

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

**“Some training days you feel like you don’t have it, but you still do it,
which means you still got it.” – Unknown**

Mmmnnn! I think I’ve had enough of winter. Have you ever tried to write about people when nobodies out running? No stories to tell, nothing to share. Even our respective captains are hibernating so getting stories out of them is impossible. The only bright light was the Time Trial this week, what a great turnout. It was so nice to see old faces that haven’t been to TT for ages, Trish Balhmann, Diane Wearne and a few others.

What I have noticed though, are a few members, Kerry Hoar, Nicole Centner, etc out on the beach at 5.30am in the morning playing in the sand. They will probably tell you that they were “working out” but if you saw them it certainly looked like playing (reliving their childhood all over again).

This weekend sees what I would say is the start of the running season again with Forest Hills 10km on Sunday and then followed up with The Savages 10/21km the following Sunday. Remember, the Savages run is the Club half marathon champs. (*Once again Savages has great prizes for those who take the opportunity to pre-enter, by certain dates. Pre-entries can be done on their website or at the Durban Runner Stores in Glenwood and Durban North. They will also be taking entries at Forest 10km on Sunday.*)

I have also attached a flyer for the Vryheid run for any of you who are interested.

JULY BIRTHDAYS: *(best wishes to all)*

1 ST July	Saeed Mahomed
3 rd July	Virgile Bonhomme
4 th July	Les Smith & Shane Ellis
10 th July	Robyn Clark
12 th July	Marco Raffinetti
14 th July	Marius Rossouw, Ken Hinton, Glynn Swan & Andrew Stent
16 th July	Corrie van Dyk
17 th July	Adrian Lindsay`
23 rd July	Paula Symington
24 th July	Claire Mack
25 th July	Derrick Mazibuko
26 th July	Corne Krogscheepers & Steven Ash
27 th July	Steve Atkins
28 th July	Kerry Hoar (nee Ward)
30 th July	Dylan Callaghan

CHAIRMANS JOURNEY:

After last week’s tips (programs) on treadmill running you should all be running happily in the warmth of the gym and still be having an awesome work out !. Remember if you haven’t tried it, start using a foam roller on your legs. It’s like your own personal masseur - really good if you battle with ITB or tight muscles.

It is now 5 weeks since being struck down with this flu virus that is hanging around but I felt vindicated for running (inside the gym) when Bolt won his respective events with the flu in Paris. Okay not the same and I am certainly not recommending it, but it’s so tough to rest!

The issue with the misappropriation of funds with KZNA has unfortunately only worsened this week with more allegations of fraud and unlawful behaviour. To top it off it appears that the KZNA President is now set for a senior role in ASA (*yes very difficult not to be cynical here*), but perhaps a perfect grounding for the higher role!

This week sees the start of some serious road racing again, as we head up to Forest Hills for a nice quick 10km course. It really is amazing that they can achieve such a quick course given the location. Then of course the following weekend is Savages. Probably the quickest 21km course you will get in Natal. Its well organised and a good one to go for your PB if you are fit. Good luck to those who are running.

Please keep an eye on the calendar for the upcoming events and please mark them in your diary. Have a great week and stay safe on the roads.....

Please diarize and remember the following dates:

Sunday 17 July @07h00	Forest Hills 10km (Forest Hills Sports Club)
Sunday 24 July @ 07h00	Savages 21,1km (Savages AC) CLUB 21.1KM CHAMPS <i>There are incentives from Savages Athletics Club for pre-entries. Enter at www.savagesac.co.za</i> Also a 10km run as well.
Saturday 30 July @ 07h00	The Braai Ketts longest day (<i>entries close 02/07</i>) PMB
Sunday 31 July @ 07h00	Totalsports Ladies Race 5 & 10km (Kings Park)
Sunday 31 July @07h00	Save Cash & Carry 21,1km (Raisethorpe, PMB)

Other important dates to diarize and remember:

Saturday 16 July	Cross Country (PDAC)
Wednesday 20 July @ 6pm	Brookes/Durban Runner TT League (Queensburgh)
Directions to Queensburgh: From the North - Heading south on the N2 take the M7 Edwin Swales turn-off, turn right onto the M7, then take the 1 st off ramp Bellville road turn left at top of off ramp and then right at t-junction robots into Main Road. Travel along Main Road passing KFC, Standard Bank and Pick n Pay along this road for about 3kms until you come across a railway bridge overhead, take the road to your left Bowker Road. Follow this road to the football club, parking will be to the left in the park.	
From Berea – On Francois Road head towards the Westville Hospital at the four ways Robot turn left into Bellair Road travel along this road passing Albert Luthuli Hospital and crossing over Edwin Swales road going up Wakesleigh road At robot turn right into main road follow this road until 2 nd robot then travel along Main Road passing KFC, Standard Bank and Pick n Pay along this road for about 3kms until you come across a railway bridge overhead, take the road to your left Bowker Road. Follow this road to the football club, parking will be to the left in the park.	
Saturday 30 July @ 3pm	Ladies-get-together. (Nicolette Visser will demonstrate correct core work & stretching). Families and relevant others welcome for drinks & snacks after.
Wednesday 10 August @ 6pm	Sportszone/New Balance Ladies TT League (Queensburgh)
Saturday 20 August	Interclub Potjie competition (Westville)

Results:

Knysna Marathon

Paul Pearce 3hr59min
 Brad van der Westhuizen 4hr39min *(this was Brad's first marathon and he reckons he doesn't know what everyone complains about – it was easy)*

This news from the KZN Trail Running Web-site:

22 July	<u>Mountain Splendor Nite Trail Run</u> 7 km	Central Berg
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	www.roag.co.za	
23 July	Mountain Splendor Trail Run 15km www.roag.co.za	Central Berg
24 July	Umdoni Park Challenge 14km & 22km www.bothahouse.co.za	Pennington
30 July	Eshowe – Ngoje Trail Run 45km and 25km butch@trappersrb.co.za	Eshowe
07 August	Mntunzini Bush Run 16km walk/run paul@ritchieauto.co.za	Mntunzini

Umgeni Trail Run by Ali Black

What goes up must come down and looking into the distance we could see Nagle dam way down below us. The descent was treacherous – steep and rocky. On reaching the dam, the path became a lot easier but my implosion was as sudden as it was dramatic. Boy was I exhausted and it was time for a serious chat too myself.

The run through the dam wall was different and on exiting we arrived at one of the few watering tables (*these are spaced out every 15km*), which was most welcome. Other than these tables we had to carry our own food and drinks – this is where Kylies chicken mayo sandwiches came in handy (*sucking up*).

The run up the gravel road to the perimeter fence and gate to the reserve was tough and thankfully I had company, which helped keep up the pace and concentration (*if you want a top 10 finish in any race you have to work hard and boy was I working hard*).

After what seemed like an eternity, we eventually left the confines of Nagle dam and followed the fence line down to the river once more before ascending another beast of a hill. This was followed by another steep descend down to the river, which required a portage across the river. Boy was the water freezing but the legs loved it. By this stage, I had managed to shake my company save for pro-athlete Tatum Prins.

After a wonderful river crossing we were back on the North side of the river and now running in the shade of a natural forest and set our sights on the last 15km of uphill sloggng. This section of the race proved uneventful apart from the beautiful scenery and an amorous cow (*no Kylie his not talking about you*) who thought I looked good whilst I was thinking how good a burger would be right now.

Three very big hills (think Cowies) followed and the everlasting drag finally brought us to the gates of the Cumberland Nature Reserve and finish, not far from Albert Falls dam. The organizer Andrew Booth, being the humorous fellow that he is decided to have the last laugh on us poor souls and had the finish line at the end of another extremely steep uphill (*F@#& bastard*).

We arrived at the finish quite exhausted but happy and I would like to thank Rentia Denissen for the company and believe our 6th and 7th positions were well deserved of the soup and rolls as was our time of 8hrs01min.....

As for me, the next event on the ultra trail calendar is the nutter 100km in Lesotho.

ON THE LIGHT SIDE

You know it is time to resume running when...

- You try to do a few push-ups and discover that certain body parts refuse to leave the floor.
- **Your children look through your wedding album and want to know who mom's first husband was.**
- You come to the conclusion that, if God really wanted you to touch your toes each morning, He would have put them somewhere around your knees.
- **You analyze your body honestly and decide what you should develop first is your sense of humour.**