

# Magnolia Newsletter

JuLy 2010 (no 25)

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

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**Take care on the roads and make sure that you are visible and safe at all times.**

## Membership fees reduced

As from 1<sup>st</sup> 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:** Stock available at 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 6<sup>th</sup> Sept (The Trim Park is getting very dark and can be potentially dangerous). There will still be runs from the clubhouse, but on the roads around the club. No time will be taken. Please contact the club or vice captains for starting times.

### Birthday wishes - enjoy your special day

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
JC	Marais	12	July
Johan	Grove	13	July
Isaac	Masango	13	July
Jaco	Wilkinson	13	July
Kobus	Esterhuizen	14	July
Maxime	Fletcher	14	July
Andre	Eaton	15	July
Marlene	Louw	15	July

## Welcome to our new members to the Magnolia family

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

1. Charl and Freddie / Tinus for organizing the Sat and Sun runs.

### YEAR PLANNER - NEXT 3 MONTHS

- Away Race: Sept or early Oct?? any suggestions?
- Next Club Tent: Marcel Van't Slot 14<sup>th</sup> 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

<b>Organised weekend training sessions starting at the clubhouse (NOTE NEW starting times)</b>					
Sat	10 July	<b>Slow Tap Run</b>	12	<b>07h30</b>	Colin 082-578-3935
		Normal Club walk	10	<b>07h00</b>	Suresh 082-446-6880
Sun	11 July	<b>Tap Run</b>	15	<b>07h00</b>	Freddie 083-347-5040
		Normal Club walk	10	<b>07h00</b>	Suresh 082-446-6880
Sat	17 July	<b>Slow Tap Run</b>	12	<b>07h30</b>	Colin 082-578-3935
		Normal Club walk	10	<b>07h00</b>	Suresh 082-446-6880
Sun	18 July	<b>Tap Run</b>	15	<b>07h00</b>	Freddie 083-347-5040
		Normal Club walk	10	<b>07h00</b>	Suresh 082-446-6880
Sat	24 July	<b>Slow Tap Run</b>	12	<b>07h30</b>	Colin 082-578-3935
		Normal Club walk	10	<b>07h00</b>	Suresh 082-446-6880
Sun	25 July	<b>Tap Run</b>	15	<b>07h00</b>	Freddie 083-347-5040
		Normal Club walk	10	<b>07h00</b>	Suresh 082-446-6880
Sat	31 July	<b>Slow Tap Run</b>	12	<b>07h30</b>	Colin 082-578-3935
		Normal Club walk	10	<b>07h00</b>	Suresh 082-446-6880
Sun	01 Aug	<b>Tap Run</b>	15	<b>07h00</b>	Freddie 083-347-5040
		Normal Club walk	10	<b>07h00</b>	Suresh 082-446-6880
Sat	08 Aug	<b>Slow Tap Run</b>	12	<b>07h30</b>	Colin 082-578-3935
		Normal Club walk	10	<b>07h00</b>	Suresh 082-446-6880
Sun	09 Aug	<b>Tap Run</b>	15	<b>07h00</b>	Freddie 083-347-5040
		Normal Club walk	10	<b>07h00</b>	Suresh 082-446-6880

**Pre-entry Race closing dates and details (away races and PRE-ENTRY ONLY)**

- **Rustenberg Mountain race** – go to [www.rtbmc.co.za](http://www.rtbmc.co.za) for on-line entry form and race bank details. Race date 31 July
- **Laingsburg Karoo Ultra marathon 80km** – Contact Miss P Buys 023-551 1019 race date 11 Sept
- **Closing dates for pre-entries – local races only (can still enter on the day)**

<b><u>Race Calendar and key dates</u></b>		
<b>All races during World Cup have been cancelled</b>		
10 July 07h30	<b>Aminostim Country Challenge 15km</b> <b>Cost R46 – 15km AGN Walkers League</b>	Irene Campus ARC, Centurion. Enquires 012 654 0005 / 082 937 0733
17 July 07h30	<b>Springbok Vasbyt</b> Cost: 25km - R50 and 13.5km - R35	Venue Voortrekker Monument
24 July 08h00	<b>Maxicross Trail Run 15km</b> <b>Cost R45 (I believe it is a pre entry race only and limited to 700)</b>	Groenkloof Nature Reserve, Fountains Valley. Pre-entries: Runaway Sport / Running Inn / The Sweat Shop and online at <a href="http://www.sa-active.com">www.sa-active.com</a>
31 July 07h30	<b>Jolly Jumper half marathon + 10km</b> <b>Cost:</b>	Zwartkop Lapa, Enquires Sharon 082 454 1598
31 July 07h00	<b>Rustenburg Mountain Race 25km</b> <b>Cost: R60</b>	Bersig High School, enquires Gavin 083 327 7101 or <a href="http://www.rtbmc.co.za">www.rtbmc.co.za</a> for payment details
14 Aug	<b>Marcel Van Slot 15km</b> <b>Cost:</b>	Phobians Club, Lynnwood. Enquires Gerald 084 582 7242
21 Aug	<b>Dawn to Dusk 12 hour circuit</b> <b>Cost:</b>	Akasia High School PTA north Enquires Gerrie 082 040 5453
28 Aug 14h00	<b>Spar Women's Race 10km and 5km (New Venue)</b> Cost: R50 for pre-entries and R60 on race day <b>Free T-shirt to the first 2010 entrants</b>	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 - ^^ - <a href="http://www.enteronline.co.za">www.enteronline.co.za</a> ++ - <a href="http://www.saactive.com">www.saactive.com</a>		
<b><u>2010 Running (RR) / Walking League Races (RW)</u></b>		
<b>Please enter the below league races to maximise the amount of league points scored for the club (RR – Road Running &amp; RW – Road Walking)</b>		

DATE	EVENT	LEAGUE			CHAMPIONSHIPS	
		Club	RR	RW	RR	RW
10 July	Irene Aminostim			15km		
14 Aug	Marcel Van't Slot	Phobians		15km		
4 Sept	Spirit Of Flight			10km		
18 Sept	CSIR	CSIR	10 & 21km			
9 Oct	Capital Classic	Phobians	10 & 21km			

### Achievements

Please e-mail all your race achievements to **Paul Laubscher** at [paul.laubscher@gmail.com](mailto:paul.laubscher@gmail.com) or **012-844-0744** Work or forward to me. All runners participating in walking events, please contact me for your walking results to be recorded. **Contact Paul if you want all your own personal race results.**

**CONGRATULATIONS to:**

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### Time Trial

1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday of month	Opposite Magnolia Club house (Runners & Walkers) Official start time:17h30	3, 5, 6, 8, 9 km	Select your distance. Time is taken and recorded. Walkers 3km. Some walkers start at 17h00 and do 6 km, last 3 recorded
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**TIME TRIAL SUSPENDED UNTIL 6<sup>TH</sup> SEPT DUE TO THE WINTER DARKNESS AND SAFETY REASONS**

### **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](#)**

## **RACE REPORT**

**No race reports received**

### **[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**

### **Eat Organic Food - A NATURAL CHOICE**

**Eating organic food is good for your running, your health—and the planet, too.** By Maria Rodale. From the June 2010 issue of *Runner's World*.

We are bombarded with information about [organic foods](#)—yet much of it is conflicting. Some people say it's more nutritious, others say it's not. And isn't it more important to eat food produced locally? The truth is organic agriculture is key to our survival—and there's clear scientific data to back it up. I'm not the first in my family to reach this conclusion. My grandfather, J.I. Rodale, launched *Organic Farming and Gardening* magazine in 1942, and with it the organic movement (as well as the company that publishes *Runner's World*). My father supported local farmers. To them, organic was obviously healthier and better for the environment. But in the 1960s, many considered them crazy. So they set out to prove their ideas.

As a result of their efforts and those of others, we can prove organic farming is better for the environment, can stop the climate crisis, and can eliminate toxins from our soil and water. So critical is it that we embrace organic methods that I make this statement: If you do just one thing to change the world, go organic. No choice will have greater positive repercussions for our future. I don't run anymore (I switched to [yoga](#)), but my husband is a runner, and many of my colleagues are too, so I understand how deeply you care about keeping your body fit and strong. Here's why going organic is important for you and the landscape you run through.

#### **EAT NUTRIENTS, NOT TOXINS**

Organic foods are a healthier choice—and in more than one way. Studies show some organic foods are higher in antioxidants and cancer-fighting nutrients, such as conjugated linoleic acid. They're also healthier because they contain fewer chemicals. In a study published in *Environmental Health Perspectives*, researchers analyzed urine samples of children who ate a chemical food diet and then samples from the same children after eating an organic diet. They found far fewer chemicals in the children's urine the same day they switched to an organic diet—and a return to high levels when they went back to a chemical diet.

#### **PROTECT YOUR BODY**

Most chemicals don't biodegrade over a few months. Some last forever and their impacts are horrible. Arsenic is a prime example. It's used extensively in farming as a pesticide. The EPA lists the safe limit in drinking water wells at 10 parts per billion (ppb), but in many areas around the United States, levels range from 50 to 90 ppb. A recent study published in *Environmental Health Perspectives* links chronic low-level arsenic exposure to cancer, cardiovascular disease, diabetes, and reproductive and developmental defects.

#### **GET PLENTY OF PROTEIN**

Going organic doesn't mean you have to become a [vegetarian](#). Environmental concerns about eating meat come primarily from the methane produced by raising animals in confined lots, which are inhumane, wasteful, and full of diseases, necessitating the overuse of antibiotics. Happily, both meat and dairy products are now produced organically. And while studies have shown that eating too much meat can be unhealthy, animals can be an important component of our nutrition, providing protein, B vitamins, and iron.

#### **SOLVE THE CLIMATE CRISIS**

Organic growing methods have a smaller carbon footprint than chemical methods do. In a study commissioned by PepsiCo, an independent researcher found the most significant component of the carbon footprint for Tropicana orange juice (a PepsiCo product) wasn't transportation or manufacturing, but "production and application of fertilizers." The local movement has been important in revitalizing farms. But local chemical farming poisons communities and increases residents' carbon footprint and energy use. Local organic farming cleans up communities and decreases carbon production and energy use, making it the best choice for ourselves and the environment.

#### **ENJOY THE TASTE!**

There may not be scientific proof to back this up, but organic produce has overcome its once-negative reputation as bland-tasting. Organic foods are fresh and flavorful. They look just as good as, if not better than, produce from chemical farms, and taste even better—especially if grown locally. And eating organic does not condemn you to a diet of [nuts](#) and

tofu. Today, you can find organic versions of the most popular foods, including runner favorites such as pasta, peanut butter, and even dark chocolate—a post-run treat that's good for your body, the earth, and even your taste buds.

Adapted from *Organic Manifesto: How Organic Farming Can Heal Our Planet, Feed the World, and Keep Us Safe*, by Maria Rodale (March 2010, Rodale).

According to a study from the University of Washington, people who eat organic foods reduce their pesticide intake by as much as 90 percent.

## **Motivation Tips for Runners - A FRESH START**

**Our ultimate guide to becoming a runner--whether you're new to the sport or returning after a layoff. By Sarah Lorge Butler PUBLISHED 04/24/2008**

Anybody can be a runner. That basic truth dawned on Rasoul Motavalli after repeatedly driving past runners late at night. "At first I thought, What is wrong with these people?" Motavalli says. "Ten yards later, I'd say, Can I be like that?"

He could, of course--and so can you. The sport's inclusiveness is part of its appeal. But how do you become a runner? Tie your [shoes](#) and go? In essence, running is that simple. (That's also part of its appeal.) But as you get going, questions arise: Should I run 20 minutes or 30? Is [walking](#) okay? If I've run before, do I need to start at the beginning? On the following pages, you'll find the answers, a training plan, and everything else you need to get started, or restarted, on a running program.

### **Who needs this story?**

**The Newbie:** Someone who has never run before.

**The Fit Beginner:** A person who also hasn't run before, but has been exercising regularly for at least three months

**The Returning Runner:** A runner who hasn't run in a few months--or years

### **Before Your First Step**

When Motavalli, who's a 40-year-old IT consultant in Baltimore, mentioned to his niece that he wanted to give the sport a try, she sent him to Fleet Feet Sports, a specialty running store. The co-owner, Karen Levin, watched him run, measured his feet, and pulled out a size 9 1/2. "I said, 'You don't understand. All my life I've been a 9.'" She insisted. He tried the 9 1/2s on and admitted they felt better. Levin had a new customer. And Motavalli had the right running foundation.

Many new runners are reluctant to spend money or time on the sport before they get started. "They're hesitant because they don't know if they'll stick with it," says Kara Kelly, M.S., R.N., who coaches runners in the Cleveland area through the running store Second Sole Rocky River. But getting started will be easier if you commit some time and do some planning first.

**Open your day planner** Kelly asks new runners to bring their calendars to their first session. "I have them set a fairly regular running schedule," says Kelly. Having a run on the books makes it more likely that you'll do it. But use pencil; running has to adjust to life's inevitable complications, like your cousin Fred's bachelor party or an unexpected 12-hour shift.

**Get a checkup** You may feel fine, but if you're a man over 45 or a woman over 55, and especially if you have risk factors for heart disease (obesity, family history, hypertension, high cholesterol), get your doctor's clearance to start exercising, says Kathleen Rokavec, M.D., a family physician in Damariscotta, Maine, and five-time marathoner. Starting to exercise if you have cardiovascular disease, which you may not know about, can put you at a greater risk for a [heart attack](#). You should get an annual physical anyway; a plan to start running is a good excuse to get it scheduled.

**Buy running shoes** Cross-trainers, aerobics shoes, and other athletic foot-wear don't have enough cushioning to handle running's impact--nor does the pair of running shoes you wore two years ago. Buy new running shoes, or you risk getting injured. To find the right pair, check out our simple guide ([right](#)).

Scot Sedley, 31, had had enough of the post-work bar scene. So one day, the museum administrator from Norwalk, Connecticut, set out on a two-mile run. "I did it," he says, "but I was [out of breath](#) and felt terrible."

First-run horror stories are common but avoidable. "Starting or returning to a sport is going to be a little uncomfortable because you're not conditioned to it," says Greg McMillan, M.S., a running coach in Flagstaff, Arizona. Having been a runner before or being fit doesn't exempt you from this reality. Cleveland native Francesca Brunello, 28, who recently returned to running after a six-month absence, says that although she'd stayed in shape, "there were days when my lungs burned."

The key to minimizing the discomfort is to take walk breaks and keep your pace slow. Use the following guidelines to make your first (and second and third) run a positive experience.

**Walk first** If you haven't been doing any cardiovascular exercise, do three 30-minute walks a week for two to three weeks.

**Then run/walk** Interspersing walk breaks into your runs lets you catch your breath and lessens the impact on your joints and muscles. "Even if you've run before, and especially if you're returning from an injury, walk breaks are smart," says Jeff Galloway, an Olympian and coach to thousands of beginning runners across the country.

**Go for time** Runners love miles--but don't worry about them. [Running by time](#) is easier; it de-emphasizes pace, and allows you to adjust to how you feel that day.

**Tap the power of three** "People who do not run regularly are more likely to quit," says Galloway. So plan on running a minimum of [three days a week](#). The reason is simple: You can only get into running shape if you do it consistently.

**Build slowly** Denise Gross, 49, took up running by walking 300 meters and running 100 on a track in her hometown of Amherst, Ohio. A year later, she was running three continuous miles. Brunello, a fit returning runner, started with 30

minutes three days a week and took 10 months to reach 35 miles a week. That's how everyone should build up--slowly, consistently, in their own time. Rush the process and you could end up sore, frustrated, or injured. So increase your running time by about 10 to 20 percent a week.

**Get to the ninth run** The end of the third week is the turning point for many new and returning runners. "You're not as out of breath, and things start clicking," says Kelly. Make it to that ninth run, and you'll likely begin to feel running's rewards--more energy, a stronger body, and a sense of accomplishment.

**Endurance first, speed second** You need to be able to cover a distance before you can cover it fast. Plus, fast running puts a greater demand on your muscles, connective tissues, and cardiovascular system than jogging. So build to 30 minutes of continuous running before you work on speed.

### **Making it Stick**

Motavalli was having trouble getting out of bed for his weekday runs, so he created a system for [motivating](#) himself. He printed out a schedule with a box next to each day he was supposed to run and posted it on his refrigerator. Every time he ran, he put a check in the appropriate box. An empty space drove him crazy. "You feel incredibly guilty when you miss one," he says. Here are other ways to help get you out the door.

**Seek peer pressure** Having a running date, with one person or a group, is a strong motivator. Motavalli says he never misses his Saturday runs simply because he knows his [group is waiting](#) for him. Ask about groups at your local running store, or check with the Road Runners Club of America ([rrca.org](#)). An online community can also be effective. "A friend and I e-mail several times a week about training, and we'll text each other before our various 5-Ks and 10-Ks," says Sedley.

**Race** Deadlines work, says Adam Krajchir, founder and head coach of Race with Purpose in New York City. A race is a runner's deadline; it focuses your training and pushes you to do your workout.

**Reward yourself** When you hit a milestone--that ninth run, running three days a week for a month--give yourself a treat: a new pair of running socks, say, or a 30-minute massage. "I have seen people plan it out," says Kelly. "At 5-K, they're getting a new watch, at 10-K, a new jacket."

**Enlist family** Maybe your spouse can help roll you out of bed or watch the kids so you can run. If a faraway friend is training for a triathlon, arrange to take turns calling each other in the morning or after work to make sure you're headed out for your workouts. "Talk to your support system," says Krajchir. "A goal is great, but it's even better when it's shared."

**Add variety** A new route can enliven your routine. Find a [trail](#), a different neighborhood, or just try running your usual route in reverse.

**Accept bad runs** If you acknowledge that every run is not going to feel great, you will reduce your frustration. On tough days, slow your pace, take walk breaks, or shorten your run. "Runners think that once they've built up, they can't go back," says Galloway. "Well, yes, you can."

**Accentuate the positive** McMillan wishes all new and returning runners would stop comparing themselves to others and cut themselves a break. "Don't put added pressure on yourself," says McMillan. "Instead, focus on the accomplishment of every workout."

### **I Wish I'd Known...**

"...that two days off now is better than two months off later due to injury." -- Dathan Ritzenhein, second-place finisher in the 2008 U.S. Men's Olympic Marathon Trials and 2004 Olympian in the 10,000 meters

"...that you shouldn't eat four plates of spaghetti the night before a race." --Dick Beardsley, second-place finisher of the 1982 Boston Marathon and co-winner of the 1981 London Marathon

"...that coming back after a break wouldn't be easy. That you may not have any rhythm at first and that you'll be out of breath at paces that seem slow." --Jennifer Toomey, two-time U.S. Indoor 1500-meter champion

"...that you should spend the extra money for a [running bra](#) that doesn't ride up or chafe." --Gordon Bakoulis, running coach, five-time U.S. Women's Olympic Marathon Trials qualifier

"...the importance of sun protection. After 24 years of running, I've battled with various forms of [skin cancer](#) the past six years, and I wish I'd taken skin care more seriously. This includes wearing quality sunscreen and long sleeves, regularly visiting the dermatologist, and avoiding midday runs." -- Deena Kastor, 2004 Olympic Marathon Bronze medalist

## **Winter Fitness Special**

**Our complete guide to staying motivated, training smartly and guilt-free eating this winter.**

Don't be a couch potato this winter. Stay motivated, improve your running and beat the bulge with our guilt-free comfort foods this winter.

On this page, you will find all you need to get your through winter fitter than ever before! Simply click on the various links.

### **Running In The Cold**

Our best-ever guide to staying motivated and training smartly this winter.

#### **1: Running In The Cold: Get Motivated**

**Our best-ever guide to staying motivated and training smartly this winter.**

Make a date to meet someone for a run. There's no wimping out when someone is waiting. Take it from one of the coldest running clubs in the world." John Stanton, the founder of the Running Room in Edmonton, Alberta, says the club's Wednesday and Sunday group runs are popular in winter, when the average high is -8C.

In January and February, the Running Room hosts the Hypothermic Half- Marathon, which attracts 3500 runners in 14 cities across the world-even at temps as low as -20C. "There's a big, free brunch afterward," Stanton says. "People will do anything for omelets and pancakes."

Solo? "Tell yourself that you can go back inside after five minutes if it's really bad," says coach Patti Finke. "Usually you stay out there." Of course, not everyone objects to winter weather. "A night run during a light rain is one of the most peaceful things you can experience," says Justin Lord of Bethlehem.

## **2: Running In The Cold: Arm Your Feet**

### **Our best-ever guide to staying motivated and training smartly this winter.**

To keep warmth in and cold, wet rain out, run in shoes that have the least amount of mesh. If you have shoes with Gore-Tex uppers, all the better. Wear socks that wick away wetness but keep your feet warm. Usually thinner socks work better since they absorb less water and dry easier.

## **3: Running In The Cold: Get Dressed**

### **Our best-ever guide to staying motivated, training smartly and eating more chocolate this winter.**

You want to be warm without sweating so much you get a chill. The rule of thumb is to dress as if it is 5 degrees warmer. You should be slightly cool when you start. Think layers of technical fabrics, to wick sweat, with zippers at the neck and underarm area to vent air as you heat up. Our RW Gear Editor recommends that you shop around to find out what works best for your circumstances. "Running jackets are an investment for outdoor comfort and they last for years".

**5 TO 1 DEGREES** - 2 tops, 1 bottom. Long-sleeve base layer and a vest keep your core warm. Tights (or shorts, for polar bears).

**0 DEGREES** - 2 tops, 2 bottoms. A jacket over your base layer, and wind pants over the tights.

**0 TO MINUS 5 DEGREES** - 2 tops, 2 bottoms. Two tops (fleece for the coldprone) and a jacket.

**MINUS 5 TO MINUS 10 DEGREES** - 3 tops, 2 bottoms, extra pair of mittens, 1 scarf/Buff wrapped around mouth.

**MINUS 10 DEGREES** - 3 tops, 3 bottoms, 2 extra pairs of gloves, 1 balaclava, sunglasses. Or, stay inside.

## **4: Running In The Cold: Be Seen**

### **Our best-ever guide to staying motivated, training smartly and eating more chocolate this winter.**

With limited daylight, chances are you'll be running in the dark (Capetonians suffer the most during the winter with much longer nights). Wear reflective, fluorescent gear, and don't be shy about lighting yourself up like a Christmas tree, says RW's own Ed Eyestone, who runs in freezing Utah. Says Adam Feerst, a coach and trail-race director, "I use a headlamp or carry a flashlight, less so I can see where I'm going and more so people can see me."

## **5: Running In The Cold: Warm Up Pre-Run**

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Move around inside enough to get the blood flowing without breaking a sweat. Run up and down your stairs, use a jump rope, or do a few yoga sun salutations. A speedy housecleaning works, too, says reader Donald Reng from Durbanville. "The cold doesn't feel so cold when you're warm," says another reader, Laura Salmon. If you're meeting a group of running buddies, don't stand around in the cold chatting before you run. "We sit in our cars," says Paul Sale, "waiting for one person to get out before we all get out."

## **6: Running In The Cold: Deal With Wind**

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Start your run into the wind and finish with it at your back, so the breeze doesn't blast you after you've broken a sweat.

To avoid a long, biting slog, you can break this into segments, running into the wind for about 10 minutes, turning around to run with the wind at your back for five minutes, and repeating. You can also seek man-made wind protection.

"When we get wind here, it can be like a hurricane," says Charlie Bartlett, of Observatory in Cape Town. "The buildings in town block it." Protect exposed skin. "I use Vaseline on my nose and on my cheeks to prevent frostbite," says the Welkom's Jeff van Heerden. You can also buy a Buff to protect exposed areas, especially the ears.

## **7: Running In The Cold: Forget Speed**

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"Winter running is more about maintenance kilometres than speedwork," says coach Donald Feerst. In very cold weather, look for "inversions," places that are elevated and where the air will be warmer. "Even 90 metres up, the air can be six degrees warmer, which makes a big difference," says Steve Bainbridge, the trails chairman for the Fairbanks, Alaska-based Running Club North, the northernmost running club in the United States.

Bainbridge's coldest run took place in minus 30 degree weather. "My eyelashes were freezing together," he says. If you can't run in the middle of the day when the temperatures are warmest, run twice a day, says Stanton, - five kay in the morning and five kay in the evening: "That's better than doing one long 10-K run where you might get very cold."

## **8: Running In The Cold: Change Quickly Post-Run**

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Your core body temperature drops as soon as you stop running. To avoid a lingering case of the chills, change your clothes-head to toe-as soon as you can. Women need to get out of damp sports bras quickly. Put a dry hat on wet hair. And drink something hot. "We go to a coffee shop after, and take turns using the bathroom to change," says Grandonico. "Then we all relax with coffee and muffins." Driving to a run? Bring a thermos of green tea or hot chocolate.

## **9: Running In The Cold: Deal With Rain**

**Our best-ever guide to staying motivated, training smartly and eating more chocolate this winter.**

" I have a spare pair of sneakers, a running outfit, and three beach towels," says Allyson Lamey, a runner in Cape Town. "When it's raining, I slip my stocking feet into plastic bags, then put on my running shoes," says reader Darryl Dalcerra. "The bags keep my feet dry even when I run through puddles." Most wet weather runners rotate pairs of shoes. If you have to dry shoes overnight, crumple up newspaper and cram it tightly into your shoes, with the insoles removed. The newspaper soaks up the moisture. When drying running shoes however, don't put them in the oven or tumble dry since it destroys the glue keeping the bits together.

## **10: Running In The Cold: Go Somewhere Warm**

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You can either travel somewhere warm or decide to run at a different time of the day. While travelling can be an option for the weekend, it's not a practical solution for the week. So try and plan your runs during lunch time or opt for the gym treadmill. Both have their merits although its not always practical to run at lunch without shower facilities. Whatever you do focus on maintenance and quality during the winter season. Enjoy the freedom of less mileage and just the enjoyment of running.