



Die Tekkie

JULIE 2013



Nuusbrief van Vaal Atletiek Klub

EDITORS WORD:

Moelik om te glo dit is al 'n maand na Comrades. Skielik het dit winter geword en is dit maklik om te sê dis te koud vir hardloop. Maar as dit 'n "siekte" by jou is en jy het die adrenalien inspuiting nodig, dan doen jy dit, al is dit met handskoene en 'n mus op die kop. For those with a cold or flu, do not train if the pain and stiffness is below the neck!.

We hope to see you all back on the road soonest. Timetrial is still the place to meet. We might not do the full 8k's but most of the stalwarts are there every week, like me. I like to meet with fellow runners and I need to keep the fitness level up, actively!

It is also a time to talk to your fellow runners and set goals to what you would like to achieve in the next year. Maybe it is that elusive PB or a specific race that you always talked about doing. Maybe a club mate has the same objective. It is always easier if two runners can work together.

Life is worth it. You only have one life to live.

Please send me some articles for the newsletter. It is boring to read my own writing.

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".

We need more feedback on this. The new vests and green shorts look great. Is it what you want or would you like to change the shorts to black?. This is not a committee decision, it must be voted upon by members.

CLUB INFORMATION

2013 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
- Triathlon, Trail Running, & Cycling: Ben Pearce



A word from the Chairman.

The chairman is still recovering from his overseas trip, running a fast marathon with his son in Denmark, and then doing Comrades.

Back at work, things are hectic as well.

All the best.



Just to remind you what he looks like:

WORDS OF WISDOM: -

“Success is the maximum utilization of the ability that you have”

Zig Ziglar.

Hilary Hinton "Zig" Ziglar (November 6, 1926 – November 28, 2012) was an American author, salesman, and motivational speaker.

Time Trail.

IMPORTANT: Wear light, bright colour clothing and get a reflective belt.

JUNE 2013 Time Trials / JUNIE 2013 Tydtoetse

Name	04/06 Time (distance)	11/06 Time (distance)	18/06 Time (distance)	25/06 Time (distance)	Attendance points total
Botha, Bennie	-	36'34" (6)	-	-	18
Du Plessis, Quenessa	-	-	29'00" (4)	?	1
Gloy, Alf	22'58" (1.8)	32'45" (6)	30'40" (6)	29'42" (6)	28
Hamilton, Erica	20'00" (4)	-	30'40" (6)	18'18" (4)	22
Jackson, Steve	22'58" (1.8)	-	27'30" (4)	32'50" (6)	19
Koorts, Paul	42'17" (8)	41'56" (8)	-	41'03" (8)	22
Lombaard, Antoon	-	36'34" (6)	34'00" (6)	32'52" (6)	15
Nel, Andries	-	-	-	40'30" (8)	5
Smith, David	22'58" (1.8)	-	-	-	19
Smith, Louise	22'58" (1.8)	-	-	-	11
Smith, Stephen	22'58" (1.8)	-	-	-	24
Van den Berg, Gys	22'58" (1.8)	32'16" (3.1)	34'14" (3.1)	29'42" (6)	30
Van Wyk, Carene	22'58" (1.8)	32'16" (3.1)	34'14" (3.1)	-	25
Van Wyk, Linda	22'58" (1.8)	32'16" (3.1)	34'14" (3.1)	13'02" (2)	33
Van Wyk, Roelof	22'58" (1.8)	27'15" (6)	30'40" (6)	29'42" (6)	33
Rozanne	25'55" (4)	-	27'30" (4)	?	7

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 June was Paul Nicholas based on his Comrades Time.

He predicted doing a 10:30 and did a 10:29:07.

Bennie and myself thought of a new floating trophy while in Durban for this and made a Comrades Chameleon trophy. Paul may now keep the trophy for a whole year. Well done Paul!.



We shall have a Rat Race this coming Tuesday 2nd of July, but not the braai afterwards, much too cold!!

Group runs at / from 07h00 from Virgin Active, normally planned at the Time Trial start.

Grouprun this Saturday :10km only. We shall count the Polar bears, me thinks!

Bottomless Coke is out, it is now time for a Three-Cuppa-Coffee!!. It is winter !. About 08h00 @ Wiesenhoff.

AT THE RACES

LANDLOOP NUUS:

Erika Hamilton op die Podium. 'n Puik derde plek by die interprovinsiaal in Rustenburg. Geluk ook met die Vaaldriehoek kleure!.

Vir 'n jong dame wat maar onlangs begin ernstig hardloop het, doen sy absoluut puik. Dit help om 'n slawedrywer van 'n man as afrigter te hê!

Eerste was Frances van Blerk en dit 'n week na Comrades (9:55:39). Frances won Comrades in 1992 in a time of 6:51:05.



Upcoming races.

July 7, 2013	Casio Pirates 10	10\10W	8:00	Pirates Club
July 14, 2013	Northgate	10\5	7:30	Northgate Shop Cent
July 20, 2013	Midas Road Runners	10\5	8:00	Old Vaaltonians Sportss
July 21, 2013	Break Thru Midrand	15\5	8:00	Midrand high
July 28, 2013	Walk the Talk	30\15\8\5	6:00	Marks Park

RACE RESULTS



I COULD NOT FIND ANY RESULTS ON THE WEB.

LOOKS LIKE ALL ARE ON A SIESTA !!

If you have done any races please send me the results.

Thank you



Jacques Burger did over 3000Km in races and will receive a gold medal.

In is own words:-

Die 1000km Challenge word gehou van Comrades tot Comrades en net wedlope tel daarvoor. Jy moet die wedlope in die afsny tyd voltooi anders tel dit nie.

Ek het vir die 2012/13 Challenge jaar 21 maratons en 15 ultra maratons gehardloop. My hoogste kilometers vir een maand was vir Maart 2013 waar ek 473.4km gehardloop het. Ek het oor die naweek van die 20/24 Maart, 157.5km gehardloop wat n half, 2 maratons en 'n ultra insluit. Om die kilos te kry moes ek bereid wees om te travel en ek het bv een naweek die Battlesfield ultra in Newcastle die Saterdag gehardloop en die Sondag die Peninsula maraton in Kaapstad.

Waar baie ander atlete die 100 millers en multi dag wedlope doen en vining kilos rekord, was Comrades my langste wedlope. Ek het in die Challenge jaar, 102 wedlope gehardloop met n total van 3011,66km.

Die prys uitdeling is oor 2 weke en ek sal dan eers weet hoeveelste ek in die land sal wees. Op die oomblik is dit of 3de of 4de.

Jacques Burger

My first Comrades – Paul Nicolas

Preparation for 2013 Comrades began at the beginning of 2012. I decided to train a year and a half in advance to be sure of completing the grueling race. During 2012 I ran many races with my fellow Vaal members and enjoyed the atmosphere and chatter. The advice received from the experienced runners was priceless and I am certain without it, I wouldn't have completed Comrades.

Training in 2013 started with a bang. (All the big important races happening between February and April)

On the weekend of comrades, I tried to relax as much as possible. We stayed with friends in Balito and enjoyed a very relaxing 2 days before the race. On the Saturday night, I prepared my running gear. I felt nervous and excited but ultimately I couldn't wait to be at the start line (not knowing what punishment I was about to experience). After months of preparation the training was about to pay off, the day had finally arrived. Helen & I met up with the rest of the Vaal runners outside Steve Jackson's flat, after a few photos, we headed to the start. Standing with Wayne and David in our D seeding pen was an amazing feeling. The excitement was unbearable and at this point I had a sheer feeling of exhilaration rushing through my veins! During Chariots of Fire, I truly couldn't believe I had finally made it.

The race had begun and the butterflies in my belly disappeared. I ran with David & Wayne until the 30km mark where we all spilt up. The conversation and insights from both of them made the kilometres just continuously fall away. I felt the race was going well until the 60km mark, where the pain in my torso due to the constant jarring was absolutely unbearable. Not having any painkillers, I battled on until I saw Helen, Gavin & Robyn at 65km. Ibuprofen is a name I will remember for next year's race! I will never forget the inspirational words shared by Gavin, 'Once you finish you will be part of a very special club'. This truly motivated me. Polly shorts lived up to its reputation! I found it came at a point in the race where your legs and body were on the brink of failure. I walked up this hill of hills with the rest of the runners, sharing some memorable conversation. I was relieved when I eventually reached the 'summit'!

On reflection, the constant wind and heat were a major factor on the day. It made this difficult race so much harder. This race has made me realise what the human body is capable of, it is truly an extraordinary experience. I am thrilled that I had the opportunity to take part and made sure to take in the atmosphere as was wisely advised by all the other runners at the club.

I will be at the start line next year and can't wait to start the training all over again.....once my legs have recovered!



Still going strong!



MADE IT ! What a relief!

Well done Paul. Now for the back to back medal. The first one is easy, now you know what is coming!.

Comrades aches and pains party

For a first, we had a breakfast at Wiesenhoff the Saturday after Comrades to do our Aches and Pains. 7 Comrades runners of our 11 entries were present and enjoyed the breakfast and 3-cuppa coffee. Each shared the story of their run.

Paul received the new Comrades Chameleon trophy for predicting his time the closest. He was also our first and only novice runner. Congrats! Gys is smiling after doing 10 and earning his green number.



A Word to ponder !

blather \BLATH-er\, *verb*:

1. to talk or utter foolishly; blither; babble: *The poor thing blathered for hours about the intricacies of his psyche.*

noun:

1. foolish, voluble talk: *His speech was full of the most amazing blather.*

Blather comes from the Old Norse word *blathra* meaning "to chatter, blabber" or "nonsense."

TRAINING TIPS.

Core strengthening:

Author: Discovery Vitality (22 Aug 2011)

Modern technology has us slumped in our chairs for many hours on end and chances are that our stomach muscles are weak, our posture leaves a lot to be desired and frequent back pain is something we just accept. Part of the solution is quite simply to strengthen your core!

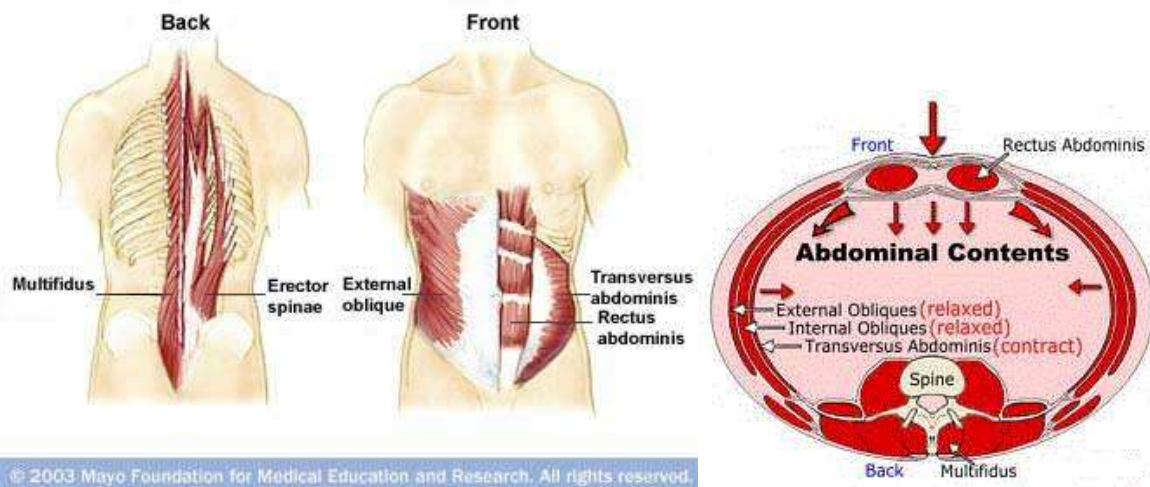
Understanding why a strong core is necessary

It's not surprising that 80% of South Africans suffer from back pain at some stage of our lives. Every time you bend to pick up something heavy, or twist to reach the phone, your body needs a secure fixed point to carry out the action. In many cases, this comes from the corset or muscles around our back. By strengthening these core muscles, you are basically increasing the efficiency of the deep, stabilising muscles around the hips and pelvis and therefore have a more stable base for the action. The better conditioned your core muscles, the more stable your spine is and the lower your chances of injuring your back when twisting, bending, reaching and just living. Likewise, if you are the active sporty-type, you are much less likely to injure yourself during your activity if you have a strong core and your posture will improve substantially.

Knowing what your core muscles are

The most important core muscle is your transverse abdominus (TA - a deep, lateral abdominal muscle). It is usually the first one to get activated in any action and therefore needs to be well conditioned.

Other core muscles include multifidus (a deep lumbar muscle) and gluteus medius (a small pelvic muscle). The core muscles attach your pelvic (hip) area, to your ribs, and in so doing, help to give your spine firm support and stability.



Strengthening your core

There are two approaches to strengthening the core. In the first one, illustrated by exercise 1, isolating and recruiting the actual core muscles is emphasised. This is essential for doing any more complex exercise using your core muscles. When doing the first exercise, only tense up your stomach muscles using approximately 25% to 30% of your maximum effort.

The second approach is to do exercises that involve the whole body rather than just isolating the core muscles. The core muscles are used to maintain correct posture and alignment ("dynamic stability"), whilst the arms or legs move (exercise 2 – the lunge, is an excellent example).

Exercise 1: Basic abdominal bracing technique

Lie on your back with your knees bent at right angles, your feet flat on the floor facing forward.

Make sure that your lower back is not arched or flat against the floor i.e. it should be in a 'neutral' position with a small gap between the floor and your back.

Breathe in deeply and then while breathing out, try to pull your belly button back in towards your spine (in other words imagine you are zipping up a tight pair of jeans). This is called "abdominal bracing" and your transverse abdominis (TA) muscle is the main core muscle recruited.

Hold this contraction for about 5 to 10 seconds, while breathing in and out.

Start with 5 repetitions and gradually build up to 10.

Exercise 2: The lunge (an example of a whole body "dynamic stability" exercise)

Stand with your feet hip-width apart in front of a mirror, toes pointing forward.

Keep your lower back in a neutral position, your back is straight with your shoulders back and head up.

Lunge forward, ensuring that your front knee is in line with your toes and your back remains straight and your hips level.

To push back up, push down into the floor with your front foot.

It is crucial that your back remain totally still and hips level as you do the push back.

Repeat with the other leg in front, lunging forward.

Start off with 10 repetitions of each leg and gradually build up to 15 repetitions.

If you do these exercises, two to three times a week, you should feel a difference in your core strength within a couple of weeks. After about a month, consider alternative exercises using a gym ball or wobble ball, or even a few Pilates classes, where core strengthening is a main focus. Just keep your core strong and you'll reap the benefits.

In summary

A strong core is essential for maintain good posture, alleviating back pain and keeping your body strong and stable.

Core muscles refer to the different stomach muscles collectively.

Strengthening your core involves specific exercises for isolated stomach muscle groups or whole body exercises that engage the core.

Core exercises should be done two to three times per week to reap the benefits.

Reference

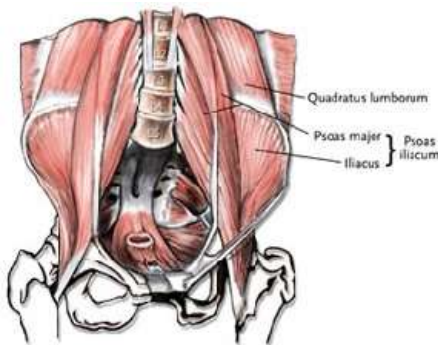
1. K McQuaide. Sports Scientist and Educationalist. Sports Science Institute of South Africa (SSISA) and OptiFit Walk and Run. <http://www.ssisa.co.za>. 2010

THE CORE: - Some more information.

To most people (health care professionals included) the core is this vague sense of your abdominal muscles, and it's important... but they don't really know why.

What is it?

The term core actually refers to a series of muscles in your low back, abdominal area, pelvis and ribcage. For the purposes of this article I will stick to the internal core muscles (if you want to go by fascial connections to the core, almost any muscle in the trunk or upper legs could be considered a core augmenting muscle). Here I will list the muscles of the core and how they work to help in workouts and pain control.



Abdominal Diaphragm – Yes, your breathing muscle. This muscle attaches to your lumbar spine and the inside of your ribcage and acts as a sort of ceiling to the core itself.

Quadratus Lumborum – This short powerful back muscle attaches superiorly from your lower rib down inferiorly to the upper crest of your pelvis and medially to the sides of your lumbar vertebrae. This becomes a major part of the posterior wall of your core.

Psoas – 2 muscles on each side, the major and minor. These hip flexors run from the front of the lumbar vertebrae, and run down to attach to the upper thigh bone. They act as part of the posterior wall of the core adding congruency to the wall.

Transverse Abdominus – A muscle that runs laterally from the back around the side of the abdominal cavity and attaches into the other abdominal muscles in the front. It acts like a lateral wall to the sides of the core.

Obliques – External and Internal obliques act to add congruency to the lateral core again, and generate force from the ribs down the the front of the pelvis, and from the front of the ribs down to the lateral side of the pelvis.

Rectus Abdominus – Everybody's favourite abdominal muscle (the 6-pack!) and it's surprisingly overlooked as a core muscle. Everybody trains the upper portion (the part you see as your 6-pack) and neglects the lower portion as it attaches down to the front of the pelvis on the pubic bones. As you can guess this muscle makes the front of the core and pulls the ribcage towards the pelvis.

Pelvic Floor muscles – This series of muscles by far the most overlooked part of the core, and by far the most important. The pelvic floor muscles literally act as a floor to the core as well as helping stabilize the pelvis and the joints therein. If these muscles are firing when they need to the pelvis will be properly supported and less dysfunction will be experienced.

How do they work?

When the abdominal and back muscles of the core are engaged (tensing), they form a sort of circular wall going around from the spine to the navel on each side, and from the pelvis to the ribs on the front, sides and back (picture it like the wall of a popcan). This will act to contain the abdominal organs (like a back support belt, but more complete). The Diaphragm on the top acts like the lid of the pop can pressing down on the abdominal organs, and the pelvic floor engages last to push up on the abdominal and pelvic organs. This compression in all 3 plains acts to squeeze the contents of the abdominal pelvic cavity, which pushes out on the spine and serves to support the lumbar spine (creating a sort of fluid ball within the abdomino-pelvic cavity). This also reduces the fluid like dynamics of the contents of the abdomen and makes it act more like a solid, so force is transferred up from the legs to the ribs or vice versa through the pelvis and abdomen much more quickly and smoothly.

What does this mean?

By training your core, you can decrease the frequency and intensity of back pain, and for athletes you can increase your performance. More stability means less injuries, and the increased efficiency essentially means more power and balance.



10 Bible Verses Related to Sports

Christian athletes like Tim Tebow use the Bible to help inspire them to compete in a Godly way. Are you looking for Bible Verses related to sports? The Bible directs all aspects of a Christians life and sports is no different. The Bible teaches us to be disciplined, wise, strong, and to follow the rules. Please read through these Bible Verses related to sports slowly and let God work them into your heart. Feel free to use this for a devotional or Bible Study.

1 Timothy 4:7-8- #1 Bible Verse Related to Sports- Discipline

But have nothing to do with worldly fables fit only for old women. On the other hand, discipline yourself for the purpose of godliness; for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come.

1 Corinthians 9:22-27- #2 Bible Verse About Sports- Self Control

To the weak I became weak, that I might win the weak; I have become all things to all men, that I may by all means save some. And I do all things for the sake of the gospel, that I may become a fellow partaker of it. Do you not know that those who run in a race all run, but only one receives the prize? Run in such a way that you may win. And everyone who competes in the games exercises self-control in all things. They then do it to receive a perishable wreath, but we an imperishable. Therefore I run in such a way, as not without aim; I box in such a way, as not beating the air; but I buffet my body and make it my slave, lest possibly, after I have preached to others, I myself should be disqualified.

Ecclesiastes 10:10 #3 Bible Verse on Sports- Wisdom

If the axe is dull and he does not sharpen its edge, then he must exert more strength. Wisdom has the advantage of giving success

1 Corinthians 6:19-20 #4 Bible Verse Related to Sports- Glorify God in your Body

Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body.

Jeremiah 17:14 #5 Scripture Passage About Sports- Praise

Heal me, O LORD, and I will be healed; Save me and I will be saved, For Thou art my praise.

2 Timothy 1:7 # 6 Sports Related Bible Verse- Spirit of Power

For God has not given us a spirit of timidity, but of power and love and discipline.

Philippians 4:13 #7 Bible Verse Related to Sports- Strength from God

I can do all things through Him who strengthens me.

Proverbs 16:3 #8 Bible Verse About Sports- Commitment

Commit your works to the LORD, And your plans will be established.

2 Timothy 2:5 #9 Bible Verse Related to Sports- Follow the Rules

And also if anyone competes as an athlete, he does not win the prize unless he competes according to the rules.

Isaiah 40:29-31 #10 Bible Verse Related to Sports- Wait on the Lord for New Strength

He gives strength to the weary, And to him who lacks might He increases power. Though youths grow weary and tired, And vigorous young men stumble badly, Yet those who wait for the LORD Will gain new strength; They will mount up with wings like eagles, They will run and not get tired, They will walk and not become weary.



HEALTH INFORMATION.

14 ways to live a happy life

Happiness is not a destination... it's a way of life, says Raylene Samuels.

In the movie The Pursuit of Happyness, Will Smith says at the end "It was right then that I started thinking about Thomas Jefferson on the Declaration of Independence and the part about our right to life, liberty, and the pursuit of happiness.

And I remember thinking how did he know to put the pursuit part in there? That maybe happiness is something that we can only pursue and maybe we can actually never have it."

Well, no offence, Thomas Jefferson and Will Smith - but I beg to differ. We don't have to delay our happiness. We can be happy right now if we choose to be. Happiness is not a destination... it's a way of life! So, if you're feeling stuck, here are 14 ways to inspire you how to live a happy life.

1. Remember, you only have one life

You have one chance to create a beautiful and fulfilling life. Don't waste all the precious time you have been given. Instead, use it to make a difference, not just your own life, but others' lives as well.

2. Love and accept yourself as you are

Take care of yourself and do things for you and not to impress other people. Remember, you are unique. We all have flaws but it's what makes you special! Pay more attention to the good things about you, use your talents and be true to yourself.

3. Always look on the bright side

Think positive! It's easy to be negative, I know, but the effort you make now to become a more positive person will pay off dividends and make a huge difference in your life experience.

4. Don't be jealous, be inspired!

Stop comparing yourself to others. Remember it's all relative - you don't know their journey, so why feel the need to be controlled by it? Celebrate others' happiness, it's way better to feel happy for someone than to be bitter about it. The energy and brain space it takes to be jealous is simply not worth it.

5. Don't take yourself so seriously

Just go with the flow. Take it easy. Let things be. The Universe has plans for all of us and it's up to us to trust that it will unfold as it is meant to. Remember to laugh at yourself every now and then. If you feel offended by something someone said, remind yourself that offence cannot be given, only taken. So don't take offence, don't take it so seriously - after all, it's just one person's opinion. Let it go and move on.

6. Fake it till you make it!

When it comes to positivity, it's okay to fake a smile until you are really smiling from the inside! No one likes a "Betty Bad luck" - keep smiling and you will attract more happiness into your life. It takes less muscles to smile than to frown, and haven't you noticed the people who smile a lot look a lot younger than they actually are?

7. Find a hobby or dream - do something you love

Working towards your future, and pursuing your dreams and goals is a powerful way to keep you going in the present. It's a great way to become your own person and merely take a time out for yourself!

Don't be too concerned about your achievements right now, just keep your eye on your goal. Remember, it's all about consistent persistence, taking baby steps in the right direction.

8. Be grateful

This is a sure fire way to remind yourself how lucky you are. Count your blessings and you will receive more! When something good happens in your life, no matter how small - always remember to say "Thank You".

9. Stop worrying so much

Everything will be okay. Everything is okay right now, isn't it? Why worry about things that haven't happened yet, or things that have already happened? All that matters is what's happening right now. Know that you have the power to change how you feel and deal with situations in your life.

10. Find true friends

Find the ones you don't need to impress all the time. It can be very tiring to keep up with friends you don't like. Find ones who love you and accept you for who you are, not what you have or what you do.

11. Take time out – me-time

Sometimes it's okay to be selfish. After all, it starts with you, doesn't it? If you are not happy, how can you expect to make others happy? Do something you love - take time out. When you're in a relationship, don't ever be afraid to ask for me-time.

12. Don't be afraid to take responsibility

When you take responsibility for things - even the things that go wrong, it can be a real relief, a weight off your shoulders. Not only that, but people will respect you, and even trust you, more. There's something endearing about someone who can admit when they are wrong. So go on, swallow your pride and be the bigger person.

13. Be kind

The fastest way to feel better about yourself is to be kind to others, to nature, to all creatures! Be of service, help others in need and trust me, it's the greatest reward you could give yourself. There is no greater feeling than helping another being. It's the most self-less "selfish" act you can do.

14. Don't lose your inner child

Reflect and remember what you loved doing as a child and find a way to incorporate it into your life. When you look at a child, notice how they perform those activities and play with their 100%. Give your 100% in everything you do too!

About Raylene Samuels: My name is Raylene Samuels and I am the founder of inspirational website <http://www.hapicup.com>. My mission is to embrace the enchanting moments in my life and become the person I'm truly meant to be. I believe that we create our own destiny and must never underestimate the power of our thoughts and intentions because the Universe is listening.



Birthday Celebrations:

Congratulations to the following members in celebrating their birthday in JULY.

- 🎂 7 Cor Grey
 - 🎂 11 Louise Smith
 - 🎂 13 Sanrie Steenkamp
 - 🎂 20 Stephen Smith
 - 🎂 22 Cornelia Ramage
 - 🎂 27 Sharon Zeelie
 - 🎂 28 Vicky Baker
-

From our Iron & Unogwaja Lady; - Beverley Davey, - (per E-mail)

Hi Steve, Wayne and Roelof,

Hope you are recovered and feeling good after a very tough day out at Comrades.

It was so great seeing some of you on the road during Comrades.

I am asking a favor please.

My Fiancé and I have started an initiative called Share A Pair Now, which is a drive we have started collecting old or even new running shoes if people can or want to donate to us - where we distribute the shoes to those less fortunate needing running shoes all over the country. We are also taking running kit that is in good condition as well.

Can I ask that you put something in the newsletter at Vaal that people drop off their shoes they don't want anymore. I will come and collect them from you, you wouldn't need to do anything, it would give me an opportunity to come to the Vaal and run with you all again - I hear that Saturday runs and Wimpy breakfast in the Vaal are awesome this time of year ... he he

We have a face book page called Share A pair Now and a twitter handle @shareapairnow if people also want to like and follow us to see what we are up to. We have donated over 50 pairs already and needing a big supply now for a group in Soweto and Orange Farm. We are also identifying good runners and getting them in touch with the right people through this way to also maybe help them with a running career.

Thanks I would really appreciate it

All my love and best wishes to everyone as always

Bev

LAST WORDS:

15 things you probably never knew or thought about....

1. At least five people in this world love you so much they would die for you.
2. At least fifteen people in this world love you in some way.
3. The only reason anyone would ever hate you is because they want to be just like you.
4. A smile from you can bring happiness to anyone, even if they don't like you.
5. Every night, someone thinks about you before they go to sleep.
6. You mean the world to someone.
7. If not for you, someone may not be living.
8. You are special and unique.
9. Someone that you don't even know exists loves you.
10. When you make the biggest mistake ever, something good comes from it.
11. When you think the world has turned its back on you, take a look: you most likely turned your back on the world.
12. When you think you have no chance of getting what you want, you probably won't get it, but if you believe in yourself, probably, sooner or later, you will get it.
13. Always remember the compliments you received. Forget the rude remarks.
14. Always tell someone how you feel about them; you will feel much better when they know.
15. If you have a great friend, take the time to let them know that they are great.