couple of times a season my coach would break out a gear-shifting [workout](#) that built speed and endurance and taught me to "feel" different paces. In this continuous session, I'd alternate paces every 200 meters: one 200 at 40 seconds, the next 200 at 30 seconds (my approximate mile race pace), which I'd repeat for eight laps. While my coach never had me exceed eight laps, elite athletes have been known to use this workout instead of a race as a test of fitness, running until the pace for each 200 can no longer be maintained. With its periods of "recovery," the workout is challenging but not as taxing as an all-out race. Running great Steve Prefontaine was reported to have completed 18 laps, or 4.5 miles.

As a coach at my alma mater, I have used variations of the alternating 200s with my college athletes as an effective but not gut-busting way to teach them to switch gears when they are tired. The faster 200s, run at close to mile race pace, stimulate fast-twitch muscle fibers that would normally not be used in a long interval workout, and the slower 200s allow for the buffering of lactic acid midworkout. These pace changes help fortify you for surges you encounter in races.

The challenge is keeping the proper paces: the fast 200s fast and the ["recovery"](#) 200s slightly slower. Sometimes runners will fall off on the fast 200s and compensate by running the recovery 200s a little faster, and while this would achieve the same overall finish time, it diminishes the impact of the workout. The secret is to determine the correct speed for your faster 200s, which is your approximate PR pace for the mile. Add 10 seconds to your fast 200 for your "recovery" 200s. A miler with a 4:20 PR would run 32.5 and 42.5 seconds, while a six-minute miler would run 45 and 55 seconds. I've seen athletes from high school boys and girls to masters runners successfully switch up the pace and become better racers.

### **Change-Up 200s**

Switch between your mile pace and slightly slower.

#### **SHORT VERSION: On-and-Off 1000s**

In this short version of the workout, you run five 200s, starting and finishing with mile-race-pace 200s, and alternating with 200s 10 seconds slower. I ran this workout several times with two-time Olympic 1500-meter runner Jason Pyrah, who would do four to five sets, or 4000 to 5000 meters' worth of work. If you decide to do more than one set, take a 2:30-to three-minute jog recovery between each.

#### **LONG VERSION: On-and-Off Two Miles (3200 meters)**

For this workout, eight laps of alternating 200s, start with the slower 200 and switch to the faster 200, so that you finish the workout running fast. If you find yourself falling off the pace, pull yourself off the [track](#) for a lap and recover for the amount of time you would've completed a lap, then jump back in and complete the workout. Do this workout no more than twice a season. Once early on as you are starting to do speedwork, and once two or three weeks away from a big event or race to help you peak properly.

## **Is Lactic Acid really such a bad thing? By Amby Burfoot (RW US)**

**Everyone knows you should avoid that nasty stuff that makes your muscles burn. Right? Right?**

From the August 2004 issue of Runner's World

For as long as I've been running--and I recently passed the four-decade mark--I've been practicing certain key principles of our sport. Run long to develop endurance. Run fast to build speed. Take recovery days as necessary. Sleep well. Eat a varied, low-fat diet. Cross-train to prevent injury and burnout.

These are simple concepts, well within my grasp (and yours). And when we follow them, life is good. But there has always been one more key principle: Avoid the Demon Lactic Acid, that dread substance that turns your legs into cement blocks.

These days, however, respected and reasonable people are saying some nice things about lactic acid, or at least about the lactate that is quickly produced from lactic acid. In a journal article published last year with the title "Biochemistry of Exercise-Induced Metabolic Acidosis," University of New Mexico Professor Robert Robergs makes a strong case that lactic acid has been hopelessly misunderstood. "If muscle did not produce lactate," writes the physiology Ph.D., "acidosis and muscle fatigue would occur more quickly, and exercise performance would be severely impaired."

I've been hearing claims like this for nearly 10 years. But at first they came mainly from just one source, professor George A. Brooks from UCLA, so I figured that Brooks was a lone-wolf type. Now Brooks has a large pack of followers. "I was stubborn, I kept at it, and I was right," he says. "Far from being the Darth Vader of metabolism, lactic acid is a key

substance used to provide energy, burn dietary carbohydrates, produce blood glucose and liver glycogen, and promote survival in stressful situations."

Brooks calls all these goings-on the "lactate shuttle" or "lactate transport system." What he's saying, in essence, is that lactate moves around the body from muscle fibers to organs, including the heart, and is an excellent energy source.

How did we get things so wrong for so long? It turns out we were misled by two Nobel laureates, A.V. Hill and Otto Meyerhof, who won Nobel Prizes in 1922 for their studies of carbohydrate metabolism in working muscles. They noticed that lots of lactic acid was being produced at just the point where the muscles stopped functioning. Ergo, lactic acid must be the cause of muscle fatigue.

Oops. This turned out to be a classic mistake in logic--a conclusion based on related events, but not a true cause-and-effect relationship. What's more, Hill and Meyerhof were working with frog muscles, and human muscles have a much higher endurance potential. Final straw: Those frog muscles were cut off from the rest of the frog, and isolated in a jar. When you and I enter races, we're allowed to keep our legs attached, including the blood and its refreshing supply of oxygen. Personally, I think this is a fine way of doing things.

#### The Lactate Threshold

When you're reading, walking, or running very slowly, your muscles burn modest amounts of carbohydrate and produce modest amounts of lactic acid, which doesn't do any harm. As you run faster, however, your muscles burn more carbs and produce more lactic acid, which quickly breaks down into a good guy (lactate) and a bad guy (hydrogen ions). The hydrogen ions are bad because they lower the pH of your muscles, decreasing muscle efficiency, and causing that awful burning sensation.

But here's the key: To improve your racing, you need to do workouts that increase your lactate-transport potential. Over the years, these workouts have been described by almost as many words as the Eskimos have for snow. You might have read or heard about some of the following: anaerobic threshold, ventilatory threshold, lactate threshold, lactate turnpoint, Conconi pace, or even OBLA (onset of blood lactate accumulation). All are basically attempts to describe the same thing, and all fail, because we now know that lactate accumulates in a smooth regular fashion as your exercise intensity increases. There is no threshold or turnpoint or onset.

That said, we still need a term to describe a certain training pace. "Lactate threshold" (LT) pace has been the preferred term in Runner's World for the last handful of years. Loosely speaking, LT pace requires a hard but manageable effort, and forces your body to begin producing considerably more lactate. When you train at LT pace, your body conditions itself to move lactate around, and this should improve your performances at distances from the mile to the marathon.

So what's your LT training pace? It's more or less your 5-K race pace, plus 20 to 40 seconds per mile, or your 10-K race pace, plus 10 to 20 seconds. (Both formulas should result in about the same pace.) Most top coaches believe you should regularly do 20- to 40-minute runs at your LT pace; these workouts are commonly called "tempo runs" or "tempo training."

#### A Variety Program

But one workout alone does not make a successful training program. If you do only tempo workouts to build your lactate potential, you risk falling into a rut of diminishing returns. It's far better and more productive to try a variety of fast-paced workouts. I learned this the hard way, many years ago, when I failed to do enough variety in my training. Result: I lost the big, season-ending race.

The scene was my first national cross-country meet, where I finished second to Bob Fitts from Cortland State in New York. At the time, I figured Fitts was simply tougher and more talented than I was. Now, I think he might have been smarter about his training.

Even as a collegian, I was a marathon guy already, and most of my runs were long and slow. Fitts took a different tack. He was lucky enough to have Dave Costill as a coach a few years before Costill became famous as one of the first great running physiologists. Costill made enough of an impact that Fitts went on to get a Ph.D. himself, and is now a Marquette University biology professor and expert in muscle physiology.

I call Fitts to ask how he had beaten me in that meet long ago. "I did a lot of hard three-quarter-mile repeats," he says. "I knew I had to subject the muscles to the same sort of stress they'd face in competition. I tried to extend the repeats up to a mile, but I couldn't hold the pace, which was crucial for building lactate tolerance and biomechanical efficiency."

Sometimes, Fitts says, he even dropped down to quarter-mile repeats, usually the province of milers. He'd run 25 of them in 70 seconds each, with just a 110-yard jog between them. That's not sprinting, but it's enough to build big pools of lactate, and force the body to shuttle the lactate around.

The point is simple: To build your lactate system, include plenty of variety in your program. On some days, run tempo pace for 20 minutes or more. On other days, run shorter and faster. Push yourself to the point of moderate discomfort, then recover, then push again. Together these workouts will increase your lactate transport ability, and with any luck, you'll never have the dreaded cement legs again.