

# The Tekkie

## Newsletter of Vaal Athletic Club.

January 2014



# Die Tekkie

## Nuusbrief van Vaal Atletiekkklub

Januarie 2014

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### EDITORS WORD.

Welcome to the year 2014 and all the best with your running.

A new year, a new look at the top of the page. I hope it gets your approval.

PLEASE, I need some articles from each of you. What better starting point than the need to know each other. So, without asking you directly, again, which I already did, please write an autobiography, when you started running and why you are running, your goals, what you have achieved and what you hope to achieve, what motivates you, your favorite races, your PB's, a funny thing that happened to you on a race, a training run, memorable events. Do you have a mentor, a hero which you would like to emulate. Be open about it all, just write whatever comes to mind. PLEASE!

Comrades is but 150 days away. Better start training then!

Remember to build a base first, then progress into more distance and speed. Train do not strain. As important as it is to train consistently, to have easy and hard days and even rest days, is just as important. (A rest day can be a 3k jog). Not more rest days than training days though. Keep a healthy balance. Please heed this advice in the training article. And again, be safe out there!

Remember you need to renew your Club Membership and license by the end of the Month.

Groetnis



(Roelof2610@gmail.com.)

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### WORDS OF WISDOM: -

“Success does not consist in never making mistakes but in never making the same one the second time”

George Bernard Shaw.

*Treat people as if they were what they ought to be, and you will help them to become what they are capable of being.*

## **CLUB INFORMATION**

### **2014 Club Committee:**

- |                          |                                |
|--------------------------|--------------------------------|
| • 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 |
| • Road & Cross Country:  | Bennie Botha, Gys van den Berg |
| • Social Events:         | Louise Smith                   |
| • Additional Member:     | Cor Grey                       |



### **A word from the Chairman.**

New year's message

Happy new year to everyone at VAC. To date I am not aware of anyone who fell prey to the carnage on our roads, let's keep it like that. The best advice I have so far is from Micki Bare; "Stay safe on the road and assume all others are dumb."

With just 2 months to the Vaal marathon, the planning is in full swing. This is our 40<sup>th</sup> running of the Vaal marathon and we have a special medal and T-shirt to commemorate this.

I know I can rely on all members to be involved in some way, either on the day or before with flyers or pre-entry's or helping with the pre-race. We are the biggest, best and most preferred race in the Vaal due to your hard work.

The Licenses are available from the 6<sup>th</sup> from AVT and as soon as we receive your forms and club fees we can collect them from Malie. Angela will register everyone on the ASA website when the completed forms are received.

### **2014 Club Membership:**

*The Club Membership documents for 2014 was attached for completion with the December Newsletter.*

*There is two documents to be completed, your Club application and ASA Application. Please complete both documents and bring a copy of your ID Document.*

*Please do an EFT Payment use our Club Bank Detail. Remember to use your name as reference otherwise we do not know who made the payment.*

Membership and License	Junior (7-19yrs)	Senior (20+)	Grand Master (60+)
	R350	R450	R350

**ABSA Vereeniging, Branch 632005, Acc. 480 862 317 Put your own name in reference, not License 2013.**

## HEALTH INFORMATION.

**Heart Attack and Water** - I never knew all of this ! Interesting..... (Good Advice from the Mayo Clinic.)

How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night!!

Something else I didn't know ... I asked my Doctor why do people need to urinate so much at night time. Answer from my Cardiac Doctor -

Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc.) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier. This then ties in with the last statement!

I knew you need your minimum water to help flush the toxins out of your body, but this was news to me.

Correct time to drink water... Very Important. From A Cardiac Specialist!

Drinking water at a certain time maximizes its effectiveness on the body:

2 glasses of water after waking up - helps activate internal organs

1 glass of water 30 minutes before a meal - helps digestion

1 glass of water before taking a bath - helps lower blood pressure

1 glass of water before going to bed - avoids stroke or heart attack

I can also add to this... My Physician told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.



## TIME TRAIL.

We invite all to come and join us on a Tuesday at 17H45. 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 December was "The rain", thus only a wet Rat is crowned. See you on January the 7<sup>th</sup> for the first Rat race for 2014.



The Race Against Time takes place every first Tuesday of the month, with a bring and braai afterwards. Please join us for a nice little social after the running bit.

Group runs at / from 06h00 from Virgin Active, normally planned at the Time Trial start. Wimpy or Wiesenhof Breakfast afterwards.

### A Word to ponder !

**trachle** \TRAH-khuh\, *noun*:

1. an exhausting effort, especially walking or working.
2. an exhausted or bedraggled person.

*verb*:

1. to fatigue; tire; wear out.
2. to bedraggle.

He headed down the middle of the street, his breathing evening out after the **trachle** across the beach.

-- Duncan McLean, *Bucket of Tongues*, 1992

While the origin of *trachle* is unknown, it might be related to the West Flemish *tragelen* meaning "to walk heavily."

# **TRAINING ADVICE.**

## **Take advantage of light days and rest days**

Author: American Running Association

There are as many different types of runners as there are people who run. But one misconception that many runners hold in common is a work ethic that too often precludes rest.

Some runners have to be held down in order to get the rest the body requires. Sooner or later that will come by way of injury or overtraining syndrome. For those runners, understanding that rest and recovery doesn't mean doing nothing, can break through the mile-aholic's misconceptions and change training habits for the better.

For starters, we need to differentiate between rest and recovery days and light workout days. They're two different things.

### **Rest and recovery days**

Rest and recovery days are just that. They are days primarily designed to rest and recover. Healthy runners need rest maybe once per week, or even just once or twice a month. Obviously injuries, illness, aging, staleness, increases in distance or intensity and overtraining can create demands for more rest.

Although rest is needed, it's still important to remain active on those days. The body, just like the mind, needs stimulation every day. Even after a grueling marathon, many people find it's a good idea to move around, maybe take a walk, as early as the day after to avoid stiffening up.

Even people who suffer heart attacks are encouraged to get out of bed and move around as soon as possible. On rest and recovery days it's important to avoid doing the worst thing you can do for your body ... nothing.

Examples of rest and recovery activities are walking, static stretch exercises (after a warm-up and loosening-up period), swimming, water running and riding a bike.

Keep in mind that increasing respiration and heart rate to a level just slightly above normal and challenging your range of motion are generally good things to do almost any time. Rest is a variable to apply in response to the feedback your body gives -- more or less, but always some.

### **Light workout days**

Light workout days are days in which you're actually working out. The difference is that your activities are lighter, less demanding and generally performed at a lower level of intensity. Or the activities are executed at a high level of intensity for a much shorter period of time.

Light workout days are just as important as heavy workout days. They allow development to take place without breaking yourself down and acquiring overuse injuries, experiencing training plateaus and developing a generally stale, flat, bored attitude that can come from doing the same thing day after day. In short, the light days make the heavy days possible.

They should enhance and complement your more intense workouts. They can and should be equally enjoyable. If your workouts include heavy days and light days in proper sequence, you shouldn't need as many rest and recovery days.

An important guideline for light workout days is variety. Providing a change in the workloads to shock the system is what's important. When changing the emphasis on workouts from heavy to light workout days, there are a number of things that can be accomplished. Some training objectives that are good to consider on light workout days are flexibility, developing range of motion, improving running form, strength training, hill running and speed interval training.

### **Strength training**

If you can, schedule the same amount of time to train on light days as heavy days. A good idea is to spend less time on the track on light days and spend the balance of your training time with strength training. Strength training can improve running times right away.

Of course there are many other benefits from strength training, such as injury prevention, improved bone density and increased range of motion that research has shown to help people well into their nineties.

Even a little strength training can convey major improvements. There's a plethora of strength training activities and exercises that can be done with no equipment at all. Weights and exercise equipment can be helpful but aren't necessary.

### **Running form**

Light days can also provide the opportunity to work on running form. Training to improve running form is very important for two reasons. It can help you to move more efficiently and therefore improve your times right away. Even the most advanced runner can improve his form.

While improving your running times may not be important to you, improving running form still has important benefits. If your form is more linear and more stable, it can help prevent injuries.

Start out by jogging for a short distance or complete some other activity that will thoroughly warm your body up. Then continue for short distances, concentrating on one element of running form that will improve your efficiency.

You may need to consult a trainer or strength and conditioning coach for an analysis of your form and constructive criticism for means to improve it.

### **Hill runs**

A similar procedure can be followed while executing hill runs. Hill runs are great for developing strength, as well as adding variety to cardiovascular training. Bleachers or stadium steps can be used if there are no hills where you live. However, it's important to remember to concentrate on running form when running hills and stairs.

Many runners will sacrifice form for what they think is speed when they're making an all-out effort. An all-out effort isn't necessary when executing hill runs. Run as slowly as necessary to maintain good running form. Increased strength and, as a result, speed will come naturally.

### **Intervals**

Sprint build-ups or interval work can be incorporated into your light-day running workout in a similar way. Start out with a light jog. After you warm up, gradually build up speed until you don't feel like running fast any more. Then slow down to a comfortable pace until fully recovered.

Repeat this build-up-and-recovery procedure until you have completed the amount of running or the amount of time you have planned for running that day. You can get a lot of conditioning done in a short period of time.

Overall, training must be approached intelligently. One of the best favors you can do for your body and your running performance is to respect the need for rest and recovery.

However, that doesn't mean becoming a sloth. It's that misconception that leads some runners to avoid rest and recovery and just train-hard, harder and hardest.

That won't work in the long run. A better approach is to understand recovery as a training tool and use it well. Remain active on rest days and use light days to address training objectives directly. This is a winning way to train.



## **AT THE RACES**

### **Upcoming races –January 2014**

<b>5 January</b>	<b>Varsity Kudus 15km</b>
<b>12 January</b>	<b>Dischem 21km (Pre –entries only!)</b>
<b>19 January</b>	<b>Bobbies 22km, 11km</b>
<b>22 January</b>	<b>Kempton Night Race 15km</b>
<b>26 January</b>	<b>Johnson Crane 42km, 21km , 10.5km</b>

## Safety and Health.

### Blisters -

<http://www.runnersworld.com/tag/blisters>

Annoying and painful, blisters are caused by friction, usually your shoes or socks rubbing against your skin. Anything that intensifies rubbing can start a blister, including a faster pace, poor-fitting shoes and foot abnormalities, such as bunions, heel spurs and hammertoes. Heat and moisture intensify friction by making your feet swell.

That explains why many runners only suffer blisters during races, especially marathons. You're perspiring more, running faster and longer, sloshing through water stations and, if it's warm, pouring water over your head.

The body responds to the friction by producing fluid, which builds up beneath the part of the skin being rubbed, causing pressure and pain. A blood blister occurs when the friction ruptures tiny blood vessels.

While most blisters don't pose a serious health risk, they should be treated with respect. A painful blister can sideline a runner, but more importantly, a blister can also get infected. Serious infections can result when one uses a dirty needle to pop a blister.

#### Prevention of blisters

- Moisten your feet. Just like sweaty skin, dry skin is also more prone to friction. Use skin creams and lotions liberally on a daily basis to maintain proper moisture.
- Choose blister-free socks. Synthetic socks wick moisture away from the skin. Cotton may be lighter, but it retains fluid. Socks with reinforced heels and toes also help reduce friction.
- Run with slick skin. Coat your feet with Vaseline or another lubricant before you run. Or use Second Skin, a padded tape that stays on even when wet. Both methods form a protective shield between your skin and sock.
- Double up. Wear two pairs of socks so the friction occurs between the two socks, rather than between the sock and skin. If your shoe now feels too tight, go up a half-size as long as your foot doesn't slide around, making blisters a possibility.
- Wear shoes and socks that fit. Shoes that are too small will cause blisters under the toes and on the ends of the toenails. There should be a thumb's width of space between the toes and end of the toe box. Your socks should fit smoothly, with no extra fabric at the toes or heels.

#### Treatment of blisters

If you have a large blister, drain it. If you don't drain it, your blister will hurt, and it could puncture on its own.

To drain the blister, wash your hands, then wipe a needle with alcohol to sterilize it. Don't put the needle in a flame, says Dr. Laps. You'll get carbon particles in your skin, he says. The carbon can further irritate the wound.



Once you've punctured the blister, carefully drain the liquid by pushing gently with your fingers near the hole. Then cover the blister with a tight bandage to keep bacteria from getting in.

You can take the bandage off periodically and soak your foot in Epsom salts (follow package directions) to draw out the fluid. After soaking, put on a fresh bandage. It's a good idea to keep a bandage on until the skin tightens up again.

If you've got a small blister, leave it intact. The skin acts as a protective covering over a sterile environment. Furthermore, if the fluid amount is small and you try to pop it, you could cause additional problems by making it bleed. Leave small blood blisters intact, also. Otherwise, you risk getting bacteria into your bloodstream.

For small blisters, cut a hole the size of the blister in the middle of a piece of moleskin, then place it over the blister and cover it with gauze. The blister will dry out and heal on its own.

A blister under a nail is best treated by a professional. You never want to deliberately remove the toenail.

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### **Birthday Celebrations:**

Congratulations to the following members in celebrating their birthday in January. Many happy returns!

- 2 Andries Nel
- 15 David Smith
- 16 Bennie Botha
- 28 Margaret Labuschagne

### **Running on Empty**

by Jason Nocera ([www.nichecartoons.com](http://www.nichecartoons.com))



# How to tame dangerous words

Stephan Joubert (e-kerk)

Aggression is a tragic human condition. Road rage is rife; other kinds of rage as well. Just bump against someone by accident in a shop or a bank and you'll get fierce stares... even verbal threats. Sometimes not even people's faith curb their violent natures, as I recently discovered when a person with a Bible verse on his car's bumper showed me a very un-Biblical sign when he cut me off in the traffic. I dared flash my headlights to warn him that he's going to bump me when he "greeted" me in this strange manner.

If we do not deliberately choose to address the ever-growing problem of anger in our own hearts and on our tongues, we allow it free reign in our lives. The capability to end aggression also resides in that little space between our upper and lower jaws. The right words on our tongues hold a significant key to the prevention and ending of verbal hostilities. Gentle words can quench fires of hate. It can bring people closer together. We can choose to stop using words as verbal battering rams. We need to do the grace-talk every day. We must allow God's grace to flow freely and gently over our lips. *'A gentle response defuses anger, but a sharp tongue kindles a temper-fire'* (Proverbs 15:1). *'Kind words heal and help; cutting words wound and maim'* (Proverbs 15:4).

Why not pray the following prayer every morning: *'Post a guard at my mouth, God, set a watch at the door of my lips'* (Psalm 141:3). Think twice before you speak. No, pray before you say... anything ... something. Ask God to arrest every destructive word before it gets the chance to escape your mouth, because once words escape from your lips, you'll never get them back again. Spoken words have a life of their own. Keep watch over your words; all too soon they begin to break bones! Pray for wisdom to keep silent when you need to keep your lips shut, and to speak when you must. Also pray for the wisdom to know the difference between a godly silence and a few well-chosen words of wisdom!

## Raad vir pap rekke.

Stephan Joubert (e-kerk)

Teen hierdie tyd van die jaar is almal se rekke pap. Iemand sê onlangs vir my sy boekie vir 2013-krisisse is reeds popvol. Hy kan nie meer een ekstra stukkie moeilikheid vat nie.

Van pap rekke gepraat, die profeet Habakuk het presies dit beleef as hy die eerste hoofstuk van sy profetiese boek skryf. Hierdie vergete Bybelse profeet het moeilikheid geken. (Of dalk is dit andersom!) In elk geval, sy profetiese loopbaan het nie te goed afgeskop nie. Die eerste hoofstuk van sy boek is deurtrek met klagtes. Hy kon God se groot stilte oor al die chaos in sy eie dag nie langer vat nie.

Habakuk was 'n tydgenoot van groot profetiese kanonne soos Jeremia, Nahum en Sefanja. In sy dag was 'n korrupte koning, genaamd Jojakim, aan die bewind. Boosheid, misdaad en korrupsie het orals geseëvier terwyl respek vir die wet van die Here in die sand weggesyfer het. Tussendeur het oorlogswolke rondom Jerusalem saamgepak. Die magtige Babiloniese weermag, oftewel die Galdeërs soos wat hulle in Habakuk 1 genoem word, was oppad.

Terwyl Habakuk behoorlik keel skoongemaak het oor God se "stilte" te midde van al die onreg in sy dag, het hy een lewensbelangrike les geleer. Dit deel hy aan die begin van hoofstuk 2. Habakuk het naamlik besef hy moet 'n uitkyktoring vir homself oprig. Hy moet leer om te wag op die Here en ophou fokus op alles wat verkeerd is rondom hom. Presies dit is wat God verwag van sy pap-rek profeet... en van ons elkeen. Ons almal kort 'n geestelike uitkyktoring. Ons kort 'n nuwe vestingmuur waaragter ons kan wag op die Here.

Aan die Here se voete kom moeë mense tot rus. Wanneer ons ons laste aan sy voete neersit, word daardie woede in ons algaande vervang met kalmte. Frustrasie maak plek vir tevredenheid... en bitterheid vir vrede. Om op die regte wagmuur te staan, is egter meer as net 'n rus; dit gaan oor rus in die Here. Op sy wagmuur wag ons nooit op dinge nie, ons wag op die lewende God!

## Some Useless Information.

### Going Dutch

From Wikipedia, the free encyclopedia

"Going Dutch" is a term that indicates that each person participating in a group activity pays for themselves, rather than any person paying for anyone else, particularly in a restaurant bill. It is also called Dutch date, Dutch treat (the oldest form) and "doing Dutch".

There are two possible senses—each person paying his own expenses, or the entire bill being split (divided evenly) between all participants. In strict usage, "Going Dutch" refers to the former, paying one's own expenses, and the latter is referred to as "splitting the bill", but in casual usage these may both be referred to as "going Dutch".

#### International practices

In Austria, Denmark, Finland, Germany, Iceland, Republic of Ireland, Norway, Sweden, and Switzerland, the practice of splitting the bill in restaurants is common. In a courtship situation where both parties have a similar financial standing, which is commonplace in the aforementioned nations, the traditional custom of the man always paying in restaurants has largely fallen out of use and is by many, including etiquette authorities, considered old fashioned; nevertheless it can be made more acceptable to the other party if explained beforehand. Generally a romantic couple will take turns paying the bill or split it. Generally it is assumed that everyone pays for himself or herself in restaurants unless the invitation stated otherwise.

In most of northern Europe, central Europe and Australia the practice of splitting the bill is common. On a dinner date, the man may pay the bill as a way of overtly stating that he views this as a romantic situation and that he has some hopes or expectations for a future development. Some women object to this or even find it offensive so it is a judgment call. Younger urban women especially tend not to accept men paying for them; or will in turn insist to pay for the next dinner or drink.

In several south European countries such as Italy, Spain, Portugal, Greece or Cyprus it is rather uncommon for most locals to have separate bills and is sometimes even regarded as rude, especially when in larger groups. But in urban areas or places frequented by tourists this has changed over the last decades.

In some parts of Italy (especially the south), the expression *pagare alla romana* can be translated as: "To pay like people of Rome" or "to pay like they do in Rome". It has a double and opposite meaning, depending by the tradition followed: the modern and more common meaning of *pagare alla romana* is to divide equally the total cost between all the commensals; the other meaning is the same as "going Dutch". This can lead to misunderstanding.

In France, it is close to "*faire moitié-moitié*" or "*faire moite-moite*", which means "each one pays half of the bill". This does not apply to romantic date where the man usually pay according to traditional French "*étiquette*". In a business meeting, the receiving party usually pays for all - it is considered rude not to do so, and rarely (if ever) occurs.

## Sponsors Page.

Please support our sponsors, they support Vaal Athletic Club.

Our Main sponsor for the Vaal Marathon for 19 Years.



The image shows the Cape Gate (PTY) LTD logo, which consists of a stylized 'G' inside a square frame. Below the logo is a navigation menu with five items: ABOUT US, STEEL PRODUCTS, WIRE PRODUCTS, MILLS ROLLING PROGRAM, and CONTACT US. The main banner features a collage of industrial images, including a worker in a blue uniform, a large industrial mill, and a worker in a blue uniform. A SGS certification logo is also visible.

A family company, which has always valued its self-reliance. Cape Gate has, through full vertical integration, grown from a small wire netting manufacturing company in 1962 to a major producer of wire and steel products with its own source of raw materials.

Wire and Steel Manufacturing South Africa | Cape Gate | Steel Reinforcing | Barbed Wire | Field Fence | Cable Armouring

Cape Gate wire and steel manufacturer South Africa: Wire Rod, Flat Steel, Galvanized Wire, Spring Steel Wire, Scraper Rope Systems and Field Fencing.



The image shows the MRG Roofing & Structural Specialists logo, which features a stylized house icon above the letters 'MRG'. To the right of the logo is contact information for Maintenance Repair Gangs cc.

Maintenance Repair Gangs cc,  
Panorama 2, Vereeniging, P.O. Box 2476  
Vereeniging, 1930  
Tel: 016 - 424 1701 Fax: 086 758 0381  
VAT NO: 4280136187 / CK: 92/31246/23  
maintenancerg@telkomsa.net

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**If there is any business who would like to advertise in our Newsletter every month, we would gladly do so at a nominal annual fee.**

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## LAST WORDS.



*If you are afraid and still  
go forward, you are brave.*

*Napoleon Bonaparte*