



08 January 2015  
Issue 01#2015

We are on the Web  
[www.westvilleac.co.za](http://www.westvilleac.co.za)

## COOL RUNNINGS

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Who else thought that 2014 flew by?

Welcome to 2015 and trust that you all have had a good break and are raring to go. For those of you doing Two Oceans, a sobering thought—there are only 85 days to the big day and if you thought that was sobering enough then the 90th running of Comrades marathon has only 142 days to go. Time to start cracking the whip.

I have attached the Comrades 2015, training guide once again for your perusal. Use it or lose it.

We will be doing the weekly training runs and have shorter options for those who are not running any ultras but would like to join the group. With the club run, we have a huge variance between the fast and slower runners and cannot expect the faster group to wait for the backmarkers. Therefore, with all the runs it will be imperative that you hook up with members in the group that run a similar pace to you. Please look out for details on these training runs in the weekly newsletter and on our facebook page. If you haven't liked our page yet, please do so. We keep this updated regularly with last minute info and happenings in the running community.

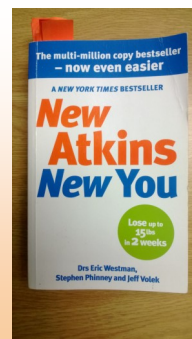
This Saturday 10 January, sees us running from the clubhouse at 6am (see route further on). **Thereafter the club will be open from 8am-12noon for registration renewals.** Please utilize this opportunity to renew your club license and membership details. Your committee will be on hand to assist with any questions/queries you may have. Remember, if you don't renew your license by the 28 February 2015, you WILL lose it.

Craig Dennill is selling wine with the 40th logo and the Comrades 90th logo—R40 per bottle or by 5 for R200 and get one **FREE**. Craig will be on hand on Saturday morning to sell these.

### Could this perhaps be our Atkins (Steve)?

I once had aspirations of being great  
Unfortunately I am now late  
You were once fast  
Alas you have since found this does not last  
I send you my book  
To help you with your endeavours to change your look  
Why go through the pain  
And always have to train  
No matter what they think  
It is about what you eat and drink

Author (untrained and overweight)



### Forthcoming attractions:

**Sunday 11 January:**

**Ronnie Davel 16km:**  
16km run/walk  
Hilton Harriers AC

**Sunday 18 January:**

**Kearsney Striders:**  
21,1km & 10km run/walk  
Kearsney Striders AC

**Sunday 25 January:**

**PDAC:**  
25km run/walk  
PDAC

**Sunday 01 February:**

**Sparksport Challenge:**  
32/16km run/walk  
Sydenham AC

**Sunday 08 February:**

**NOSA Hillcrest marathon:**  
42,2/21,1km run/walk  
Hillcrest AC

**Sunday 15 February:**

**Zabalaza Half marathon:**  
21,1km run/walk  
Zabalaza AC

**Sunday 22 February:**

**Maritzburg marathon:**  
42,2km & 21,1km run/walk  
Carbineers AC

## Want to get in shape?

If you're not regularly exercising and want to start running, your first steps – literally – should spent walking. Walking, and running, are two of the least expensive and most convenient ways to get fit, lose weight, reduce stress, and improve your quality of life. Before you get off the couch, take these steps to get into the habit of regular exercise, and lay a solid foundation for your running life

**Get checked.** If you're over 40, or have a family history of heart disease or other health problems, see a doctor before you start a regular exercise program.

**Walk, then run.** Though some people dismiss “walk” as a four-letter word, it is the most effective way to develop the fitness you need to start running comfortably –without getting hurt. Walking puts your legs and arms through the same general range of motion as running, but without the same impact on your bones and joints. The walk should be brisk – not a race walk, but not a window-shopping walk either,

**Start small.** And build slowly. The idea of “starting an exercise routine,” can seem daunting. It doesn't have to be. Begin with a 15-minute walk. Feeling good? The next day, do it again. If you're feeling strong, add five or 10 more minutes.

**Track your progress.** Write down details about how long and how far you went on each workout and how you felt while you were on the road. You'll draw confidence from seeing all of your workouts add up. And the next day's workout won't seem as intimidating when you see how much you've already accomplished.

**Get good gear.** Resist the temptation to just wear any old pair of tennis shoes for your workouts. Worn-out or ill-fitting shoes are one of the most common causes of injury. Go to a specialty running shop, where someone can help you find a pair that offers the fit and support you need. “There's no magical shoe that makes running easier, but a bad shoe will ruin your running,” So don't shop by price, fashion appeal, or bold promises. While you're at the store, get clothing made with lightweight, technical materials

**Make the time.** Establish a workout routine that blends well into the rhythm of your daily life. Figure out what times of day are most convenient to work out, and find a variety of safe, traffic-free routes that you can take on a regular basis. Find the time of day when running is a non-negotiable. For many people that's first thing in the morning, when no meetings are scheduled, and the kids are still in bed. And make sure that you have cleared enough time to work out so that it doesn't jam up your day.

**Eat to lose.** Want to shed kilograms as you go? The most effective way to lose weight is to cut kilojoules while also boosting your kilojoule burn through regular exercise. But avoid slashing too many kilojoules too soon; that could cause your energy levels to take a nose dive, and it will be difficult to maintain. Instead, try to consume 300 fewer kilojoules per day. With the other kilojoules you burn through exercise, you can expect to lose up to 1kg per week. Track your intake with a detailed food journal (You can use a pen and paper, or try one of the many free web sites and apps on the market). Studies have shown that those who keep food diaries – who are also reading nutrition labels and becoming aware of portions – lose more weight than those who don't.

**Build your own support system.** Enlist a buddy for your first outing to the gym, the trail, or try a group workout or a class. Research shows that connecting with others –whether it's a person, an online forum, or a workout group – increases your chances of sticking with an exercise routine. And remember that everyone feels self-conscious at first. “But the reality is that most of the time other people are way more concerned about themselves.

**Get a plan.** While you may not feel like you need a schedule for working out, having a training plan will help keep you on track to meet your goals, and ensure that you build up your workout time gradually enough that you don't get injured. Plus, crossing off

## Happy birthday

*If you celebrating your birthday this month, we wish you a wonderful and joyous birthday.*



At the AGM held on 25 November 2014 it was agreed that there would be no increase in membership fees for 2015. The fees for 2015 therefore remain as follows:

Full Member	R 320.00
2nd Member (Spouse)	R 210.00
Junior Member (Family)	R 65.00
Junior Member	R 85.00
Social Member	R 190.00
Licence Number (Senior)	R 100.00
Licence Number (Junior)	R 60.00

A family constitutes husband, wife and any children up to and including the first year of leaving school. The 2014 licence numbers are **valid until 1 February 2015** after which you will have to wear your 2015 licence number. **The club will be open for REGISTRATIONS on Saturday 10 January 2015 from 08h00 until 12h00.** You will also be able to purchase club kit. Registrations will also be open on Tuesday evenings from 17h30 until 19h30.

You may do an EFT into our bank account and then fax the confirmation of payment together with the completed membership form (which is attached) to 086 508 9697, or email to:

[westvilleathleticclub@gmail.com](mailto:westvilleathleticclub@gmail.com)

Last year ASA introduced an on-line method to register for your licence number. You do not have to register again but should any of your details have changed you must log in to the ASA website and update your details (instructions attached). As soon as I receive your membership form and payment confirmation I will be able to allocate your licence number on the system and only then will you be issued with your 2015 licence number. New members will have to register (instructions attached). There is a manual licence form but only for those members who do not have internet access.

**Please note that you will have to come to the club to collect your licence.**

**Our bank details are as follows:**

Bank: Nedbank Westville, Branch Code: 138026, Account No: 1327 003465, Reference: Your name - Membership

**PLEASE RENEW YOUR MEMBERSHIP BEFORE 28 FEBRUARY 2015** as unsold licences have to be returned to KZNA on 1 March.

## How many kilometres should you run from January to Comrades?

Is there a guideline? As a very rough guideline as described by Lindsey Parry,

For Vic Clapham you are looking at somewhere between 600 and 900km's with probably between 800 and 900 coming close to the ideal for a Vic Clapham.

For a bronze medal you are probably looking somewhere in the region of 750/800 to 1 100/1 200 maybe 1 300 km's. With your ideal being around 1 100km's.

For your Bill Rowan, you are looking in the region of 1 600 to 1 800km's. If you are quite a natural runner and it is just time that stops you from running silver, you will probably get away quite easily with 1 300/1 400.

Then silver medal; the magic number is around 2000. You want to be running around 2000km's between January and

## HAVE YOUR SAY

Got something on your mind that you want to share, photographs you would like to submit, a question you want answered or a good story you would like to tell?

Then send it to:  
[fred@ramses.co.za](mailto:fred@ramses.co.za)

## On the light side:

A WIFE tests her husband at work on a cold winter's morning.

"Windows frozen, won't open"

He texts back: "Gently pour some lukewarm over it".

***She tests back 5 minutes later: "Computer now completely bugged".***

## Committee 2015:

### Tammy Dennill (Chairperson)

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### Fred Mc Kenzie (Vice Chairperson & News-ED)

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### Sharon Schubach (Secretary & Registrations)

082 414-1783 # [itonridge@gmail.com](mailto:itonridge@gmail.com)

### Daryl Hefer (Treasurer)

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### VACANT (Men's Captain)

Fred Mc Kenzie filling in

### Janine Engels (Ladies Captain)

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### Karyn Jackson (XC Captain)

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(Stuart Cox—Assisting)

### Lynton Conway (Facilities)

084 285-8431 # [lynton.conway@gmail.com](mailto:lynton.conway@gmail.com)

### VACANT (Retail)

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