

# Magnolia Newsletter

June 2010 (no 21)

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

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**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. Cost R150

## Time Trial suspended during the winter months

Time Trial has closed until 6<sup>th</sup> 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

### **COMRADES 2010 - WELL DONE!**

Well done to all our 2010 Comrades heroes, we are proud of you and especially those who did it for the very first time! Also to those who didn't achieve their goals or make it to the finish. It is as always an amazing event and one that you will remember for a very long time!, with awesome crowd support, plenty of pain, but masses of achievement! There's nothing like witnessing the smiles of achievement, between grimaces, on the faces of the runners as they lie all over the grass at the end. See attached results.

And even as the aches and pains are still reminders of a race just run, the talk of next year's 2011 Comrades 2010 has already begun, see you there

- **Comrades Aches and Pains Party – Thursday 10<sup>th</sup> June. NEW START TIME 6H30 INSTEAD OF 7H00**

We take this annual event to 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.

IMPORTANT REMINDER – **new start time** and to all 2010 runners, can you please bring ONE of your race numbers to the club on Thursday so that we can proudly display YOUR number on our Comrades honorary board. **Your number will be returned to you next year.**

- **COST R20** per head, **start 6h30** and supper will be served at **7h00**, finished by 8h30

### Birthday wishes - enjoy your special day

Michelle	Slement	09	June
Shamrita	Bhikha	11	June
Wilhelm	Janse Van Vuuren	11	June
Onica	Lewis	11	June
Francois	Joubert	13	June
Martin	Kanka	13	June
Pierre	Loubser	13	June
Louise	Patterton	13	June
Beveley	Brown	14	June
Marijke	Kostelijk	15	June
Chriselle	Du Toit	16	June
Luther	Erasmus	16	June
Riaan	Van Heerden	16	June

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

Jan Kruger, Uribe Santiago, Tania Reid, Loius Botha, Heidi du Toit, George Mataboge, Inge Theron and Rykie Kapp

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

1. To all involved with Comrades this year, a big thank you. We really appreciate your help and support leading up to and on race day, we really had a great event. To single out one person would be unfair as we received tremendous support from so many people this year, from our goodie bag, comrades braai, to the sandwiches at the finish and encouragement received on the day. Lastly, we must thank our non running spouses and families who gave us support throughout the year, without your support our long road to the finish would have been so much harder. Thank you all.
2. Special thank you to the 3 ladies, Jenny, Sune and Herbert's mom for making sandwiches all day at our tent on Sunday.

## YEAR PLANNER - NEXT 3 MONTHS

- Away Race:
- Comrades Aches and Pains party – Thursday 10<sup>th</sup> 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	12 June	<b>NO Slow Run</b>			
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sun	13 June	<b>Tap Run</b>	10	07h00	Freddie
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sat	19 June	<b>Tap Run</b>	10	07h00	Colin 082-578-3935
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sun	20 June	<b>Tap Run</b>	12	07h00	Freddie
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sat	26 June	<b>Tap Run</b>	10	07h00	Colin 082-578-3935
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sun	27 June	<b>Tap Run</b>	12	07h00	Freddie
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sat	3 July	<b>Tap Run</b>	10	07h00	Colin 082-578-3935
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sun	4 July	<b>Tap Run</b>	12	07h00	Freddie
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sat	10 July	<b>Tap Run</b>	10	07h00	Colin 082-578-3935
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sun	11 July	<b>Tap Run</b>	12	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](http://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	<b>Jakaranda Centre 10 &amp; 20km</b> <b>Cost R40 – 20 and R30 -10km</b>	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	<b>Rustenberg Mountain Race 25km</b> <b>Cost: R60</b>	Bersig High School, enquires Gavin 083 327 7101 or <a href="http://www.rtbmc.co.za">www.rtbmc.co.za</a> 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](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
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](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. **Contact Paul if you want all your own personal race results.**

**CONGRATULATIONS our Comrades first male, female and novice runner home at Comrades**

- **Judas Nutli in a fantastic time of 6h33 in 92<sup>nd</sup> position overall**
- **Ina Lomabard in an excellent time of 8h40**
- **Hendrik Kotze was the first male novice home in 9h16**
- **Melissa Wilken was the first woman novice home in 9h46**
- **2 Silver and 10 Bill Rowan medals achieved this year – well done**
- **Charl Crouse, Elizabeth Goosen and Francois Loubert for obtaining their permanent number**
- **Prior to this race ONLY 9283 people have received their perm number (in 85 years)**

## Time Trial

1 <sup>st</sup> and 3 <sup>rd</sup> 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 6<sup>TH</sup> 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

- **Mind over matter (Wanda Lennox)**

A cold start in Pietermaritzburg, with 20 000 other early risers, singing Shosholozza and watching the start on the TV screen-nice touch, as it took us 10 minutes to cross the line!

Finally we started running, up out of 'Maritzburg, Marie, Wilma & myself-the "mad Hatter", in our pink Cansa shoelaces & wristbands. The route was crowded all the way to Camperdown, and Wilma caught me at the Bonitas Hotspot. She felt uncomfortable so we walked a lot till her stomach settled. I had a sausage roll from a bystander at Cato-delicious!!The 12 hour bus overtook us before Inchanga, but we declined a "ride" as they were ahead of schedule.

Once over the mat at Drummond (5h55) she felt stronger and we began a comfortable run/walk, heading for Botha's Village. Here Wilma uttered the fatal words "I'm so glad I'm with you, I know I'll get a medal"-NO PRESSURE!!!

We ran/walked comfortably down Fields, ran/walked through Pinetown with lots of comments about my hat, and once down Cowies we were almost into the single digits. Here Wilma began cruising behind me, so I put on the music and set

the pace, running from landmark to landmark up to 45 Cutting. I checked my watch-an hour to do 7km. Doable. Off we went down the Highway, over Tollgate and down into Durban-almost home!! Through town, bridge to bridge, around the corner onto the last kilometre.

Wilma asked how far-I pointed to the stadium, looming large through the trees. Around the back of Castle corner, into the home straight-waited for Wilma as I hadn't come this far to lose her!! Over the final mat together and she couldn't stop the tears-so many emotions!! Well done to all those who made their goals that day-and to the others, see you next time!!

- **Hi Colin (received from Hettie Booysen)**

I just want to express my sincere appreciation to all at the Magnolia club for support, advice and camaraderie that I experienced since joining last year. This was my first Comrades, since starting running again in May last year. Despite not making it to the end in time – missed halfway cut with 500m, after picking up bad ITB on 18km, I had a wonderful experience, and will definitely be back next year!

The start of the Comrades was unbelievable – I have heard so many people talking about it, but didn't imagine it to be like that. The singing of the national anthem, chariots of fire, brought tears to my eyes and I was privileged to be part of such a great race. I now understand why it is the ultimate human race!

To all Magnolia runners that finished the Comrades, achieving your dreams and own goals – you inspire me! I had tears in my eyes each time a Magnolia runner came past the club tent – tears of respect! The atmosphere at the club tent was awesome – thank you to all that made the day special and for all the hard work behind the scenes. Much appreciated.

- **hallo Colin, (Received from Ryk Visser - CSIR)**

What an experience! My first Comrades run was just as I would have hoped for. I finished well within my projected time, without any injury whatsoever. I want to summarise the most important key points to my experienced success:

1. My brother and big friend Piet who convinced me to do the race, and to start our first 5km run at ODD about 2,5 years ago, thanx boet!
2. Jaco and Karin Rautenbach and James da Silva of my club CSIR, who completed his 20th Comrades this year, thanx for sharing your years of running experience with me!
3. Magnolia Running club, where I am a social club member, and where I did the most of my training for this unforgettable event. All the Sunday runs, all the KK runs, Sibelius hills, Claude and Freddie's around the block speed training etc. The advice and help that Piet and I got from Tinus, Freddie, Claude, Martin, Karl, Gerhard, Dave, yourself and Frances will always be cemented in our thoughts. A big thank you to all my running partners at Magnolia, I am proud to be associated with you!
4. Specially to Martin, who guided me through the first half of the race, unfortunately he slipped on a banana peel, and injured a knee. Thanx Martin for the guidance!

The Magnolia club tent at the finish was outstanding, and made the agony of the last part of the race easy, not to mention the fact that one's relatives could sit in comfort and the best view point and wait for you to get home. Thank you to all the people who have set up this facility at the end! Thanx to the unexpected snacks from Linda and Hannalie along the road as well!

This race will be one of the highlights of my life, it is truly the ULTIMATE human race!

- **Hi Colin, (received from Heidi du Toit)**

I would like to thank you and the whole Magnolia team for an unforgettable comrades experience. I had the time of my life and it was worth every ache and pain, with blisters and all. I would like to congratulate everybody whom participated and wish them all a speedy recovery!

- **Colin, (received from Isabel)**

Ek wil net graag aan Dave en Herbie baie dankie sê dat hulle my bygestaan het by die Mediese tent ek waardeer dit oreg baie. As ek nog nie vir jou gesê het Magnolia is die beste klub nie dan sê ek dit vir jou vandag in die brief. As ek nog nie vir jou gesê het Magnolia het die beste supporters nie dan sê ek dit nou vir jou ek het dit self beleef op Comrades.

Weereens baie, baie dankie Dave en Herbie vir die wag en die aflaai in Toti na die tyd.

- **Dear Colin, Thinus, Kevin and Magnolia Committee:**

I want to congratulate you on a wonderful club. Thank you for the Sunday runs, the friendship and support.

I was pleasantly surprised with the goody bag I received. I am a social member and decided to buy a Magnolia supporters T-Shirt, and did not expect to receive such a wonderful pre Comrades present. I will be proud to wear the shirt and Buff as often as I can!!

Thinus went through extra trouble to phone me: thank you.

All the best for Comrades. I hope for a best run for everybody involved!!

Ilse Debeil (Phobians)

- **Good Day Colin, (received from Eugenia)**

I would like to thank you and the Magnolia Club for the lovely Comrades goody bag. I really appreciate the kindness and support of all the members that are involved in this special and great event. Your effort is highly recognized. Colin: Eugenia ran her first big C and ran in an excellent time

- **Hi Colin, (received from Evan and Heather Grobler)**

Thanks again for your newsletter. Our best wishes and good luck to all of Magnolia and may all achieve their goals they have set. We will be watching and rooting for all.

Kind Regards

- **Hi Collin**

Due to great support from the Magnolia runners we would like to extend the Comrades special to help the runners with their recovery afterwards. R100 per treatment from 31May to 12June. Good luck to you all and see you afterwards  
Yours in sport

Hpc physio staff Andri Smuts Head physiotherapist HPC University Of PTA +27 (0) 12 362 9850 (Work)

## RACE REPORT

HOPEFULLY WE WILL HAVE A FEW COMRADES EXPERIENCES FOR YOU NEXT WEEK FROM OUR NOVICES!

Wanda, Hettie, Ryk, Isabel, Evan and Heather, Andri, Eugenia, Lise 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

### Comrades Post-Race Recovery

**So the excitement of Comrades is over. What now? Here's a plan on how to beat post-race blues and keep the momentum going.** By Scott Douglas

The high that comes from a big achievement/event, such as the Comrades marathon can quickly morph into a major downer if you don't have a plan for the aftermath. That plan doesn't have to culminate in another marathon, or even another race, but it should contain some meaningful goals, such as maintaining a specific weekly mileage or just making sure you run a certain number of days every week. Of course, it's important to be flexible with your goals to avoid injury. But after running a marathon, you're at a very high fitness level, and with the right training focus you can make the most of it.

#### **Gotta Getta Goal**

For many runners, planning a second marathon before crossing the finish line of the first--is a bit overwhelming. An excellent alternative is to concentrate on shorter races. "Marathon training leaves you with a great base of aerobic fitness that doesn't vanish immediately after your marathon is over," says Jason Lehmkuhle, a 2:16 marathoner in St. Paul, Minnesota. "You can capitalize on that fitness, sharpen your speed, and turn it all into fast 5-Ks and 10-Ks."

But having postmarathon racing plans doesn't mean pounding out a track workout two days after your marathon. Instead, you need to focus on **recovery in the first week after the race** so that you're better able to progress in training in the subsequent weeks. During those weeks, try **running on grass and trails** to lessen the pounding on your still-sore muscles, and listen to your body. "The last thing you want to do is force racing again if your body isn't ready," says Lehmkuhle.

Sonja Friend-Uhl, an online running coach and national-class runner, says signs that you're rushing your recovery include **prolonged fatigue, loss of appetite, feeling lethargic on your runs for several days in a row, severe mood swings or depression, illness, and, of course, any running-related injury.** Encountering any of these symptoms means you may need to scale back on your post-race goals, but just a bit. So instead of racing that postmarathon 5-K time trial, give yourself some more time and focus on a race taking place next month.

But the time to start thinking about life after the marathon is now. "Create your postrace goals during the month before your event," advises Friend-Uhl. "Write them down so you can keep your mind stimulated with future endeavors."

If you're afraid that planning your postmarathon running so far in advance will distract you from the singular focus your earlier marathon demands, Friend-Uhl doesn't buy that line of thinking. "A great benefit of planning ahead is that you're not setting yourself up for the idea that this marathon is the culminating event of your running career," she says. "Having postrace goals on the horizon reminds you that this one race does not define you as a runner or a person."

#### **Plan the Work, Work the Plan**

Regardless of what your post-marathon plans are, experts agree your general approach to training in the four weeks after the marathon should be this: Recover initially, then gradually add quality and volume so that you emerge [injury-free](#), mentally fresh, and able to capitalize on the fitness you built during marathon training. Here's a week-by-week guide that will get you there. But remember: Don't feel obligated to follow this religiously if your body is telling you otherwise. If you feel acute soreness or have lingering fatigue, progress to the next week's training only when you can comfortably complete the preceding week's goal.

#### **After the Marathon:**

##### **Week 1**

Training Goal for Week: Recover as quickly as possible

Key Ways to Meet the Week's Goal: Combine minimal, easy running with walking and other forms of cross-training, such as easy cycling or [water running](#), that will improve blood flow to your legs. Get a massage and try to get extra sleep. Eat frequent high-carb meals to replenish your energy stores.

Mileage Goal for the Week: Up to 25 percent of average premarathon mileage

##### **Week 2:**

Training Goal for Week: Resume regular running

Key Ways to Meet the Week's Goal: Stick with easy runs from 20 to 60 minutes long. Run mostly with friends and maintain a conversational pace. Wear a heart-rate monitor and don't go above 70 percent of your maximum heart rate.

Mileage Goal for the Week: 25 to 50 percent of average premarathon mileage

### **Week 3:**

Training Goal for Week: Get your legs moving fast again.

Key Ways to Meet the Week's Goal: After one run, do six to eight 100-metre pick-ups, focusing on a quick turnover while remaining relaxed. Do the middle few kms of another run at your marathon pace.

Mileage Goal for the Week: 50 to 70 percent of average premarathon mileage

### **Week 4:**

Training Goal for Week: Consolidate fitness gained during marathon training.

Key Ways to Meet the Week's Goal: After warming up on one run, do an unstructured fartlek workout, with six to 10 surges of 30 seconds to three minutes, and with as much recovery between as you feel you need. Do a long run that's between 2/3 and 3/4 of your normal premarathon long run.

Mileage Goal for the Week: 60 to 80 percent of average premarathon mileage

## **Pre race Nutrition Tips**

### **Five prerace nutrition mistakes—and how to keep them from ruining your big day. By Kelly Bastone**

PUBLISHED 09/03/2008

If you're like many runners, you've spent the last few months training for a big race. And as your 5-K, half-marathon, or marathon approaches, you're probably taking extra care with what you eat and drink. Maybe you're loading up on carbs, drinking lots of water, ordering extra servings of broccoli and beans. But are you doing the right thing?

"How you fuel up before the race has a huge impact on your performance," says Beth Jauquet, R.D., a nutritionist for Cherry Creek Nutrition in Denver. Unfortunately, runners tend toward extremes: Skimping on fuel, overdoing food or drink, or eating foods that cause [digestive disaster](#). Here's how to avoid common mistakes and ensure what you eat and drink in the week before your race will help you secure the PR you hoped for.

#### **The Mistake: Eating a Box of Pasta**

Many runners like to top off their glycogen stores by feasting on [carbs](#) the night before a race. And why not? You're going to burn through them the next day. But flooding your system with more carbs than it can process may lead to digestive problems that will have you running to the porta-potty every mile.

**The Fix:** Consume moderate quantities--not huge portions--of carbs for several days prior. "Massive amounts of any food throw your system a curve ball," says Jauquet. Have oatmeal for breakfast, potatoes at lunch, and pasta for dinner. "Eat just to fullness, so you don't get indigestion or have trouble sleeping," says Tara Gidus, R.D., a spokesperson for the American Dietetic Association.

#### **The Mistake: Drinking Gallons of H2O**

Not only will chugging too much water before a race leave you feeling bloated, but it will also dilute your electrolytes--minerals responsible for optimum muscle contraction. Diluted electrolyte levels can cause muscle weakness or cramping and, in extreme cases, can lead to [hyponatremia](#), a life-threatening condition triggered by abnormally low sodium levels.

**The Fix:** In the days leading up to your race, drink fluids as you normally would to stay hydrated. This can include water, sports drink, juice, even coffee and tea. On the morning of the race, Jauquet recommends drinking 16 ounces of water two to three hours before the start, giving your body time to process extra fluid; drink another one to two cups right before the gun goes off.

#### **The Mistake: Loading up on Fiber**

Normally, runners should make sure to eat lots of cruciferous [vegetables](#), beans, and whole grains. And if you're used to such foods, all that roughage right before a race may pose no problems for you. But if you've been living on pizza and burgers, now is not the time to become a vegan. Loading up on high-fiber foods can cause uncomfortable gas, especially if your stomach is plagued by prerace jitters.

**The Fix:** If you think fiber might be an issue, "cut back on those foods three days before a major race," says Gidus. That includes beans and bran [cereals](#)--but not fruits and veggies, which you should eat in modest portions. Think one cup of pineapple, a handful of cherries, or a few broccoli florets. But, Gidus cautions, if you're racing every weekend, reduce your fiber intake only on race day to make sure you don't trim all fiber out of your diet.

#### **The Mistake: Skipping Breakfast**

Too nervous or worried about feeling full, some runners can't face food on race morning. But without it, you're likely to bonk in any race. Why? Because studies show that a prerace meal keeps your blood sugar steady and provides [energy](#) to power you through. "There's no way to get enough fuel midrace to make up for the energy you missed at breakfast," says Jauquet.

**The Fix:** If you know you get too nervous to eat before a race, wake up a few hours before the start--so you can eat breakfast slowly, letting each bite settle before taking another. If you can't stomach solid foods, drink a smoothie with bananas, fruit juice, and milk. These ingredients are easy on most stomachs, provide energy, and won't leave you feeling overly full.

#### **The Mistake: Trying Something New**

If you've never had spicy salmon sushi, don't order it the night before your race. You won't know how a food affects you until you've tried it--and last-minute experimentation could send you bolting for the bathroom and leave you dehydrated.

**The Fix:** Stick with what you know for a week before race day. Check the race Web site to confirm which drinks and gels (if any) will be offered along the course so you can test them out in advance. Don't be afraid to skip the prerace dinner or hotel breakfast: If you're not used to downing sausage burritos prerace, you're better off sticking with a familiar bowl of pasta. As long as it isn't huge.

## Eat better

In the days before a race, vary your diet with nongrain carb sources, such as fruits and starchy vegetables, to benefit from a wider range of nutrients.

## 60-Second Guide: Stretching By Alice Palmer

### Run safe, strong and injury-free - wise up to the what's, whys and when's of stretching

If you've been running well and your muscles feel fine, stretching might seem like a waste of good running time. But scheduling in some stretching could slash your chance of getting injured, help you recover from existing injuries and could even boost your muscles' performance on the track.

#### Why?

Stretching helps prevent sports injuries by increasing your range of movement and reducing the tension in your muscles. Every muscle in the body has an opposing one that works against it - quads and hamstrings, for example. Each of these muscles provides essential resistance to the other, and if one becomes stronger or more flexible the imbalance could result in injury. Hamstring tears, a common running injury, are caused by strong quads pulling against weak, inflexible hamstrings.

Increasing your range of movement means an increase in the distance your limbs can travel before they incur damage - so your muscles work harder for you and your running.

#### When?

You've probably heard about the risks of stretching cold muscles, and might avoid stretching before sessions. But it's actually best to stretch both before and after sessions, with stretching sessions that achieve different things. After warming up with a brisk walk or jog, pop in a short stretching routine before you crack on with your main training session. Taking time to stretch (gently) at this point will help prevent injury. Start by stretching to 50-60 per cent of your range of movement for 10-15 seconds, and increase this slowly as your flexibility increases. When you've finished your session and cooled down, don't just stop. A few minutes' stretching will reap huge benefits, preventing tight muscles, reducing the symptoms of Delayed Onset Muscle Soreness (DOMS) and helping your muscles recover by flushing out waste and circulating fresh blood. This means you can get going again quicker, and with less risk of causing strains to tired muscles.

Make sure you put stretching at the heart of your routine, and pencil it in on a regular basis when you're designing training schedules.

#### Types of stretching

There are two reasons to stretch - for maintenance of muscles, and to develop muscles - and two chief ways of stretching: static and dynamic.

##### Static

Static stretches are performed without movement. Simply pick a position, hold the stretch for a period of time and then slowly relax out of it. For example, a static calf stretch is achieved by sitting down and touching your toes with your leg straight out in front of you. Make sure you're stable and relax into and out of the stretch - wobbling and jerky movements can cause injury.

Passive stretches are very similar, but use a partner or piece of apparatus to stretch the muscles further. For example, stretching the hamstrings by lying down with your leg in the air, and a partner pushing against that leg. Passive stretches achieve a greater range of movement are great for rehab. However, the bigger force and longer stretch increases the risk of injury from stretching this way - so pick your partner with care!

##### Dynamic

Dynamic stretching uses controlled bouncing or swinging to stretch the muscles. Stretching the hamstrings and hip flexors by standing shoulder width apart and swinging one leg backwards and forwards is a dynamic stretch. Using a stretch to replicate the actions of a sport, or 'muscle sequencing', comes in especially handy for faster running and sprinting. If you're trying out a dynamic stretch, make sure maintain control of the movement, and keep it slow to avoid injury.

#### How to stretch safely

Before you get stuck in, take a few moments to try a few gentle stretches to assess your flexibility. You don't want to dive in over-enthusiastically and cause injuries.

Stretch safely with these commandments:

1. If a muscle group doesn't feel 100 per cent, avoid stretching it. If it's recently strained, only stretch it very gently.
2. Warm up - increasing the temperature of your muscles makes them more supple and pliable so you'll get the most out of your stretches. It also signals your body to supply your muscles with plenty of oxygen and nutrients.
3. Stretch each muscle's opposite number to avoid imbalances in strength and flexibility - a recipe for injury.
4. Stretch for the right purpose at the right time - before exercise to prevent injury; afterwards to aid recovery.
5. Stretch gently and slowly to relax muscles and avoid strains and tears caused by fast, jerky movements.
6. Stretch only to the point of tension - you might 'feel the burn', but do not put yourself through pain.

Breathe easy. Lots of people accidentally hold their breath, causing muscles to tense and making stretching harder. Breathing steadily relaxes your muscles and supplies them with oxygen.