

“Run Safely, Run wisely and Run to be seen”

“Run slowly, run daily, drink moderately and don’t eat like a pig” – Ernest van Aaken

Almost seems unfair, now that Comrades is over for another year everyone seems to be hibernating. Is it just me that has withdrawal symptoms? No early morning runs, no gossip going around, in fact nothing happening. Where are all those runners who never ran Comrades? I thought that they continued through winter – let me have your stories please. Having said that how good was it this last weekend not to set alarms and just wake up when you felt like it. Absolutely bliss.

Rumour has it that Tammy Dennill is out of running for approximately 3 months with her injury and has taken up swimming. However, it cannot be confirmed that she’s training to swim the English Channel (*just yet*).

It has now also been confirmed that Comrades 2012, will be a down run on 3 June 2012 and finish at Sahara Kingsmead cricket ground and **NOT** Moses Mabhidia as has been speculated over the past few months.

Good **GAD!** Welcome to the world **Georgia Anne Dovey**, who arrived at 6.15pm and weighing in at 4.0kg (*yes that’s right 4.0kg*) on Friday 3 June 2011 to very proud parents Paula and Martin Dovey. Congrats to the two of you and may all your problems be little ones.

Congratulations to club members Doug Hoar and Kerry Ward, who tie the knot this Saturday. We wish them well in their future together. Maybe now that Kerry has secured her man she can concentrate on running again and just maybe pull on that Westville vest again this year.

JUNE BIRTHDAYS: (*best wishes to all*)

1 st	Veronica Labuschagne & David Wessels
2 nd	Brett Chettleburgh & Stefan Wilmans
3 rd	Niel Ridley
4 th	Paul Pearce
5 th	Adrie Booth & Matthew Callaghan
6 th	Kim Lowe & Iain Robertson
7 th	Nicky Blewett & Petra Blewett
9 th	Clive Stewart
13 th	Rod Dorrofield
14 th	Paul Worsnip, Carol Brooks & Emile Fitzmaurice
19 th	Lauren Roberts
22 nd	Brad Ellis & Alen Hattingh
23 rd	Cliff Westermeyer & Samantha Spencer
24 th	Liz Chelin
25 th	Rogan Bartlett
26 th	Sanet Beukes
27 th	Craig Blewett, Mark Bennett & Mark Hardman
30 th	Gary Goldsworthy

CHAIRMANS JOURNEY:

Unfortunately this last 5 days I have been down with the post Comrades flu. It’s a nasty one this year attacking the nerve endings and muscles, making the sore days preceding comrades feel like they were a pleasure!.

The hype and buzz around Comrades is over but there are still so many other races and events to come this year for you to take part in, however if you took part in Comrades don't feel the need to rush back though, take some time out and get back to it slowly.

It's also time to get those niggles sorted out, that's the ones that just haven't gone away. We have a few members at the club that will gladly be able to assist you.

I see that after almost 7 weeks Two Oceans managed to sort out their results and you can now obtain these off their website. One wonders how they feel about their new timing chip (?).

I am now nearing the end of the first 6 months as Chairman at the club. There are still so many areas of the club that will require attention and focus over the next year or so. I have enjoyed most of this period however like most other clubs and organisations there are considerable challenges. I will share a few of these with you as they are areas that all members need to assist with.

- Lack of committed assistance for the club;
- To many complaints are discussed at the wrong levels;
- Sponsorship;
- Financial Reporting;
- Time.

The above issues are all very important areas that must be dealt with. Some however may never be dealt with. One thing I will say though as members at Westville you have the opportunity to send or call either myself, Tammy or Sharon anytime about concerns/complaints you have. These concerns will be discussed and some form of resolution made. Not all decisions made by the committee will be popular to all however we must consider the future of the club and the general membership.

Okay that's food for thought and I'm sure will create some discussion, which I hope will be positive. I wish you all a very successful second half of the year in running, business & family life.

See you on the road soon (or treadmill!).

Westville Time Trial: Reflector belts please!!!!!!!!

The Chairman's monthly draw (R600) will be carried out this Tuesday 14th and is a must win draw. YOU HAVE TO BE THERE TO WIN IT.

Please diarize and remember the following dates:

Sunday 12 June @ 06h45	Sunrise run series Race (Marine life saving club) 5/10kms
Sunday 19 June @ 09h00	Ladies SPAR race (Moses Mabhida stadium) 10km
Sunday 26 June @ 07h00	Umlazi Dev 10km challenge (Umlazi Sports Centre)
Sunday 03 July @ 06h30	Sardine half marathon (Uvongo) 21,1km

Other important dates to diarize and remember:

Saturday 25 June	Cross Country (Yellowwood Park)
Thursday 30 June @ 6pm	Brookes/Durban Runner TT League (Stella) Now that Comrades is over it's time to work on your speed.

Westville are strongly placed in the league and we need every one of you to turn out so that we can consolidate our position and win this league.

Wednesday 10 August @ 6pm

Sportszone/New Balance Ladies TT League (**Queensburgh**)

Life after Comrades: Cross Country!

We will be leading a Trail Run through 2 sections of the **Krantzkloof Nature Reserve** in Kloof this **Saturday 11 June** starting at **06:30**. **Distance approx. 15 -17km**, tough and technical in places, footpaths, single track, forest and grassland sections (1km on the road). There will be an opportunity for an early turn back (on the road) for people who need to go shorter. There will be loads of photo opportunities if you want to bring along your camera. Hydration packs/bottles essential. There will be 1 opportunity to refill water for those completing the full circuit.

Cost: R15 to be paid to the reserve - it is a worthwhile cost as they do a lot to maintain the reserve and the paths we will be using. Start and Finish Venue: **Waterfall Picnic site** (also known as the Splash).

Directions:

1. Through Kloof gorge, up Bridle Rd, through Forrest Hills, down and up other side to T-junction with King George. Turn right and follow down to bottom, see parking area on right.
2. From Hillcrest go to Waterfall. At Main Intersection at shopping centres turn right into Link Rd. Continue straight at stop into King George and follow road to bottom – see parking area on right.

Then don't forget to put the next **XC League** into your diary: **Saturday 25 June**; hosted by YWP in the Stainbank Nature Reserve. T-shirts from SA Trimmers, Croc Blood courtesy of Bug Busters and soup and hotdogs make it a event not to be missed.

Should you have any queries on either of these events, please email Kylie on kylie@seifsa.co.za or call on: 082 563 0574 (plse note Kylie's number changed in March – some people still have the old no.)

See you off road – Kylie

Ladies:

It is time for Westville Girls to have some fun with a team-builder afternoon. Details will follow in the next few newsletters, but a broad plan is at the end of July to have someone come and show us how to 'Stretch' properly and teach us some core strengthening exercises (*sounds like fun, can I volunteer to do the teaching*). We will also have a few fun activities then finish with some cheese and wine afterwards.

The Road to 2012

361 days to go Sunday, 3 June 2012

ALTERNATIVE TRAINING PROGRAM

2011 Comrades Marathon Finishers Training Program from July to December 2011

Welcome to the beginning of training for the 2012 **DOWN** Comrades Marathon. The focus for the rest of this year will be on building you up to running consistently and regularly. For those of you who completed the 2010 down run you have experienced firsthand how brutal Fields Hill is, so supplement your training with gym training if possible. For the newbie's, take this as your first warning: The down run is very painful. Gym will help to overcome this pain.

If this is your first attempt at Comrades but are a regular runner and can do a Half Marathon in 2:20 then this is the place for you to start. If you are not a regular runner and have not run a half marathon before or are slower than 2:20 then rather visit the Runners World Bonitas Novice project. The Bonitas novice project will start you off a little easier and give you a better chance of building up injury free.

This programme is time based so people of more experience and greater running ability will get relatively more out of the programme and progress faster. Time based programs also prevent you from settling on a route that you need to run faster every time you do it. It is easier to maintain discipline and run easy on easy days. The aim is to be able to run a sub 5:00 marathon before Comrades. As was the case in 2010, December will not be a rest month as it forms the first month of Comrades training.

Because you will employ a run walk strategy for your Qualifier, Long run and Comrades we will use this strategy in training. Very important to note about run walk strategy is that the walk is not a Sunday stroll but fast walking with purpose. It is a change in focus on the muscles not a "rest".

Note that training days are interchangeable, if your club does hill training on a different day or club long runs on a different day then you can change days around.

Lastly, even though it is a down run there are plenty of hills to run up and since this is most people weakness we will be preparing you with some hill sessions. Repeats are to be done at 5km race pace (not a full blown sprint) with a gentle recovery down the hill.

Enjoy the training!

More on the Training Program can be found <http://www.comrades.com>, alternatively, one of our members Craig Blewitt can assist in training for novices as well.