

Magnolia Newsletter

May 2010 (no 20)

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 are available from the clubhouse.

Time Trial suspended during the winter months

Time Trial has closed until 6th Sept (The Trim Park is getting very dark and can be potentially dangerous). There will still be runs from the clubhouse, but on the roads around the club. No time will be taken. Please contact the club or vice captains for starting times.

Comrades

The hard work has been done, keep healthy in last few days. Magnolia wishes you all a great run to all those that are undertaking this awesome race. May our Lord grant you safe travelling mercies as you journey down to KZN and back home again. As for the race itself, what better word from our Lord than **Isaiah 40:31**

**But those who wait on the Lord
Shall renew their strength
They shall mount up with wings like eagles
They shall run and not grow weary
They shall walk and not faint**

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

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

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
- **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 Goody Bag and Supporters T-Shirts

All bags have been packed and can be collected tonight 17th, Sat & Sun morning and Tuesday 25th from the clubhouse. We appeal to all Comrades entrants that have qualified and have indicated that they will be going down to Comrades to make an effort to collect your Goody Bags. Each bag is worth more than your race entry.

• Comrades Aches and Pains Party – Thursday 10th June (confirmed) 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

Dries	Prinsloo	25	May
Marthie	Wessels	25	May
Letta	Willemse	25	May
Ella	Du Plessis	26	May
Marianne	De Mesquita	27	May
Graeme	Pliint	28	May
Renate	Van Niekerk	31	May
Leon	Le Roux	02	June
Amanda	Visser	02	June
Adolf	Zemann	02	June
Johan	Bornman	06	June
Michelle	Slement	09	June

Welcome to our new members to the Magnolia family

This week's Thank You's goes to:

1. Herbert for taking the group photos on Sunday.
2. To all committee members that helped with the arrangements for the Braai on Sunday.
3. Again to Ina for helping to hand out the goody bags and supporters T-Shirts

YEAR PLANNER - NEXT 3 MONTHS

- [Away Race: Comrades](#)
- [Comrades Aches and Pains party](#) – Thursday 10th June

June / July 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 @ 07h00. 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 or Freddie 083-347-5040**

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 07h00.** Please contact **Colin 082 578 3935** for more details.

Walkers: Start 07h00. 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 NEW starting times)

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
Sat	12 June	NO Slow Run			
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sun	13 June	Tap Run	10	07h00	Freddie
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sat	19 June	Tap Run	10	07h00	Colin 082-578-3935
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sun	20 June	Tap Run	10	07h00	Freddie
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sat	26 June	Tap Run	10	07h00	Colin 082-578-3935
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sun	27 June	Tap Run	10	07h00	Freddie
		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 31 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)**

Race Calendar and key dates

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

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
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			

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:

•

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
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TIME TRIAL SUSPENDED UNTIL 6TH SEPT DUE TO THE WINTER DARKNESS AND SAFETY REASONS

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).

No races during World cup soccer tournament (01 June to 15 July)

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).

• **Comrades 2011**

We haven't even started this year's race yet, but we're already onto next year! Yes, it's official the Comrades Marathon in 2011 will be held on the **29th May 2011**.

• **Old Mutual Two Oceans Ultra Marathon 56km**

The date for the Two Oceans Marathon in 2011 will be **23rd April 2011**. A little later than usual. Gives you more time to train but will also be very close to Comrades and could clash with Loskop.

E-mails received

• **Beste Colin en almal wat betrokke was by die saamsit van die 'goodybag'**

Ons (Rina Wilken en Mellissa Wilken) wil net **SO BAIE DANKIE** se vir die interessante goodybag wat ons gister (23 Mei 2010) gekry het. Ons wou nog self dit kom afhaal by die klub, maar toe het Dirk en Madaleen Claassens ons voorgespring en dit gebring nadat hulle vroeg gehardloop het.

Daar is soveel special dinge in die sak: die nice comrades t-shirt, die disposable hemp is 'n groot bonus, ag en al die ander 'nice to haves' - **baie, baie dankie**. Ek (Rina) het op die marathon van 8 Maart 'n ITB opgedoen en sukkel steeds. Ek gaan wel hardloop, maar maak my reg om net die begin te doen vir support (saam met Melissa). Dit was 'n groot teleurstelling, maar dis een van daai dinge.

Colin, so dankie vir wat jy, as voorsitter, en jou komiteede doen om die Comrades spesiaal te maak en die klub te help om steeds sterker te groei. Dit word opreg waardeer.

Voorspoed met jou Comrades van 30 Mei. Ons het jou gisteraand by die Comrades diens gesien wat ook 'n special geleentheid was.

Laat dit met jou goed gaan Colin en dra asb ons **opregte dank en waardering** oor aan almal wat ons so bederf het.

Comrades groete

Rina en Melissa Wilken

- To all @ Magnolia who donated, organised and helped in any other way, THANK YOU!! The goodie bag was superb, with a lot of items that will come in very handy next weekend!! Of course, the bag is going to Comrades too!!!

Regards, Wanda

- Colin

Just to say thank you very, very much for the most delightful Comrades Goody Bag that you and the team put together, I've always heard about this amazing bag and was delighted to get my own this time around, much appreciated!!

Edelweisse Oosthuizen

- Colin

Baie dankie aan die klub vir die comrades goody bag. Dit is n vooreg om n lid van Magnolia te kan wees.

Japie

- Tinus Marais - klub kaptein verantwoordelikhede vir toekoms

Met verkiesing van 2010 Magnolia kommitee het ek aangedui dat ek dalk nie vir die hele jaar 100% as klub kaptein betrokke sal kan wees nie.

Jy het toe met goeie voorstel gekom dat ons vir 2010 ook 'n ekstra posisie as onder klub kaptein moet instel en Freddie du Plessis is toe verkies in die posisie.

In 'n terugblik dink ek dat mens in toekoms dit steeds moet doen om 2 kapteins te he om werk te deel of vir 1 om in te staan as die ander dalk 'n sekere naweek onbeskikbaar is – die reeling het baie goed gewerk.

Die werksprojek het toe gerealiseer en nadat ek met Freddie gepraat het, het hy, soos wat van die begin af 'n moontlikheid was, ingestem om oor te neem as klub kaptein tot einde van jaar aangesien ek die eerste helfte behartig het met sy hulp. Net so sal ek hom dan ook bystaan waar nodig, en sal steeds poog om meeste van oefensessies en aktiwiteite by klub by te woon.

So alle Sondae runs en ander aktiwiteite sal onveranderd voortgaan – en Freddie en jy kan net altyd jou nuusbrief opdateer met beplande oefensessies deur winter vanaf klub. Ek is steeds beskikbaar met enige hulp en is dankbaar teenoor Freddie om net die leiding te neem vir 'n ruk.

Dankie vir die goeie werk wat jy en kommitee doen vir die klub. Die lede besef nie altyd hoeveel ure jy en die ondervoorsitter, Kevin Lombard, persoonlik ekstra bysit om alles te hanteer nie – dankie daarvoor.

Dan ook laastens dankie vir Ina Lombard wat baie moeite met die comrades goody bag gedoen het, asook jou bystand om klomp borge gereel te kry. Dankie ook aan al die individue wat bygedra het as "mini sponsors".

Alles van beste vir almal wat comrades doen – spesiaal die wat hul eerste doen. Kom na die aches-and-pains funksie na comrades en kom vertel hoe het dit gegaan.

Die wat nie comrades doen nie – alles van beste ook vir wat julle ook al voor oefen – al is dit net soos Herbert om 'n 3km fun run onder 30minute klaar te maak !

Groete, Tinus

- Dear Collin

We are running a great comrades special for all our Magnolia runner patients.

R 100 per treatment from now until 28 May cash only. Bookings are essential 012 3629850 or 0832714524

Thank you

Andri Smuts

Head physiotherapist HPC University Of Pretoria

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RACE REPORT

NO RACE REPORTS RECEIVED. HOPEFULLY WE WILL HAVE A FEW COMRADES EXPERIENCES FOR YOU

Rina en Melissa Wilken Wanda, Japie, Tinus, Edelweisse, Ken from Agape, 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

Your Pre-Race Routine By Ed Eyestone

A basic routine and simple measures will keep you calm on race day. We give you some advice for the night before and the morning of your big race.

- Over the years, I've learned that a pre-race ritual helps establish a sense of order and settles my nerves. Practicing a pre-event routine during training makes it feel more natural on race day. These simple steps can help you maximize your racing potential.

THE NIGHT BEFORE...

REVIEW YOUR PLAN Before 6 p.m., think about your race strategy and pacing, and use positive mental imagery to envision yourself running strong and finishing fast. But after six o'clock, give it a rest. Rehashing scenarios late into the night can trigger the sympathetic nervous system and make sleep more difficult.

CHECK YOUR EQUIPMENT Lay out your gear, pin the number on your vest, and thread the timing chip onto your shoe.

FUEL UP Eat a typical-size dinner complete with complex carbohydrates to top off your glycogen stores and activate the sleep centres of the brain. Although carbo-loading isn't necessary for races under an hour, carbohydrates digest easily and tend to serve as comfort foods. Eat slowly and avoid gorging yourself.

SET MULTIPLE ALARMS If I don't set at least two alarms, I wake up every couple of hours afraid that I've overslept. Don't depend solely on hotel wake-up calls—they're notoriously unreliable.

KEEP YOUR NORMAL BEDTIME If you knock off and hit the sack too early, you may end up staring at the ceiling and inviting more stress when you don't immediately pass out. That stress can further delay sleep.

ON RACE MORNING...

TAKE A HOT SHOWER A shower helps wake you up for an early start time, and passively warms your muscles, improving flexibility.

EAT LIGHT After eight hours of sleep, your blood sugar is low. Two hours before your race, eat a breakfast that will take the edge off your hunger without leaving you bloated.

STAY LOOSE, THINK POSITIVE As I wait for the start, I keep my muscles loose by shaking out my arms and legs. I review my race plan, remember all the awesome, consistent training I've logged, and wait for the gun.

Post Marathon Recovery

The vast majority of people taking part in a marathon meticulously plan their pre-marathon training, and rightly so. This is aimed at avoiding picking up injuries, illnesses and improving your endurance and speed

However, very few people have a set plan for after the hard work of the marathon is completed. In this period, the immune system is depressed and so illnesses are easier to pick up, the bodies muscles and other soft tissues are fatigued making injuries more likely. Other post-race problems include dehydration, [heat injury](#), [blisters](#), [Delayed Onset Muscle Soreness \(DOMS\)](#) and post-marathon blues.

In order to avoid these common pitfalls, try following these guidelines:

Immediately Post-race

Don't sit down; try to walk around as much as possible. This will help to prevent the muscles from seizing up and blood pooling in the limbs. Many people recommend walking at least a mile after the event has finished. Also start to drink a carbohydrate and electrolyte rich sports drink as soon as possible after the race to start to replenish the body's carbohydrate and salt stores and avoid dehydration. This is important regardless of the weather. You may also wish to eat a snack such as a cereal bar or banana within 30 minutes of finishing.

Make sure that you consume a meal which is rich in Carbohydrates within 2 hours of finishing the race. Continue to snack throughout the day and eat whenever and whatever you feel you need! Avoid drinking tea, coffee or fizzy drinks as these are diuretics and cause the body to lose fluid.

Resist the urge to get into a nice warm bath when you return home as this will not help any inflamed tissues and will result in increased muscle stiffness and soreness. A cool bath is much better. Try to avoid sitting still for extended periods, move about as much as possible and try to perform gentle [stretches](#) regularly.

The Recovery Phase

The recovery phase lasts from 24 hours post race, until you are completely free of any aching/soreness or injury. The time frame for this varies considerably from person to person. For some people, it may be 3 days. For others, up to 2 weeks.

The aim of this phase is to allow your body to completely recover, whilst refocusing your mind on how the race went, what you would do differently and what your next goal is. This is important to maintain motivation and prevent the 'post-marathon blues'.

Continue to re-hydrate yourself by drinking at least 2 litres of fluid throughout the day, until your urine is pale in colour. Eat a healthy balanced diet, with plenty of carbohydrate so the body can replenish your energy stores, as well as protein, for muscle recovery. You will probably find you will eat more than usual in the few days following the marathon. You may also require more sleep than usual. Listen to your body to avoid illness.

In terms of exercise, maintain the stretching you started immediately post-race and when you feel ready, add in some gentle walking.

[Sports massage](#) is very useful in the days and weeks following a marathon, to help with loosening the muscles, decreasing DOMS, dispersing waste products and treating any niggling injuries.

The Return to Running Phase

Again the timescale for this phase will vary considerably from one person to another, but is usually between 1 and 4 weeks post-race, dependant on soreness and injuries.

Start off at a very low level, constant speed for a short period. Consider it a reverse of your tapering over the last 3 weeks prior to the marathon. Gradually build up the duration and intensity of runs. Don't introduce long runs or speed work until you are back at your full training pace over shorter distances and are completely comfortable with this.

EAT MORE PROTEIN By Christopher Percy Collier

Runners skimp on this key nutrient--but you need more than you think

PUBLISHED 03/28/2008

Go to any prerace party or postrun potluck and you'll see legions of runners twirling forks in huge plates of spaghetti. And why not? [Carbs](#) are king, right? Except you may be missing out on another essential running nutrient, especially if you've been following the government's dietary guidelines. In September, the International Society of Sports Nutrition (ISSN) released a position paper by nine researchers in the field of [protein](#) and exercise. Their message? People who engage in regular exercise, like runners, don't just need more calories than desk jockeys, they need more protein.

"With every footstrike, a runner carries two to seven times his or her body weight," says Douglas Kalman, Ph.D., R.D., who has done extensive research on the effects of protein in athletes. "Protein is what keeps your body healthy under all that strain." Adequate protein intake accelerates muscle growth and speeds recovery by helping rebuild muscle fibers stressed during a run. Since protein helps muscles heal faster, runners who consume the right amount are less likely to get injured. The reverse is also true, according to the authors of the ISSN paper: Athletes who get insufficient amounts of protein are at a higher risk of injury.

What's more, high-protein intake has been shown to help maintain a strong immune system. "After an intense bout of exercise, your immune system is weakened for about four to five hours," says Richard Kreider, Ph.D., one of the ISSN study's authors and head of the Exercise and Nutrition Laboratory at Baylor University. "Protein stimulates white blood cells, which helps shield against upper-respiratory problems." Military research studies show that Marines who ingested high amounts of protein had fewer medical visits than those with lower protein intake.

Just How Much?

The [USDA's](#) Recommended Dietary Allowance (RDA) for protein is .8 grams per kilogram (or .36 grams per pound) of body weight. But that's not enough for athletes, according to the ISSN, which says endurance athletes like runners need 1.0 to 1.6 grams per kilogram a day (or .45 to .72 grams per pound). That translates into 75 to 120 grams of protein daily for a 165-pound runner. Don't worry about "overdosing" on protein. While some reports claim that high-protein intake is linked with kidney problems and calcium loss, the ISSN says it's not a concern for healthy athletes.

Lean meats and other animal products, like eggs, milk, and whey (a by-product of milk), pack a lot of protein. Four ounces of chicken breast, for example, contain about 32 grams of protein. The fat in food interferes with the rate of protein absorption, so limit your intake of high-fat foods, such as rib eye or prime rib. Vegetable-based sources, such as beans, lentils, nuts, seeds, and soy, aren't as protein-dense--a half cup of black beans, for example, has about eight grams--and they fall short on all nine essential amino acids, the chemical building blocks of protein (the exception is soy). Runners who avoid animal products can make up for this deficit by eating a variety of the most protein-rich vegetables and grains, such as soybeans, oats, and quinoa. "Not all the protein in a food is easily absorbed by your body," says Kalman. "But you'll probably get enough as long as you eat a lot of different kinds of food."

So before you get in line for another serving of spaghetti, take a hard look at your plate. Chances are you should add some grilled chicken.

For an example of protein intake for one day

A Powerful Day

A 165-pound runner needs between 75 and 120 grams of protein daily. Spread intake throughout the day, eating some at each meal, to ensure your body has a steady supply.

7 a.m.

3/4 cup oatmeal + two scrambled eggs + six ounces orange juice + cup of coffee with skim milk = **25 grams**

10 a.m.

Banana + two tablespoons peanut butter = **8 grams**

11 a.m. (pre run)

Half a bottle of [protein sports drink](#) (about four grams of protein per serving) + **12 p.m. (post run)** Second half of the sports drink = **8 grams**

1 p.m.

Two slices whole-wheat bread, four ounces sliced turkey, one ounce sliced reduced-fat cheese, lettuce, tomato, mustard + six ounces fat-free yogurt = **40 grams**

6 p.m.

Mixed-greens salad with peppers, cucumber, and tomato; one tablespoon balsamic vinaigrette dressing + four ounces grilled salmon + 1 1/2 cups steamed broccoli and cauliflower + one medium [baked sweet potato](#) = **33 grams**

Protein Total=114 grams