



The Tekkie

April 2013



Newsletter of the Vaal Athletic Club

EDITORS WORD:

The Vaal Marathon is done and dusted for another year. Thanks to all Club Members who contributed to make this day a success. We received a few calls of congratulations and acknowledgement for a great race. They loved the water points, efficient marshaling and the route. Complaints at the finish area was purely about being tired and some for not getting a medal after the cut off. In all, a great day at the office. Thanks to Steve for taking charge of this big event. As someone put it: "It was a very good team effort for those who were part of the team at least."

The feeling at the end of the day when the marathon is finished and all went well, is indescribable. For all those that brought family members to assist, please express our sincere gratitude, we salute you. Thank you.

We are also fast approaching winter and Comrades. Take care of your body, keep healthy, do not train when you have a serious cold or flu. Rest, recover and come back healthy and strong. If you can, stay away from sick people. Keep training, focus at your main goal, that finish line. The Comrades finish line is but 60 days away!!

With only 2 months to go, be wise and patient in your training. Do not try and catch up on lost days and distances. It does not matter. Be consistent and run within yourself.

With dusk so much earlier, please be safety conscious, wear bright colour clothing, black and other dark colours is not to be worn, a reflective belt, whatever is necessary to be more visible. How much is your life worth, not to you, but to your family?! (They sell the reflective belt per meter from R12 to R17, at Habby and Lace, make yourself one.)

Have a great autumn month!

Regards,

Roelof.

Important Club decisions to be made: **Club Colours.**

At the AGM it was mentioned that we change the Club Clothing. It was proposed that we change to Black shorts. The committee would like to know what you the member think of this idea. Such a change can only be made at a general meeting open to all members, i.e. the AGM. There is however a full process to follow before it can be made official.

Please send a mail in this regard. The committee can then make a decision to proceed with the application to change the Club Colours or not.

Thus far 7 members are for the change with comments such as: "A brilliant idea; Black shorts / skorts purely for variety and availability; Easier to find shorts that are comfortable and have zipped pocket; the availability is much better in this colour; in favor of changing the club shorts colour to black, mainly due to availability".

CLUB INFORMATION

2013 Club Committee:

The Committee as elected at the last AGM is:

- Chairman: Steve Jackson
- Vice Chairman: Gys van den Berg
- Secretary and Finance: Angela Jackson
- Newsletter: Roelof van Wyk
- Web Administrator: Wayne Pienaar
- Track & Field: Gys van den Berg
- Equipment & Stores: Bennie Botha, Gys van den Berg
- Cross Country: Bennie Botha, Gys van den Berg
- Social Events: Louise Smith
- Triathlon, Trail Running,
& Cycling: Ben Pearce



His "Chairman's" Voice:

And just like that the Vaal marathon is over.

To everyone who made the day a success, well done, and to those who are still not as involved as they could be, come aboard and be part of the biggest running event in the Vaal triangle. You will be helping to build the sport in the whole province.

The Vaal Athletics club sold R10 000 worth of temporary licenses on behalf of the province as well as 12.5% of the entry fees paid, goes to the province in form of a levy. This amounts to some R28 000 and this money is used to develop sport in the province. All athletics benefit from our effort; Road runners get to go to the national championships, Cross country gets to arrange meetings and development and track and field also gets a share.

We, the members of the Vaal athletic Club, have done this and we are proud to do it. We are the original club in the Vaal and from us the province was born, we are athletics in the Vaal.

Thank you,

Steve

Birthday Celebrations:

Congratulations to the following members in celebrating their birthday in **April**. Have a joyous day!

Cloete	Antoine	6
Burger	Jacques	8
Hamilton	Erica	12
Adendorff	Melanie	27

WORDS OF WISDOM: -

Your life has a purpose. Your story is important. Your dreams count. Your voice matters . You were born to make an impact !

Work for a cause, not for applause. Live life to express and not for impress. Don't strive to make your presence noticed, just make your absence felt.



Training advice. – Comrades Training.



Train, do not strain!! .

Patience is a virtue!!

The last 2 months prior to Comrades is difficult as runners get itchy feet and the whole family must tip-toe around for fear of disrupting the right kind of environment demanded by the runner.

The runner worries if he has done enough distance, should he do another long run? Due to this, the runner becomes impatient and undisciplined. There is a urge to catch up on lost kilometers or worse , the inability to contain the enthusiasm to let go and venture into racing mode. All of a sudden each session becomes a Comrades day. Easy runs become moderate ones, moderate becomes hard and hard becomes red zone.

The runner loses focus. To save yourself for race day takes discipline and lots of courage. You are tempted to race your training partner or that runner who always beats you. Bruce Fordyce was able to keep composure, keep things in perspective and let it rip on race day. He was a master at this.

So stay focused, let patience prevail, stick to your guns. Race and train wisely. Remember all training and races are investments for the 2nd of June. Don't throw it away on some insignificant race or training session. Let the reins go on Comrades day, so that your fine performance can go down in the record books.

Mental preparation is also important. The Comrades is normally won and lost on mental attitude. Start preparing yourself mentally for the task ahead. See yourself running strongly up Polly's, entering the finishing straight, waving to the family and smiling for the camera!!

Do not change your training program or your diet just because you heard it worked for someone else. Do what you and your body is used to. Finish testing your energy drinks, your socks and keep them for Comrades Day. Evaluate your shoes and replace them now if you need to. Do not attempt to do Comrades with a pair of shoes you did not do at least a marathon in.

The biggest worry you should have is to keep healthy and injury free. If you have an injury, do not run through it. Treat it, rest, be patient. Most injuries are caused by overtraining or sudden change in distance or intensity. Evaluate your log book entries, (you should keep a log book if you are serious about your running), and see if you did just that. Adjust your program, go back to basics.

April is the last month where you still do serious training, high distances. The last 3 weeks of May, is slow down time. Rest, rest, and rest a little more. Still training but nothing foolish. All in anticipation for the 2nd of June 2013: - Comrades Day, Durban to Pietermaritzburg, 89km of tar road between two cities!

This was in the Runners World of 1996 and is by Ian Martin, a exercise physiologist.

The Silver Schedule				The 8:30 Schedule				The Survival Schedule			
week	weekly distance	session	training zone	weekly distance	session	training zone	weekly distance	session	training zone		
1- 7 April	130-140km	1LSD run 55- 60 km	1	105-115km	1LSD run 50 -55 km weekend	1	70-80 km	1LSD run 35 km	1		
		1LSD run 20 - 25km	2		1LSD run 15km midweek	2		1LSD run 12km undulating	2		
		2 easy runs 12km	1or 2		2 easy runs 10km	1or2		1easy 8km time trial	1or2		
		8km timetrial easy	1or 2		8km timetrial (easy run)	1or2		2 easy runs 6km	2		
		2 sets 10 x300m hill repeats	3 or 4		1day rest			5x 2:00 fast jog in between	3 or OBLA		
		long intervals	3 or OBLA		2 sets 10 x200m hill repeats	3 or 4		warm up and down essential			
		rest in between until HR 120			rest until HR 120						
		4km at 10 km pace			warm-up and down essential						
		3km at 10km race pace			10 x 2:00 fast ; 1:00 jog between	3 or 4					
		2km at 4km time trial pace			10x 1:00 fast ; 2:00 jog between						
1km at 4km time trial pace		warm-up and down essential									
8- 14 April	85-90km	day 1- 8-12 km easy	1	65-70km	day 1- rest		50-55km	day 1- rest			
		day 2 - 8km tempo run	3		day 2 - 8km tempo run	3		day 2 - rest			
		day 3 - rest			day 3 - 10km easy	2		day 3 - 8km easy	1		
		day 4 - rest			day 4 - rest			day 4 - 6km easy	2		
		day 5 - 12km easy	1		day 5 rest	1		day 5 - rest			
		day 6 - 10km easy	1		day 6 - 6 - 8km easy	1or 2		day 6 - 6km easy	2		
		day 7 - 40-45km LSD	2		day 7 -35 - 40 km LSD	1		day 7 -30-35km LSD	1		
15 - 21 April	125 -135km	1LSD run 45 -50km+ weekend	1	90 -110 km	1LSD run 40-45km+ weekend	1	80-85 km	1LSD run 35-40km+ weekend	1		
		1LSD run 25km+ midweek	2		1LSD run 15 -18km+ midweek	2		1LSD run 12- 15km+ midweek	1or 2		
		3 easy runs 10 -12km	1or 2		1easy runs 10km	1or 2		1easy run 8km	1or 2		
		15 x 400m at 5km race pace	3 or 4		2 easy runs 6 -8 km	2		2 easy run 6km	2		
		(rest in-between until HR is 120)			10km undulating - surge up hills			8km time trial	3		
		4 x 2km on undulating course	3		10 x 3 minutes at 10km race pace	3 or OBLA		1day rest			
		rest by slow jog until HR 120									
22 -28 April	140 km	1LSD run 40-50 km	1	100-110 km	1LSD run 50 km weekend	1	60 -65km	1LSD run 35-40km weekend	1		
		1LSD run 25 -28km	2		1LSD run 18 -20km midweek	2		1LSD run 12km midweek	2		
		3 easy runs 10 -12km	1or 2		2 easy runs 10km	1or 2		1easy runs 8 km	1or 2		
		2 sets 10x300m hill repeats	3 or 4		8km timetrial (tempo run)	3		1 run of 8 km surge up hills	3		
		warm-up and down essential			10x600m at 10km race pace	OBLA		2 days rest			
		3 x 5km at 10km race pace	OBLA		warm-up and down essential						
		warm-up and down essential									
29 April - 5 May	150km	1LSD run 60 -65 km	1	100km	1LSD run 60-65 km weekend	1	80 -85 km	1LSD run 50 km	1		
		1LSD run 25km	2		1LSD run 18 -20km midweek	2		1run 10km midweek	2		
		3 easy runs 10 -12km	1or2		2 easy runs 10km	1or2		3 easy runs 8km	1or2		
		long intervals - warm-up, down essent	3		2 sets of 8x300m hill repeats	3 or 4		2 days rest	3		
		rest in between until HR 120			warm-up and down essential						
		1km at 10 km pace			1day rest						
		2km at 10km race pace									
		3km at 10km race pace									
		4km flat out									
		10x800m at 5k race pace	3 or 4								
warm-up and down essential											

The intention of the program is to show what your training should comprise off, what the experts say how to train for Comrades but do what you enjoy.

Remember, this is a guideline. Change the program to fit in with the races you intend in doing, the time you have available and your goals.

The same rules apply:

- No two hard days back-to-back (levels 3 and 4)
- If you have to forfeit a session, forfeit level 3 or 4, or the highest level that week.
- If you are feeling tired, substitute your planned session with a level 1 or rest.
- No Long slow runs (LSD) back-to-back.
- Your own OBLA determines levels 3 and 4.

Listen to your body. Please do not try and run through an injury.

Remember to train the mind as well.

Remember to take in enough fluids, eat right.

(Next month will be the last of this training program.)

Cape Gate Vaal Marathon.

What a day it was! With 1889 runners for the Marathon and 761 on the 21km race, 358 on the 10km race, it was the biggest field since the year 2000. But we coped with it all. Ran out of numbers, but made a plan. We anticipated a bigger field and had enough water and Coke on the road. The weather was perfect. In all, a day the Club can be proud off.

Bennie and I had numerous runners calling us afterwards to congratulate us on a great race. Complaints are non-existent bar the fact that we ran out of medals. These will be made and sent to the Clubs for distribution.

A big applause to our Chairman Steve who coordinated all, thought of everything, and managed it all with a 'couple of friends'. Steve, please take a bow!

Next year will be the 40th running of the Vaal Marathon. We want to go big! Bigger than ever before. But for that we need money or goods, maybe have a goodie bag, or lucky draw prizes. We need sponsorships!. Please go to your employer and ask for just R1 000. It is easier to ask for a thousand than ten, even five thousand!. Not that we will say no to five or ten either but if each member bring in R1 000, we will have R50 000 to use!!.)

For that we will put an advertisement in the Newsletter for a whole year. We will mention the company name on the 15000+ flyers that we distribute all over the country. Free advertising! On top of it all, we will give you commission of 10% for all money you bring in. We need you, please start working on it today.

Thanks to all members who did the pre races and worked on the Saturday and Sunday. It is all we ask of you as a member. One weekend of the year you give back to the Club and other athletes for the honor of wearing our nice green and white!. We are the oldest and the best Club in the Vaal Triangle. We might be small but together we hosted a big race.

Thanks to Gys and all "his" children from Suiderlig. Without them, we shall be pretty short on marshals.

Till next year.....





HONOURS!

Congratulations to Armand Burger for his first place in the Gauteng Championships 10km walk.

Telocho Tau has been selected to represent AVT in the Triple jump. May you jump to the best of your ability!.

AT THE RACES

Upcoming races.

7-Apr	Alan Robb 32/15	32\15	7:00	Herman Immelman
13-Apr	Willem Pretorius Wildsfees	42\21	7:00	Willem Pretorius Reserve
13-Apr	Elandsvallei	42\21\10	6:00	Waterval Boven
14-Apr	Slow Mag	50\42\21\	6:30	Benoni Northerns
14-Apr	Ironman			
17-Apr	Noordheuwel 10/15km	10\15	5:30	Noordheuwel High School
20-Apr	Palmer Lawrence Mem	21\5	0:00	Ennerdale Stadium
20-Apr	Forever Resort Loskop	50\21	7:00	Municipal Offices
21-Apr	Birchwood 21	21\10\5	6:30	Birchwood Hotel
27-Apr	Cradle 21/10	21\10\5	8:00	Kloofzicht Lodge
28-Apr	Carnival City	32\15\5	5:00	Mall & Carnival
1-May	Morningside	10	7:00	Saint Sthians Col
5-May	Colgate	32\15\5	8:00	Boksburg Stadium



Race Results:



10th March

21.1km

Roelof van Wyk 01:39:11

Gys van den Berg 01:39:12

42.2km

Jacques Burger 04:28:27

A windy coldish morning greeted us. On the road the wind did not have much of an effect on the runners and the weather turned out to be perfect. This is a very nice undulating race to do and is maybe easier than the Pick and Pay race. Just a note of interest. Irvette de Klerk was the 3rd athlete overall on the 21km, 1:16:18, and 4th overall, Rene Kalmer 1:17:06.

Results for the Cape Gate Vaal Workers (AVT) 42km race - 2013-03-03

Position	Initials	Surname	Sex	Age	Club	Finish Time
1	R	Van Wyk	M		Vaal	03:27:40
2	G	Van Den Berg	M		Vaal	03:27:40
3	C	Grey	M		Vaal	04:06:00
4	P	Nicholas	M		Vaal	04:17:02
5	W	Pienaar	M		Vaal	04:35:40
6	G	Murphy	M		Vaal	04:41:35

OM die DAM!!

Congratulations to Steve and Louise Smith for earning their Permanent numbers, and to Gys van den Berg and Wayne Pienaar who both did a PB.

Position	Initials	Surname	Age	Finish Time
192	G	Van Den Berg	38	04:00:49
374	J	Burger	40	04:26:11
386	K	Motaung	52	04:27:47
691	B	Pearce	34	04:48:59
692	P	Nicolas	32	04:49:00
1006	M	Labuschagne	47	05:01:38
1176	W	Pienaar	30	05:11:52
1558	S	Smith	42	05:28:23
1662	L	Smith	51	05:32:19

A Word to ponder !

plotz \plots\, *verb*:

To collapse or faint, as from surprise, excitement, or exhaustion.

And there would be no way to hide the official tail on her parents' manicured, sweeping drive. "God, Mother would **plotz**."

-- Elizabeth Lowell, *Die in Plain Sight*

Plotz is an Americanism that first arose in the 1940s. It comes from the Yiddish word *platsn* which meant "to crack, split, burst." That word in turn originated in the German word *blatzen* or *platzen*.

I know of runners that plod along, with some 'plotz-ing' at the end. Tired but happy!! (R.)

Plod: To move or walk heavily or laboriously; trudge: "*donkeys that plodded wearily in a circle round a gin*" (D.H. Lawrence).

TIME TRAIL.

IMPORTANT:

Take Note: Due to an earlier sunset we are starting at 17h30 as from 2 April 2013 !!

You must also wear light colour clothing and get a reflective belt or light.

We invite all to come and join us on a Tuesday at 17H30. Walkers are welcome too.

This is where we as a Club meet and where you can find out about upcoming races. Flyers of upcoming races are available.

Our RAT Race winner for March is again Erica Hamilton, she was 6 seconds out with Paul Koorts 7 seconds. But I do believe husband Ronnie is seconding her!! Well done Erica. She successfully defended the trophy.



The RAT race, i.e. Race against time, takes place every first Tuesday of the month with a bring and braai Boerewors roll afterwards. All is welcome. This is an once a month relaxed social event, after the running bit.

Group runs at / from 06h00 from Virgin Active, normally planned at the Time Trial start.

TIME TRIAL RESULTS: March 2013.

This is only for the first 3 weeks of March as some of us is going to Oceans!!

MARCH 2013 Time Trials / MAART 2013 Tydtoetse

Name	05/03 Time (distance)	12/03 Time (distance)	19/03 Time (distance)	26/03 Time (distance)	Attendance points total
Botha, Bennie	-	-	53'36" (8)		14
Duma, Nonie	32'09" (8)	31'56" (8)	31'17" (8)		5
Engelbrecht, Fanie	33'34" (6)	-	-		1
Gloy, Alf	39'56" (8)	37'43" (8)	37'49" (8)		18
Greeff, Andre	38'27" (6)	35'35" (6)	-		4
Greeff, Lydia	38'45" (6)	37'17" (6)	-		2
Grey, Cor	-	-	-		16
Hamilton, Erica	42'24" (8) RAT	41'00" (8)	31'19" (6)		10
Hamilton, Robert	-	37'43" (8)	-		2
Hunter, Bridget	-	-	42'06" (6)		1
Jackson, Steve	46'40" (8)	??	42'06" (6)		14
Jee, Courtney	53'05" (8)	-	55'20" (8)		7
Kgatla, Moroka	-	-	34'36" (8)	Results will be included in next month's news letter	1
Koorts, Jan Paul	-	-	-		2
Koorts, Paul	41'07" (8)	38'43" (8) PB!	30'18" (6)		11
Korte, Bridgette	52'11" (8)	-	53'36" (8)		2
Labuschagne, Deon	35'02" (8)	-	-		1
Lombaard, Antoon	-	-	-		12
Maire, Nicolas	34'45" (8)	38'43" (8)	34'21" (8)		6
Maseko, Johanna	32'20" (3.1)	32'10" (3.1)	-		6
Molebe, Thandi	45'03" (6)	-	-		4
Motaung, Maria	34'13" (6)	40'35" (8)	31'19" (6)		10
Mouton, Ansie	41'00" (6)	-	38'33" (6)		2
Mouton, Johan	33'34" (6)	32'59" (6)	44'00" (8)		5
Mouton, Ruan	-	39'43" (8)	-		1
Nel, Andries	29'14" (6)	-	-		2
Nicolas, Helen	-	-	-		4
Nicolas, Paul	-	-	-		11
Nkutha, Benny	-	-	-		7
Pearce, Ben	-	-	-	15	
Pienaar, Simon	-	43'30" (8)	-	2	
Pienaar, Wayne	41'53" (8)	41'52" (8)	-	17	
Smith, David	-	-	-	13	
Smith, Louise	44'04" (8)	-	-	8	
Smith, Stephen	38'05" (8)	38'43" (8)	39'04" (8)	17	
Swanepoel, Chris	-	-	-	3	
Terblanche, Quinten	36'14" (6)	-	37'54" (8)	2	
Terblanche, Carien	36'14" (6)	-	48'55" (8)	2	
Van den Berg, Gys	35'02" (8)	34'25" (8)	34'51" (8)	19	
Van Wyk, Carene	31'50" (3.1)	32'07" (3.1)	-	15	
Van Wyk, Linda	31'50" (3.1)	32'07" (3.1)	-	21	
Van Wyk, Roelof	29'14" (6)	34'25" (8)	34'51" (8)	22	
John	36'01" (8)	-	-	1	
Lorraine	-	-	30'00" (4)	1	

HEALTH INFORMATION.

The dangers of blood doping

One of the many forms of doping Lance Armstrong has admitted to is blood doping. What is this and how common and harmful is it?

According to the World Anti-Doping Agency (Wada) blood doping is defined as the “misuse of certain techniques and/or substances to increase one’s red blood cell mass, which allows the body to transport more oxygen to muscles and therefore increase stamina and performance”.

There are three most commonly used methods for blood doping and these include erythropoietin (EPO), synthetic oxygen carriers and blood transfusions, all of which are prohibited under Wada’s List of Prohibited Substances and Methods.

Methods and risks

EPO

EPO is actually a hormone that is produced naturally by the human body. Read more about it here and is often used to prevent or treat anaemia caused by conditions such as Aids, cancer, or surgery.

However, misuse of this medicine carries great health risks, especially for athletes who use this substance simply to gain a competitive edge. EPO thickens the blood which leads to an increased risk of several deadly diseases, such as heart disease, stroke, and cerebral or pulmonary embolism. According to Wada, the “misuse of recombinant human EPO may also lead to autoimmune diseases with serious health consequences”.

Synthetic oxygen carriers

Synthetic oxygen carriers, such as haemoglobin based oxygen carriers (HBOCs) or perfluorocarbons (PFCs), are purified proteins or chemicals having the ability to carry oxygen.

Wada says synthetic oxygen carriers appear useful for emergency therapeutic purposes when human blood is not available, the risk of blood infection is high or when there is not enough time to properly cross-match donated blood with a recipient. “However, their misuse for doping purposes carries the risk of cardiovascular disease in addition to various serious side effects (e.g., stroke, myocardial infarction, embolism).”

Blood transfusions

When it comes to doping, there are two common types: autologous and homologous.

Autologous blood doping: the transfusion of one’s own blood, which has been stored (refrigerated or frozen) until needed. Wada is still working on a test for this type of doping.

Homologous blood doping: the transfusion of blood that has been taken from another person with the same blood type. This form of doping can be tested for.

Either form of blood transfusions carries some serious medical consequences. For example, the blood from another person may have a virus. Even using one’s own blood carries risks if the blood is not handled correctly or stored properly. Risks include an unnatural increase in red blood cell levels which then raises the risk of heart attack, stroke, and pulmonary or cerebral embolism. (Sources: Wada, Health24) (Amy Froneman, Health24, January 2013)



Controversial: After reports of the 2012 Comrades Marathon winner Ludwick Mamabolo allegedly being found to have used a banned performance-enhancing substance surfaced, Zapiro drew him urinating on the Comrades gold medal. (Images: www.zapiro.com)

10 fascinating facts on ageing.

In 2013, as we head towards notching up another birthday, here are ten fascinating facts about ageing and the human body courtesy of Body Worlds. (Exhibition was from October 2012 to 10 March 2013 in Cape Town.)

At birth, we are generally born with 350 bones in our skeleton, as we grow and age, bones fuse together resulting in us only having 206 bones as adults.

Babies only have about 250 mls or one cup of blood circulating through their bodies. An adult human has about four litres which the heart pumps to all the tissues and to and from the lungs in about one minute while beating 75 times.

We shed on average 600,000 particles of skin every hour. As we age, that accumulates to to approximately 1.5 pounds each year. The average person will therefore have lost around 105 pounds of skin by 70 years of age.

Interestingly, the brain and nerve cells are the only cells in the body that cannot regenerate. Once brain cells are damaged they are not replaced.

-Because of this fact, we are born with all our brain cells and the human head is one-quarter of our total length at birth but only one-eighth of our total length by the time we reach adulthood.

As we age our breathing rate slows down and its interesting to note that children and women breathe faster than men do. A person at rest usually breathes between 12 and 15 times a minute. -

By 60 years of age, we start to have difficulty breathing and 60-percent of men and 40-percent of women will begin to snore when sleeping. Snores average around 60 decibels, the noise level of normal speech but often reach more than 80 decibels. Eighty decibels is as loud as the sound of a pneumatic drill breaking up concrete. Noise levels over 85 decibels can damage the human ear.

As adults, we eat on average 500kg of food per year, and we produce 1.7 litres of saliva each day to help us process this food.

Every day 11.5 litres of digested food, liquids and digestive juices flow through the digestive system, but only 100mls is lost in faeces.

To digest all of that, the body produces a new stomach lining every three to four days to ensure that the strong acids used by the stomach to digest food, doesn't also digest the stomach.



CLUB WEBSITES!

Please visit our websites. Wayne has done an amazing job on getting these sites up and if you have any suggestions how to improve them please send a mail. You will also find some useful information available.

www.vaalathleticclub.co.za

www.vaalmarathon.co.za

www.vaaltrailrun.co.za

A Strong prayer

"Never put a question mark where God puts a period"

God Has Amazing Things in Store for You. Stars do not struggle to shine, rivers do not struggle to flow, and you will never struggle to excel in life , because you deserve the best. Hold on to your dream and it shall be well with you.

The eyes beholding this message shall not behold evil, the mouth saying Amen to this prayer shall laugh forever, and remain in God's love..

Your dream will not die, your plans will not fail, your destiny will not be aborted, and the desire of your heart will be granted.

No one goes to the river early in the morning and brings dirty water. As you are up this morning, may your life be clean, calm and clear like the early morning water.

May the grace of the Almighty support, sustain and supply all your needs according to His riches in glory.

The will of God will never take you where the grace of God will not protect you. Pray for others, be a funnel and bless others.

Amen.

GO FOR IT

"I love the sense of satisfaction that I get when I've done a swimming workout or race, and know that I gave my whole being and heart to God in every moment of the swim. It's the best worship I can offer him." - Penny Heyns

Go therefore and make disciples of all nations:- Matthew 28:19

If you love sport and are a follower of Jesus, get out there and play! Represent him in the team. Be Christ's person in the club. See it as part of your Christian life, as your worship to God.

Try not to do it alone. If there is another Christian in the club, work together. If not find one or two other players and support each other. Pray together about your involvement in your clubs.

If you blow it and lose your temper on the field one week, share it with the other Christians and let them pray for you. It is easier when you have a little group to support you, who commit themselves to pray for you and for the one or two that you are witnessing to. A group like this can encourage you but it will also challenge you because the rubber hits the road when you know you have to report back on how your witness has been in the last week.

Don't feel guilty about putting time into sport. You might think sport is OK but not important. That means that I can play as long as I get away quickly and get to another meeting. That won't do. Make sport your mission! Represent God by building relationships amongst those who you invest so much of your life with, many of whom don't know a thing about what God has done for us in Jesus Christ. Knowing you may help them find out!

Ask the Holy Spirit to make you a brilliant team mate, a brilliant coach, a brilliant club secretary or whatever and get out and play!

Running safety.

Tips for Your Night Runs By Patrick McCrann Marathon Nation • For Active.com

Safety First, Then Fitness

Without a doubt the most important steps in the transition to night running revolve around personal safety. No single workout is worth risking your overall health or well-being for. With proper planning, night running should allow you to get your workout in with minimal risk. Here are some additional thought points to consider:

Well-Lit Route:

It might not be the sexiest route to run on, but the most well-lit route will be your safest bet. Not only will other folks be able to see you (and vice versa), but you will be better able to see where you are running.

Keep It Simple:

Rather than plot out a 10-mile run, consider finding a 5-mile course that you can double up on. Or better yet, a two mile loop that you can do as many times as necessary. This keeps you close to home should you need/want to stop, and makes sure you are 100 percent familiar with every nook and cranny in the road. Best of all, you can tell your family/friends where you'll be running and that will make you easy to find in the event of an emergency.

Be Visible:

While most of us try to blend in, night runners can't afford to. Loud colors with reflective material to catch passing headlights is a must. Add on a few flashing strobe lights (red for your back, white for your front) and you'll be spotted sure.

The Right Night Equipment

Running in the evening means preparing for lower temperatures and the chance of inclement weather. You'll essentially need to be a Jack or Jane of all trades — a variety of gear will ensure your comfort and safety over the course of every run.

Reflective Vest:

Preferably a mid-weight version, this full zip vest will make sure you are seen and help to keep your core warm. The zipper means you can adjust your internal temp, a very nice feature in the event you do get warm.

Headlamp:

Not required, but a really nice to have item. It will cut through the darkness, allowing you to pick the safest path. It also helps with the visibility issue. Newer models are light weight enough to clip on to your hat or visor without much weight.

Flashing Light:

Similar to what bicycle commuters use, these simple lights are a cheap and effective way to make your presence known. Remember to keep the red flashing lights on your back and the white/clear ones on the front of your body. This will help drivers and fellow pedestrians know which way you are headed long before they can actually see you.

What Not To Bring: Your Headphones

You might be the next Yo-Yo-Ma, but running at night without the help of your ears dramatically increases your chances of injury or mishap. Save the music for your commute or the odd times you can get out in the daylight.

Running on Empty

by Jason Nocera (www.nichecartoons.com)



Thus :-IN SUMMARY:

Winter and early darkness is eminent. Take the necessary precautions to ensure you are visible to other road users.

- ❖ Run a route you know very well. One that you know what happens when you step off the pavement to avoid an oncoming car, where the potholes are and who's around after dark.
- ❖ Wear a reflective vest or belt so cars can see you. A dog, pepper spray, or a partner aren't a bad idea either.
- ❖ When you are running (with your guard dog or partner), use a quality headlamp and a red clip on light at the back.
- ❖ Never assume the cars see you. Always run facing the traffic!
- ❖ Shoes with reflective spots on them are always a plus.
- ❖ Tell your loved ones the route you do.

Good luck to all *Two Oceans* Runners. Drive safely, enjoy the run, and take care.

Name	Gender	Age	Ultras	Halfs	Race	Race No
ARMAND BURGER	Male	16			Half	60588
JACQUES BURGER	Male	40	3		Ultra	20482
MICHAEL GAADE	Male	66	25		Half	70148
MARIA JACOBS	Female	43		3	Half	64543
PHILLIP JACOBS	Male	19		3	Half	64542
KHABI MOTAUNG	Male	52	2		Ultra	20964
HELEN NICOLAS	Female	32			Ultra	31527
HELEN NICOLAS	Female	32			Half	71233
ANELDA OOSTHUIZEN	Female	37		4	Half	61840
BEN PEARCE	Male	34	2		Ultra	25565
SIMON PIENAAR	Male	21		1	Half	60498
WAYNE PIENAAR	Male	30	1		Ultra	20053
DAVID SMITH	Male	46	10		Ultra	4382
LOUISE SMITH	Female	51	3	4	Ultra	23614
STEPHEN SMITH	Male	43	13		Ultra	3760
GYS VAN DEN BERG	Male	38	8	2	Ultra	22672
ROELOF VAN WYK	Male	51	17	2	Ultra	1296

LAST WORDS:

SINCE LIGHT TRAVELS FASTER THAN SOUND, ISN'T THAT WHY SOME PEOPLE APPEAR BRIGHT UNTIL YOU HEAR THEM SPEAK?

"Sports do not build character. They reveal it"

John Wooden