

Magnolia Newsletter

JuLy 2010 (no 28)

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

Black and Orange Dry Fit tops for sale We have about 30 Comrades left over tops for sale, the majority only have the Magnolia embroidered with no Comrades logo. The tops cost us over R100 and we are selling them on a first come basis for only **R50**.

Magnolia Honorary boards

Our Magnolia honorary needs to be updated. If you qualify for any of the following achievements, please forward your details to Tinus or myself. We will require your Name, permanent number and race details (if applicable) and year achieved. All boards are update up to 2009, except for the permanent number club.

10 year membership

20 year membership

25 year membership

Comrades Green Number club (10th Comrades must have been run in our colours)

Permanent number club (10th race must have been run in our colours).

Loskop

Om Die Dam

Kellogs Striders

Tough One

Washie 160km

2 Oceans

Elands Valley

Any other

100 Marathon and ultra's (new board and name to be decided – any suggestions).

Have you completed more than 100 marathons or ultras? Please forward your name to me if you think you qualify. This is a very special achievement and we would like to purchase a new Honorary board for this purpose. It is not necessary to have completed them all in Magnolia colours. **Rules will apply and the race results will be verified.** All the details will be advised in a later newsletter.

Sat morning Slow Run (start time changed back to 7h00)

Start time has moved back to 7h00 , was 7h30.

2011 Comrades training programs (up run)

Sub 9h00 and 11h00 and finishers training programs are available on the Comrades website, if you want a copy please send me an email and I will forward them to you.

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

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
Maria	Du Toit	03	Aug
Liese	Louw	04	Aug
Shingirai	Chimuti	09	Aug

Welcome to our new members to the Magnolia family

Elisa Furstenberg

This week's Thank You's goes to:

1. Jenny Stoffberg for organizing the car for the Sun run. We had 19 runners on Sun.

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	31 July	Slow Tap Run	12	07h00	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	06h30	Colin 082-578-3935
		Normal Club walk	10	06h30	Suresh 082-446-6880
Sun	16 Aug	Tap Run	15	06h30	Freddie 083-347-5040
		Normal Club walk	10	06h30	Suresh 082-446-6880
Sat	22 Aug	Slow Tap Run	12	06h30	Colin 082-578-3935
		Normal Club walk	10	06h30	Suresh 082-446-6880
Sun	23 Aug	Tap Run	15	06h30	Freddie 083-347-5040
		Normal Club walk	10	06h30	Suresh 082-446-6880
Sat	29 Aug	Slow Tap Run	12	06h30	Colin 082-578-3935
		Normal Club walk	10	06h30	Suresh 082-446-6880
Sun	30 Aug	Tap Run	15	06h30	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)**
- **Marcel Van Slot 15km** – on-line entries www.enteronline.co.za and www.sa-active.com plus Run-Away Sport, Running Inn and The Sweat Shop. Close 12 Aug.

Race Calendar and key dates

All races during World Cup have been cancelled		
31 July 07h30	Jolly Jumper half marathon + 10km Cost: R40 – 21 & R30 -10km	Zwartkop Lapa, Enquires Sharon 082 454 1598
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
7 Aug 07h00	Medunsa 10 / 21km RUNNING LEAGUE RACE Cost: R40 – 21 and R30 -10km	Medunsa Stadium enquires Dukes 082 412 5673
9 Aug 06h30	2010 Wierie Road race 21 / 10km Cost: R40 -21km and R30 -10km	Centurion Mall, Heuwel av Centerion. Enquires annaline@wierdas.co.za on-line entries ^^.
14 Aug 07h00	Marcel Van Slot 15km WALKERS LEAGUE RACE 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. Enquires 079 869 5030
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 Cost:R40 Free T-Shirt first 500	Kolonada Shopping Centre enquiries 083 320 2466 entries # Run-A-Way Sport,

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

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

- **Mike Summefield – Alpha Centurion**

Introducing The Centurion Mall Wierie Road Race 2010 - A new event on the AGN Road Running Calendar will take place on Womans Day , 9 August 2010. The venue is the Centurion Mall , Heuvel Avenue , Centurion .Distances being presented are a 21.1 km (starting time 06:30) , a 10 km (starting time 06:30) a 5 km fun run/walk(starting time 06.40) and a 2km kiddies run/walk .Funds generated will be in aid of the Wierdapark Laerskool , Centurion and the Phelena Primary School in Olievenhoutbosch.

Closing date for pre-entries is 4 August. Hand-delivered entries are accepted at Wierdapark Laerskool (cnr Willem Botha and Ruimte Street , Clubview , Centurion) and at Centurion Mall , while you can enter online at www.enteronline.co.za . Blind runners and Great Grand Masters enjoy free entry for all races . Entries for all events will be taken at the venue from 04h15 until 20 minutes before starting time of each event. There is no premium charged on late entries , however , we would like to encourage all participants to pre-enter if possible and avoid the inconvenience of queuing for numbers. The races will start punctually at the advertised times.

There will be entertainment for the whole family at the Centurion mall throughout the day , while you can enjoy a breakfast / brunch at any of the fine resturants at the Mall. Various spot prizes are also up for grabs.

Regards

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

How to Eat for Top Performance By Chrissy Wellington M.S., C.N.S., L.D.N., C.P.T

As an athlete, you must perform at your peak every single day. To reach optimal performance, your fuels sources must be top quality. You also have different nutritional needs. Your daily nutrition must support all of the energy that your body gives out. Consuming the right type of nutrients at the right time can make or break performance and energy. Whether you participate in recreational exercise, an endurance sport, or in building lean body mass, the correct timing of nutrient intake can increase your stamina and help you obtain faster results.

Performance

Athletes have created anecdotes which lead them to showcase bizarre dietary habits as they keep looking for the competitive edge. Athletes are presumed by many to be the epitome of physical health and their nutritional status is presumed to be superior to the non-athletic population. Smart sports nutrition has a goal of decreasing injuries, increasing reaction time, enhancing muscle power, boosting strength and endurance, increasing concentration and, of course, increasing enjoyment. Food is the fuel to help obtain this goal. The current dietary recommendations for athletes are similar to the recommendations for the general population.

Metabolism, in scientific terms, is the sum of the chemical reactions in the cells of our bodies that maintain life. When we say metabolism, we often mean metabolic rate which can be quantified as "calories burned" or "energy expended."

Understanding metabolism and having a sense of your own metabolic needs can help you find an approach to performance. Improved performance is based on the number of muscle fibers contracted at one time. Greater energy output equates with greater performance. The amount and type of energy transferred from food will tell the muscle how

much to contract. When we ask our bodies to do more work, we are essentially asking it to increase its metabolism. The demand for energy causes the body to break down energy stores in the form of carbohydrates and fat.

Macronutrients

Fat is an adequate energy source in the body. It is the preferred fuel for lower intensity level activities such as sleeping and eating, but it is also used for endurance activities such as marathons or long-distance cycling. Well-trained muscles are optimum fat burners; untrained muscles rely on glycogen. Greater glycogen use results in quick fatigue.

Using fats for energy spares glycogen, therefore increasing an athlete's stamina. Cells begin to utilize fat approximately 20 minutes into a workout.

Carbohydrates are the preferred energy source for all activities in the body. Having adequate carbohydrate stores allows for greater blood sugar regulation preventing early exercise fatigue. Exhaustion is reached quickly if an athlete is following a low carbohydrate diet (<5 percent carb intake). Therefore, the type of activity that an athlete is performing can determine the percentage of carbohydrate intake daily.

More than one study found that cyclists, ice hockey players, and runners performed better when they ingested a higher carbohydrate diet. Athletes who train exhaustively on successive days or who compete in prolonged endurance events need to consume a diet containing 60 to 70 percent of total calories from carbohydrate.

The protein requirements for athletes in certain strength sports such as weightlifting are still controversial. Protein is needed to build and repair muscle, help produce hormones, boost the immune system, and replace red blood cells.

Athletes need slightly more protein than the average American to build new muscle tissue as well as repair the damage done during intense training. The metabolism of protein during exercise is multifactorial. This process is altered by certain stimuli, such as intensity, duration, and type of exercise, as well as training environment, protein and energy intake, age and sex of the individual.

How much protein does an athlete need? The truth is that no scientific evidence has proven that protein intake exceeding 0.9 grams of protein per pound of body weight will provide an additional advantage. Excessive protein is oxidized and is stored as a triglyceride.

Timing

The most rapid use of fuel regardless of intensity occurs during the first 20 to 30 minutes of exercise. Before and during exercise the goal of an athlete is to provide him or herself with quality carbohydrates to sustain the activity. Athletes need carbohydrates to prevent the depletion of glycogen stores, increase the immune function, minimize muscle damage, and prepare the enzymes for a faster muscle recovery.

Immediately after exercise (within 30 minutes) the goal of the athlete is to provide the body with carbohydrates and protein to shift the metabolic activity, speed elimination of waste by increasing blood flow, replenish glycogen, initiate tissue repair, prepare for muscle growth, reduce muscle damage, and improve the immune system. The body will stay in a catabolic state (muscle break down) if food is not supplied. Animal studies show that those who are fed within 30 minutes of exercise completion have a 6 percent increase in lean body mass, fat oxidizing enzymes are increased by 70 percent, and abdominal fat decreases by 24 percent.

Daily Menu

So what should a training diet look like? Approximately 60 percent of an athlete's diet should stem from carbohydrates with a mix of vegetables, fruits, whole grains and small amounts of low fat, organic dairy. About 30 percent of an athlete's diet should come from lean proteins, fish, poultry, lean meats, beans, and low fat, organic dairy. Another 10 percent of an athlete's diet should come from quality fats, olive and canola oils, nuts and nut butters, seeds, and avocados.

Smart nutrition goals for every athlete are to always enjoy a nutrient rich, mostly plant-based diet. Always fuel before, possibly during and after exercise. Balance energy by eating small, frequent meals throughout the day and be sure to hydrate adequately with water, herbal teas and natural juices. Good nutrition will always enhance exercise performance. Never let poor nutrition be a limiting factor.

Double Duty By Ed Eyestone

Run twice a day to get stronger and faster—sooner.

From the time I was in high school, and throughout the 14 years I spent running professionally, running twice a day was a staple of my [training regimen](#). Five days a week, I'd do an easy 10km or so in the morning and follow it with a hard workout in the afternoon. Doubling up allowed me to run long on Saturday, take Sunday off, and still get the same 145km to 200km my competitors were racking up.

By running more often, you reap the same fitness benefits you get when you boost the duration and intensity of any one run: reduced body fat, increased VO2 max, and improved muscle tone. You just get those benefits sooner.

I definitely felt the advantages of running twice a day. My morning run was easy enough that I wasn't exhausted in the afternoon. But I wasn't fresh either, so it got me used to training through [fatigue](#). I always rehydrated, rested, and refueled before the afternoon run, so I had a much better chance of hitting a quality pace than if I'd tried to grind out those same miles on the end of one long run. Here's how to make doubles work for you.

Build Slowly Start by doing two-a-days twice a week. Initially, the extra workout can be 20 minutes. When you first add it on, drop the length of your main workout by 10 to 15 minutes. As you get more comfortable, bring the main workout back to its original level and extend the first run to 40 minutes. You can double up on as many days as you want. Just spend at least two weeks at each stage before adding more miles.

Recover Right Allow at least four hours between your workouts so you can [recover fully](#). After the first run, be sure to rehydrate, and consume at least 500 calories within 30 minutes of finishing to help speed recovery.

Mix and Match Stay alert for aches and pains, and fiddle with the formula until you find what works best for you. Many of my runners prefer to add a run in the morning when they know they have a hard workout in the afternoon. The easy run gets them loosened up for the hard work later. Others prefer to add extra workouts on their easy days because they're not as fresh after the morning run. Try some of the combinations below.

Two Timing

Each of these paired workouts has its own unique benefits.

A.M.: 5 to 6km at easy aerobic base pace

P.M.: Interval workout (e.g., 6 x 800)

PAYOFF: Provides extra aerobic work without fatigue, gets blood flowing through muscles

A.M.: 6.5 to 8 km at easy aerobic base pace

P.M.: 6.5 to 13 km at a conversational pace

PAYOFF: Improves running economy, boosts weekly mileage, and provides a good fitness base

A.M.: Long run; or 5-K or 10-K race

P.M.: 3.2 to 5 km at a conversational pace

PAYOFF: Increases blood flow to muscles, flushes waste from muscles, and speeds recovery.

3 Ways to Take Your Run to the Next Level [By Jeff Galloway Runners 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. Feel the real burn: [Try running downhill](#).

Add This: SPEED WORK

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.

Training for success: [Run your first 5-K](#).

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.