

Magnolia Newsletter

June 2010 (no 22)

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. Cost R150

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.

Birthday wishes - enjoy your special day

Beveley	Brown	14	June
Marijke	Kostelijk	15	June
Chriselle	Du Toit	16	June
Luther	Erasmus	16	June
Riaan	Van Heerden	16	June
Soobiah	Moodley	20	June
Paul	Gullimore	21	June
Kobus	Munro	21	June
Cindy	Van Heerden	21	June
Anton	Goosen	22	June
Mark	Meiklejohn	23	June
Isabel	Esterhuysen	24	June
Tumelo	Marumule	24	June
Michael	Sheahan	24	June

Welcome to our new members to the Magnolia family

This week's Thank You's goes to:

1. A special thanks to all members that braved the cold and came to our Aches and Pains party on Tuesday. We had a fantastic turn out with about 85 people attending.
2. To my committee members, thank you for all the work in the background to make sure this evening was a great success. Special thanks to Tinus for running around to get the trophies engraved on time.
3. Would also like to thank Mimmo's Brooklyn for again supporting our evening with soup and pizza's

YEAR PLANNER - NEXT 3 MONTHS

- Away Race: Sept or early Oct?? any suggestions?
- General Meeting to discuss proposed very minor changes to the constitution

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	19 June	Tap Run	10	07h00	Colin 082-578-3935
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sun	20 June	Tap Run	12	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	12	07h00	Freddie
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sat	3 July	Tap Run	10	07h00	Colin 082-578-3935
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sun	4 July	Tap Run	12	07h00	Freddie
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sat	10 July	Tap Run	10	07h00	Colin 082-578-3935
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sun	11 July	Tap Run	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 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)**

<u>Race Calendar and key dates</u>		
All races during World Cup have been cancelled		
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. Contact Paul if you want all your own personal race results.			
CONGRATULATIONS to:			
•			
<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
TIME TRIAL SUSPENDED UNTIL 6TH SEPT DUE TO THE WINTER DARKNESS AND SAFETY REASONS			

Cross Country Fixture List - 2010

Date	Event	Club / School	Contact	Tel
03-Jul				
10-Jul				
16-Jul	Primary Schools League 1	Tuine High School	Johan Steynberg	846 035 766
23-Jul	Primary Schools League 2	Boerefort Laerskool	Jenne Smit	123 352 886
24-Jul	New Balance Cross Country & Trial Run	New Balance	Allan Smith	
28-Jul	Secondary Schools, Seniors & Vets League 1	Midstream College	Alet Kieser	834 867 038
30-Jul	Primary Schools League 3	Simon Bekker Primary	Jimmy Robberts	823 719 585
04-Aug	Secondary Schools, Seniors & Vets League 2	Garsfontein Hoerskool	Alet Kieser	834 867 038
06-Aug	Primary Schools League 4	Queenswood Laerskool	Corlia Ludick	825 721 127
11-Aug	Secondary Schools, Seniors & Vets League 3	Clapham High School	Alet Kieser	834 867 038
13-Aug	Primary Schools League 5	Laerskool Kameelfontein	Johan van Staden	128 085 064
18-Aug	Secondary Schools, Seniors & Vets League 4	Prestige College	Alet Kieser	834 867 038
21-Aug	AGN Champs	AGN	AGN Office	123 274 932
11-Sep	SA Cross Country Championships	Rietondale Park	AGN Office	123 274 932

[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 IMPORTANT NEWS**

The 2011 Comrades Marathon will take place on **Sunday 29 May** and will be an Up Run, starting in Durban and finishing in Pietermaritzburg. The race will commence at 05h30 from the Durban City Hall and finish at the Midlands Cricket Oval in Pietermaritzburg.

After the hugely successful implementation of the new early entry process for the 2010 Comrades Marathon, when over 23 000 athletes responded to the call for entries, the CMA has opted to stick with the winning formula and will open entries for the 2011 Comrades Marathon on **Wednesday 1 September 2010!**

All former and aspiring Comrades runners are invited to submit their entry for the 2011 race from **1 September to 30 November 2010**. There will only be one three-month window (September - November) for athletes to enter, be they former Comrades runners or Novices. **Entries will be limited to a maximum total of 18 000 athletes**. This means that entries will officially be closed when the maximum number of 18 000 entries are reached, e.g. if 18 000 entries are reached on 7 November 2010, entries will be closed immediately and no further entries will be accepted for the 2011 Comrades Marathon.

Entry fees for the 2011 Comrades Marathon are as follows: * Local athletes (SA Citizens) R270.00

- **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 Magnoliaklub se bestuurspan**

'n Mens kan nie anders as om regtig lekker en trots te voel om aan 'n klub soos Magnolia te behoort nie. Gisteraand se post Comrades samekoms was baie special. Al was dit koud buite, het die gemoedelike oor en weer gekuier met mekaar tot gevolg gehad dat ons 'n heerlike aand gehad het. Die intrapslag se likeurtjie en daarna 'n heerlike bord sop met 'n broodjie en genoeg pizza om elk 'n paar stukke te kry, was so lekker. Om op die koop toe saam met hardloopvriende te kon kuier en so tussendeur die prysuitdeling te he, het mens maar net weer laat besef om gesond te kan wees en te kan hardloop is 'n voorreg en mens voel sommer weer gemotiveer vir die nuwe seisoen.

Baie dankie vir **AL** die moeite wat julle gedoen het. Ons waardeer dit regtig baie. Melissa was totaal uit die veld geslaan met haar 3 trofee wat sy gekry het. Dit het haar eerste Comrades net SO special gemaak. Nogmaals BAIE dankie vir als.

Vriendelike groete
Rina Wilken

- [Thank you Colin received from Marianne de Mesquita](#)

Thanks again for an amazing tent at the comrades finish. The spirit in the tent was one of excitement, relief and for some just a place to relax for the first time in 10 hours. Special thanks to Jenny and your son, that is always such a refreshing tonic of hospitality and kindness.

With this comrades, I battle to support, due to lack of parking and thousands of cars. I lost my camera at Cato Ridge. Were to exiting to see Johnny and rushing to next stop, totally forget about camera. The blue new goody bag was not closed tight enough and it just slipped out.

To my wildest expectations, a lady from Durban, picked it up. She went through all the trouble zooming onto Johnny's number, finding then the magnolia website, finding your number and contacted you. I cannot believe that she went through such a lot of trouble searching for the owner of this camera!! When I phoned her to thank her, she was so pleased to trace the owner. When I asked her how I can thank her, she humbly response: "Nothing, please. I just hope that if it ever happens to me, someone will do the same to me." With a "Cheers, see you next year with comrades in Durban!", she rang off.

Awesome, awesome. There is not only a comrades/caring amongst runners, but also amongst the supporters!

VIVA SUPPORTERS!!!

We will support next year again. (Just keep the cameras in the boot.)

- [Hi Collin, received from Philip Briedenhann](#)

Thank you for your useful information once again. After reading the stretch-guide, I've decided to forward the stretch routines I received from Dr Aumuller, who is currently treating my Achilles tendon injury.

Stretch routine 4 of the "Before running" routine and the one in the top right hand corner with the 3cm block is recommended as stretches to do at least 4 times a day.

According to Dr Aumuller, this will help a lot in improving your speed and speed training.

- [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 31 May to 12 June. 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 ANOTHER 1 OR TWO NEXT WEEK FROM OUR NOVICES!

- [Comrades 2010 – by Elizna Swarts](#)

My Comrades effort started on the 24th May 2009 at 17:00 sitting in a rescue bus on my way to Kingsmead after missing the cut off at 45th cutting. I decided that I will do anything to replace my current feelings with a feeling of accomplishment in the 2010 Comrades.

The journey was rough as I leave home at 4 o'clock in the morning for work and get home after 7 in the evening. To keep up with my training I would do races every Saturday and Sunday. This sometimes meant traveling a lot. During a circuit race of 18 hours I met a club member Tobie Reynecke. Now Tobie has been running for 2 years now but his knowledge of running is probably as good as any seasoned runner. The best thing about Tobie is that he is not a back of the pack runner like me but yet he would sometimes sacrifice his races to run with me. During these races he would share all the little secrets of running (This is the type of people we have in Magnolia).

Race day started with the usual emotions with a few tears running before the gun went. Now the start was really hectic it took 10 min to clear the field. The biggest problem was that you could only start running your own pace after Camperdown. People were all around you and to try and pass them by running zig zag would have killed you. The great thing about these first km's is the vibe. It is just electric!!!! The best part of the comrades route is the Ethembeni school for children with physical disabilities. It does not matter how you feel at this stage, seeing these children line the street will change your life forever and for the next couple of hours you will be celebrating life with a couple of prayers saying thank you for the ability to run. It is also this experience that will carry you to the end.

As I reach Drummond in 5:38 I knew that Comrades was about to start. Climbing to the top of Botha's hill you think that everything will be fine because it is all downhill from the top, big mistake!!! The drop from Botha's to the bottom of Fields is just pain and more pain. I reached the bottom of Fields hill with 2:30 to complete +/- 16kms. On a normal day this would be a walk in the park but with 70+ km's behind me everything in my body was in pain. A couple of fellow Magnolians came pass including my fiancé. Seeing them walking made me realized that everybody was struggling and that I am not alone. We walked most of the next 10km. The sub 12 hour bus came pass and you could hear people saying if we let the bus go we won't make it. I had a look at my watch and they were 10 min ahead of time. I told my fiancé that we should stick to our own pace and let the bus go. The last 3 km's was the longest of my life walking all the time. This walk changed into almost a sprint as you enter the stadium. In the final stretch you see the finish banner and the time 11:56 all of a sudden last year's feelings are replaced with emotions and feelings that you cannot describe you need to experience it. You need to experience the "ultimate human race".

Lastly to Colin and the club. All the work around the Comrades is much appreciated from the goody bag that makes you feel like a top athlete to the cold one after the race at the tent. Thank you and bring on Comrades 2011.

• En toe hardloop ek ook die Groot C. Wat 'n ongelooflike belewenis. Iewers op die magiese stuk pad het ek terug gedink aan bykans twee en 'n half jaar gelede. Ek en boet Ryk wat een vroeg oggend Hartebeespoort dam toe gery het en ons heel eerste 5 km Fun Run gaan hardloop het. En nou het ek Comrades gehardloop. Phew ... wat 'n epiiese rit. Maar hy was maar vir my moeilik. Iewers in Januarie het ek vir Tinus en Frances met 'n Sibelius Donderdag gese dat ek dink nie ek is vir Comrades gebou nie. Althoe het my kwaai aangekyk en my belowe ek kan ... en toe was Comrades aan Ek dra dus my medalje op aan Magnolia Klub. Aan mense soos Martin en Karl en Dave en Linda en Frances en Colin en Gerhard en Claude en Tinus en Freddie en nog ander wie se name ek nou vergeet het. Die stukkie koper medalje is eintlik julle s'n, en julle moet hom dra. Sonder julle belangstelling en aanmoediging en raad en vriendelikheid en gesels met die sondae runs as ek moeg was, sou ek dit nie gemaak het. Ja, al is ek maar net 'n sosiale lid by julle Klub ... julle het my steeds belangrik laat voel. Met trots sal ek graag ook die Magnolia Comrades hempie dra.

Ek het met 'n besering begin hardloop. En op 18 km om te gaan het die been kennis gegee. Dankie aan die onbekende Magnolia hardloper wat so in die verby gaan geskreeu het ek moet vasbyt. Die groot stap het begin op sowat 12 km om te gaan. En met 6 minute duskant 12 ure op die pad het ek Sahara stadium binne gekom en oor die endstreep gestap terwyl 'n klompie trane teen my wange afgeloop het. Ek het die stukkie medalje in my hand vas geklem. Wat 'n wedloop

Piet Visser

- [Leading the 12-hour bus](#)

Comrades from the eyes of one of the *Runner's World* 12-hour bus-drivers... By Roy Tolfts

We're at the start, music playing, old friends greeting us. The air is electric, excitement, tension, anticipation. The novices have heard about the bus and approach us with they questions, what time will we go through half way? What time will we finish? Will we walk the up hills? Vlam and myself glance at each other and nod. Today we will have a big bus, we know it's going to change the lives of a lot of the runners and us.

Chariots of Fire sound out and the tension builds as we hear the National Anthem. We're all singing, the cock crows and then the gun goes off. And we're off; but for 3 minutes we don't move, a lady on my left pulls my arm and asks will we still make it. Eleven minutes later and finally we cross the start line. We are on our way to Durban.

The first hill and the shout goes up for our first walk. Once the bus has been through our routine of running, walking and singing things take on a festive atmosphere. The kilometres pass quickly and the bus is growing in size. Still the questions come about our half way time and the cut off. We're at the top of Inchanga and can see the Half Way. Runners visibly relax because we've made it before cut-off.

Climbing up Botha's Hill the bus stretches out, so I drop back and walk the rear of the bus to the top. We all join up on the way down Fields and through Pinetown. Now's the time to keep the runners focused, their bodies are hurting and want to give up. We keep them going, singing, acknowledging the tremendous support from the crowds. On Cowie's again the bus stretches, but we pull back together on the downs. Final cut-off and we're safe, the spirits take on an even higher level.

As we enter the streets of Durban, the realization that they have made it hits some runners and the tears flow. We're in the stadium and the crowd brings in the twelve hour bus. We're still singing but we can't hear ourselves. I look across at Vlam and we nod. What passes between us is a huge amount of pride and gratitude.

Thanks to all the runners that joined us for the 2010 Comrades. It has been an honour to be part of such a momentous race. See you next year!

[Rina, Elizna and Antonie, Marianne, Elizna and Piet, 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](#)

[Get Over A Bad Race](#)

The five stages of getting over a bad race experience—and how to run better next time By Kelly Pate Dwyer

You've trained for months, logging your training runs, and run hundreds of kilometres to prepare for your goal race. Then the big day arrives and something disastrous happens: You get the flu. You wake up to a freak hailstorm, heat wave, or blizzard. A killer muscle cramp stops you in your tracks. And with that, your dreams of running a PB or getting a silver at [Comrades](#) evaporate. Maybe you don't even reach the finish line. You're disappointed, maybe even devastated. Was all that hard work really worth it?

Of course it was, as long as you heed what went wrong. "Not meeting a race goal doesn't mean that the race is a failure," says Mark Wallis, a running coach and marathoner from Tucson. "If you can learn something from it, a bad race could be a stepping stone to a breakthrough performance. Also, when you work through a challenging experience, you develop mental strength and perseverance that will help you on your next tough run."

Getting into that mind-set and being able to learn from the past and refocus on the future isn't an easy task. So we've broken the process down into five stages that'll help you recover from the initial letdown and plan your comeback.

1. Immediately After WALLOW (A BIT)

"When you invest so much into your training and don't get the results you want, you have a right to be upset," says sports psychologist Karen Cogan. "Expressing your frustration should be part of your recovery process." Cry, mope, blog, vent to a fellow runner who can empathize. Do what you need to for a day or two (a week tops)—it'll help you move on.

2. The Morning After FIND A POSITIVE

Jane Buck's first marathon in 2008 seemed doomed from the get-go: She woke up feeling sick, a punctured gel oozed all over her hands at the start, her heart-rate monitor fell apart, and then it began to rain. Halfway through she vomited. Still, she finished, which made her realize "I can do anything I set my mind to," she says. "Now when I'm having a tough time on a run, I think back to that race and I can keep going." Wallis says finding the silver lining will help you get over a bad day. "If you were able to adapt and work through, consider the race a success," he says. "Redirect your energy to something positive that came out of it, whether it's getting to run through a new city or getting a new race T-shirt for your collection."

3. A Week Later ANALYZE IT

Once your emotions settle, [review your training plan](#), your diet, and your race-day strategy to see if there is anything you can improve upon. "Every race is a puzzle," says coach Jeff Horowitz, author of *My First 100 Marathons*. "Look for clues to solve the puzzle." Did you rest enough during your taper? Did you go out too fast? Did you drink enough leading up to—and during—the race? "What went wrong is sometimes within your control," says Horowitz, who is proof that mistakes can happen to experienced runners. In March, at his 141st marathon, he was on pace for a 3:15 finish. But just before the finish, his energy tanked and his calf muscle cramped. He eventually finished in 3:35. "I pieced together what went wrong," he says. "I wasn't taking in enough electrolytes." He tweaked his [nutrition](#) strategy for his next race and finished strong, cramp-free—and 10 minutes faster.

4. Two Weeks Later SET NEW GOALS

Every athlete has bad races—even the ones who do this for a living. Britain's Paula Radcliffe dropped out of the 2004 Olympic Marathon, but three months later, staged an impressive comeback by winning the New York City Marathon. Elites like Radcliffe are able to bounce back because they have to, says sports psychologist Neal Bowes, of McLean, Virginia. If they allowed themselves to get caught up in a single bad race, they'd be out of work. You may not get paid to run, but you can adopt this mind-set. "Your running career isn't about one race," Bowes says. "Use your disappointment to fuel your next success." When setting your next goal, though, make it manageable. If you struggled to put in training miles for your last marathon, you might want to target a shorter distance. Also, to increase your chances of reaching your ultimate goal, set smaller goals along the way. If prerace jitters threw you off, race a few 5-Ks before your next big race so you learn to calm those butterflies. "Small victories help rebuild confidence after a disappointing experience," Cogan says.

5. Before Your Next Race MANAGE EXPECTATIONS

"I go into a race knowing full well that part of running is taking the chance that something will not go right," says Kim Maxwell, a coach in Stillwater, Minnesota. Also, before you toe the line again, remind yourself that your performance—good or bad—doesn't define you (see "Embrace the Process," below). Running is part of a healthy lifestyle; it can make you feel stronger, happier, and saner. Those benefits outshine any postrace glow.

FEEL BETTER

If you're still mopey weeks after a race, consult a sports psychologist. Red flags of depression include lack of energy and motivation, appetite loss or overeating.

Embrace the Process

To enjoy your racing, sports psychologist Neal Bowes recommends being **process-focused** rather than outcome-focused. This allows you to see ups and downs as part of becoming a stronger athlete, rather than tying your self-worth to a time goal.

OUTCOME-FOCUSED: You focus on a highly ambitious, perhaps unrealistic, time goal.

PROCESS-FOCUSED: Your time goal is based on training runs and recent races. You also focus on mind-set, pacing, fueling, nutrition.

OUTCOME-FOCUSED: Your confidence as a runner is based on race times. You're driven by how people will view your achievements.

PROCESS-FOCUSED: Your confidence is based on your ability to execute a race plan, your development as a runner, and the role running plays in your life.

OUTCOME-FOCUSED: Your routine is strict—you train through pain and risk injury.

PROCESS-FOCUSED: When you notice a potential sign of trouble, you back off and give your body time to rest.

OUTCOME-FOCUSED: You measure race-day success in terms of times and placing. If you miss a goal time, you feel like a failure.

PROCESS-FOCUSED: You measure race-day success based partly on times and placing, but also on the experience—what you can learn and how you can apply it to future races.

Edible Flu Remedy

Did you know that what you eat can protect you from getting flu this winter? Whilst foods do not replace medicine, some foods and beverages can help decrease the risk of flu, as well as reduce symptoms if you do succumb.

Hard training temporarily weakens the immune system, leaving you vulnerable to the sniffles and chills.

YOGURT

A study of distance runners published in the 2008 British Journal of Sports Medicine found that taking probiotics daily for one month can more than halve the length of time you experience symptoms of an upper respiratory-tract infection. The beneficial bacteria boost levels of an immune system molecule that is a key player in fighting viral infections. To be sure the yogurt you're eating contains probiotics, look for the "Live & Active Cultures" seal.

APPLES

Quercetin, a flavonoid found in apples, as well as grapes, onions, and tea, may lessen runners' susceptibility to upper-respiratory infections, which often occur during periods of [intense exercise](#). The 2008 study from the University of South Carolina found that quercetin, a potent antioxidant, appears to stymie the replication of viruses in the body. All of an apple's quercetin is concentrated in the skin, so leave the peeler in the kitchen drawer.

Head Off Fatigue

When your body's tired, let your mind do the work. *By Jeff Galloway*

Sometimes life requires a little fantasy, or at least a little distraction. A difficult moment--or 10--during a run can be one of those times. So if you're struggling to hold your pace, losing [motivation](#) at the end of a long run, or just trying not to stop, use one of the proven mental tricks below to help you finish your run.

Fantasize

Pretend you're in the Olympics, or any big event, and you're about to win--but only if you can hold off the guy behind you. He inches closer. The crowd gasps. You push and gain a few seconds. You push again. And hold it, until the workout is finished and the medal is yours.

Use your surroundings

Pick an object--a tree, a stop sign--and focus on running to it. When you get there, pick a new object. In a race, concentrate on staying, say, about one metre behind the runner in front of you. Or if you want to [pick up your pace](#), choose the guy in the blue shorts and pass him, then the woman in the bright red top and pass her, and so on.

Plan ahead

Distract yourself by utilising the time for some productive thinking: Mull over an issue at work, mentally write your grocery list, compose a letter, or plan dinner.

Listen to music

Everyone has a song or two that never fails to inspire them. Mine is Bob Dylan's "Like a Rolling Stone." Create a playlist of your top motivational songs so you can access them anytime.

Talk to yourself

Use a mantra to rally your strength. It might be a word or a phrase like "push," or "you can do this." Or a sound, like "oomph."