

Magnolia Newsletter

May 2010 (no 18)

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

Tracksuits: Have arrived and we just need to have the embroidery done.

Sat SLOW RUN

As there is no official race in PTA this Sat, there will be a **15km long SLOW** run starting at the clubhouse at **7h00**. All welcome. We most probably will run 1 lap of our long run,

Comrades

With less than 3 weeks to go to Race Day. We trust that spirits are high and excitement is building in your final weeks of preparation. We have all entered Comrades, done all our training and just can't wait for the last few weeks to go by quickly. Bruce Fordyce once said, in the last 3 weeks you cannot get fitter or stronger, but you can do something stupid by over training or trying to catch up on those missed kilometers.

The hard work has been done, you need to keep healthy and prepare yourself mentally for the race. Magnolia wishes you a good injury free race.

Tent Site at the finish stadium - No 1 and 2 Castle Corner (we have booked 2 sites)

Runners entering the stadium from the main road outside, will run behind the stands and then turn left towards the field (TV camera position) and just before we turn right onto the field our Magnolia tent is on the runners right (first club tent facing the runners lain). See attached map. Look out for our 4 meter Magnolia Tear drop banners.

This is an ideal spot to meet your loved ones and we look forward to entertain them while they wait for your arrival. If you have tried to find an individual amongst 10 000 other people hanging around the finish area, it is quite intimidating and sometimes impossible. When you are tired this is the last thing you want.

From our site you will be able to see all runners entering the stadium. Food and drinks will be provided to all members and their families visiting the tent site. The site will be bunted off and will be only for our personal use. All Tog Bags will be secured with a chain. Chairs will be provided but NOT for everybody. **It is requested that family members bring their own directors chairs.**

Dave and Herbert will go and collect all runners from the finish tunnel and personally help them to our tent and over the bridge. To help with the logistics on the day, TOG BAGS could be handed to Dave at our Comrades braai. This will help on the morning.

• **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
- **Crawdadies Brooklyn** for the large cash donation, thanks to Riaan Van Heerden and Shaun

• **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

• **Comrades Chairman's run and Captains Braai: Sunday 23rd May** Run or walk 6.5 km to the Union Buildings for a group photo and back. Everybody welcome, even none Comrades runners and none members. At 11.30 we return to the club for our traditional bring and braai. All non-Comrades runners, walkers are also welcome and more importantly, bring all your family members along. Come and join in the hype and excitement before the big event. **The Comrades goody bags will also be handed out**

• **Comrades Aches and Pains Party – Tuesday 8th or 15th June** we honour all our Comrades heroes The evening will start with a welcome sherry, followed by 2 x Soups and pizza's from Mimomo's for supper. This is a great evening to honour our Comrades heroes and to talk about your race and make your commitment for next year. All members are welcome, including non Comrades runners and walkers.

- COST R20 per head, start 6h30 for 7 and supper will be served at 7h45, finished by 8h45

Birthday wishes - enjoy your special day

Wynand	Burger	10	May
Elizna	Swart	10	May
Mark	Wilhelm	10	May
Marlize	Du Plessis	13	May
Riaan	Jordaan	13	May
Devanand	Moonasar	13	May
Maureen	Vosloo	13	May
Edelweisse	Oosthuizen	14	May
Naomi	Wilkinson	14	May
Chris	Pretorius	15	May
Dawid	Van Der Walt	15	May
Bruwer	Van Graan	15	May
Andre	Louw	19	May
William	Thom	19	May

Welcome to our new members to the Magnolia family

This week's Thank You's goes to:

1. Marie and Pieter Theron for organizing and the car support for our Sunday long run
2. Ina Lombard for all the hard work in getting our Comrades goody bag together and also for the many trips to JHB for delivery and collection of items to be embroidered.

YEAR PLANNER - NEXT 3 MONTHS

- [Away Race: Comrades](#)
- [Comrades Chairman's Run and Union Building photo session – 24th May](#)
- [Comrades Club Captains braai – 24th May](#)
- [Comrades Aches and Pains party -](#)

May / June 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 @ 06h30. 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 06h30.** Please contact **Colin 082 578 3935** for more details.

Walkers: Start 06h30. 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 NEW starting times)</u>					
Sat	15 May	Long Slow Run	15	07h00	Colin 082-578-3935
		Normal Club walk	10	06h30	Suresh 082-446-6880
Sun	16 May	Organised Run (car support)	18	06h30	Tinus 083-304-7054
		Normal Club walk	10	06h30	Suresh 082-446-6880
Sat	22 May	Long Slow Run	10	07h00	Colin 082-578-3935
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sun	23 May	UNION BUILDINGS PHOTO SESSION (car support)	13	07h00	Tinus 083-304-7054
		Normal Club walk Union Buildings	13	06h30	Suresh 082-446-6880
Sat	29 May	NO Slow Run			
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sun	30 May	No Organised Run			
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sat	05 June	NO Slow Run			
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sun	06 June	No Organised Run			
		Normal Club walk	10	07h00	Suresh 082-446-6880

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

- **Rustenberg Mountain race** – go to www.rtbmc.co.za for on-line entry form and race bank details. Race date 311 July
- **Laingsburg Karoo Ultra marathon 80km** – Contact Miss P Buys 023-551 1019 race date 11 Sept

➤ Closing dates for pre-entries – local races only (can still enter on the day)

<u>Race Calendar and key dates</u>		
15 May 07h00	Race for Friendship 16km & 8km Cost: R30 - 8km and R30 – 16km	Moreleta Plaza cnr Garsfontein & Rubenstein Dr, Moreleta Park. Enquires Dann 365 3553
29 May 07h00	Jakaranda Centre 10 & 20km Cost R40 – 20 and R30 -10km	Jakaranda Shopping Centre, cnr Frates & Michael Brink Rietfontein enquires Daan 365 3553
5 Jun 07h00	Pick n Pay 5km, 10km Charity Fun Run / Walk	Swartkop Airbase
31 July 07h00	Rustenburg Mountain Race 25km Cost: R60	Bersig High School, enquires Gavin 083 327 7101 or www.rtbmc.co.za for payment details
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		
<u>2010 Running (RR) / Walking League Races (RW)</u>		
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
14 Aug	Marcel Van't Slot	Phobians		15km		
4 Sept	Spirit Of Flight			10km		
18 Sept	CSIR	CSIR	10 & 21km			
9 Oct	Capital Classic	Phobians	10 & 21km			

<u>Achievements</u>	
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:	
<ul style="list-style-type: none"> • Linda Potgieter 1st Master Lady at the Wally 21km • Linda Potgieter 1st Master Lady at the Jacky Mekler • Hendrietta Schoeman 1st Walker overall in 58.40 at the Wally 10km (most of us can't run this quick – well done) • Hendrietta Schoeman 1st Walker overall in 57.00 at the Jacky Mekler 10km 	

<u>Time Trial</u>			
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
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
18 th May	Time Trial (3, 5, 6, or 8km)	5h30	Clubhouse
25 th May	cancelled		

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

<u>News Corner / Race Reports</u>

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.

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

- Email received from Piet Visser (CSIR)

Vandag dit op die kalender gaan aftel. Nog net 24 dae oor. Dan tree ook ek aan by die begin streep van wat geag word as " the greatest Ultra Marathon on earth" Ek moet se dat ek maar redelik bang is vir die stuk pad. Ek het my oefen ge oefen en my hardloop gehardloop. Daar was lang dae op die pad. Baie keer ook aande. Selfs op vakansie. Baie kilometers is agter wedlope aangery. Menigte vroeg oggende opgestaan vir wedlope en oefen wedlope oor naweke. Hoeveel liters sweet le nie langs die pad. Maar hoeveel vriendskappe het ek ook nie langs die pad gesmee.

Al wat nou oorgebly het is die 90 kilometer stuk pad vanaf Pietermaritzburg na Sahara Stadium in Durban.

Almal wat saam gehardloop het en aangemoedig het en raad gegee het en vriendelik geglimlag het ... Dankie. Julle was die bakens op die pad na Comrades. Ja, ek sal Comrades nooit weer met 'n klein letter skryf nie. 'n Klompie name wat ek graag wil noem. My boet en groot vriend Ryk. My twee dogters Naomi en Ingrid wat in die begin saam gehardloop het en skoonseun Lafras wat Loskop kort gemaak het. My CSIR hardloop maters Hennie, Jaco en Karen.... Die braai elke Dinsdag aand het die oefen teen die bulte maklik gemaak. En dan die mees wonderlikste hardloop vriende by Magnolia ... Colin, Tinus, Claud, Freddie, Francis, Dave, Martin ag en ander wie se name my ontgaan het. Sibeliuss en Klapperkop het sy eie betekenis gekry.

Op 30 Mei om 05h30 is my tyd daar om vir eers alleen te gaan vlieg op hierdie magiese pelgrimstog en al wat oorgebly het seker die gebedjie wat ek iewers raak gelees het " Lord, help me to pick up my feet and I promise to put them down again".

Partykeer was die oefen maklik. Loskop se 50 km was die eerste keer dat ek dit self begin glo het dat ek Comrades kan maak. Potgietersrus se marathon was weer die moeilikste en ek was daar gereed om tou op te gooi. As dit nie was dat ek weet my boet was iewers daarvoor het ek dit nie gemaak.

Ek is nie 'n superatleet. Ek slof maar hier agterlangs. Ek dink ek is die stadigste persoon wat ek ken. Maar al my vriende het my soos 'n super atleet laat voel. Dankie. Julle is vir my goed.

Ek moet bely dat my lyf maar 'n klomp krake opgetel het op sy pad na Comrades. Maar die een ding wat bo alles sterker geword het is die kop. Ek vermoed jou lyf gaan jou nie Sahara stadium binne neem nie. Dit gaan meer jou kop wees. As ek aan een persoon se woorde gaan vashou, sal dit Winston Churchill wees " Never quit. Never never never never quit"

Ek het altyd grootgeloof geluister as die ou hande oor Comrades gepraat het. Dankie vir die praat. Ek het geleer. Eendag sal ek ook nostalgies kan terug dink en vir my kleinkinders van Comrades kan vertel. Van deursettings vermoë. Van vasbyt. Van kameraderie. Van pyn. Van vriende wat jou dra. Van die lang pad eindpunt toe. Van tree vir tree vorder tot jy die doelwit bereik het. Ek vermoed die beleving van Comrades mag dalk nie in woorde vasgevang kan word. Maar ek sien uit daarna, al is ek nou ongelooflik bang daarvoor.

Almal vertel jou van die pyn op die pad. Maar vir dit is ek nie bang nie. Vir mislukking is ek banger. Daarom is ek bereid om my medaie op die harde manier te gaan verdien

En as dit my gegun is om die eindstreep van Sahara stadium oor te steek vergeef my die trane wat teen my wange gaan afrol want vir daardie een enkel oomblik gaan ek ook soos 'n held voel ... al is ek ook maar van die wat heel agter was. Want sien, ek het myself 'n stukkie gras van die Sahara stadium beloof

- **Dear Fellow-RACers (Rory Steyn – RAC JHB) email forwarded to the RAC committee**

Two quick things I thought I'd share. Many of you would have run (and hopefully nearly recovered from) our 60k LOOOOONG Run that Vreni puts on each year. This year I was travelling over that weekend and missed it but found a great substitute, which was staged the weekend before ours.

It's the Magnolia Running Club in Brooklyn, Pretoria's 60km Long Club Run. Superbly organised in a quiet, shady part of East Pretoria and it's a four laps of 15km each, meaning that you can choose any permutation of 15km if you don't want (or need) to do the full 60. A very worthy second option to our event.

Secondly,.....

- **Americans vying for win at the 2010 Comrades Marathon**

Four top US runners will compete in South Africa in the Comrades Marathon, the world's oldest and largest ultra marathon. By Jennifer Van Allen

On May 30, 2010, four of the United States' top ultra marathoners will compete in the [Comrades Marathon](#), the world's oldest and largest ultra marathon, a gruelling, 55-mile race that is hailed as one of the world's toughest. Josh Cox, Nikki Kimball, Kami Semick, and Michael Wardian, who have distinguished themselves in races of 26.2 miles and longer, represent what many say is America's best chance of winning the race in more than a decade. (Alberto Salazar won the race in 1994. Ann Trason won the race in 1996 and 1997. In both years, she went on to win the 100-mile Western States Endurance Run, less than two weeks after Comrades).

Comrades was started in 1921 by World War I veteran Vic Clapham, as a way to pay tribute to the pain and hardship endured by his comrades during the war. The event, which will draw nearly 24,000 runners this year, is known for the "Big Five Hills,"—torturous climbs between Pietermaritzburg and Durban that feature 2,300 feet in elevation change. Each year, the race alternates between the "up" run starting in Durban, and the "down" course starting in Pietermaritzburg. This is a "down" year. (For a course elevation profile, [click here](#).) Athletes have 12 hours to complete the course, and they must meet a number of cut-offs along the way. To read Amby Burfoot's story about running Comrades in 1993, [click here](#).

Here's a little bit more about the top U.S. runners who are heading to Comrades.

[Josh Cox, 34](#), is a 50-K American record holder and four-time Olympic Marathon Trials qualifier with a marathon PR of 2:13. The San Diego native now trains with Ryan Hall at Mammoth Lakes, Calif., and is known for his appearance on the ABC show *The Bachelorette* in 2005. He won the 2007 U.S. Air Force Marathon in Dayton, Ohio, and the 2008 Rocket City Marathon in Huntsville, Alabama. He made headlines in 2009 by setting a new American record for the 50-K, finishing Arizona's Rock 'n' Roll Marathon and an additional five miles on a track in 2:47. He made his first foray beyond 26.2 in 1997 at the encouragement of his Liberty University professor, ultra running legend David Horton. He entered the Mountain Masochist 50-mile race and ended up winning—in a course-record time of 6:57:10. Cox is running Comrades to

raise funds for [Team World Vision](#), which works to combat world hunger and poverty, and provide relief in the aftermath of natural disasters.

Nikki Kimball, 38, based in Bozeman, Mont., has represented the United States on the world stage in mountain running, and ultra running on roads and trails for much of the last decade. The USATF and Ultra running magazine have each named her top female ultra runner of the year three times. She has set numerous course records on 50-mile trail and road races. Kimball was a member of the U.S. 100-K team six times, and was the second American at the 2005 World 100-K Championships, where the American team won gold. She won the 50-Mile National Trail Championships five years in a row and won the 100-Mile Western States Endurance Run three times. She was a member of the U.S. Mountain Running team three times and was second American in the World Mountain Running Championships in 2003. Kimball works as a physical therapist and regularly contributes to *RW's* "Mind + Body" section. Along with Kami Semick and Michael Wardian, she is raising funds for [Starfish](#) Charity, which helps aid children who are orphaned by HIV/AIDS in South Africa or affected by the disease.

Kami Semick, 43, of Bend Ore., has distinguished herself as one of the top ultra runners in the world on the roads and the trails. She was named ultra runner of the year once by USATF and twice by *Ultra running* magazine. In 2009 she won both the IAU 100-K World Championship in Belgium, and the IAU 50-K World Trophy Race in Gibraltar, the Miwok 100-K, the American River 50 Mile, the USATF 50-Mile Trail Championships, and the USATF 50-K Road Championships. The year before, she placed second in the IAU 100-K World Championship. In 2005, Semick was named Trail Runner Magazine's Overall Champion and the 2005 Montrail Ultra Cup 100-K Series Champion. Semick has a seven-year-old daughter, and works for a small start-up software company, which was founded by her husband. She was an All-America Cross Country runner at the University of Alabama, but didn't start trail running and ultra running until her late 30's. Along with fellow [North Face](#) athletes Michael Wardian and Nikki Kimball, Semick is raising money for [Starfish](#) Charity, which helps children who are orphaned by HIV/AIDS in South Africa or affected by the disease.

Michael Wardian, 35, is an international shipbroker in Washington, D.C., and father of two. He raced 44 times in 2009; that included 10 marathons (a 2:21 PR) and eight ultras. In 2008, he raced 53 times, including 13 marathons, eight ultras, and wins at the USATF National Championships for 50-K, 100-K, and 50-mile trail events. The USATF named Wardian ultra runner of the year in 2008 and 2009. He's distinguished himself on the world racing stage; In 2009 he earned sixth at the IAU World 100-K Championships in Belgium (the top American male finisher); he earned a bronze medal at the IAU World 50-K Championships in Gibraltar. This year is already off to a fast start for Wardian; In January he won the 2010 Miami Marathon in 2:28:39, before going on to win the 2010 USATF 50-K National Championships in 2:55:50 for the third straight year, and then to win the National Marathon in 2:21:58. He competed in the Olympic Marathon Trials in 2004 and 2008. At the 2007 Frederick Marathon, Wardian made it into the Guinness Book of World Records for running the fastest time pushing a running stroller with his son Pierce, in 2:42:22. In 2004 he set a marathon treadmill world record of 2:23:58. Wardian, chronicles his adventures in racing and family life at for [Running Times](#). Along with fellow North Face athletes Kami Semick and Nikki Kimball, he is raising funds for [Starfish](#), a group that helps children who are orphaned by HIV/AIDS in South Africa or affected by the disease.

- **Comrades Bus (there are now 4 buses leaving from PTA)**

Hi Collin, I had to start a second bus, can you please place the detail in your newsletter, unfortunately the price has gone up to R1300 due to the bus availability. **Contact Dirk Olivier (W):012 358 7848 (H)012 345 6222 086 510 8825**
Hi Colin, due to 3 runners not being able to qualify we now have 3 open places on Willie Halls bus, please contact Stephanie 082-491-2196

RACE REPORT

- **Running below sea level: floating through the Rotterdam marathon 2010, the Netherlands**

Last year July I moved from the Netherlands to South Africa to start working in Pretoria. Naturally, I brought my running shoes. It took some months before I got used to the hills, altitude and temperature in Pretoria and got back my running level as it was before I moved to the other side of the world. I was happy to experience the same runner's atmosphere at Magnolia Road Runners as I knew from The Hague Road Runners, the club I was running with in the previous years. Though I did not expect anything else, knowing that runners speak the same language wherever you are in the world; running is universal! There are only some small differences between the Netherlands and South Africa, such as the three-kilometre breaks and a car driving with the group (great service) during the runs, and serving coke during a race. Yet, the biggest difference between the two countries is the Comrades fever.. Although I became part of the Magnolia family, I decided not to be part of the Comrades family, as it was already a big achievement for me to finally face the hills in Pretoria... Being one of the few Magnolia Sunday group members not training for the Comrades, I set another goal and wanted to find out if the change in my training environment – from training flat courses, often below sea level, in the Netherlands to a much higher altitude and hilly courses in and around Pretoria – would drastically improve my time at the marathon in Rotterdam, one of the fastest marathon cities in the world . On the 11th of April, there I stood, as one of the 10 000 runners at the start line, ready for my second Rotterdam marathon. This time not nervous about whether I would finish at all, but whether I could finish within four hours. Strengthened by the training in the Pretoria hills, a marathon below sea level and as flat as nobody in South Africa can imagine should be a piece of cake. The only 'hill' in the race is the impressive Erasmus Bridge, which you have to cross twice; a true stumbling block if you are not used to hills.. It was around 10 degrees Celsius, with a strong wind, which made it very chilly, but as soon as I had started, I felt like floating. I enjoyed the music along the road and the massive numbers of people watching. Thanks to the mental support of my fellow Magnolia runners during the Sunday morning trainings and thanks to the Pretoria hills I sometimes detested, I kept my promise and finished within four hours. My next goal? Of course, I cannot leave South Africa without having finished a South African marathon, so you will see me at the club again soon!

By: Nienke Meijer <http://www.fortismarathonrotterdam.co.uk/>

Nienke, Piet, Marcel from Fitness from Africa and Janeen, your contribution and articles, as always is much appreciated. Thanks guys

[Sport products available from the Magnolia Club House on Tuesdays](#)

Short cut to Pain Relief, do you suffer from sore muscles, backache, arthritis, muscular strains, sprains and running related injuries. **MSM RUB, an unique high potency formula MSM cream combination of natural oils and extracts that provides fast effective relief of pain that lasts.** NONE MEMBERS ARE ALSO WELCOME TO PURCHASE

The MSM RUB 80g = **R70.00** (Magnolia have sponsored R6) or contact Ghardi on 079 560 7171 (Please mention Magnolia as your reference)

[Internet Articles](#)

[Pre-race visualization can boost your performance](#) Author: Jerry Lynch, Ph.D. (07 May 2010)

Visualization is the foundation from which your greatest dreams can be realized. It is a conscious, active process that takes place in a state of deep relaxation, in which you choose to view in your mind's eye positive images that will directly influence how you run.

Your central nervous system doesn't distinguish between real and imagined events; it responds to all images as if they were real.

If you imagine yourself running strong and relaxed, you will feel inner calm and confidence, and your performance will reflect that.

If you picture yourself struggling during an upcoming run, you'll become tense and anxious, and those feelings will negatively affect your performance.

Visualization works because it is a dress rehearsal that familiarizes you with the actual task that lies ahead. When the time comes, you have the sense that you've "been there, done that."

In addition, visualization clears the mind of images that block your efforts by replacing them with images of success that relax the body for optimal performance.

It is a learned skill that you should practice regularly. Begin with daily 10- to 15-minute visualization sessions.

1. Find a quiet place free of potential interruptions.
2. Sit in a relaxed position or lie down and close your eyes.
3. Take five deep breaths through your nostrils, holding each breath for approximately five seconds, then slowly releasing each one.
4. Now, imagine yourself running see the terrain, feel the turf beneath you, smell the scents in the air, feel the exuberance of cruising up the hills and descending rapidly.

Simply perform, in your mind's eye, exactly as you know you can, or want to, on any given day. Perhaps you'd like to rehearse an upcoming race, going over the course in detail. Or visualize the weekend's long run. Imagine your performance exactly as you would expect when you do everything correctly.

Practice visualization daily. It may take a few days before it comes readily to you, but don't get discouraged. In time, you will perfect the process and enjoy the rewards.

[Top Tapering Tips](#)

Tapering (reducing your mileage in preparation for a race) is a critical component of marathon training that's often overlooked. So we compiled our top tapering tips.

Training is about progressive adaptation to stress. Tapering enables your musculoskeletal and neurological systems to recover from that stress and be in prime condition for competition.

Think of your taper as a "plan" and prioritise it as you did your training. Don't disobey your taper plan by running longer or harder than you should.

Devote as much time to **recovery** as you did to training. You may not be running for three hours every Sunday, but instead of filling that time with work or running errands, use it to prepare for your race - sleep in, stretch twice a day and relax.

Track your [heart-rate](#). During a taper, your heart-rate should drop slightly from your peak-of-training rate. If it hasn't, it's a sign that you haven't reduced your mileage or intensity enough.

Cross-train smart. For 16 weeks, you've neglected your hiking boots in favour of your running shoes, and now you want to make up for lost time. Bad idea. Don't engage in anything that could make you sore or potentially cause injury. Save your other hobbies for after the race. The exception: [Pool running](#).

Some elite athletes don't run for more than 20 minutes at a time during their tapers. The rest of their mileage is done in water. It keeps your legs loose and makes you feel less slothlike without putting stress on your body.

[RESTING WELL](#) By Jim and Phil Wharton PUBLISHED 09/10/2006

Tapering is a critical component of marathon training that's often overlooked.

Training is about progressive adaptation to stress. Tapering enables your musculoskeletal and neurological systems to recover from that stress and be in prime condition for competition. So, for the fourth installment of our marathon-training series (visit runnersworld.com/mts for the others), we compiled our top tapering tips.

1. Think of your taper as a "plan" and prioritize it as you did your training. Don't disobey your taper plan by running longer or harder than you should.
2. Devote as much time to recovery as you did to training. You may not be running for three hours every Sunday, but instead of filling that time with work or running errands, use it to prepare for your race--sleep in, stretch twice a day, and relax.
3. Track your heart rate. During a taper, your heart rate should drop slightly from your peak-of-training rate. If it hasn't, it's a sign that you haven't reduced your mileage or intensity enough.
4. Cross-train--smart. For 16 weeks, you've neglected your hiking boots in favor of your running shoes, and now you want to make up for lost time. Bad idea. Don't engage in anything that could make you sore or potentially cause injury. Save your other hobbies for after the race. The exception: pool running. Some elite athletes don't run for more than 20 minutes at a time during their tapers. The rest of their "mileage" is done in water. It keeps your legs loose and makes you feel less slothlike without putting stress on your body.

TAPER TRAPS By Dave Kuehls PUBLISHED 09/06/2006

Don't get caught making these common mistakes in the weeks before your big race

Three-time marathoner Kris Kelley, 37, of Akron, Ohio, knows that the toughest part of marathon training isn't the first few weeks out the door. Or the slow grinding buildup of mileage. Or even the last sweat-soaked long run of 23 miles, three weeks before the race. No, Kelley knows that the toughest part of marathon training is after all that, when she is walking across the parking lot at Target, and suddenly a sharp pain strikes in her right knee. And there she is, trying to hold back a panic attack. "Never does a pain like that occur in the middle of intense training," she says. "But there is something about those last couple of weeks before the marathon, when you are cutting back your mileage, getting more rest, and preparing for the big race, when everything, and I do mean everything, seems to bother you more."

Call them taper tantrums--the phantom pains, panic attacks, and much more--that plague most marathoners during the three-week period of decreased training just before the race. "Runners develop not only a physical but also a psychological dependency on running," says Troy Smurawa, M.D., a 2:46 marathoner and physician at Akron Children's Hospital Sports Medicine Center. "So when runners take time off, they go through withdrawal." Hence, the weird constellation of mental and physical symptoms that crop up during the taper.

Thing is, if you know what to expect as you back off your training, you'll be better equipped to survive your taper and arrive at the marathon starting line feeling rested and ready to run. To that end, we've outlined the most common mental and physical problems associated with the taper, when they're likely to occur, and how to deal with them so that you can relax, and, dare we say, enjoy your weeks of rest--not to mention race day.

THREE WEEKS TO GO

Trap: Craving Carbs

Symptoms: The urge to stuff yourself with high-carbohydrate foods to ensure a vast supply of energy for the marathon.

Cause: "During those last three weeks, marathoners tend to think only carbs, carbs, carbs," says Vince Rucci, head of the Vertical Runner Marathon Training Group in Hudson, Ohio. But shoveling down the carbs, particularly at the expense of other important nutrients like protein, will make you feel bloated and will accelerate--and inflate--the normal water-weight gain associated with a taper

Solution: During your taper, slightly modify the carbohydrate-based diet you've maintained throughout your marathon training. "Simply emphasize the carbs already in your diet," says Nancy Clark, R.D., a sports nutritionist in Boston. "For example, instead of having chicken with rice, have rice with chicken." Clark recommends taking in 55 to 65 percent of your calories from carbohydrates, 10 to 15 percent from protein, and 20 to 30 percent from fat. Ensure the proteins are low in fat, such as chicken, fish, lean meats, beans, and legumes.

Trap: The Impulse to Cram

Symptoms: The sudden, irrational urge to "cram" in extra miles and more long runs, speedwork, and other quality marathon training during your taper, especially early on when your body is feeling primed for peak performance.

Cause: "Runners tend to be focused and goal-driven," says Kate Hays, Ph.D., the director of the Toronto Marathon Psyching Team, which offers peak-performance strategies to marathoners. "When they enter a stressful situation, such as the last weeks before a marathon, they rely on actions that have been proven to get results--like the cramming we all did before tests when we were in school." But while all that extra, last-minute studying may have helped you ace a college exam, additional training during your taper will only leave you feeling exhausted come race day.

Solution: "Rational thinking helps," says Hays. Realize that extra mileage and harder training at this point will hurt your marathon, not help it. Research has shown that those who taper properly perform better than those who train right up until race day. To convince yourself that you've done all the work necessary to run a good race, review your training log thoroughly, noting all the weeks of high mileage, long runs, and tough workouts. And no matter how short and easy your runs get during the taper, keep recording your workouts in your log to reinforce the feeling that you are studiously sticking to the plan.

Trap: Pressure to Perform

Symptoms: The overwhelming fear that the time goal you've set and trained for diligently is now somehow much too ambitious (what were you thinking?).

Cause: Once your peak training is over, it gets harder to feel confident in your abilities to maintain your goal pace. Many marathoners obsess on the five- or 10-minute gap between their goal time and the time they "fear" they might actually run--for example, crossing the line in 4:10, not 4:00, which would somehow make the marathon a failure.

Solution: Insert a couple marathon-pace miles in the middle of some runs during your taper (say two to three miles at marathon pace part-way through a couple of eight-milers) to reinforce confidence in your ability to hold that pace. You

should also develop an alternative time goal that you can live with that's five or 10 minutes slower than your ideal goal in case the weather on race day--or your body--just doesn't cooperate.

Trap: Recovery Rebound

Symptoms: A feeling of strength and complete fitness midway through the taper. Your body is itching to race.

Cause: As your mileage starts to decline after your last heavy training week, your body rebounds. The added rest and the four good months of training you have behind you have strengthened your body and your confidence.

Solution: No matter how good you feel, don't risk your months of marathon training for a PR or an age-group award at a local 10-K. A strained hamstring that plagues you throughout your marathon could be the subsequent door prize. Instead, re-read your marathon application to get yourself psyched for the big day. And meet with your training buddies for coffee to discuss marathon-day strategies. Also, find something active and productive to do on Saturday or Sunday mornings--say cutting the grass--to take your mind off of racing. Or if you must be around runners, volunteer at a local race. The energy there will give you your "race fix" without ruining your marathon chances.

Trap: Phantom Pains

Symptoms: A totally new pain in the foot, knee, hip, back, or insert-any-body-part here that strikes for no apparent reason.

Cause: Twinges and passing aches are all part of the body's rejuvenation process. "During a taper, tissue repair on the microscopic level causes muscle twitches and sometimes muscle cramps as the body adapts," says Dr. Smurawa. Also, when we run less, and worry more about our marathon, everyday aches and pains--which would normally be ignored--get exaggerated to the point of lunacy.

Solution: Think of each phantom pain as a signal that the body is healing itself and preparing you for the marathon. Since your workouts are now shorter, spend some extra time on your favorite stretches to help relax your body. And if you like whirlpools or long baths, indulge. Also, if you've had massages during other parts of your training, get one this week. It will further aid the healing process

Trap: Panic Attacks

Symptoms: Every time you feel an ache or start to think about some aspect of the race, you jump to a doomsday conclusion. (I have a stress fracture! The hill at mile nine is going to be the end of me!)

Cause: Most panic attacks stem from a lack of confidence and a fear of the unknown. "This is a particular problem for first-time marathoners," says Hays. If you've never run a marathon before, or you've never run a particular marathon course, you have no experience to draw from to boost your confidence.

Solution: Collect all the information you can about the racecourse from your registration materials, the race's Web site, and even personal insight from those who have run it in previous years. If possible, run parts of the course or ride the whole thing. Some races offer guided bus tours of their marathon route the day or two before the event. Knowing everything you can about that hill at mile nine will help you conquer it. You can also come up with solutions to problems that might arise during the marathon, such as how you'll handle a blister or a side stitch, so that you know you'll be prepared to overcome any obstacle.

ONE WEEK TO GO

Trap: Heavy Legs

Symptoms: A tired, heavy feeling centered in the legs, but affecting your whole body, that you get late in a taper.

Cause: "Tissue repair in the legs during recovery, coupled with the fact that you are storing more carbohydrate and water late in the taper, will make you feel like you do after eating a big meal," says Dr. Smurawa. In other words, you feel like a slug.

Solution: Remember you're not the only one feeling this way. "Just knowing that this is how tapering marathoners are supposed to feel can help curb your anxiety," says Robert Udewitz, Ph.D., a sports psychologist and the director of Behavior Therapy of New York. Also, try a few strides (100-meter sprints) after some of your easy runs. Strides can help knock off the rust, leaving you feeling fresh and ready without overdoing it.

Trap: That Sinking Feeling

Symptoms: A feeling of malaise, depression, and hopelessness, which often accompanies the physical sluggishness that intensifies at the end of a taper.

Cause: "Generally, running counters feelings of anxiety and depression," says Hays. "So as you run less miles, bad feelings tend to crop back up and increase."

Solution: Take a short-term approach. "You only have to get through the rest of the taper," says Hays. Do a little low-impact and low-intensity cross-training--like pool running--to generate the good feelings you normally get from running. Also, use your downtime to focus on other things that bring pleasure to your life, such as listening to music, cooking, and being with family and friends. And rent some funny movies or read a few joke books to lighten your mood.

Trap: Weight Gain

Symptoms: A couple of additional pounds that show up on the scale at the end of a taper.

Cause: When we eat high-carbohydrate foods to stock our glycogen (energy) reserves, water is stored along with the glycogen. "If you have been chronically dehydrated, that extra water can cause some gain in weight during a marathon taper, since you're running less and not sweating as much," says Clark.

Solution: Realize that the extra "water weight" will be beneficial during the marathon. It will actually help keep you better hydrated on race day, when it will be released as the glycogen is burned. But you can also do a few practical things to help you cope with this temporary weight gain. Don't weigh yourself during the three-week taper period. And if the feeling of tighter-than-normal clothes causes you anxiety, wear clothes with more forgiving waistbands and drawstrings.