

Magnolia Newsletter

April 2010 (no 14)

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.

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 Sunday 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 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.

- **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 - 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, Marianne and Johnny De Mesquita

- **Collection of Qualifying Times and Club details update – do not miss the 26 April deadline**

Birthday wishes - enjoy your special day

Lenza	De Jager	7	April
Stefan	Pienaar	7	April
Jacques	Janse van Rensburg	8	April
Michael	Ramaroka	9	April
Heinrich	Swanepoel	9	April
Frances	Van Blerk (Wentzel)	9	April
Bossie	Boshoff	12	April
Babby	Feltsadas	12	April
Elizabeth	Stewart	12	April
Helene	Verbeek	13	April
Anneke	Jansen van Rensburg	16	April
Lloyd	Nelson	16	April

Welcome to our new members to the Magnolia family

This week's Thank You's goes to:

1. Andrew Fogwill for looking after the Friday and Sat runs
2. Herbert organizing our Sunday run

3. To the 100 plus runners that joined us over the weekend for the various runs.
4. Jacques Rossouw for organising 1 SPN carbo loader energy sachet for each runner “entering” our 45 and 60km long run on Sunday. See the article under news for a full break down of the product.

YEAR PLANNER - NEXT 3 MONTHS

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

Sat	10 April	NO Slow Run Normal Club walk	10	06h00	Suresh 082-446-6880
Sun	11 April	Magnolia Long Slow 60km Run Normal Club walk	4x15 10	06h00 06h00	Tinus 083-304-7054 Suresh 082-446-6880
Sat	17 April	NO Slow Run Normal Club walk	10	06h00	(Loskop) Suresh 082-446-6880
Sun	18 April	Organised Run (car support) Normal Club walk	26 10	06h00 06h00	Tinus 083-304-7054 Suresh 082-446-6880
Sat	24 April	Long Slow Run Normal Club walk	25 10	06h00 06h00	Colin 082-578-3935 Suresh 082-446-6880
Sun	25 April	Organised Run (car support) Normal Club walk	26 10	06h00 06h00	Tinus 083-304-7054 Suresh 082-446-6880
Sat	1 May	Long Slow Run Normal Club walk	18 10	06h00 06h00	Colin 082-578-3935 Suresh 082-446-6880
Sun	2 May	Organised Run (car support) Normal Club walk	22 10	06h00 06h00	Tinus 083-304-7054 Suresh 082-446-6880
Sat	8 May	Long Slow Run Normal Club walk	15 10	06h00 06h00	Colin 082-578-3935 Suresh 082-446-6880
Sun	9 May	Organised Run (car support) Normal Club walk	20 10	06h00 06h00	Tinus 083-304-7054 Suresh 082-446-6880

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

- **Cradle of Humankind 10 /21** – www.enteronline.co.za race date 27th April
- **Colgate 15 / 32km** - on line entries close 16 April www.enteronline.co.za Race date 8th 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 + all Sportsmans warehouses race date 1st^h May
- **Jackie Mekler 25km** - on line entries close 1 May www.enteronline.co.za + all sport shops Race date 8th May

Race Calendar and key dates

11 April 06h00	Magnolia 60km Long Slow Run (4x15 km)	Magnolia Clubhouse
24 Apr 06h00	Mazda 15km Cost: R35 – 15km	Venue: Ford Sports and Recreation Centre, Watloo, enquiries Robert 083 231-0324 :
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 &
1 May 06h30	Wally Hayward 42 / 21 / 10 Cost R70 – 42.2, R40 – 21.1, R30 – 10km	Hoerskool Zwartkop Mopanie Rd, Centurion. Enquiries Mike 082 4357
08 May 06h00	Jackie Mekler 25km / 10km RUN LEAGUE RACE 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 ++ - 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 or 012-844-0744 Work or forward to me. All runners participating in walking events, please contact me for your walking results to be recorded. **Our database already includes over 34 000 recorded race times. Contact Paul if you want all your own personal race results.**

CONGRATULATIONS TO ALL TWO OCEANS MARATHON PARTICIPANTS, WELL DONE

Time Trial

1 st and 3 rd Tuesday of month	Opposite Magnolia Club house (Runners & Walkers) Official start time:17h30	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
13 th Apr	800 meter sprints	5h15	Contact Freddie for details 083-347-5040
20 th April	Time Trial (3, 5, 6, or 8km)	5h30	Clubhouse
27 th April	800 meter sprints	5h15	Contact Freddie for details 083-347-5040
4 th May	Time Trial (3, 5, 6, or 8km)	5h30	Clubhouse
11 th May	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 1st June they will be moving to a new shop location - 2 shops to their right where Berlina Sewing shop used to be located.

Race fixture changes

- 1) Mazda 15km race moved 24th 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).

SPN (Sport Performance Nutrition) products available at dealer prices from the clubhouse:

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**

THIS WEEK'S SPECIAL: buy a Calcitone (calcium and magnesium) and get a second one for only R20 extra! Very good offer indeed!

- [An initial order for both products will be placed and they will be available from the clubhouse early next week](#)

E-mails received

- **Comrades Accommodation Pietermaritzburg:**

Are you worried about getting up at 02h00 AM on 30 May and then having to travel to Maritzburg with about 16 000 other cars, getting stuck at the toll plaza and again on the Highway to the start.

Magnolia has booked two self catering cottages in Maritzburg for the Comrades weekend. According to the Owners the Cottages are about 10 minutes drive from the City Hall. Currently there are four places available due to cancellations.

For more details at <http://www.kenosis.org.za/>

Cost is R560.00 per person for the weekend. (Friday night to Sunday Night) You will have to share the cottage and its facilities with other Comrades runners. Preference will be given to those booking for the whole weekend. The full amount paid will secure your place.

You will have to arrange your own transport from the finish back to Maritzburg, we are in the process of arranging transport to the start on 30 May.

Contact: **Ronald at 082 808 4062** or Ronald.Lagerwall@resbank.co.za

- **Comrades Bus**

Hi Collin, I had to start a second bus, can you please place the detail in your newsletter, unfortunately the price for late entries is 1300, keep in mind that I use a luxury bus and not a semi luxury as Willie, he pays less than 20000 for a 60 seat and the 44 seat I use is 27000, he make a lot of money out of the runners, I still do it for the athlete and not for my pocket, the flats I got now for the second bus only sleep 4 and make a difference in price.

Contact Dirk Olivier (W) : 012 358 7848 (H) 012 345 6222 086 510 8825

- Dear Colin,

Firstly I would like to take this opportunity to thank you for your time and kindness and help regarding this wonderful opportunity. As telephonically discussed, please find attachments for your perusal. We have had an enormous positive impact and feedback from the Two Oceans / various Marathon Runners and are proud to bring MSM Rub to your attention. The MSM RUB 80g = R76.00.

Should there be any additional information needed, please do not hesitate to call me on my cell.

Thanking you Kindly

Ghardi van der Merwe Cell: +27 (0) 79 560 7171 Office: +27 (0) 12 993 2947/8

NO RACE REPORTS THIS WEEK

Ronald, Dirk, Ghardi, your contribution and articles, as always is much appreciated. Thanks guys

Internet Articles

Speed Training – beyond the burn by Ed Eyestone

How training above your lactate threshold can teach your body to push harder for longer periods of time.

From the February 2009 issue of Runner's World

Runners have long feared lactic acid. We've always viewed it as something that tires us out during a race and makes us sore afterward. In high school, I can remember my buddy Jeff propping his legs up after a race and shaking them back and forth, explaining, "I'm draining the lactic acid out of my legs." In college I would endure long massages, believing that it would flush the evil brew out of my muscles, taking my soreness with it. It was like a bad houseguest that would hang around causing trouble until it was physically removed.

In recent years, studies have shown that we've had it all wrong. Most lactic acid is quickly removed after exercise, and it isn't to blame for post-race soreness. (That's the result of microtrauma to the muscles.) It isn't useless either; it contains an important fuel source for high-intensity running. With the right training, we can delay the onset of lactic acid accumulation, and improve our body's capacity to use it for fuel.

Lactic acid is a byproduct that's created when we burn glycogen without oxygen as we run. The higher the intensity of the run, the more lactic acid we create. In the blood, it breaks down into lactate and hydrogen ions. The lactate gets processed and converted into fuel by the mitochondria, energy factories in our cells. No problem there. It's those hydrogen ions that cause all the trouble.

When hydrogen ions accumulate, it becomes difficult for the muscles to contract. That makes running feel more strenuous, and causes that distinct burning sensation we feel after a challenging workout. Fortunately, we can train our bodies to become better at buffering hydrogen ions so we can run harder and delay the time it takes for that burning to set in. We do that by running beyond our lactate threshold-the intensity at which lactic acid begins to accumulate in our blood. This also trains the body to become better at using lactic acid as a fuel.

In a 2006 study at the University of Western Australia, researchers found that athletes who worked out at 120 to 140 percent of lactate threshold three days a week for five weeks improved their ability to buffer hydrogen ions by about 25 percent. In athletes who worked at a lower intensity-95 percent of lactate threshold-buffer capacity stayed the same.

By running beyond your lactic-acid threshold with the workouts below, you train your body to more efficiently process it into a fuel, and at the same time, improve your capacity to buffer those hydrogen ions. All of which will help you run faster, longer.

Fast Work, Big Rewards

Try one of these workouts every two or three weeks instead of an interval session. Run the repeats at your 800-meter pace, or at about 90 percent of all-out effort.

Interval Recovery

- 6 x 300 2 minutes
- 4 x 400 4 minutes
- 8 x 200 90 second

THE SCIENCE OF SPEED - Why you have to train fast to run fast By Ed Eyestone

PUBLISHED 01/02/2007

Have you ever run a 400 so hard you could barely take the last few steps? Lactic acid kicked your butt, right? Not exactly. Sprint-induced fatigue is actually caused by a by-product of lactic acid: hydrogen ions.

When you run hard-faster than 10-K race pace-hydrogen ions accumulate in your muscle cells, which causes an increase in intracellular acidity. Since muscles don't function well in an acid state, muscle contraction becomes impaired and fatigue quickly follows. Our bodies have the natural ability to buffer, or neutralize, these hydrogen ions to a certain degree. But buffering capacity can also be improved through high-intensity training-workouts featuring lots of short, fast repeats with limited recovery-which, in turn, can boost performance in hard efforts lasting less than an hour. In essence, the better you buffer hydrogen ions, the faster and longer you can sprint without tiring.

A recent study by researchers at the University of Western Australia examined how muscle-buffer capacity is affected by training at different intensity levels. In the study, 16 subjects were divided into two groups. The high-intensity group focused on anaerobic training, performing two-minute intervals on a cycle ergometer at 120 percent (week one), 130 percent (weeks two and three), and 140 percent (weeks four and five) of lactate threshold with a short 60-second recovery between intervals. The lower-intensity group rode continuously at 80, 90, and 95 percent of lactate threshold, thus staying just within their aerobic zone. At the start of the study, the buffer capacity of the subjects in the two groups was the same. After five weeks of training, the high-intensity group had improved buffer capacity by 25 percent, while the lower-intensity group had no change in buffer capacity. In another study, a group of untrained male cyclists improved their buffer capacity by almost 37 percent after eight weeks of anaerobic training.

Some people believe that certain nutritional supplements can improve your buffer capacity. But while some products do contain buffers found in the blood and muscle, such as phosphate, bicarbonate, and carnosine, none have been shown to enhance sprint performance. To improve your running performance in all race distances up to and including the 10-K, forget the pills and pencil in some high-intensity workouts like the four below.

The Workouts

These tough sessions with little recovery can help boost your muscle-buffer capacity. To start, try one each week. After several weeks of training, you can do one of the interval workouts plus the tempo run each week, but not on consecutive days.

8 to 10 x 400 meters at km race pace with 90 seconds recovery

5 x 200 meters at km race pace with 30 seconds recovery, 3-minute jog, 4 x 200 meters at two seconds faster than the earlier 200s with 30 seconds recovery. Run the last 200 all out.

20 x 400 meters at 10-K race pace with 30 seconds recovery. Run the last all out.

25-minute tempo run at slightly faster than your normal tempo-run pace-which is usually about 20 seconds slower than 10-K race pace. Think hard/comfortable rather than comfortable/hard.

Nutrition for Runners - The basics of good nutrition for runners

Tips on what to eat and drink to maximise your running enjoyment and manage your weight.

Pass on the extra carbs

Bread, bagels, pasta, potatoes and pancakes - you just can't get enough, right? Wrong, says sports nutritionist Nancy Clark, Running 4-5km at an easy pace will burn 200 to 300 calories, an amount so modest that it doesn't demand lumberjack portions of carbs (or anything else) before or after. Clark advocates eating healthy foods throughout the day, and having a small snack an hour or two before you run. "Exercisers shouldn't skip meals early in the day or try to run on fumes," she says. "But you don't require special foods after a workout - just a snack that offers a few carbs and a little protein."

Drink water. But only when you're thirsty

Yes, runners sweat a lot. Yes, they need to consume water, sugar and electrolytes (ionised salts in blood, tissue and cells) when they run for 90 minutes or more, particularly in warm weather. But unless you're training for a marathon, you don't need sports drinks and an advanced hydration strategy. Sip a little water before your workout and a little more after. And skip the extra calories in sweetened drinks. "Beginner runners don't need a sports drink, because they're not running far enough," notes Clark.

Eat real food

Runners, even beginners, tend to be driven, results-orientated people. When promised short-cuts, miracle cures and unbelievable benefits from supplement and 'superfood' manufacturers, they're easily swayed. However, eating standard,

simple, unprocessed natural foods will give you the same end results. "Every time one of those vitamin or supplement studies produces a negative result, I am reassured that focusing on quality calories is the best advice," says Clark. "I've always believed that the healthiest foods are the real foods - the quality vegetables, fruits, whole grains, low-fat dairy and lean proteins packed with everything runners need."

If you want to lose weight...

Sorry, but you won't automatically drop five kilos just because you run, says Clark. You also have to reduce your daily food intake. Each km you run burns roughly 100 calories. Cut out a biscuit or two every day, and you can add another 100 calories to your weight-loss effort. "Reducing calorie consumption by just 100 calories a day will theoretically give you a 4.5kg weight loss by the end of the year," Clark says. "Drop 200 calories a day, and you'll lose 9kg." Clark suggests cutting calories by eating smaller portions and fewer fried foods