

Magnolia Newsletter

JuLy 2010 (no 27)

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: 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 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

Janeen	De Klerk	20	July
Elizabeth	Robinson	20	July
Schalk	Piek	22	July
Lise	Benade	23	July
Cryselda	Venter	24	July
Wimpie	Vermaak	24	July
Johnny	De Mesquita	26	July
Talita	Swartz	27	July
Emilio	Pera	29	July
Suresh	Bhikha	30	July
Aaron	Dean	30	July
Martin	Gouws	31	July
Frank	Burgers	01	Aug
Emilia	Du Preez	01	Aug
Bertie	Lombard	01	Aug

Welcome to our new members to the Magnolia family

Louise Buhrs, Rykie Kapp, Herman Coetzee, Heidemarie Von Fintel, Marvelous Motsi, Andre & Romy Swart, Kester Nyirenda, Adele Horn, Alison & Jerome Miller, Eileen Malan, Maryna & Max Hardon

This week's Thank You's goes to:

1. Freddie / Tinus / Herbert for organizing the Sun run.

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	24 July	Slow Tap Run	12	07h30	Colin 082-578-3935
		Normal Club walk	10	06h30	Suresh 082-446-6880
Sun	25 July	Tap Run	15	07h00	Freddie 083-347-5040
		Normal Club walk	10	06h30	Suresh 082-446-6880
Sat	31 July	Slow Tap Run	12	07h30	Colin 082-578-3935
		Normal Club walk	10	06h30	Suresh 082-446-6880
Sun	01 Aug	Tap Run	15	07h00	Freddie 083-347-5040
		Normal Club walk	10	06h30	Suresh 082-446-6880
Sat	08 Aug	Slow Tap Run	12	07h00	Colin 082-578-3935
		Normal Club walk	10	06h30	Suresh 082-446-6880
Sun	09 Aug	Tap Run	15	07h00	Freddie 083-347-5040
		Normal Club walk	10	06h30	Suresh 082-446-6880
Sat	15 Aug	Slow Tap Run	12	07h00	Colin 082-578-3935
		Normal Club walk	10	06h30	Suresh 082-446-6880
Sun	16 Aug	Tap Run	15	07h00	Freddie 083-347-5040
		Normal Club walk	10	06h30	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
- **Vodacom 10 /21** - go to www.enteronline.co.za for on-line entry, plus Run-Away Sport, The Sweat Shop, Sportsman's Warehouse Centurion. Entries close 13 Aug, race date 22 Aug.
- **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

<u>Race Calendar and key dates</u>		
	All races during World Cup have been cancelled	
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 07h30	Jolly Jumper half marathon + 10km Cost: R40 – 21 & R30 -10km	Zwartkop Lapa, Enquires Sharon 082 454 1598
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
14 Aug 07h00	Marcel Van Slot 15km Cost: R35 1000 T-Shirts to pre-entries	Phobians Club, Lynnwood. Enquires Gerald 084 582 7242 entries #, \$ and & plus on-line ^^ and ++
21 Aug 06h30	Castle Walk Road Race 10km & 5km Cost R40	Castle Walk Shopping Centre, Cnr Nossob & Swartkop Streets
21 Aug 00h00	Dawn to Dusk 12 hour circuit Cost:	Akasia High School PTA north Enquires Gerrie 082 040 5453
22 Aug 08h00	Vodacom 10 / 21 km Cost: R50 -21 and R35 -10. 5000 T-Shirts	Vodacom Boulevard, Vodaworld, Midrand. www.enteronline.co.za
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,
2 Oct 07h00	Kromberg & Schubrtly 15km	Kolonada Shopping Centre enquiries 083 320 2466 entries #

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:

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
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.

[No 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](#)

[Build Stronger Feet And Ankles](#)

Our feet and ankles are our takeoff and landing gear. Making sure they stay healthy, strong and stable not only prevents injuries close to the ground - it keeps our other key parts (legs, hips, core) running smoothly.

Key exercises to get (and stay) pain-free

Because the feet and ankles are so vital to our ability to run, it's important to take the time to strengthen and stretch them. Matt Schneider, certified athletic trainer and certified physician assistant, recommends doing the following exercises three or four times a week.

1. THE MONOPOLY GAME:

Put 10 small objects on the floor - like marbles or Monopoly pieces - and place a small cup nearby. Using your toes, pick up the pieces one at a time and put them in the cup. Do two sets of 10 with each foot. Compete with your spouse or kids to see who can do 10 in the fastest time. "That's just so you don't get bored," Schneider says. "Strengthening your feet can be only so exciting."

2. THE DRUNK FLAMINGO:

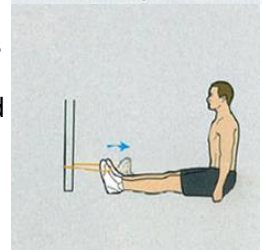
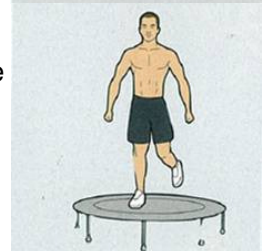
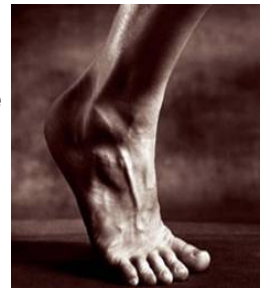
Standing on stable ground, balance on one foot with your eyes open. Once you can do that for one minute, try it with your eyes closed. Master that and then move to an unstable surface - like a mini-trampoline, foam block, wobble board, or Bosu trainer. "Balancing helps strengthen your ankles and feet as well as your core," Schneider says.

3. TOE TUG:

Loop one end of an exercise band around a sturdy table leg or bedpost. Sit with your legs straight in front of you and loop the other end around the top part of one foot. The band should be anchored straight in front of you, and it should be taut when your foot is pointed away from you. Pull your toes towards you, keeping your leg straight. Go as far as your ankle will let you. Release slowly, returning to the starting position. Do two sets of 20 on each leg.

BENT-KNEE WALL STRETCH:

Runners often forget to stretch the soleus - a muscle deep in the calf that attaches to the Achilles. "Doing a calf stretch with a straight leg hits the gastrocnemius, but that's only half the battle," Schneider says. Here's how to target the soleus: stand with your palms against



a wall, one leg forward, one leg back. Lower into a "seated" position with legs bent. Lean into the wall until you feel it in your back calf. Hold 30 to 45 seconds then switch legs.

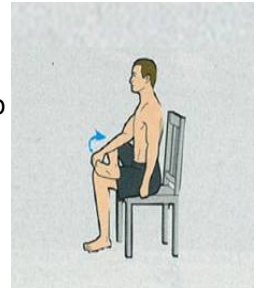
NEGATIVE CALF RAISES:

Stand on a step with your toes on the edge and your heels hanging off. Push up with both feet into a calf raise. Lift one leg off the step and lower your other leg so that your heel drops below the step. Take at least 10 seconds to lower it all the way down - that's the eccentric part of the move and has been shown to help prevent Achilles tendinitis.



PLANTAR STRETCH:

Sit down barefoot and cross your right leg so that your ankle rests on your left thigh. Hold your toes and bend them back towards your shin, stretching the plantar fascia. A study showed that people suffering from plantar fasciitis had a 77 percent chance of returning to full activity within three to six months after performing this stretch. Researchers suggest that you do the stretch 10 times at least three times a day (once or twice a day doesn't produce as strong an effect).



Your Good Health Toolbox By Ryan Scott, RW Gear Editor

Create your own toolbox of tricks to help repair injuries and prevent illness. Here's how...

We would all love to run hassle-free for all time, but reality maps out a different path for us. It is a path that includes the challenges of staying fit and recovering from injuries, both serious and niggling. The older we get, and the longer we run, the more likely we are to come across these challenges. The good news is that there is much we can do to keep our running opportunities plentiful and enjoyable. To maintain your good health and repair it when necessary, we suggest you create a toolbox of tricks to make sure you have all the goodies on hand when they are needed. Check out what we have in our toolbox.

Bactroban (topical), R71

An ointment that is easily applied to prevent infection of abrasions and small cuts and wounds. Clean wound with soap and water, apply Bactroban and cover with gauze or plaster. This stuff is potent, expensive and an antibiotic. Pharmacies

Wecesein Graze & Weeping Wound Powder, R45

Mum calls it "magic powder" so my Italian uncle asked for it by that name over the counter at the chemist! Works incredibly well on open wounds. Dries them out very effectively. You try it, you love it. Bravo! Pharmacies/health shops

Dark Chocolate Goji Berries, R39.95

Goji berries are a super food mostly for their antioxidant properties. These guys have covered the little red berries with dark chocolate making it THE ULTIMATE ANTIOXIDANT! Not likely to be prescribed by your quack nor found in your pharmacy but a must have. Wellness Warehouse

Elastoplast Blister Plasters, R39.99

These little patches remind me of a tube repair kit for my bike. They are amazing new plasters that you really need to have near you at all times if you are a runner. If not for you then for your buddy. Blisters are tricky things to overcome. These little suckers make them less so. Selected pharmacies, Clicks

Thermometer, R12

Take the guesswork out of deciding about a run. If you wake up and you feel ill, but are not quite sure, plop a thermometer in your head via your mouth and make sure you are 37.0°C. If you are half a degree less you are still okay, but anything above 37 is not looking good. Pharmacies

Moducare, R100-R150

Optimises the body's immune system in a totally natural and non-invasive way by making use of plant sterols and sterolins that do incredible work in complementing your immune system. I use this every day. Pharmacies and health shops

Glucosamine OsteoEze Gold, R162.50

As people age, their bodies lose the ability to produce sufficient levels of glucosamine. The net result is that cartilage loses its ability to act as a shock absorber. Glucosamine is an essential raw material that normalises cartilage metabolism, which stops the cartilage from breaking down. Relevant for runners, don't you think? Pharmacies

Osteo Freeze Gel with Arnica, R55

My favourite anti-inflammatory, pain reliever and a local antibiotic, which is used for dislocations, sprains and bruises as it helps to prevent bruising and swelling after traumatic skin injuries and prevents the blood platelets from gathering to the site of injury. Pharmacies

Bag of Peas 1kg, R22.99

A favourite when the need for ice on an aching joint or bruise is apparent. The fantastic thing about the peas is that they mould themselves around the area that needs attention, be it a dodgy hamstring or knobby ankles or knees. Supermarkets

Optimega Omega 3, R80

Omega 3 and 6 natural oils are essential in a healthy diet, but a little tricky to obtain for most people, especially if you do not eat much fresh fish (which you should). So make sure you take a supplement like this if you are not getting yours. Pharmacies

Swabs x 100, R22

Better than cotton wool balls for cleaning open wounds and then for dressing them with ointments before plastering down firmly. You can never have too many and they go on for ages. Pharmacies

Arnica Oil 50ml, R42

Unanimously agreed upon by all those I included in research as the best massage oil to use. Make sure you have some handy and some strong hands to get busy with the massage. (Sometimes it's worth having a slight muscle twinge just to get the attention!) Pharmacies

Panado, R33

I try not to use these, but sometimes the pain needs some dampening. Use a product without paracetamol. But remember, Paracetamol is not your friend. Pharmacies

Elastoplast Knee Strap, R89.99

Knee pain is tricky to deal with. I have found this strap to provide relief to inflamed tendons around the knee. Remember to treat the cause and have a check-up with your physio. Pharmacies, Clicks

SuperGlue, R24

Out on a trail and you fall and cut your knee? Use superglue to close the wound temporarily until you get to a doctor. Seriously, it works. Hardware stores, supermarkets

Physio Band and Foam Roller, R71 for 5.5m and R370

These are extremely simple yet effective tools to make use of when doing rehabilitation exercises. One and a half metres is more than enough band. Even when not injured, you can get innovative with some strengthening manoeuvres. Physiotherapists

Kinesiotape, R245

The new thing in injury treatment. I suggest you get a trained person to apply the tape as it's specific and, I believe, effective. The Japanese origins of this taping technique make use of a more intelligent system compared to previous ones. www.kinesiotapingafrica.co.za

Optimum Nutrition Bible, R254

Neither biased, nor outlandish. I found this book to be a highly informative guide to what is probably very good advice when looking at nutrition to stay healthy, and to educate yourself on what fuels are most effective and most appreciated by your body. Exclusive Books

Transact Pads x 10, R81

I have never used these, but many runners have and swear by them for pain relief post and pre-run. They are ideal for releasing spasms in muscles as they slowly release relaxants into the muscles they are applied to. When first applied you can feel your skin tingle. Pharmacies