



Week 26 / 2013

Thursday

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Dates to remember:

- * Work party
 - * 29 June
- * Club 10km champs
 - * 7 July
- * Ladies TT League
 - * 11 July
- * Mixed TT League
 - * 23 July
- * Ladies night
 - * 25 July

In our main picture this week Lauren Calenborne proves that there is life after Comrades and has taken up a new sport—bar diving. Reports have it that she is also very good at this and won this event hands down. You go girl.



Congrats to Gill Tregenna who continues to astound us. Gill at over 70yrs won the 60+ age category down at the Sardine Half marathon on Sunday. Well done Gill. It was also nice to see a small but enthusiastic group of Westville runners down there.

Then to the ladies who ran the spar 10km locally on Sunday—well done and a special word for the following three ladies who finished in the top 100 (field of over 16000 runners) Maureen Slack (50th) Alison Uys (65th) and Tracey Allison (79th). Keep the Westville flag flying ladies.

This weekend is the KZNA half marathon champs in Richards Bay. For all those aspiring higher honours this race starts at 07h00. Sadly, with all the shenanigans going on at ASA I am led to believe that even though you may qualify for KZNA Colours no team will be selected until the matters at ASA have been resolved.

Next weekend is our 10km club champs at Forest Hills. You can pre-enter before the 3 July 2013, at

www.foresthillsac.co.za it is advisable to pre-enter as the difference in entry fee is substantial.

Lastly, please do not forget that this Saturday is our Work party between 8am-1pm. All hands on deck please. We are trying to make the clubhouse better for all of us and as painting seems to be the main item on the agenda I am sure that most of you can get involved.

Until next time, enjoy.....

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Have you planned for how you'll feel a few weeks from now, when you've worked your way through all the running magazines, your training runs feel stale, and you're bored from staying in every Saturday night before Sunday's long run? And I know, I hate to bring it up, but don't forget about the week leading up to the race. When your nerves are keeping you up all night and you start second guessing your training. You can be in the best shape of your life, but if you lack mental toughness when you toe the line, you might as well kiss that goal time goodbye. Which is why we need to focus on not just our bodies throughout training, **we also need to train our minds.** Today I'll break down the three biggest mental barriers holding runners back and how to leverage those barriers to have a positive impact on your training.

Overcoming Training Boredom

The training lull is nothing new. If it hasn't happened to you before, it's bound to happen at some point. Long runs, tempo workouts, recovery days, One minute they are going along beautifully, then **boom:** you wake up and just don't feel like running anymore.

Maybe running isn't a habit yet. Maybe you're tired of canceling on your friends every Saturday night. Or you're just tired of listening to your coach tweet angry 140 character messages at you. Whatever it is, boredom and burnout are real things and they can totally derail your race plans. Finding a way to refocus mentally is key to staying on track and progressing in your training. Here are five powerful ideas to help you get back on track (see that pun?):

Take advantage of the power of accountability by running with a new partner, either in a running group or a group of friends.

- Take a few days off. Party like a rock star.
- Sleep in. Do whatever you need to do, but only for a few days. Set a 3-day max on your running hiatus, and force yourself to lace up the shoes again once it is over. Even a short break can rejuvenate.
- Set a goal to never run the same route twice during a 3-week window. The planning will be fun, and exploring new routes and places will be just the variety your training needs.
- Try a new workout.
- Go on vacation. And plan to run every day while you are there.

The Blue Pill for Runners

Performance anxiety. When we talk about per-

formance anxiety in other aspects of our lives, there is generally a quick fix in the form of a pill. Not so for runners. **We are all on our own.** But as Dr. JoAnn Dahlkoetter points out in her book *Your Performing Edge*, there is good arousal and bad arousal: "Bad arousal is generated by fear and nervousness about performance, feeling out of control. Good arousal comes from enthusiasm and feeling ready for anything." The key is distinguishing between the two, and turning the bad arousal into positive energy that builds mental toughness instead of holding you back. She recommends to take notes throughout your training of when anxiety begins to creep up, and how it manifests itself inside you.

When we talk about performance anxiety there is generally a quick fix in the form of a pill....

- Are you losing sleep?
- Are you filled with self-doubt?
- Are you experiencing physical signs of anxiety like muscular tension, irritability, or the dreaded diarrhea?

When these signs show up, perhaps before a long run or a training race, jot down how you feel and how your body handles it once you actually start running. Practice channeling that bad energy into something more productive.

- Spend time every day meditating on the event.
- Visualize yourself successfully running the race and crossing the finish-line.
- Take slow deep breaths by inhaling through the nose and exhaling through the mouth.
- Create a mantra, which addresses the bad energy and empowers you to be strong.

When Having a Big Head is a Good Thing

Nothing can tear you down quicker than yourself. 40 miles into my first 50 mile ultramarathon I was tired, dehydrated, and mentally unfocused. In a matter of 2 miles I went from feeling strong and confident to worthless and ready to quit. I had no *mental toughness.* I quit believing in myself, and I was dangerously close to ending my race 10 miles short of the finish. Thankfully, a running buddy was pacing me at the time and

felt my negative energy flowing like Niagara Falls. He looked me in the eye, grabbed my arm, and assured me that I could press on. He forced me to believe that the bad time would pass and I would regain strength soon. It was confidence that carried me to the finish line. Throughout your training, you have the golden opportunity to spend weeks, often months, doing nothing but building yourself up and turning yourself into a confidence machine.

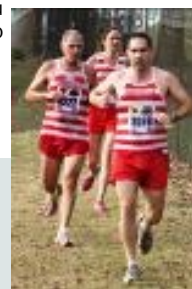
- Write down the distance, goal time, and race date on several pieces of paper, and hang them in places you frequent, like above your dresser, bathroom mirror, or next to your computer at the office. Every time you read those words, tell yourself that you *will* hit that goal time on that date.
- At the end of your long runs, begin visualizing yourself approaching the finish line with time to spare. On a recent podcast, *No Meat Athlete's* Matt Frazier discussed using this technique leading up to his BQ race. It was so effective it would often bring him to tears while he was running, as he visualized years of hard work paying off.
- Begin telling others what you are doing and the goal you are aiming for. Don't view this as bragging, but owning all the work you put into your training. It may go something like this, "I've been great. I'm training for a marathon, where I'm finally going to break 4 hours!"

The key to believing is seeing, right? Well, the same goes for *doing.* When you see yourself as a confident runner, achieving all the goals along your path, you'll be that much closer to actually doing.

The Well Rounded Runner

The well rounded runner trains for a race physically, and prepares themselves mentally. They can embrace the negatives, or bad arousal, and actually use it to perform better on race day. So as you train for your next race, remember these 3 things:

- You're only bored because you are acting boring. **Mix it up!**
- Performance anxiety should be dealt with long before race day. Take on those nerves and turn them into motivation.
- Seeing is doing. See yourself as the runner you and go *are, kick some ass!*



Westville Athletic Club kit is available at the club on a Tuesday evening

Remember to wear **Red** shorts/leggings only. We have vests and baggies available.

Order your tracksuit now.

Ladies Crop/Tank tops	R160	Ladies Casual tops	R90	Shorts second skins/PS shorts	R100
Vests S, M, L, XL	R150	Vests 2 x XL	R160	Boxers	R80
Track suits	R450	Tog bags	R130	Baggies	R130

NOTICE BOARD

HAPPY BIRTHDAY APPY BIRTHDAY HAPPY BIRTHDAY

Date	Name	Surname
4	Shane	Ellis
4	Janine	Nortje
4	Les	Smith
5	Brandon	Sunkel
5	Tyler	Petersen
12	Marco	Raffinetti
14	Keiran	Aytoun
14	Glynn	Swan
14	Ken	Hinton
16	Corrie	van Dyk
17	Kim	Rom
17	Adrian	Lindsay
18	Bruce	Nuttall
18	Gaylene	Visser
19	Martin	Botha
20	Nine-Lize	Theunissen
23	Paula	Symington
25	Derrick	Mazibuko
26	Steven	Ash
27	Steve	Atkins
27	Thandekile	Sotubhu
28	Kerry	Hoar
28	Cuan	Watkins
28	Justin	Janse van Rensburg
29	Kerry	Petersen
30	Dylan	Callaghan



BARMAN/LADY

Wanted.

If you can work on a Tuesday evening and the odd other date please contact

Paul Pearce 083 447-7028

25 JULY

SAVE THE DATE

FOR A FABULOUS WESTVILLE AC LADIES EVENING

6.30pm – 9.00pm

It's going to be a WOW night – further details to follow shortly.



RIP

Corrie van Dyk, who sadly died on Wednesday 19 June 2013. Our sincere condolences to Sadie and family on their loss.

A memorial service will be held at Westville Athletic Club on Friday 28 June 2013 at 6pm for anyone wanting to attend.

Brenna van Straaten
Owner of B-Fit Studio
Cell: 082 904 4147 / Blackberry pin: 22079E00

B-Fit
Personal Training by Brenna van Straaten

ARE YOU INTERESTED

Brenna would like to start a Saturday morning BOOTCAMP at the club but needs a minimum of 6 people per session to commence.

Fee would be R50 per session. Contact Brenna if you interested



WORK PARTY—29 JUNE

10AM until finished



- ◇ Replace glass louvres
- ◇ Replace light covers
- ◇ Repair men's toilet door
- ◇ Tidy electrical wires
- ◇ Remove plants in walls
- ◇ Remove plants in gutters
- ◇ Check & replace spotlights
- ◇ Wash windows/Walls//Concrete louvres
- ◇ Replace roof tiles
- ◇ Re-fix timer bracket



- * Paint verandah & table (60m/2)
- * Paint bar & kitchen (needs 2nd/3rd coat)
- * Paint barge boards
- * Paint walls (250m/2)
- * Gate & burglar bars (sand & paint No. 8)
- * Seal & varnish sub station doors



Come along and help your club. Bring your family and come enjoy a day making your club look and feel better.

CHALLENGE STARTS 28 JUNE 2013

IT'S ABOUT TO GET

AWESOME

JOIN OUR 6 WEEK CHALLENGE TODAY!

Change the way you think about your health & fitness by entering our 6 week body transformation & fitness challenge.

REGISTER ONLINE TODAY AT WWW.GETFITCHALLENGE.CO.ZA



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Sharon Schubach (Registrations)		

On the light side

In Search of the Lost Key

Several days ago, as I left a meeting at a hotel, I desperately gave myself a personal "total body search" pat down. I was looking for my keys. They were not in my pockets.

A quick search in the meeting room revealed nothing. Suddenly I realized I must have left them in the car. Frantically, I headed for the parking lot.

My husband has scolded me many times for leaving the keys in the ignition. My theory is the ignition is the best place not to lose them. His theory is that the car will be stolen.

As I burst through the door, I came to a terrifying conclusion. His theory was right. The parking lot was empty. I immediately called the police. I gave them my location, confessed that I had left my keys in the car, and that it had been stolen.

Then I made the most difficult call of all. "Honey," I stammered (I always call him "honey" in times like these), "I left my keys in the car and it's been stolen."

There was a period of silence. I thought the call had been dropped, but then I heard his voice. "Are you kidding me?" he barked, "I dropped you off!"

JULY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Training run 5am	2 WESTVILLE TIME TRIAL @ 17H45	3 Training run 5am	4	5 Training run 5am	6 X-C LEAGUE No. 6 PDAC @ 11H00	7 FOREST HILLS 10KM @ 06H00
8 Training run 5am	9 WESTVILLE TIME TRIAL @ 17H45	10 Training run 5am	11 LADIES TT LEAGUE CHILTERN @ 18H00	12 Training run 5am	13	14 SAVAGES HALF 21,1 & 10KM @06H30
15 Training run 5am COMMITTEE MEETING @18h00	16 WESTVILLE TIME TRIAL @ 17H45	17 Training run 5am	18	19 Training run 5am	20 SA CHAMPS 21,1km Witbank @ 06H00	21 TOTAL SPORTS ladies run @ 08H00
22 Training run 5am	23 MIXED TT LEAGUE WESTVILLE @ 18H00	24 Training run 5am	25 WOW LADIES NIGHT Westville Athletic Club	26 Training run 5am	27 X-C LEAGUE No. 7 Utrecht @ 11H00	28 ULWAZI HALF 21,1 & 10KM @06H00
29 Training run 5am	30 WESTVILLE TIME TRIAL @ 17H45	31 Training run 5am				
		NOTES:				
<p>Details of all events can be found at www.eventtiming.co.za</p>						