

Magnolia Newsletter

JuLy 2010 (no 24)

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.

Membership fees reduced

As from 1st July our membership fees will be reduced as follows:

- R260 to R210 for full member
- R210 to R200 for second member
- R160 to R140 for Social member (Does not participate in races, but wants to be part of the Magnolia family and activities)
- R160 to R140 for friends of Magnolia (Participates in other club colours, but wants to be part of the Magnolia family and activities)
- All other categories remain unchanged (Junior and Great Grand Master R110)

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

Keith	Solomon	30	June
Jennifer	Billau	01	July
Louis	Erasmus	01	July
Paul	Laubscher	01	July
Colin	Meyer	04	July
Christiaan	Schutte	04	July
Sol	Jacobs	05	July
Annette	Jost	06	July
George	Grimes	07	July
Moteke	Keoganne	07	July
Abdul-Kader	Mahomed	07	July
Bonita	De Robeck-Carolin	11	July
Mpho Jeffrey	Madiga	11	July
Michiel	Van den Berg	11	July

Welcome to our new members to the Magnolia family

Monique Stoffberg

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. There were 13 and 15 on Sat and Sun respectively.

YEAR PLANNER - NEXT 3 MONTHS

- Away Race: Sept or early Oct?? any suggestions?
- Next Club Tent: Marcel Van't Slot 14th Aug (Paul)
- General Meeting to discuss very minor changes to be made to our constitution

July / Aug 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	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
Sat	31 July	Tap Run	12	07h30	Colin 082-578-3935
		Normal Club walk	10	07h00	Suresh 082-446-6880
Sun	01 Aug	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
- **Lainsburg 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

<u>All races during World Cup have been cancelled</u>		
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	Rustenburg 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
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 Monique Stoffberg)

Oh, I am so glad to be a Magnolian again... I guess in one's heart one never loses that. Magnolia has always been my family since my running and triathlon endeavours started. We've had so many good times together. Then I got asked to join Irene and I thought.... Okay, let's try it and run Comrades with my sister who is from Irene just one more time. I was never a big Comrades runner – once was good enough for me and my first Comrades in 2005 in Magnolia was A NOVICE DREAM RUN! I am glad to say that I am happy to be back with my family... Magnolia! Let's make the club tent at races a great family affair too ☺ Kids and all ☺

- Dear Colin (received from Yvette Meintjies)

Thank you for the newsletter – as always! Reading all the Comrades-stories makes me wish I could do it too! Congratulations on your race completed! All of the very best to you!

RACE REPORT

No race reports received

Monique and Yvette, 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

The Best Way to Run Faster – by Mike Finch

If there is one lesson that amateur runners can learn from the world's best is the speed at which we turn our legs over during running. Here's why running cadence could be the single best way to improve your running.

Managing director, Mike Maytham, weighs in at just under 90kg and measures 1.89m. He's a big guy with an equally big heart for running. But Maytham's never been a great runner... until recently! The 30-year-old, frustrated by injury and a seemingly genetic inability to run fast, looked at the example of cycling friends and decided to apply the term "cadence" to his running.

Running cadence is nothing new. Physiologists and coaches have been working with it for years, but only recent studies have shown how important having a good running cadence is when it comes to **running fast and efficiently**, while also reducing injuries. Most elite runners can run at a cadence of 95 or more whereas most amateur runners battle to reach 85. Cadence is defined by the **number of strides per minute made**, i.e. a cadence of 95 equals 190 foot strikes each minute. Initially Maytham, after a little research, discovered that his average cadence languished around 80 and he vowed to increase his stride turnover. At first the results weren't good, but as his body adapted to the more efficient method of running and the change in the cardiovascular output, suddenly his running became smoother, faster and less painful.

Friends remarked how easy his **running style** looked and he made rapid improvement in his overall pace. "It made sense because cyclists focus so much on cadence and a good cyclist is defined by his leg turnover," says Maytham. "It took a little time for my breathing to adapt, but once I'd managed that the change was marked."

BENEFITS OF IMPROVED RUNNING CADENCE

Essentially, an improved running cadence has the following benefits:

- **Better Efficiency**" Learning to run with a rapid leg turnover means also reducing the braking effect of over striding. That means that all your energy is focused on moving you forwards.
- **Quick, Light Steps:** A high cadence means that your foot spends less time on the ground and reduces the chance of injury from impact.
- **Better Muscle Usage** Keeping a quicker cadence requires you to lift your knees and puts less strain on the hip flexors. Check this out by standing on one leg and swinging your leg from the hip rapidly. Check how much more effort it takes than when you bend your knee and do the same thing.

Improve Your Running Cadence

Working out your cadence and improving it can mean big changes to your running.

WHAT'S YOUR CADENCE?

On a normal run, time yourself for one minute and count how many times your right foot hits the ground. Do this three or four times so that you can gauge an average and note that cadence decreases on uphill and increases on downhill.

Below 80 = Poor

Between 80-85 = Average
Between 85-95 = Good
Above 95 = Start training for the Olympics

CADENCE WORKOUT

A cadence of 95 is ideal so try this simple workout to help you improve.

- Warm up for 10 minutes.
- Time how long it takes to run 30 right foot strikes at 85% effort.
- Walk back to the start point and recover fully.
- Repeat and try and get as close to 19 seconds for 30 right foot strikes.
- Start with six repeats and move to eight, once a week

Mid-Run Tummy Trouble? - By Liz Applegate Ph.D

Changing what—and when—you eat can halt all kinds of midstride stomach trouble.

At some point, everyone suffers **midrun stomach problems**, whether it's a sharp pain that forces you to walk or the sudden need to find a portaloos asap. Luckily, there's a cure for whatever ails you. Here's how to identify any digestive issue that might slow you down—and prevent it from wreaking havoc on your next run.

Sharp stomach pain and burping while running

CULPRIT Runners who get pre-race nerves, drink carbonated beverages, or chew gum often swallow air, causing belching and pains that mimic heartburn or a heart attack.

FOOD FIX Pass on fizzy drinks and gum pre- and midrun. Eat slowly to avoid swallowing air. If you get prerace nerves, take slow, relaxed breaths to avoid trapping air in your stomach.

A burning feeling in your chest that can occur while running

CULPRIT Called heartburn, acid reflux, and "GERD," gastroesophageal reflux disease occurs when stomach acid hits the esophagus.

FOOD FIX Eat a few small meals, not one large one; wait three hours after eating to run. Don't lie down after a meal (it can prompt reflux). Avoid trigger foods such as mint, coffee, and spicy dishes.

Excessive gas and bloating

CULPRIT When intestinal bacteria try to break down fibre and other indigestible [carbohydrates](#), they produce gas. Eating lots of fibre creates excessive gas and bloating.

FOOD FIX A full day prior to a race, back off high-fibre foods, such as whole grains, beans, and bran cereals, as well as the problematic foods listed in "Unusual Suspects" (below).

Excessive gas, bloating, and occasional diarrhea

CULPRIT Symptoms may be caused by lactose intolerance, an inability to digest lactose in dairy.

FOOD FIX Cut out dairy, or buy lactose-free versions (some people with lactose intolerance can handle [yogurt](#)). Take enzyme pills to help your body digest dairy.

A sudden midrun need to hit a bathroom

CULPRIT The gut receives less blood midrun, causing poor GI function—earning this malady its nickname, the "runner's trots." The longer your run, the more likely you'll experience it.

FOOD FIX Avoid high-fibre foods 24 hours before running. Pass on coffee (it stimulates intestinal motion). Dehydration and too many midrun carbs worsen the problem; don't exceed 30 to 60 grams of carbs per hour.

An urgent need for a bathroom when not running

CULPRIT Gluten is a wheat protein some people can't digest, causing gas, bloating, and diarrhoea.

FOOD FIX If you suspect gluten intolerance, see a doctor for a diagnosis, and only eat gluten-free foods. However, if you have severe abdominal cramps or blood in your stool, see a physician immediately. You may have a more serious digestive disease or colon polyps, which require treatment.

Unusual Suspects

Having GI problems? Cut back on these runner faves

BROCCOLI, MELON, AND BELL PEPPERS

These fruits and vegetables contain gas-forming, indigestible carbohydrates that cause painful bloating midrun.

FIBRE-FORTIFIED FOODS

The added fibre in breads, yogurt, crackers, and other foods can create bulkiness in the colon, gas, and loose stools.

ICE CREAM

Compared to other dairy, this sweet dessert is particularly high in lactose and can cause trouble for lactose intolerant people.

NSAIDS

Aspirin, ibuprofen, and other nonsteroidal anti-inflammatory drugs can irritate the stomach, and in extreme cases even cause intestinal bleeding.

JUICE AND ENERGY DRINKS

They contain a high concentration of carbs and when drunk before or midrun can cause stomach cramps.

CAFFEINE

It can stimulate the intestinal tract. Cut back on caffeine sources like coffee and tea. Check other drinks, foods, and medications for caffeine content.