

Magnolia Newsletter

June 2010 (no 23)

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

Sat morning Slow Run (start time changed)

There has been a requested during the cold winter months to move the start time to **7h30 (30 min later)**.

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

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
Kealeboga	Molokomme	25	June
Collin	Billau	26	June
Kate	Rooseboom	26	June
Francois	Willemse	29	June
Keith	Solomon	30	June
Jennifer	Billau	01	July
Louis	Erasmus	01	July
Paul	Laubscher	01	July

Welcome to our new members to the Magnolia family

Marius Lacante

This week's Thank You's goes to:

1. A special thanks to all the runners that have found their missing shoes under the bed and have started coming back to our Sat and Sun runs.

YEAR PLANNER - NEXT 3 MONTHS

- Away Race: Sept or early Oct?? any suggestions?
- Next Club Tent: Marcel Van't Slot 14th Aug
- General Meeting to discuss very minor changes to be made to our 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 07h30**. 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	26 June	Tap Run	12	07h30	Colin 082-578-3935
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sun	27 June	Tap Run	14	07h00	Freddie 083-347-5040
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sat	3 July	Tap Run	12	07h30	Colin 082-578-3935
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sun	4 July	Tap Run	15	07h00	Freddie 083-347-5040
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sat	10 July	Tap Run	12	07h30	Colin 082-578-3935
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sun	11 July	Tap Run	15	07h00	Freddie 083-347-5040
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sat	17 July	Tap Run	12	07h30	Colin 082-578-3935
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sun	18 July	Tap Run	15	07h00	Freddie 083-347-5040
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sat	24 July	Tap Run	12	07h30	Colin 082-578-3935
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sun	25 July	Tap Run	15	07h00	Freddie 083-347-5040
		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		
All races during World Cup have been cancelled		
26 June	Take 5 Relay (5 per team x 5km) 08h00	Event Office – 012 460 9065 – hank@sportsvendo.co.za
10 July 07h30	Aminostim Country Challenge 15km Cost R46 – 15km AGN Walkers League	Irene Campus ARC, Centurion. Enquires 012 654 0005 / 082 937 0733
07h30	Springbok Vasbyt 25km - R50 and 13.5km - R35	Venue Voortrekker Monument
24 July 08h00	Maxicross Trail Run 15km Cost R45 (I believe it is a pre entry race only and limited to 700)	Groenkloof Nature Reserve, Fountains Valley. Pre-entries: Runaway Sport / Running Inn / The Sweat Shop and online at www.sa-active.com
31 July 07h00	Rustenberg Mountain Race 25km Cost: R60	Bersig High School, enquires Gavin 083 327 7101 or www.rtbmc.co.za for payment details
28 Aug 14h00	Spar Women's Race 10km and 5km (New Venue) Cost: R50 for pre-entries and R60 on race day Free T-shirt to the first 2010 entrants	Supersport Park, Cnr South and West Streets, Centurion. Pre-entries at all PTA Spar and Superspar shops plus Run-A-Way Sport, Running Inn and The Sweat Shop,
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. **Contact Paul if you want all your own personal race results.**

CONGRATULATIONS to:

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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

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	Boerefot 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).

- **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

- Hi Colin (received from Karel Niemand)

Comrades has come and gone and the talk of 2011 is already in the air. After running my 10th one in the year 2000, I had lost interest in running as I had achieved my goal, although I was running to keep fit I didn't miss the long runs, early mornings and all the hard training but I still had to do a Comrades in my green number.

After family bereavement in 2008 and an injury in 2009 I started training for 2010, doing races like Om-Die-Dam after 10 years was an experience in itself but none the less enjoyable.

So we were now on track for Comrades and after not running the big C after 10 years I knew what meaning of "Novice" meant. I couldn't believe I was actually running Comrades again and reality really hit home as we sang "Shozolozza" at the start.

With the race started I was filled with emotion especially at Cato Ridge where my Late Dad always used to wait and meet me and admittedly the tears flowed as I remembered my Dad, he was my support along the road in all my previous 10 Comrades that I had run and this was the first year he was not there - fortunately I had sun glasses on to hide the tears. So being filled with emotion and forgetting how tough the Comrades route was especially reaching Inchanga my wheels fell off after reaching Drummond and I thought to myself that this is going to be a long day. I didn't care about my time but I knew I would finish - without a doubt.

I spent a lot of time walking and shared the company at times with fellow Magnolians, Iain, Sias, Kalichi and Henk - thanks guys. Slowly my second wind came back and from Cowies Hill I started pushing realizing that I was on the border of a Bill Rowan and only knew it was in the bag when I saw the 1km board to go and 8minutes left. Turning into the stadium and seeing the Magnolia tent and hearing Jenny amongst others cheering for me was really fantastic.

Crossing the finish line I couldn't believe I had made sub 9 but I was ecstatic that I had achieved my goal of running sub . Seeing Dave at the finish to help me reach the Magnolia tent was really a good sight indeed - thanks Dave.

Relaxing at the Magnolia tent watching all the runners come in and looking out for friends, soaking up the atmosphere I realized what I have missed the last 10 years of not running Comrades. Being at the Magnolia tent was the best place to be, the friendship and all those wonderful snacks prepared by Jenny and co was brilliant.

Magnolia has really put so much effort into making us a great club, I cannot even imagine running for another club and I guess my 24 year membership proves that.

Yes, I went through a bad patch on race day (don't we all) but I had an awesome run and Imp already planning next year.

I WILL be back health permitting doing number 12.

My advice to fellow runners is once you have achieved your permanent number, don't wait 10 years before you run in that green number.

Thanks Magnolia.

- Hi Colin, (received from Hienke Meijer

Although I know you've got something else on your mind this week... ;) I already would like to ask you something about a race in Krugerpark. Several people informed me that there will be a half marathon in Krugerpark in August (?). As it is not possible anymore to register for the race, there seem to be race numbers available because of cancellations? Do you know more about this? I would love to run that race, that would be absolutely special. So if you can maybe advise me on how to get a race number ?

But for now, I wish you all the best for the Comrades, I'll think about all Magnolia runners, GOOD LUCK !!!!!

Colin: anybody not running or has a spare race number for Hienke please contact her nienkemeijer@hotmail.com.

RACE REPORT

Hi Collin,

Please find beneath an article what I wrote for friends in the Netherlands. Runners World the Netherlands said they put it on their website this month. I thought you might also want to use it for your newsletter, although the article is in Dutch..... But I guess most Afrikaners will be able to read it.

Also let me thank you and Magnolia big time for all your support before and at the Comrades. You convinced Michelle and myself to enter the race, and looking back I'm absolutely happy that we did. The advice and group runs really prepared us for the big day. Baie, baie danki!

Groete,

Frank

Comrades Marathon, the ultimate human race!

Been there, done it and got the Comrades t-shirt! Wat een ongelooflijke ervaring.

Zondag 30 mei om 5.30, eindelijk aan de start in Pietermaritzburg in Zuid Afrika om de ultimate human race te lopen, de Comrades Ultra marathon van 89 km. De race werd voor de 85^e keer gehouden en is een van de grootste sport-events in Zuid Afrika, vergelijkbaar met onze elfstedentocht (maar dan wat warmer). Tussen de meer dan 20,000 renners stonden 17 Nederlanders, waarvan een collega en ik er 2 waren. Ik woon inmiddels 6 jaar in Zuid Afrika en als je maar een beetje tussen hardlopers komt wordt er over de Comrades gesproken. Niemand is geïnteresseerd in hoeveel halve/hele marathons je gedaan hebt, de vraag is hoe vaak heb je de Comrades uitgelopen? Uiteindelijk heb ik er dan ook maar aan toegeven en 5 maanden hard getraind (9 kilo afgevallen, 4 halve, 1 hele en 1 ultra (50km) gedaan en zo'n 900 trainings-kms in de benen).

De eerste 10-15 km waren in de kou en het donker, toch stonden er al honderden mensen langs de weg te klappen en aanmoedigen te schreeuwen ("you're almost there"...). Na de eerste grote heuvel en 27 km het eerste officiële meetpunt, we hadden er 3.30 over gedaan en lagen mooi op schema. Het begon inmiddels warm te worden, de route naar het half way punt was ongelooflijk zwaar, de weg ging over de bergen in Kwazulu Natal, soort Alp d'huez gevoel. Je rent, je wandelt, je eet, drinkt, kijkt op je stopwatch, praat wat, ziet andere renners ook pijn hebben, en rent weer. Net voor het half way point stonden er vrienden met extra eten en spandoek, goede mentale booster.

Het half way point (45km) bereikten we in 5.51. Ik dacht dat we nu de top van de bergen wel gezien hadden maar het bleef maar omhoog gaan. Het 47km point, het idee dat je na meer dan 6 uur ploeteren nu nog een gewone marathon van 42km moet rennen is absoluut depressief... De mogelijke sub 11 uur finish hadden we inmiddels laten varen en concentreerden ons op het uit lopen binnen de 12uur.

Het hele gebeuren is ook een aaneenschakeling van eten en drinken, om de 2-3km zijn er water points met energade, cola, water, bananen, sinasappelen, etc. Je blijft eten en drinken om je energy op peil te houden, maar na 5-6 uur energy gels heb je het met dat vloeibare voedsel wel redelijk gehad. Een heerlijk aardappel met zout is dan geweldig.

Met nog 35km te gaan ging de weg naar beneden, vanaf toen begon ik met sterk te voelen. Ik had voor het eerst ook het gevoel dat we de comrades uit zouden lopen. Je hebt maximaal 12 uur de tijd; 1 seconde na 12 uur wordt de finish gesloten en krijg je geen medaille, erg zuur ... Het gros van finishers (65%) finished tussen 11 en 12 uur. Voor diegene die onder de 11 uur finishen zijn er andere medailles (sub 11 uur, sub 9 uur, sub 7.30 en sub 6 uur hebben verschillende medailles), allemaal mooie incentives om nog harder te lopen. De tradities maakt de Comrades ook zo speciaal.

Na wat goede down hill stukken en inmiddels toch ook behoorlijk wat pijn in de benen en knieën kwamen we bij het laatste meetpunt. De teller stond inmiddels op 10,45 en we hadden nog 7km te gaan. Vanaf daar wist ik zeker dat we race uit gingen lopen (alhoewel je altijd nog kramp kunt krijgen). Het laatste stuk gaat over de snelweg rond/in Durban. Hier ook weer veel mensen langs de weg die je aanmoedigen.

Het laatste bord, 1km to go, absolute opluchting, je gaat het halen! Na 500 meter draai je het cricket stadion in Durban in. Hier zitten 30,000 man te juichen voor iedereen die binnenkomt, je moet dan nog een ronde door het stadion. Je voelt vanaf daar helemaal geen pijn meer, een euforisch gevoel neemt over, door de finish, de blijheid en de post running high zijn onbeschrijflijk groots. Echt unieke ervaring. Onze finish time was 11.39 (geloof dat ik 11.934 was), na mij zijn er nog meer dan 4000 gefinishd die net onder de 12 uur bleven. Hartverscheurend de mensen die net buiten de 12 uur aankwamen, finish was dicht.... De Zimbabwaanse winnaar was waarschijnlijk al thuis (5.30...!)

Het uitlopen van de Comrades betekent ook dat de 2 goede doelen waar ik voor liep, de Nederlandse Harstichting en de Oosterlig NG Kerk in Pertoria, een mooie bijdrage kunnen verwachten. Als het goed is heb ik circa euro 4000 bij elkaar gelopen en vind het natuurlijk geweldig om deze 100% particulier gefinancierde instellingen hiermee te kunnen ondersteunen.

Ondanks de spierpijn denk ik al weer aan volgend jaar. Voor een back-to-back finish van novices is een speciale medaille... Allemaal onderdeel van wat de Comrades uniek maakt en wat terecht de ultimate human race genoemd mag worden. (fburgers@cmra.org.za)

Frank Burgers

Comrades 2010

My 2010 Comrades "Race Report" took a while to formulate and it is somewhat different. It is not about the running approach, route reports, split times and medals. No – it is about Comrades...!

Because this year, more than ever before I realised what an "awesome" (Victor Matfield's favorite word!) event Comrades is: From now on I will call Comrades day the "**Day of Kindness**".

Because the Day of Kindness brings us all together through acts of kindness. It makes us realise what it means to be a human being and it makes us aware of our fellow human beings – and how much we depend on them... how much we need them if we want to achieve something...

Firstly, in any race or long run, it takes a while before your head is cleared and you start thinking about the things that really matter. As an acts of kindness, Comrades clears your head and towards the latter part of the race, you finally live where you need to be: here today, this minute, this second. The cheering spectator laughing into you face, the water point that is just coming up. The stunning view from the top of Inchanga... Not thinking about tomorrow's worries (which may never realise anyway) or brooding over the mistakes that you have made last year (which no one may be aware of anyway). There on the road you are at last living the day as if it was your last day!

After all, what really matters is *today*. As my friend, Gert, told me after the race, he realised on the Day of Kindness that we (mankind) are acting as if we are so sure that future events will indeed happen, planning our tomorrows in the finest detail – yet we actually do not even know if we are going to make it through today. And that is another one of Comrades' great gifts. We actually realise a few of life's truths. Every runner realises at some point that he/she cannot take anything for granted. Am I going to finish – am I going to earn that specific medal, are my legs going to last...? So when we finally make it, we are grateful to receive what we got. And that is why grown macho men who finish with five minutes to spare, cry on the Monday after race day when they show their medal to their colleagues. That is why others, when back home, start returning acts of kindness to their partners and loved-ones – because during race day they realised just how precious these people are in their lives.

As I was running along the dense crowd of spectators at many points on the route, I realised that they had come out that day just to cheer us along. They wanted nothing in return – just to be part of this festival, the "struggle" of each runner to get to Durban on time and to be able to say "I was part of it..."

The same thought struck me later, as individual lonely spectators clapped their hands (which by then must have been as raw as our tender legs or feet) for us.

The highlight of my race was when my wife, Margaret, met me on the lonely downhill of Field's Hill and ran for kilometers alongside me all the way to the left-turn into Pinetown. I noticed that she did not even have her running shoes on - so this was not planned – it came from the heart (Thanks Maggie!). Then my son, Karl-Robert, took over and handed me a huge Bulls-flag (this may have been planned) with which we ran all the way through Pinetown to the foot of Cowie's. The road through Pinetown in the midday sun has always been one my big challenges in past races. This year the kilos just flew by

and I never laughed so much on this particular stretch. The lower part of Pinetown loved the Bulls flags and the Orlando / Soweto connection, whilst the upper part of Pinetown (sturdy Sharks supporters) reminded me of their rugby alliances. Karl-Robert you are a star and I hope one day you will also be able to receive the gifts the Day of Kindness has to give.

The helpers at the water tables, the physios, the marshals, the TV and camera crews, technicians, time keepers, helpers, driver of the vehicles, spectators – the sms and other messages before (and after) the race, the telephone calls, etc. Each of them being acts of kindness. Someone giving their time for us; someone interrupting their busy, daily routine to send us, the runners, a special word of encouragement or acknowledgment. Some give up a whole day or more just for us – for me and for you... isn't that awesome!

From what I experienced, this was one of the best organised races ever. Whilst the organisers obviously have their reasons for limiting the field, taking into account what happens on the Day of Kindness, I kept wondering how big this could get if everyone would be allowed to participate. To experience first-hand what it means to have lined up as runner at the start, to have sung Shosholoza, Nkosi Sikelele' iAfrika, waited for Chariots of Fire to play, experienced the feeling when the first notes of the song were struck and heard the cock crow and the deep thunder of the gun going off. Made the first careful steps towards Durban. Experienced the first 20 or 30 kilometers as the sun rises, ascended Inchanga and dropped into Drummond, passed the Wall of Honor, Arthur's Seat and felt the Comrades pain slowly coming on... Really experienced the loneliness of the long distance runner, and the camaraderie from fellow runners and the spectators and all people involved. Felt the common goal and gratefully accepted the many acts of kindness...

From this perspective, maybe this gets really close to what the Wise Book means by loving your neighbor...

For if the whole world can act like those who were part of the Comrades experience, all that love and kindness - if seen from space - would surely give our planet a reddish (loving) glow...

Perhaps an appropriate subtitle of Comrades could indeed be: "Experience the Biggest Day of Kindness". If you have already done so, you are part of an incredibly privileged group.

Amid the massive achievements that our country has just produced for the Fifa World Cup (stadiums, infrastructure, "gees" etc.) the Comrades is just another one of those special things that makes South Africa the greatest place to be...!

Thanks to all involved

Dieter Gloeck
Proud Magnolia member

Dieter, Karel, Frank, Hienke, 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](#)

[Tips for Beginning Runners - A GOOD LONG TIME](#)

Boost your fitness by adding minutes or miles—safely. By Jeff Galloway From the June 2010 issue of Runner's World

Many beginners fear the "long run," mistakenly thinking that it has to be an epic and exhausting adventure. However, any run that is longer than any distance you have covered in the past three weeks qualifies as long. Don't feel embarrassed if that means your long run would be three miles—or less. You're the one who sets your limits, and determines when to run past them. Here's how and why to do it when you're ready.

WHY BOTHER? You'll build stamina. Over time, your feet, legs, tendons, and joints better adapt to the movement of running, which makes them more efficient. The result? You can run longer before tiring.

HOW FAST? A gentle introduction will help you adapt to a longer distance. Run two to three minutes per mile slower than you normally run on your easy runs. For example, if you're easily running a 10-minute per-mile pace on Tuesdays, run at a 12-to 13-minute per-mile pace on Saturday. Use a run/walk ratio of two minutes to one minute.

HOW FAR? For your first long run, go a quarter-mile longer than your longest run in the previous three weeks. From that point, increase the distance by a quarter mile to a full mile every time.

HOW OFTEN? Run long every seven to 14 days. Many runners choose to do these runs on the weekend when they have more time. Avoid strenuous exercise the day before so you go into your run with fresh legs.

WON'T I BE SORE? If you do them right, you don't have to be out of commission after a long run. Just scale back your pace and take plenty of walk breaks.

EXPLORE MORE Take advantage of longer runs to cover new ground.

[Tips for Beginning Runners THE NEXT STEP](#)

When (and how) to dial up your running routine By Jeff Galloway From the May 2010 issue of Runner's World

Once you've been hitting the pavement at least three days a week for two months, you may want to take your runs to the next level—by trying a hillier route, taking time off your regular loop, or entering your first race. Why push it? Because challenging yourself to work harder stimulates your mind and strengthens your muscles. Here's how to meet new goals while keeping your injury risk low.

Add This: HILLS

WHY [Hill workouts](#) improve your leg strength.

HOW Start with a hill that is about 40 to 50 steps in length. As you approach the incline, slow your pace and shorten your stride. Maintain your leg cadence, and you'll find yourself going up with confidence. Walk back down for recovery. Do two hills on the first session, adding one every workout until you're up to six.

WHEN Once a week. Try different hills each time.

Add This: SPEEDWORK

WHY Running fast trains your heart, lungs, and muscles to work harder.

HOW Warm up, then do three to four 30-second pickups. Accelerate from a jog to a pace where you find it difficult to talk, hold it for 15 seconds, then return to a jog. Walk for one minute, then repeat. Cool down. Add one to two efforts each session. If your goal is to [run a 5-K](#), work up to 14 accelerations.

WHEN Once a week. Be sure to rest the day before.

Add This: PRACTICE RACING

WHY You'll adjust to the exertion level of your goal.

HOW Warm up, then run once around a track at goal pace. If you want to run a mile in 10:00, run each quarter lap in 37 seconds, finishing in 2:28. (It won't equal exactly 10 minutes as tracks are measured in meters.) Each week, add a half lap at that pace. Before a one-mile race, run three times around at that pace.

WHEN Once a week, but not on the same day as hills or other speedwork.

TAKE IT ON Tackle hills with a partner to help you stay motivated.

Tips for Beginning Runners - LET'S GET STARTED

Running has the power to change your life. It will make you fitter, healthier, even happier. Here's all you need to know to get (and stay) on track to a brighter future. By Selene Yeager From the May 2010 issue of Runner's World

You've seen them effortlessly striding down the street, their sculpted quads shining in the sun. And now you've decided that you, too, want to be a runner. This head-to-heels guide will show you how to get going, keep moving, and make running a lifelong habit. We've even answered your need-to-know questions so you'll feel confident, excited, and ready to hit the road.

GET GOING Walk—A Lot

It's here, in the beginning, where many new runners stumble. You think, Today, I'm going to start running! and out the door you go with the best of intentions—but maybe not the best preparation. Four minutes later your legs, lungs, and even your insides hurt. Don't despair. Whether you're fresh off the couch or coming from another sport, running takes time to break into.

"Every able-bodied person can be a runner," says Gordon Bakoulis, a running coach based in New York City. "Just start slowly and build up gradually." Most coaches agree that the best way to become a runner is with a run-walk program.

Begin by adding small segments of running into your walk. "Start with four to five minutes of walking," says Christine Hinton, a Road Runners Club of America certified coach in Annapolis, Maryland. "Then alternate with some running, always ending with a walking segment to cool down." (See "Run-Walk This Way," below, for a 10-week schedule.) Aim for running at an easy, conversational pace three days a week, with rest days in between. Over time, work up to running four to five days.

Need to Know**Q By the end of my run I can barely move—why?**

A If you're sore before you finish running, your workout session is too long, too fast, or too hard. Ease back down to walking to allow your muscles to heal, says New York City-based exercise physiologist and coach Shelly Florence-Glover of [runningcoach.com](#).

Q Can I still call myself a "runner" if I walk so much?

A "If you're running, no matter how fast or slow, you're a runner," says Andrew Kastor, coach of the official [ING New York City Marathon](#) online training program.

Run-Walk This Way Start and finish each workout with five minutes of walking. Then, alternate the following run/walk ratios for 30 minutes.

WEEK

- 1: Two minutes running/four minutes walking
- 2: Three minutes running/three minutes walking
- 3: Four minutes running/two minutes walking
- 4: Five minutes running/three minutes walking
- 5: Seven minutes running/three minutes walking
- 6: Eight minutes running/two minutes walking
- 7: Nine minutes running/one minute walking
- 8: Thirteen minutes running/two minutes walking
- 9: Fourteen minutes running/one minute walking
- 10: Run the whole time!

GET GOING Warm Up Well

Treat yourself like a runner—from day one. That means taking time to properly warm up and cool down. "A good warmup makes it much easier to get going and keep going," says Kastor. "It's much more than just boosting blood flow to your muscles." Your neuromuscular system, which involves your brain telling your muscles how to contract, gets up to speed.

Your body starts churning out fat-burning enzymes, which help your aerobic system work more efficiently. Synovial fluid warms up, which helps lubricate your joints. "Too many beginners skip this step without realizing how much easier it makes the whole workout feel," says Kastor. Cooling down, while less critical, allows your body to gradually adjust from running back to a resting state. "Just a few minutes of walking is all you need to let your heart rate return to normal and for your body to clear out any metabolic waste you created during your efforts," says Kastor.

Two Ways to Warm Up

Spend five to 10 minutes on these simple movements to prepare your body for your run and help prevent injury
WALKING Go at a moderate pace

ACTIVE STRETCHING Side lunges, walking lunges, butt kicks (jog in place, bringing your heel high as though trying to kick your butt), skipping

GET GOING Vary Your Running Surface

Runners often have strong opinions about where to run. The best solution for you as a new runner may be to simply mix it up, says Glover. "Soft is not necessarily better," she says. "Both treadmills and dirt may seem 'softer' and therefore safer, but they have their issues. A treadmill belt has a slight shimmy when the belt impacts the bed that can contribute to shin issues. Dirt and trails can be uneven and have holes and ruts. Keep it varied; maybe sidewalk one day, paved road the next, and a trail on the weekends."

Need to Know

Q When will I stop feeling so sore?

A If you ease into running, your postrun discomfort shouldn't be debilitating. If it is, return to walking and running. However, don't let a little soreness scare you off. "It's a sign that you're progressing," says Kastor. The ache just shouldn't bleed from one run into the next, he cautions. "Typical soreness should fade as you warm up. If it doesn't, cut your workout short. Do a little cross-training for a couple of days to let that sensation dissipate, so you don't become injured."

Q What should I do if my (fill in the blank) hurts?

A Some minor aches and pains are common, and rest should clear them up. Back off by walking or riding a bike for a few days, ice the area a few times a day, and take anti-inflammatories as needed. If you experience sudden, sharp pain while you're exercising, try walking it out for a few minutes. If the hurt doesn't ease, stop immediately and head home. If discomfort persists, see a podiatrist or orthopedist.

Q When runners run in the road, do they have to use hand signals?

A Not the way cyclists do. For one, you should be running against, not with, the flow of traffic. But don't assume a driver sees you. Stretch out a hand and make eye contact at intersections. If you're at a stop sign or light, it's a good idea to let drivers know which way you're going, especially if you'll be turning in front of them.

Q I often get pebbles in my shoe—it's annoying! How can I keep them out?

A Are the stones sneaking in the back? There may be a gap in your heel. A strategically-placed cosmetic sponge pad can help seal it up. If they're creeping in the sides, lace your shoes snugly, using all the holes. Lastly, if you're ready for another pair, trail-running shoes have a "gusseted" tongue (meaning the seams are sealed to close any gaps), which keeps pebbles and trail debris out of the shoe.

NEVER TOO LATE

Sonya Gregory-Hayes, 50, Bolingbrook, Illinois

IF SOMEONE TOLD ME I'd be a runner, I never would have believed them," says Gregory-Hayes. A year ago, she started walking with her husband, who was suffering complications from diabetes. She lost weight and felt better. Inspired, she added some running into her walks. She soon ran a mile. "I was so excited, I was telling strangers on the street!" she says. She kept running until she reached three miles. This past Thanksgiving, she entered her first 5-K. "It was a lot of fun. I didn't walk. I came in around 42 minutes. I'm still on a high from that one." She wants to race again, and she'll never stop running. "I don't have a lot of time for myself," she says. "Running is immediate gratification; it has truly saved me. And as a bonus I need all new clothes! I started as a size 16 and now I'm a 12." She just may wait to splurge on more. "My goal is a size 10, or even an 8."

KEEP MOVING Watch Your Form

Running is a natural movement, so good running form should feel natural, says Bakoulis. "Some of the best runners in the world have terrible form!" she says. "But that's not to say that you shouldn't strive to start out with good posture habits."

Here's what to aim for:

Head Keep it up—your eyes should be looking ahead. Keep your chin up and back, not dropped toward your chest or jutting out in front of you.

Shoulders One word: relaxed. Many runners tense their shoulders so they creep toward their ears. This causes fatigue and slows you down. Shake out your arms and keep your shoulders low and loose.

Arms "Your legs do what your arms tell them to do, so you want your arm swing to drive your legs forward in a nice straight line," says Kastor. That means swinging your arms forward and back, not across your body. Keep your elbows bent about 90 degrees and cup your hands into loose fists with fingers lightly touching your palms.

Torso Run "tall," so your back is comfortably straight. Avoid leaning forward from the waist.

Hips Pointed straight ahead and upright, not tilted forward or back.

Legs and Feet Your feet should feel quick and light, says Kastor. "You want to feel springy, like you're popping off the ground." Shorten your stride so your feet land directly underneath your body. Land on your heel to midfoot and push off through the ball of your foot.

KEEP MOVING Take It Easy

It's easy to overdo it on the days you feel good, or when you're running with a faster friend. But doing too much too soon is a classic rookie mistake that can lead to injury and burnout. "When you're first starting out, your goal should just be to have fun and run every other day," says Glover. Once you're running consistently, you can add days until you're running five days a week or more. Increase your time/distance by no more than 10 percent from week to week.

The 10% Rule: Add just enough time (or distance) to improve your fitness, and stay injury-free

THIS WEEK if you ran: 90 minutes

NEXT WEEK run: 99 minutes

THIS WEEK if you ran: 120 minutes

NEXT WEEK run: 132 minutes

THIS WEEK if you ran: 150 minutes

NEXT WEEK run: 165 minutes

Need to Know

Q Will everyone be able to tell by looking at me that I'm a beginner?

A Only if you broadcast it by looking around, apologizing, and announcing that you're really not a runner yet. Seriously, everyone has his or her own style and many longtime runners have "bad form."

Q I run so slow, it's more like a shuffle. Is that bad?

A "Shuffling is not bad," says Bakoulis. "It's efficient to not use extra energy, and lifting your knees high is not moving you forward. Some of the best runners shuffle." The only danger is tripping. Watch for that.

Q Some days, my legs say yes, but my head says no—what should I do?

A Give yourself 10 minutes to warm up, suggests Kastor. "A good warm up helps you let go of stress and allows the chemical changes to happen in your brain that change your mental state from no to yes," he says. "That's why those first few steps are often the hardest. Your mental state hasn't warmed up to the run yet."

Q I missed a couple of runs in a row and now I feel like I'm back at square one—it's so discouraging!

A It is frustrating, but the good news is, you don't go backward that quickly. "Just pick up where you are in your running plan and keep moving forward," says Hinton. "If you miss more than a few runs, just repeat the planned week from the beginning." If you're feeling rusty from a few missed sessions, dial back your pace (or take more walk breaks) and keep going. You'll be back on track in no time.

KEEP MOVING Seek Inspiration

In the end, running should be fun; and even veteran runners use outside assistance to keep the fun factor high. Here's how to stay inspired.

Training Logs

A simple journal offers insight into how far you've come, what's working, what's not, and keeps you on track to meet your goals. Some items to consider recording: type of run (duration/miles/special workout); effort level; food and drink consumed before, during, and after; weather; and how you felt. You can find one free at traininglog.runnersworld.com/logs.

Running Partners

The American College of Sports Medicine recommends having an exercise partner because it improves the odds that you'll stick with working out. Here's why: Your run flies by when you're talking with a friend, and knowing a partner is waiting for you is great motivation to leave the comfort of your chair.

Music

If you've ever taken an aerobics class, you know the powerful effect music can have on performance. "Certain types of music can help lower the perception of fatigue and enhance feelings of vigor and excitement," says sports and exercise psychologist Costas Karageorghis, Ph.D., C.Psychol, of West London's Brunel University. Just be sure to keep the volume low so you're aware of your surroundings.

Look the Part

The beauty of running is in its simplicity. All you need is a good pair of shoes. Go to a specialty running store where trained professionals will evaluate your feet, watch you run, recommend the right shoes, and then let you go out for a test drive. You'll leave with a comfortable pair of shoes that will have you running pain-and injury-free.

Need to Know

Q Will other runners be annoyed if I fall behind on group runs?

A Only if you do it time and time again, while shouting out for everyone to hold up because you don't know where you're going. "Everyone has been a beginner at some point," says Kastor. "You're bound to have a day where you fall behind, and that's okay." Experienced runners are encouraging and happy to slow down on a run here and there to help you out and keep you in the sport, he says. The key for the long term is finding a group that includes runners who run your pace.

Q I don't know what my pace is—how do I figure that out?

A To figure out your "regular" running pace, time yourself running comfortably for one mile. Measure out a mile by driving one, measuring the distance online (mapmyrun.com), or going to a local high school track and running four times around.

Your resulting time on the track will be slightly faster than your per-mile pace because the track is measured in meters not miles, and is slightly shorter. Plus, tracks are flat and springy, which means you'll always run faster on them compared with when you're on the road. You can also use online pace calculators to determine what your pace should be for longer distances. Just plug in your pace and target distance. Find one at [runners world.com/cda/trainingcalculator](http://runnersworld.com/cda/trainingcalculator).

RUNNING IT OFF

Kristi Lane, 34 Wescosville, Pennsylvania

EIGHT YEARS AGO, Lane stepped on the scale and saw a number that astonished her: 313 pounds, which hung on her 5'4" frame. "I knew I had to do something," she says. Her son was an active toddler, and Lane couldn't keep up with him. She began walking on a treadmill at her company gym, and after a few months, she lost 20 pounds. Then she got pregnant again. "I fell off the wagon," she says, "but not for long." She started walking on the path behind her office. "At some point I realized I was walking as fast as I could. So I'd pick a tree up ahead and jog to that." Soon she was walk/running three to four days a week. Just under a year later, she'd lost 80 more pounds. "Once I started running, the pounds just melted off," says Lane, who wants to lose another 50. "Now I sleep better and have tons of energy. I just keep going. I crave running. If I don't do it, I get cranky. I'm a real runner now."

What Causes Cramps? by Ross Tucker

I seem to suffer from muscle cramps every time I run in marathons. I don't have this problem in training, even on long runs. What causes this and what should I do? - Lauren, Colesberg

For a long time, the theory was that it was a shortage of magnesium or other electrolytes, and taking supplements would prevent cramp. However, research carried out in the last 10 years, including at the Two Oceans marathon, has shown that crampers do not have lower electrolyte levels than non-crampers, so there is no reason why taking electrolytes should help. Instead, recent work by researchers from the University of Cape Town at the Iron Man triathlon has hinted at another possible cause. Drs Martin Schwellnus and Malcolm found that athletes who were ambitious and set performance goals that were beyond their capabilities were far more likely to cramp than athletes who set realistic goals. It seems that cramps may be brought on by fatigue as a result of over-exertion, relative to training. The theory, according to Schwellnus, is that the neural control of the muscle is adversely affected by fatigue, causing the muscle to go into spasm, or cramp. So what should you do? Stretch the muscle immediately. This removes symptoms and it lowers the electrical activity in the muscle, showing that it actually relaxes the muscle.

Runner Dr Ross Tucker has a BSc (Med) (Hons) Exercise Science Degree and PhD from the Sport Science Institute of Cape Town and works closely with "running professor" Tim Noakes