

MAGNOLIA 60 KM LONG RUN

Sunday 11th April 2010

Magnolia will be holding our eight 60 km long run on 11th April run through the **shaded** and **quiet** streets of Brooklyn and Groenkloof. To cater for all types of runners, either fast or slow and to provide the flexibility of allowing the runner to determine their own distance, there is a 15 km loop that does not go further than 3 km from the club at any time. Last year we were privileged to have 330 runners from all over Pretoria / JHB and hope to equal or better this number and had over 40 clubs represented.

Our Long Run offers you the following:

- ✓ Determine your own distance from 15 to 60. The nature of the course will also allow for incomplete laps.
- ✓ Ideally placed 7 weeks before Comrades
- ✓ **5 fixed water points** on route stocked with coke, Powerade, water, eats and many surprises.
- ✓ You should not find yourself running alone as you would if we had an out and back route.
- ✓ There will also be a sweep vehicle to identify the last runner or to provide aid to anybody wanting a lift back to the club.
- ✓ Drop off warm or wet clothing at the clubhouse after the first lap.
- ✓ Collect your own special drink from your car as the run progresses.
- ✓ Run on quiet shaded streets with **very little traffic**.
- ✓ **No big hills.**
- ✓ Mental preparation, the last lap becomes mind over matter
- ✓ Shower facilities will be available afterwards.
- ✓ Secure parking.

Cost (none sponsored event):

- 4 laps, 60 km – R 70
- 3 laps, 45 km – R 50.
- 2 laps, 30 km – R 30
- 1 lap, 15 km – R 20 (Walkers welcome)

Start 6h00 from the Magnolia Clubhouse, just off Middle Street, the white building next to Mimmos / Crowdaddies / Shell Petrol garage. 2 Blocks from the Brooklyn Circle / Shopping Centre.

ALL RUNNERS, SLOW or FAST, NON MAGNOLIA MEMBERS and ALL OTHER CLUBS are welcome. To ensure that we have adequate coke available on the day, any club joining us 'en mass', it would be appreciated if the club captain can contact me with the expected numbers. We would like to surpass the 330 runners we had in 2008 and the more runners we have the more enjoyable the long distance will become. Join us on 11th April and be part of this memorable run.

Same rule as last year, all runners must start the last lap by **no later than 12h00 (45 km)**. If you can't make this cut-off, you are going to find it very difficult to finish Comrades within the time limit.

Walkers and non-Comrade marathon runners, are welcome to participate in joining us for the first and second laps.

Basic route: Go east down Main to Sydney Street and west down Milner into Groenkloof, passed Harlequins, Magnolia Dell and east in the lovely Marais street, back down Brooks and back to the club through Brooklyn. Maps will be provided on request.

For additional info please contact:

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