

COOL RUNNINGS

Issue 19 # 2014

15 May 2014

WESTVILLE ATHLETIC CLUB

1975 - 2014 (40 years)

PASTA EVENING:

Date: Tuesday 27 May 2014

Speaker: Steve Atkins

Time: 7pm (*straight after the time trial*)

Steve is a former Comrades Gold medallist and member of the Gunga Din trophy and founding member of Westville Athletic Club

A pasta dinner will be served after the talk;

Comrades runners **FREE**,

Family & friends **R40.00**

PLEASE CONFIRM YOUR ATTENDANCE WITH ME FOR CATERING PURPOSES.

THANK YOU.



Comrades marathon 2014

16 more sleeps

Brandon Jackson Physiotherapists

Date: 27 May 2014

Time: 6:00pm

Venue: Westville Athletic Club

Cost: R30

Will be doing body fat measurements for those who want to know theirs.

This is a simple 3 measurement test taken, entered into a laptop and printed out for your reference.

Measurements will be taken in a private area.

We are on the Web

www.westvilleac.co.za

Like us on Facebook

Forthcoming attractions:

Sunday 18 May:

Discovery Big walk:

5/10/15/20km walk
East Coast Radio

Saturday 24 May:

Cross Country—Hilton

Program starts at 09h00
Hosted by Hilton Harriers

Saturday 24 May:

Captain's Comrades run

Program starts at 06h00
Hosted by Westville
Skottel breakfast afterwards (Bring & Braai)

Sunday 25 May:

Starling Plumbers half marathon:

21,1km & 10km run/walk @ 06h00
Mount Edgecombe KZNA half marathon champs

Saturday 31 May:

Youth run:

10 & 5km run/walk
Mount Edgecombe KZNA half marathon champs

Sunday 01 June:

Comrades marathon:

89.7km run/walk @ 05h30

Podium results:

Queensburgh Cross Country

LADIES:

50-54 1st Janine Engels 17:03 4km

70+ 1st Gill Tregenna 22:32 4km

MEN:

35-39 1st Jonathon Edwards 27:46 8km

50-54 2nd Ken Culverwell 31:32 8km

55-59 1st Andy Daly 29:58 8km

VERULAM

21,1KM

Shani Silver 3rd lady overall & 1st Vet 1:27:56

Janine Engels 1st Master lady 1:40:23

Gill Tregenna 3rd Master lady & 1st 70+ 2:10:15

Team Prize: Westville (Shani Silver, Tracey Allison & Maureen Slack)

10km

Les Smith 1st Grandmaster

Start to taper

This week is the week you've all been dreaming of for the past few months as this is the beginning of your three week taper for Comrades!

Hopefully most of you will have put in some solid training, particularly over the last 6 weeks, and your Comrades training is pretty much done and dusted. But what you do over the last three weeks before Comrades will do much to determine whether you enjoy the road between Pietermaritzburg and Durban on June 1.

But why the need for a taper? Over the past few months you have logged higher mileages and long runs, and although you will have gradually been getting stronger, there will also be some fatigue and damage to your legs in the form of microscopic muscle tears. While a short taper for just a few days would be enough to replenish your glycogen stores and you would feel quite ready to run Comrades, the microscopic muscles tears would have formed scar tissue and would not yet have healed. So in this case a runner would typically run well for perhaps the first half of the race, and then fall apart in the second half when the damage to the legs becomes apparent. A longer recovery from the mileage is thus required, together with some sessions at a sports massage therapist or physio to get rid of any scar tissue.

A good taper is not only physically beneficial, but also mentally and emotionally beneficial. We only have a certain amount of mental and emotional energy available. Your mental and emotional energy is a bit like a large pizza which you keep slicing into smaller and smaller slices, some of it going to training, some to work and some to your private lives, and eventually you are totally drained with just a small sliver of your mental and emotional pizza left to get you through on Comrades day. But on Comrades day you want to have the full pizza! A proper taper will help you get to the start of the race, not only physically rested, but also mentally refreshed. Your training has prepared you to run the first 65km of the Comrades with confidence. But your success over the last 20km will be determined by your mental fortitude, and how well you maintain your motivation and this requires that you feel mentally and emotionally refreshed as well.

Your taper however is not just about cutting back on training, as quality sessions are vital for the peaking process. To achieve this you need to do two things: cut back on mileage and do some quality training.

Saturday 24 May 2014

Starting at the clubhouse, we will give our Comrades Marathoners a bit of a send-off with a run, starting at 6:00am (**about 8 kilometres, leisurely and as flat as we can find!**).

We will be needing some prizes donated for a few lucky draw raffles, so please give me a shout if you can assist with a prize or two.

After the run, we will gather for a leisurely bring & (scottel)braai breakfast. Bring your scottels and breakfast goodies.

All welcome (including non-comrades runners).



I find there seem to be two types of runners at this stage, which one are you? The first runner panics and tries to cram in all the missed sessions ensuring that he or she arrives at the start of the Comrades tired and sore.

The second type of runner does the exact opposite, and understandably feels that since the mileage is done there is no need to continue training and virtually stops running. Such a runner also understandably feels the need to be wrapped in cotton wool and is afraid of suddenly picking up an injury. The result is a runner who becomes stale and sluggish and with it comes a loss in confidence as well.

And just to complicate matters, there is actually a third type of runner who does not need to follow a three week taper. These are runners who for some reason have not done the full training and are not fatigued. There would be little point in such runners following a three week taper, and instead they should still do another two solid weeks of training (with long runs of about 21km on weekends, not longer), and then only cut back on training in the last week of Comrades.

The ideal is a blend of recovery and quality, in which your weekly mileage drops while the weekend long runs become shorter, and you fit in one or two quality sessions a week.

Next week I will discuss how to predict your

Comrades time, and then the following week I will discuss the last few days leading up to the race and strategies for running the race.

Enjoy your taper, it's time to start getting excited!





NEXT CHALLENGE STARTS 19 MAY 2014

**LIFE HAS NO REMOTE
GET UP AND
CHANGE IT YOURSELF**

REGISTER ONLINE TODAY AT WWW.GETFITCHALLENGE.CO.ZA

RAFFLE

The club's **40th birthday** is fast approaching and to make it a memorable one we will be hosting a fun filled evening (further information will follow shortly) !

In addition to this evening we are trying to give the club a make-over and will be raising funds to do so. There are a number of projects to be completed.

To do so we have organized a raffle with the 1st prize being 2 x return tickets to Cape Town, accommodation and car hire—approximate value R10000. (kindly sponsored by **Michelle Kemp - TRAVEL DYNAMIX** Tel NO. 031 267-0111

There is a fantastic 2nd and 3rd prize available too.

We are requesting that you assist us in raising funds by taking a raffle sheet and selling the tickets for us. Each raffle sheet has 30 tickets and the cost of a ticket is R40.

Please contact me to get your raffle sheet.

On the light side:

An old married couple no sooner hit the pillows when the old man passes gas and says, 'Seven Points.'

His wife rolls over and says, 'What in the world was that?' The old man replied, 'its fart football.' A few minutes later his wife lets one go and says, 'Touchdown, tie score...'

After about five minutes the old man lets another one go and says, 'Aha. I'm ahead 14 to 7.' Not to be outdone the wife rips out another one and says, 'Touchdown, tie score.'

Five seconds go by and she lets out a little squeaker and says, 'Field goal, I lead 17 to 14.' Now the pressure is on for the old man.

He refuses to get beaten by a woman, so he strains real hard. Since defeat is totally unacceptable, he gives it everything he's got, and accidentally poops in the bed.

The wife says, 'What the hell was that?'

The old man says, 'Half time, switch sides

COMRADES TENT

We require a non-Comrades runner to place the tent at the finish stadium—Kingsmead prior to Comrades and then to take it down again the following day. Please contact me if you can assist.

Traditionally we also have a tent in Westville opposite the fire station for our runners coming through and for Westville members to congregate. For the past few years Paul Pearce has done this job but he is running this year and so we need help with this tent. Again, if you can assist, contact me.

THANK YOU.

SPAR TOPS

Place all your SPAR TOPS—Westville cash slips with your name and number in the box at the bar and stand a chance to win R1000 from Spar Tops at year end.



Run
safely, Run wisely and Run to be seen

Committee:

Tammy Dennill (Chairperson)
083 222-2339 # tammydenill@hotmail.com

Fred Mc Kenzie (Vice Chairperson)
082 880-4894 # fred@ramses.co.za

Sharon Schubach (Secretary)
082 414-1783 # itonridge@gmail.com

Daryl Hefer (Treasurer)
082 788-7114 # darylhefer@gmail.com

Hilton Janse van Rensburg (Men's Captain)
082 777-5762 # hiltonv@hpi.co.za

VACANT (Ladies Captain)

Karyn Jackson (Walking Captain)
079 897-3661 # karynj@vrohlig.co.za

Janine Engels (XC Captain)
084 729-3871 # jengels.48@gmail.com

Justin JV Rensburg (Facilities Manager)
082 807-5164 # justinv@vprint.co.za

Chris Herbst (Retail)
076 545-1648 # chrisherbst@absa.co.za

Sharon Schubach (Registrations)

Durban Runner / Gu Time Trial League

Thu	13 Feb	Chiltern AC
Tue	4 March	Savages Ac
Wed	2 April	Queensburgh Harriers AC
Thu	26 Jun	Stella AC
Tue	22 Jul	Westville AC
Thu	21 Aug	PDAC
Wed	17 Sept	Sydenham AC
Wed	22 Oct	DHSOB
Thu	27 Nov	Stella (Final)

**New Balance & The Sports Zone
Ladies TT League**

Thu	13 March	Hillcrest Villagers AC
Thu	24 April	PDAC
Thu	8 May	Highway AC
Tue	8 July	Kearsney Striders AC
Thu	7 August	Chiltern AC
Wed	10 September	Forest AC
Tue	7 October	Westville AC
Wed	5 November	Queensburgh Harriers AC

Happy birthday

Date	Name	Surname
2	Grant	Visser
	Sarah	Eksteen
	Vanessa	Skinner
6	Kathrine	Roux
	Ross	McKechnie
7	Rudi	van Niekerk
	John	Sage
	Mark	Scrooby
8	John	Mordaunt
9	Brenna	van Straaten
10	Jenna	O'Brien
12	Don	Masinga
13	Paul	Rose
	Stuart	Gannon
	Brad	van der Westhuizen
14	Wesley	Wells
17	Allen	Ndlovu
	Jason	Kershaw
19	Yvette	Arendse
20	Carol	Bennewith
23	Rod	Jarvis
24	Chris	Walford
25	Trevor	Cowie
26	Andy	Watson
27	Gary	Moor
29	Craig	Phillips
29	Nick	Shave
30	Carla	Janse van Rensburg
	Michelle	Wilmans
31	Shaun	Torgius
	Brandon	Jackson

Westville kit:

Ladies crop/tank tops	R160.00
Ladies casual tops	R 90.00
Vests S, M, L, XL	R160.00
Vests XXL	R160.00
Shorts, second skins	R140.00
PS Shorts	R140.00
Westville baggies	R130.00
Tog bags	R130.00
Tracksuits	R450.00
Hoodies	R220.00
Trail shirts	R150.00

Retail Contact: Chris Herbst

Shop hours: Tuesdays 5pm - 7pm

(if Chris is running the time trial on the Tuesday the shop will be closed whilst he is running)

- No stock will be released prior to payment being made.
- Payment can be made via EFT or in cash with Chris.
- January is normally a very



Our sponsors:

