

Westville Athletic Club
WEST-link (26/2011)
Thursday 30 June 2011
www.westvilleac.co.za

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

“Something about running makes me smile on the inside even though I may be in pain on the outside” - unknown

This time of the year is definitely a good time to hibernate. How cold has it been lately, certainly cold enough to keep even the diehards in bed in the mornings. However, there’s always going to be the exceptions and week after week no matter how cold it is the same names appear at the weekly Time Trial – **when are we going to see new faces here.** Time Trials are a good way of improving one’s times, you should try it sometime. **Talking of Time Trials, don’t forget tonight is the Brookes/Durban runner sports league TT at Stella.** We need all members to pitch up and run. The vets are definitely in the hunt for top spot in the league and if we get enough representation from the seniors and the ladies we can also win the overall league.

My spies tell me that one Ms. Paula Dovey is back in secret training and has been spotted around town pushing “little Georgia” around in her road running pram.

We are also still looking for the floating trophies that have not been returned to the club. People this is urgent and you know who you are. Please make a big effort to return these ASAP so that they will be available to the next deserving candidates.

JULY BIRTHDAYS: (best wishes to all)

30 th June	Gary Goldsworthy
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:

Following on from Fred the Ed’s comment about running in the cold, I am one of those who hate running in the cold but have found an alternative. If it’s too cold in the mornings then get into the gym and try a few km’s on the treadmill. Virgin in Westville have all new treadmills each with TV’s and the latest sports and news channels, so it’s no longer “boring” and certainly not too cold! Use the following Runners world hyperlink to check out some interesting sessions you can try out on the treadmill: <http://www.runnersworld.co.za/training/workouts/10-treadmill-workouts2/>. You can of course also just listen to music on your iPod or indeed from the treadmill itself. I am convinced it helps me with my stride and takes away the impact of the road. I do approx. 40% of my weekly mileage on a treadmill and my times have only improved since doing so.....worth a try?

I went on Saturday to the KZNA special meeting with a few other Westville members and most other clubs in attendance. The special meeting was called due to the alleged misappropriation of funds. With total disrespect for the

meeting the Chairman of KZNA Mr Aleck Skhosana turns up at 9.15am (*meeting due to start 9am*) with no comment (*apparently dropping his sister at the airport*) and during the course of the meeting when asked to stand accountable for his departments actions, both now and for the last few years, raises the race card. I as a resident of nearly 9 years within these shores was shocked and saddened to be a part of KZNA at this time. The issue was definitely not one of race, it was of being accountable for the misappropriation of a large amount of funds, most of which was from the Lottery commission. The gallery was torn on "looking forward vs. being accountable". There has been a 5 strong 'finance' team set up from club members to further investigate the goings on and the securing of the balance of monies still held in trust, before that too just disappears. We await the outcome of their investigations and recommendations for further audits. The outgoing treasurer Mr John Hall's speech and immediate departure from the meeting only further buries KZNA in a hole they will battle to get themselves out of. The money was there and now it's not, the financial controls expected to be put in place 3 years ago were never done so, the situation really looks grim. I will though update you in the future of the final outcome.

Well that's it from me this week - unfortunately I have had a complete relapse with this flu and am off the road and treadmill again. Oh and I mentioned last week about our next club event on the 13th of August, the date is now the **20th August** due to the Test match in Durban. We will announce all the details very soon.

Stay warm and be safe on the roads.....

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

Please diarize and remember the following dates:

Sunday 03 July @ 06h30	Sardine half marathon (Uvongo) 21,1km
Saturday 9 July @ 08h00	Woman's day 10km (Chatsworth)
Sunday 10 July @ 09h00	Spar Chesterville ladies run (Durban) CANCELLED
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:

Thursday 30 June @ 6pm	Brookes/Durban Runner TT League (Stella) LET'S NOT FORGET THE LEAGUE TIME TRIAL TONIGHT. 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)

Ladies News:

Apologies our ladies captain is away for the holidays so no further news on this front.

Don't forget to diarize the Ladies-Get-Together takes place on **Saturday the 30th of July at 3pm**. Nicolette Visser is going to show us how to do some core work and stretching and afterwards there will be a few challenges to do. Families and relevant others are then welcome to join us for Drinks and Cheese and Biscuits.

Cross Country / Trail Running

After all the cold weather we have been having we were treated to some spectacular weather for the Cross Country at Stainbank on Saturday afternoon.

In the Girls and Boys under 10, our up and coming athletes **Bryn Emms, Sarah Hall and Barbara Braig** all did us proud. In the Girls under 13, **Khea Emms** had a great run to take **2nd** place (*watch this space as she improves*). In the ladies race, **Di Wearne, Sue Smith, Jenny Bartlett and Bongzi Braig** all had lovely runs in the wilds of Stainbank and it is really encouraging to see the commitment and participation from these ladies. The "Ballie Boys" showed a clean pair of heels with **Les Smith and Andy Watson** finishing **2nd** and **4th** respectively in their age group.

Due to injury and other commitments we were a little thin in the Vet Men's event with only **Stefan Wilmans and Achim Braig** putting in the effort, whilst the others headed for the soup, hot dogs and Croc Blood instead. Achim also earned his SA Trimmers XC Shirt for completing his **3rd** event.

The seniors were represented by **Shelley Frankish and Ross McKechnie**.

Not too many people running, but thanks to all those who came along and supported. Our tent was buzzing and all who were present had a great afternoon. Well done our athletes and thank you to our supporters.

At a recent XC meeting it was announced that KZN wanted to put the province forward to host the 2014 World XC Championships. The meeting was generally excited by the prospect and plans are in place to host a spectacular event. KZNA will rely on the clubs to assist with organization etc. anyone who would like to get involved, please contact Kylie on kylie@seifsa.co.za

We are also finally making progress on the issue of outstanding KZN Colours to our athletes who ran for KZN at SA Champs and achieved a podium or who represented on 2 or more consecutive occasions.

Extract taken from an article on trail running– thank you Jac's

We runners love running, and few things can beat the feeling of health, strength and pure joy that comes from a great run. Combine that with the raw energy of being in the outdoors, in the unspoilt wilderness or a rocky Berg path, on a sandy beach or under green forest canopy – and you have the delight and beauty of trail running.

The inspiration of the environment is part of the exhilaration, but it has to be said that a good part of it comes from the physical exertion required by the sport. There are definite physical benefits to trail running, apart from the obvious mental ones.

- Trail running generally impacts less on the joints, as the surface underfoot tends to be softer than tar: dirt road, sand, water or mud are generally easier on the joints than hard tar or concrete. Also, instead of the steady cadence typical of road running, trail running requires frequent changes in pace and gait: a slow slog up a steep mountain path, leaping over uneven rocky surfaces, steep descents that test the quads, sandy beach sections that burn the calves. Combine this with the relatively lower impact, and you experience fewer repetitive stress injuries. This is because you are changing your gait and stride all the time off-road, which effectively reduces the risk of RSIs.
- Trail running works the whole body – it is physically demanding on the ankles, legs, core, arms, and shoulders, and it requires good balance and proprioception to avoid falling and to maintain a good pace.
- Energy expenditure per kilometre tends to be higher off-road due to the demanding terrain, so you burn more calories than you would in the same distance on the road.
- Trail runs at altitude (and for us in KZN, many of our trail runs take place in the Berg) place additional strain on

the cardiovascular system.

Trail running is hard – it places different stresses on the body and mind and can be exhausting for even the fittest road athlete. Trail running can also incorporate non-running: you may be required to walk up particularly steep inclines or very technical sections, clamber holding onto branches or rocks, wade through rivers, crawl under or over obstacles. This means that in order to train effectively for trails, a different approach is required from road running. Proper preparation is important if you want to enjoy off-road running, avoid injuries and get the most from the sport. Here are some general tips to bear in mind if you want to start trail running, or improve your times off-road:

- Buy a quality pair of trail running shoes. Off road shoes tend to be more rigid and have a sturdier midsole and tougher toecap to protect your feet from stones, roots, etc. Cushioning is not as important as for road shoes, as off-road surfaces tend to be more forgiving. While many trail runners do wear road shoes, or even “barefoot” shoes, these generally don’t provide optimal protection for your feet – particularly on very rocky or stony paths. Brands to consider include Salomon, New Balance, Montrail and Inov-8.
- Avoid cotton socks – you need a synthetic material that dries quickly as you’ll probably get your feet wet on most off-road runs. Socks that absorb water predispose you to blisters, which will really ruin your day.
- Invest in a hydration pack – either a backpack design or one that is carried on the hips in a belt, depending on your personal preference. Backpacks are comfortable as the weight is distributed over your back, and allow hands-free drinking from the tube, but it can get rather warm as your entire back may be covered by the pack. Hip belts allow you to move freely and keep you cooler, but you need to sip from a bottle so aren’t entirely hands-free. You can fill your hydration pack with water or with an energy drink. Train with the pack even when you run on the road, to get used to the weight and feel. Carrying an extra kilogram or two makes all the difference and will take a bit of getting used to!
- Wear a cap, good sun block and carry sunglasses as well as a lightweight long sleeve top, just in case. The weather can change quickly and you need to be prepared in case you’re out there longer than intended. It’s a good idea to have some solid food (such as a banana, energy bar, biltong, or sweets) with you as well, as you’ll probably need the extra energy.
- You can wear normal running shorts and shirts, although it is useful to find shorts that have zipped pockets – this makes it easier to access energy bars, additional sun block etc if required. Zipped pockets to prevent stuff from falling out, and tend to be larger than the little key pocket found in most running shorts. Be aware that if you’re wearing a backpack-type hydration pack you’ll be better off wearing a T-shirt than a vest, to avoid chafing on the shoulders.

Training-wise, concentrate initially on strength rather than speed. Do hill repeats and hilly runs whenever you can. Do leg strengthening exercises such as squats, lunges and extensions.

During off-road running you’ll find there is more lateral movement than running on the road. The peripheral muscles around your ankles, knees and hips get a good workout, as do your quadriceps and glutes. In addition, you will use your arms and shoulders a lot more, so strong delts are useful. Carrying a hydration pack also means your back needs to be stronger as it will be carrying more weight. Strengthen your ankles and feet, as trail running challenges these muscles far more and in different ways to road running. Improve your balance by practicing on a bosu ball.

When you get out there, here’s what to expect and how to handle it.

- Expect to fall once in a while and graze knees and hands. I often wear running gloves on very technical runs to protect my hands if I should fall.
- Rocky or stony terrain – firstly make sure you lift your feet well to avoid tripping. It’s very easy to trip if you catch the front of your shoe on a stone, so step lightly and try to use a midfoot strike (rather than landing on your heel or toe) while focusing on the path ahead. Try to concentrate on the path about 7-10 metres ahead, not directly in front of you, as this allows you to make adjustments in time should obstacles arise.
- Choose your line and stick with it, making adjustments only when necessary. In other words, don’t waste energy zigzagging along the path, as you’re unlikely to find one side is much easier than the other.
- When running on soft sand, it is going to hurt! Try to run close to the water line on the beach as the sand is firmest there, but be aware that you could get wet when the waves come in. On a sandy path, it is often firmer near the outside of the path than the middle.
- Forest paths or single track can hide rocks and roots, which can make them treacherous, so pick up your feet

and watch where you place your feet. In addition, wooded areas can be wet and slippery, so try to avoid stepping on roots and rocks if possible, rather jump over them if you can.

- Muddy surfaces are my personal favourite – but they can be difficult to run on as they are alternately slippery or sticky. This is especially true on steep descents. Expect to slip and slide a bit, and remember that mud will stick to your shoes, causing them to lose traction. As a general rule, avoid the “shinier” mud (*know what I mean?*), and try to run on duller mud, which tends to be firmer and less slippery.
- When you get to a river or stream, don’t bother taking off your shoes and socks – just run through the water. If you run quickly and step high, you can get through without getting too wet. But you’re probably going to get your feet wet at some point, so don’t worry about it. If you’re wearing synthetic socks you shouldn’t have too many worries about blisters.
- Lastly, don’t worry about getting exhausted, filthy dirty, muddy, and wet, cold or very hot. It’s all part of the fun, embrace it!!

ON THE LIGHT SIDE

Experts tell us that the best way to make a perfect cup of tea is to agitate the bag. - *So, every morning I shout, 'Two sugars, stupid!'*