

The Tekkie

*The Newsletter of
Vaal Athletic Club.*
October 2019



☺
The friendly Club

Die Tekkie

*Die Nuusbrief van
Vaal Atletiekkklub*
Oktober 2019

81

Hallo fellow Vaalies,

Running is addictive and no-one is immune.

Even those that swear that if they are seen running, something big and scary is chasing them can be converted to a runner.

This is fact and proven by a co-worker recently. Not too long ago he asked if I needed petrol money as he always sees me running. Last week he confirmed that at the beginning of the year his wife persuaded him to go to a park run with friends. They did not so it during the winter months and when returning at the beginning of September, he could not believe how difficult he found it to do the same time as before. And... they are enjoying it.

How often have you been asked if your car is broken, or don't you have petrol in your car when seen running?

This Park run thing has a big impact on many peoples life. We even have a couple of new members who started with it and are now a regular 10k and 21k runner; Hats off to all of you, and welcome to our world, a world of truths, for what you put into your running, you will get out of it.

Running is great, and apart from a decent pair of tekkies, not much more is needed to experience the thrill; and good friends as well, running friends!

Officially it is summer; time to really start training for that bucket list race or that PB. Set yourself a goal and go for it. Enjoy your running.

All the best, see you on the road.

Rozzo.



“Success is sweet, but the secret is SWEAT !”

Norman Schwarzkopf

CLUB INFORMATION

2019 Club Committee:

- Chairman: Gys van den Berg
- Vice Chairman: Bennie Botha
- Secretary: Rozanne Hamilton
- Finance: Linda van Wyk
- Road: Stephen Jackson
- Cross Country: Bennie Botha
- Track & Field: Gys van den Berg
- Equipment & Stores: Bennie Botha
- Social Events: Megan Day
- Newsletter: Roelof van Wyk
- Additional Members: Sharon Zeelie
Charl Beukes



A Word and more from the

Hi there all Vaalies,

Three quarters of this year is gone and we're standing on the brink of the most beautiful month, October. And with the promise of rain in the air and summer already well on its way, us road runners have very little reason not to be out on the road. With some of our club members setting the example (congratulations to Gavin with that sub-3h40 Cape Town marathon), we can start the new running season with enthusiasm.

Ons is ook bevoorreg om al hoe meer plaaslike wedlope te geniet in hierdie tyd van die jaar. Geluk aan almal wat deelgeneem het aan die Vaal River City marathon en die nuwe Heritage Day Race op 24 September. Wedlope wat voorlê vir Oktober is onder meer die Lite2Nite aflos. Sterkte aan al drie die Vaal Atletiekkklub spanne en individue wat ook ingeskryf het. Ook in hierdie maand is die Journey Run (5 Oktober, Dick Fourie Stadion), die Polifilm Run (32km, 21km, 15km, 10km, 5km aangebied deur Mittal op 26 Okt.) en die Word of Life 5km Colour Run (ook op 26 Okt. in Arconpark). En onthou al die Parkruns wat elke Saterdag plaasvind.

Please support our local races! Also remember to submit your achievements of the past running year so that you can be given the recognition you so well deserve at our annual AGM and prize giving in early November.

Come on, get those tekkies on and start running again!

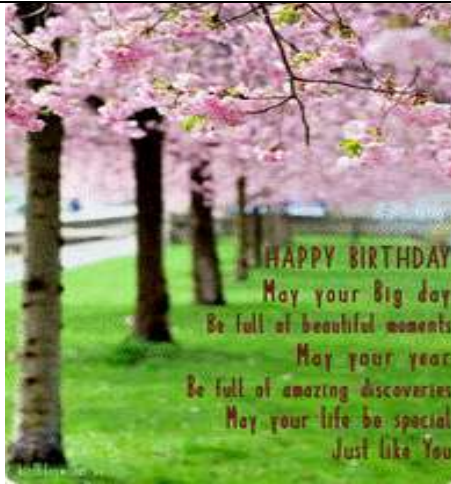
Groete

Gys

HAPPY BIRTHDAY !

Congratulations to the following members who celebrate their birthday in **October**.

Stephen	Jackson	01
Marnus	Koorts	01
Gerrie	Raubenheimer	02
Michael	Gaade	06
Siddannavar	Shicashankar	15
Maria	Motaung	18
Leon	van Rensburg	18
Gerrit	van Staden	19
Stacey	Steward	22
Kamohelo	Mozemanga	23
Roelof	van Wyk	26
Willie	du Preez	27



Race Calendar: October and November 2019

Date	Day	Prov	Event	Distance	Time	Venue	Club
5-Oct	Sat	AFS	Clarens Golden Gate 42k	42\21\10\5	6:00	Glen Reenen Restcamp	Maluti MS
5-Oct	Sat	Mpu	God's Window 2-in-1	21\10\5	7:00	Graskop Caravan Park	Legogote
6-Oct	Sun	CGA	Spar Ladies Race	10	6:00	Marks Park	CGA
6-Oct	Sun	CGA	Sunninghill Race	5\10	6:00	St Peters Sunninghill	Sunninghill
12-Oct	Sat	AGN	Jacaranda City Challenge	42\21\10\5	5:45	Main str Brooklyn	Agape
12-Oct	Sat	AVT	Lite2Nite 12hour Circuit	80	6:00	Hoërskool Driehoek Vbp	ArcelorMitt
12-Oct	Sat	WPA	Voet of Africa			Bredasdorp	
19-Oct	Sat	AFS	Harrismith Trail	30\15	8:00	Harrismith primary	Harrismith
19-Oct	Sat	AFS	Harrismith Mountain Race	15	10:00	Harrismith primary	Harrismith
20-Oct	Sun	CGA	Burger & Co Race	15\5	6:00	Boksburg Stadium	Boksburg AC
20-Oct	Sun	CGA	Diepkloof 21/10	21\10\5	6:00	UJ Soweto	Diepkloof
26-Oct	Sat	AGN	Irene Farm Race	21\10\5	6:00	ARC Campus Irene	Irene
26-Oct	Sat	AVT	POLIFILM Races	32\21\10\5	6:00	Riverside Boulevard Mall	ArcelorMitt
27-Oct	Sun	KZN	Sapphire Coast Marathon	42\21\10	6:00	Scottburgh	Amanzimtoti
30-Oct	Wed	CGA	Rowlin National Nite Race	15\10\5	19:00	Benoni Northerns Grounds	Benoni N
2-Nov	Sat	AFS	Sasolburg Summer Race	15\10	6:00	DP d Villiers Stad Sasolburg	Sasolburg
3-Nov	Sun	CGA	Soweto Marathon	42\21\10	6:00	FNB Stadium	Soweto Mar
9-Nov	Sat	Lim	Bela Bela Marathon	42\21\10\5	5:30	Hoërskool Warmbad	Bela Bela
17-Nov	Sun	CGA	Soweto Big Race	21\10\5	6:30	Elkah stadium	Loop n Val
17-Nov	Sun	KZN	Bluff Marathon	42\21\15	5:00	55 Smith Drive Bluff	Bluff AC
23-Nov	Sat	AFS	Cherry Race	23\5	6:30	Ficksburg P/S	Ficksburg
23-Nov	Sat	AGN	Voortrekker Monument Race	21\10\5	6:00	Voortrekker Monument	VTM
23-Nov	Sat	KZN	Sani Stagger	42\21	6:00	Premier Resort Sani Pass	Sani AC
24-Nov	Sun	CGA	RAC City Lodge Tough One	32	6:00	Old Parktonians Randburg	RAC

Please ensure race detail is correct as races are cancelled, postponed or incorrectly listed.

New members:

Welcome to the following new members who joined our family recently.

Michael Matshidiso
Kerry Barnard

Siddannavar Shicashankar
Stacey Steward

Race Results

HELP!

Please assist in extracting the race results from web sites.

Our Club name is: Vaal Athletic Club, Vaal AC or VAAL, **NOTHING ELSE.**

Please note: The Club name is linked against your Championship. Please correct it on their website if wrong.

Thank you.

Vaal River City Marathon (Vanderbijlpark - 1/09/2019)

Name	Club/Team/Nation	Time
Jacobus Myburgh	VAAL MARATHON CLUB	03:55:26
Robert Mc Tavish	VAAL ATHLETIC CLUB	04:12:15
Heinrich Birkner	VAAL ATHLETIC CLUB	04:31:22
Reggie Manye	VAAL ATHLETIC CLUB	04:37:16

Half Marathon

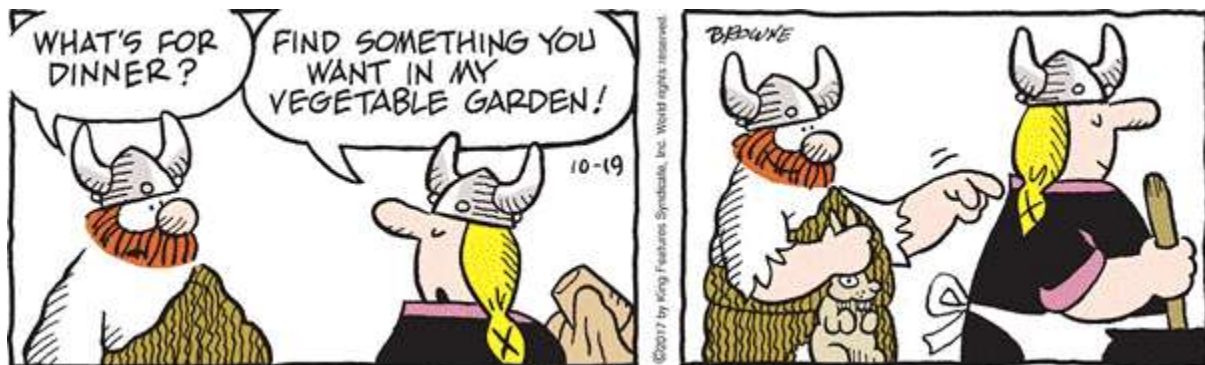
Charl Beukes	VAAL ATHLETIC CLUB	01:40:29
Danie Kriel	VAAL ATLETIEK KLUB	01:44:46
Marilyn Claassen	VAAL ATHLETIC CLUB	02:05:03
Johan Claassen	VAAL ATHLETIC CLUB	02:05:03
Roelof Van Wyk	VAAL ATHLETIC CLUB	02:15:39
Michelle Fogolin	VAAL ATHLETIC CLUB	02:15:39
Megan Day	VAAL ATHLETIC CLUB	02:25:59
Engela Kotzee	VAAL ATHLETIC CLUB	02:31:12
Dave Wilson	VAAL ATHLETIC CLUB	02:33:35
Dirk Koekemoer	VAAL ATLETIC CLUB	03:20:46



Cross Country - SA Championships



Congratulations to Erica on a brilliant 3rd place at Centurion on the 7th of September.



Time Trail and Group runs.

TAKE NOTE:

Start time: 17h30

PLEASE

Wear white or bright colours to Time Trial.

PLEASE wear clothing that can be seen by motorists.

Please wear a reflective belt!

We need to be safety conscious whilst running.

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

This is where we as runners and Club meet, run a bit, socialize some more and where you can find out about upcoming races.

Group runs for the coming Saturday is also discussed and time, distance and venue set.

Group runs are from Virgin Active in Three Rivers. Start time will be communicated via Whatsup.

The RAT race winner on the 3rd of September was Michelle, this after her first official 21 on the Sunday. Congratulations on both of your achievements!



NOTE: The next Race Against Time will take place on **Tuesday, October 1st, 2019 at 17:30.**

There will be a Bring and Braai after the RAT Race, weather permitting.

FOR SALE

TRI-Suits

TRI-Suits

TRI-Suits

The Club purchased 23 suits and is available to Club Members for Purchase at cost. All sizes are available. 14 suits left ! Price: **R 2 363.50.**

Time Trials: SEPTEMBER 2019

Name	03-Sep	10-Sep	17-Sep	23-Sep	Points total
Beukes, Charl	32.56 (6)	35.06		<i>No TT</i>	84
Birkner, Heinrich	18 (4)				26
Botha, Bennie					10
Claassen, Johan		28.04 (6)	39.57		60
Claassen, Marilyn	32.38 (6)			<i>No TT</i>	20
Dibakwane, Reneilwe					6
Fick, Ilse					4
Fick, Leonard					6
Fick, Ilse-Marie				<i>No TT</i>	4
Fogolin, Michelle	23.16 (4) <i>RAT</i>	24.44 (4)			28
Gloy, Alf			34.18 (6)		20
Grey, Cor	39.15	38.11	39.23		68
Hamilton, Erica		28.30 (6)	39.23	<i>No TT</i>	56
Hamilton, Robert					14
Jackson, Steve		37.57 (6)	34.18 (6)		34
Koekemoer, Dirk					6
Koorts, Maria				<i>No TT</i>	20
Koorts, Paul					19
Kotzee, Engela					6
Malherbe, Charles	23.15 (4)	24.44 (4)	35.54 (6)		32
McTavish, Robert				<i>No TT</i>	18
Mkwanazi, Constance					6
Mozemanga, Kamohelo					4
Motaung, Maria					19
Nel, Andries	30.45 (6)			<i>No TT</i>	28
Pienaar, Kathy					8
Pienaar, Raymond					6
Pienaar, Wayne					9
Saayman, Madelein				<i>No TT</i>	12
Smith, Stephen					26
Sykora, Greg					14
Van den Berg, Gys	39.15				40
Van Rensburg, Leon	39.15	37.45	38.19	<i>No TT</i>	48
Van Rooyen, Helene					20
Van Staden, Gerrit	30.39 (8)				28
Van Wyk, Roelof	34.33 (6)	32.19 (6)	37.27 (6)		92
Zeelie, Sharon				<i>No TT</i>	44
S Shicashankar					2
Harry Mckinnick					4
Steward, Stacey	35.09 (6)	33.33 (6)	33.53 (6)		6
Barnard, Kerry	35.59 (6)	39.09 (6)		<i>No TT</i>	4
Howes, Clint	45.42	44	44.24		6
Cloete, Christiaan	35.41				2
Spies, Michelle	28.3 (6)				2
McGregor, Zelda		37.57 (6)			2

2nd NOTICE

Annual General Meeting and Prize giving: November 2019.

Second Notice is hereby given of the **AGM to be held during November 2019.** (Proposed dates: 8 or 9 November)

Detail including the venue, time, dress code and cost will be communicated nearer to the proposed date.

All positions on the Committee are open for election. This is a minimum 2 year commitment. Please forward accepted nominations to the Committee.

The clubs' Financial and Athletic Year ends at the end of September 2019.

Only paid up members are allowed to vote if required.

A detailed agenda will be forwarded before the AGM.

*It will also be our **Annual Prize Giving** night. It is the time to honour our Club and runners and have a nice evening out. Please forward your achievements for consideration.*

It is your responsibility to inform the Committee of your achievements. The Committee can not be held responsible to keep track of each members' achievements.

Please refer to the HONORARY COLOURS, MERIT MEDALS, and CERTIFICATES AND TROPHIES file attached.

If you feel your achievement deserves recognition and is not described, please submit with detail for consideration by the Committee. Please forward your achievements ASAP as we still need to procure trophies and relevant awards. **Deadline 11th October 2019.**

If you have any questions regarding the AGM and Prize giving, please send us a mail.

Further information regarding the AGM and Prizegiving.

THEME.

Last year we had a "The Great Gatsby -theme" formal event and everyone looked stunning and the evening was a huge success. Please forward your idea of a theme to us. Please consider cost for costumes and decorations if your theme is specific.

Please send to Megan - (daymegan3006@gmail.com)

Jesus is die avontuur;

Hy is die lewe!

September 19, 2019

Stephan Joubert

In een van my gunsteling aanhalings uit die boek 'Winnie the Pooh,' sê Winnie vir Christopher Robin: "As soon as I saw you I knew an adventure was going to happen."

Presies dit was ook die dissipels se voorland toe Jesus hulle geroep het om Hom te volg. Toe hulle daardie twee lewensveranderende woorde 'Volg My,' by Hom gehoor het, was niks ooit weer voorspelbaar nie. Of veilig nie. Of vervelig nie.

Elke dag het die hemele op nuwe maniere bokant hulle eie koppe oopgegaan. Die dissipels moes leer hulle hoof nie eers die regte pad te ken voordat hulle die regte pad vat nie. Dan is die avontuur in elk geval daarmee heen.

Die avontuur om agter Jesus aanstap begin met die wete Hy self is die pad. Hy ken dit. Jy vertrou Hom hiermee. Alles op die pad hoef nie voorspelbaar of bekend te wees nie. Of rustig en veilig nie.

Volg net vir Jesus. Hy IS die regte roete, die avontuurlike regte een.

Saam met Hom loop jy bendes storm. Saam met Hom loop jy verlore nes terug in die Here se hande in, en armes in sy versorgende hand in.

In sy teenwoordigheid gebeur groot dinge op verrassende maniere.



Be a marathon believer

February 15, 2019

Stephan Joubert

The prophet Jeremiah's life can be summed up in one word: a hard road! This is exactly what he did for God. For more than 40 years he had to tell Israel that the wind from Above was blowing against them. They were on the way out.

The Babylonians, their enemies, would take the land. Israel's temple also wouldn't survive. These words quickly made him a persona non grata, an unwelcome figure, in Jerusalem. Assassination attempts, house arrest, corporal punishment and wooden blocks were Jeremiah's fate.

No wonder Jeremiah's faith was described as "a long obedience in God's direction" by Eugene Petersen. Day in and day out this brave prophet had to learn to keep his eyes on God and not on his terrible circumstances.

He had to keep on seeing God while everything around him was falling to pieces. Such faith is faith that makes sense. It is not a type of "quick fix" faith where God has to sort out your circumstances so that you can continue on your way untroubled. No, it is faith which trusts in God regardless of what happens.

Please learn from Jeremiah. Be a marathon believer.

Weddings bells ringing.

Congratulations to Charl and Kobie on tying the Knot. May you have a blessed life together for many years to come.

What's the origin of the phrase 'Tie the knot'?

There is a suggestion that this expression derives from the nets of knotted string which supported beds prior to the introduction of metal-sprung bedframes. The theory goes that, in order to make a marriage bed, you needed to 'tie the knot'.

It isn't clear whether this expression derives from an actual knot used in marriage ceremonies or whether the knot is merely symbolic of a lasting unity. Knots have a place in the folklore of many cultures and usually symbolize unbreakable pledges. Actual knots have certainly been used in marriage ceremonies for some time and the tradition of tying the wrists of the bride and groom with twine continues today in marriages in the use of sashes which are placed over the principal's wrists.



Health

Everyone is obsessed with drinking lemon water – but is it really healthy? www.womenshealthmag.com Gabrielle Kassel

We asked nutritionists to weigh in on the health benefits of drinking lemon water.



Celebrities like Jennifer Aniston, Hilary Duff, Christie Brinkley and Gisele Bundchen all reportedly love lemon water in its many forms – hot, cold and lukewarm.

Those celebrity endorsements are part of the reason why lemon water has scored a reputation as the overachieving beverage we should all start our morning with.

Some say that drinking lemon water in the morning promotes digestion, balances the body's pH levels and detoxifies from the inside out.

Others claim it brightens the skin while bolstering the immune system. And many optimists believe [lemon water spurs weight loss](#).

Can such a cheap, simple, make-at-home drink live up to the hype? We asked registered dietitians to break down the real benefits of lemon water.

Does lemon juice really deliver?

After eight hours of Zs, a glass of H₂O with a lemon slice is a great, low-kJ (one slice contains 8kJ) way to start your morning, says registered dietitian Wesley Delbridge, a spokesman for the Academy of Nutrition & Dietetics.

“But the water part of lemon water is to thank for most of the science-backed benefits of lemon water,” he says.

Most people don't drink enough water, so when they up their H₂O intake (with or without the slice of lemon), they'll usually experience the so-called benefits of lemon water, such as decreased constipation, tighter skin and weight loss, he explains.

While dehydration can slow metabolic rate, most lemon-water-linked weight loss happens when people use it to replace high-KJ beverages like soda or fruit juice.

Dehydration can also slow brain function to torpedo your energy levels and allow brain fog to set in, he says. (If your urine is light yellow or clear, you're probably hydrated. But if it's darker than that, you probably need to drink more water.)

But sipping any kind of water: hot, cold, flavoured or plain, will do the trick.

No, lemon water isn't magical, says Delbridge, and so far there are no studies that support the claimed benefits of lemon water. And the lemon itself doesn't actually provide a ton of nutritional value.

After all, even though lemons do contain vitamin C and [studies](#) link vitamin C deficiency to poor immune function, lemons contain so little of the immunity-boosting nutrient that it likely won't make any impact on whether or not you catch a cold.

According to the National Institutes of Health, women need about 75mg of vitamin C per day, but a slice's worth of lemon juice only has about 1mg.

If you also eat the pulp, you can get up to 4mg, or 5% of your daily needs, says Jonathan Valdez, owner of Genki Nutrition and a spokesperson for the New York State Academy of Nutrition and Dietetics.

The same goes for lemon's flavonoids, antioxidants that [research](#) has shown to fight cancer, says Valdez. He says a glass of lemon water won't even hit 1% of your daily needs.

Meanwhile, the claims that lemon water detoxifies the body and, through its acidity, somehow alters blood pH, are flat-out false, says Delbridge.

While the liver and kidneys tightly regulate the removal of toxins from your body, the lungs, kidneys, blood and bones all work together to maintain your body's perfect pH.

Translation: The foods you eat won't alter your pH whatsoever.

Sip this way

If you have trouble staying hydrated, aren't a fan of plain 'ole water or are trying to cut back on high-kilojoule drinks, go ahead and try lemon water, recommend both Delbridge and Valdez.

That said, the acidic concoction is not for everyone. Drinking lemon water, especially in large amounts, can actually cause a burning sensation in your stomach, and can exacerbate the symptoms of acid reflux or heartburn, Valdez explains.

Meanwhile, it can also weaken tooth enamel and irritate the gums, Delbridge says. So if you do want to try lemon water, drink it through a straw.

Bottom line: If you like the taste, go ahead and add some lemon to your morning glass of water. But don't expect it to yield miracles.

Training advice.

How to Finally Enjoy Running: The Non-Runner's Ultimate Guide. https://www.huffpost.com/entry/how-to-finally-enjoy-run_b_5831336

By Matt Frazier, Contributor Vegan marathoner; Author, 'No Meat Athlete'

Runner or non-runner, whichever you call yourself, I've been there. And I think I've finally figured out that whole label thing. When running is fun -- when, even when it's hard, it comes easy -- that's when you feel like a runner.

Runner or non-runner, whichever you call yourself, I've been there. And I think I've finally figured out that whole label thing.

When running is fun -- when, even when it's hard, it comes easy -- that's when you feel like a runner.

But most of the time, for most of us, it doesn't flow like that. It's a chore, a discipline. A struggle that's worth it, but a struggle nonetheless. Those times, we don't feel like runners.

If you're the former -- a runner, all the time -- you don't need this post. Go run because running is fun for you, for its own sake, no other reason necessary. And know that the rest of us envy you, and wish it could be that way for us.

But if you're not always that runner, today you're in the right place. I've been on both the winning and the losing side of the daily battle to get the miles in. And when it's working -- when it's actually and truly *fun to run* (words I never thought I'd say) -- here's what makes it so.

The Two Schools of Running Fun

When the miles come easy, it's for one of two reasons:

1. A powerful, [obsession-worthy](#) goal, or
2. An interest in the mind-body bliss that running (when done right) offers.

I'll go into detail about each, but first, the common element they share.

Frazier's First Rule for Enjoying Running: Slow down. Way down.

If all you know of running is running fast, then you don't know running. You know gym class mile-run torture, and almost nobody (not even runners) thrive on that kind of pain.

If you're having trouble running consistently, just slow down. Think of your task as movement, rather than running. If you're used to running nine-minute miles, run 11-minute miles one day. Walk when you want to. Like a kid, run for short bursts now and then, just because it's feels good.

Even in the course of more serious training, you can't run hard most the time. Fully 80 percent of my miles are at conversational pace, meaning I can carry on a conversation without difficulty while I run. Another sign to look for: if you're terrified of seeing someone you know because you're going so slowly, you're doing it right.

Running slowly makes it more comfortable, more enjoyable in the moment. And tomorrow, when it's time to do it again, all of a sudden it doesn't seem so bad.

For a slightly more scientific treatise on the benefits of running slowly, check out the *Maffetone Method*, by Phil Maffetone, M.D.

With that understood, let's look at the two different ways to enjoy running.

Fun Running Approach #1: A Powerful, 'Unreasonable' Goal

You know that distance in your head that you'd like to run, and probably could if you could just stick to the training? Good.

Try doubling it, and see what happens.

When I talk about compelling goals, this is what I mean. The goal that's so out there, so incredible, that to imagine the type of person you'd need to be to achieve it makes your palms sweat.

That shift alone can be life-changing. And all of a sudden, because the end result is fascinating and attractive, the (literal) steps to get there become a lot more enjoyable. (Not very Zen to focus on the end result, perhaps, but that's why there's also an approach #2.)

As for the nuts and bolts of the goal-oriented approach to running ...

Get Inspired: Read a running book that gets your mind spinning with fantasies. *Born to Run* is the modern classic for running inspiration, but Scott Jurek's *Eat & Run* rekindled the flame for me and, in hindsight, marked the beginning of my finally making a 100-miler happen.

Movies can be even more powerful. I've always liked [The Spirit of the Marathon](#), and used to watch it the night before every race. I haven't seen the sequel, but it's on my list. There's also *Running the Sahara* and *Unbreakable*, and lots of new ones, including the shorter [Finding Strong](#).

Train: By finding a proper plan to help you achieve what you're seeking. Chances are, someone has done it before.

There's no shortage of programs for running your first marathon, half marathon, 5K, or triathlon. For ultras and trail running, there are blogs like [Rock Creek Runner](#) and [iRunFar](#). There are plenty of books and programs out there to help you do whatever it is you're going after, so save yourself the frustrations of trial and error and let someone who has done it guide you.

Tools:

It's running, so you don't need much. But with the powerful-goal approach, where you're not necessarily out there to soak your surroundings, certain toys will help keep it interesting.

- GPS -- if data is your thing. Accountability has been shown to help with habits, so logging your miles and making friends on a social media community where you upload your workouts can help keep you motivated.
- Foam roller -- if your plan has you doing anything other than easy runs, get a [foam roller](#) to massage your muscles and help prevent injury. These things are amazing, and simple too.
- Shoes -- obviously. You can get lost in the discussions about which shoe is best, but if you've never run seriously for any amount of time, go to a real running store and let them suggest something. But don't leave the store in a pair of shoes that doesn't feel fantastic on your feet with lots of room for your toes. If you're between two sizes, get the bigger one.

Focus on:

- Visualizing yourself achieving your goal (I did this over and over when I was working to qualify for the Boston Marathon, and sometimes I did it with such intensity that my eyes would tear up. Weird, but I got there, and I think this helped)
- Taking [180 steps per minute](#). [Good Form Running](#) has a few other simple keys, but if you can only focus on one, make it 180.

Fun Running Approach #2: The Mind-Body Experience

Given the choice, I prefer the psychotic, obsessive chasing of a crazy goal for motivation. But when you're feeling burnt out (not merely bored), there's a second approach that can work to get you back on the roads. For me, several months of what I call "mind-body" running have several times preceded a period of intense focus and heavy training towards a goal -- I think of this approach as a sort of goal incubator.

With this approach, you don't care how many miles you log in a week. You ignore paces and splits, and run always at conversational pace, perhaps letting your [breathing pattern](#) dictate your pace.

You [meditate](#), if you wish. You let your mind wander (for which the slow pace is definitely conducive). You try not to listen to music, but rather to your breathing, the birds, and any other sounds that exist in this present moment, right here and right now.

And when you return from a run, you feel more energetic than when you left.

Train: The simplest shift, for me, is that from focusing on miles to focusing on time. Or even doing away with your watch entirely and just running for however long it feels right.

If you need more structure than that, which I usually do, try a [small-steps approach](#) borrowed from habit formation techniques: start with five minutes (if that's too much, do two -- just get out there) each day for the first week. Take a day off if you need it, but with so little and such relaxed running, it might not be necessary. The next week, do 10 minutes a day, or a smaller amount if 10 is too much. Then 15, 20, 25, and so on, until you reach the point where it's boring or overly fatiguing.

Tools: Really, the less the better here. I've found a heart monitor to be useful for learning my body's training zones, but when you're only running easy, you can make sure you're running easy enough by manually taking your pulse. (65-70 percent of max heart rate is where most slow-running advocates suggest you stay, though [the formulas](#) can get much more complicated.)

And if you're curious about [minimalist running](#), this is probably the best time to try it. Not only does less shoe help you stay in touch with the surface you're running on; the low intensity of these runs makes discomfort less an issue.

Focus on:

- Your breath (nasal breathing is way more fascinating than it sounds; also useful is to measure your breathing by steps and gradually lengthen each breath)
- The present moment
- A [mantra](#)
- Nothing, or the space between your thoughts
- An image like "lifting your feet only enough for the earth to pass under them," or "holding butterflies in your hands" (Stu Mittleman has lots of ideas like these)

Pick One and Make It Happen

It would be great if running came easy all the time. To love running so much that you need it, that your day isn't complete without it.

But so many of us don't feel that way about running, at least not most of the time. I sense that's where all the "I'm not a real runner" feelings come from.

And so I propose an alternative: Just like you can be a baseball fan when it's summer, but forget by Christmas who won the World Series, you can be a runner when you're having fun running. In between those periods, be something else, and be okay with that.

But if you'll be intentional about how and why you're running -- with an approach like one of these to help you get over the hurdle of starting -- don't be surprised if you find yourself being a runner just a little bit more often.

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A reminder of our electronic Footprint:

Vaal Athletic Club: www.VaalAthleticClub.co.za

Vaal Marathon: www.VaalMarathon.co.za

We are also on Facebook and Twitter. If you have any nice photos of the Club and events to add to our Facebook page please do so.

Finale.

Newsletter editor, writer, compiler; this is my one person job. Unfortunately, very few articles are written and forwarded for publication from other members. Thus, articles, views, conclusions and opinions expressed are solely my property and doing, and not that of the Club or Committee. If I write something that you feel is a personal attack or insinuation, even if no names are mentioned, please discuss it openly with me.

I do apologise if I did offend anyone in the past, or do so in the future. (R)