

The Tekkie

Newsletter of Vaal
Athletic Club.



Die Tekkie

Nuusbrief van Vaal
Atletiekklub

February 2014

Februarie 2014

EDITORS WORD.

Alreeds in die 2de maand van die jaar. Hopelik is almal hard aan die oefen en sonder enige beserings vir daardie beplande wedloop of die PB wat jy graag wil doen. Sterkte!! Moenie jouself in 'n blik druk as jy beseer is en gaan oefen nie, jy gaan dit net vererger. Rus, gee dit kans vir herstel en moet asseblief nie probeer om verlore oefensessies in te haal nie. Dit werk nie so nie.

Our Marathon is but a month away. Please assist us on the whole weekend of the 1st and 2nd of March. It is our marathon, and with that I mean all members, not just the Committee. We need your contribution, please!. Be part of the team!

We shall have a pre marathon and as usual the 21km run in reverse on the Saturday morning before Race day. Please join us. It is fun. Be part of the family. Be there and give a helping hand.

I am still awaiting members' articles with regard to his or hers autobiography. Please send it to me.

Remember you need to renew your Club Membership and license by the end of the Month. The March 2014 newsletter will only be send to paid up members.

Groetnis



(Roelof2610@gmail.com.)

WORDS OF WISDOM: -

"We have always held to the hope, the belief, the conviction that there is a better life, a better world, beyond the horizon."

Franklin D. Roosevelt, 32nd American President, Born January 30, 1882

"You may delay, but time will not."

Benjamin Franklin, American Politician, Born January 17, 1706

"Take chances, make mistakes. That's how you grow. Pain nourishes your courage. You have to fail in order to practice being brave.

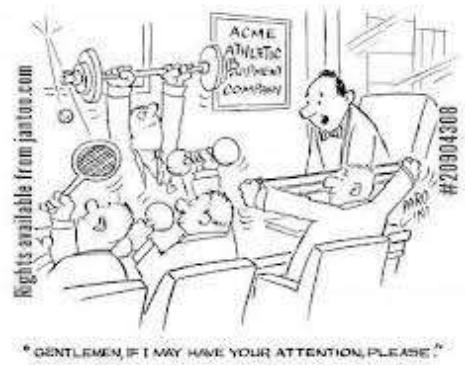
Having a dream is what keeps you alive"

Mary Tyler Moore. American Actress, Born December 29, 1936

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.

I remember;

I remember when I ran out of revenge, to beat someone at any cost.

I remember when I ran out of fear, fear of getting old and sick.

I remember when I ran out of frustration, as a stress reliever.

I remember when I ran out of a sense of obligation.

I remember when I ran out of habit.

I remember when I ran because I was addicted.

I remember when I ran for pleasure.

I remember when I ran in dedication of someone's memory.

I remember when I ran to beat my own times.

I remember when I ran to prepare for even more running.

I remember when I ran ... because I can.

So when someone asks me why I run, I hesitate, check my list, and say because I can (and because it's at the bottom of a long list).

Some of us run for a sense of belonging to a group of likeminded people and these people at the Vaal athletics club are the best. The best club, the best marathon and we will continue to work at it to keep the club like this.

Steve

HEALTH INFORMATION.

MAYO CLINIC ON ASPIRIN

Dr. Virend Somers, is a Cardiologist from the Mayo Clinic, who is lead author of the report in the July 29, 2008 issue of the Journal of the American College of Cardiology.

Most heart attacks occur in the day, generally between 6 A.M. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.

1. If you take an aspirin or a baby aspirin once a day, take it at night.

The reason: Aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.

2. FYI, Aspirin lasts a really long time in your medicine chest for years, (when it gets old, it smells like vinegar).

Please read on.

Something that we can do to help ourselves - nice to know.

Bayer is making crystal aspirin to dissolve instantly on the tongue.

They work much faster than the tablets.

Why keep Aspirin by your bedside? It's about Heart Attacks -

There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently.

Note: There may be NO pain in the chest during a heart attack.

The majority of people (about 60%) who had a heart attack during their sleep did not wake up.

However, if it occurs, the chest pain may wake you up from your deep sleep.

If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

Afterwards: - Call 911. - Phone a neighbor or a family member who lives very close by.

- Say "heart attack!" - Say that you have taken 2 Aspirins. - Take a seat on a chair or sofa near the front door, and wait for their arrival and ...DO NOT LIE DOWN!

A Cardiologist has stated that if each person after receiving this, informs 10 people, probably one life could be saved!

"Life - is a onetime gift".

TIME TRAIL.

The most important Club weekly meeting to have in your diary.

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

We invite all to come and join us on a Tuesday at 17H45. Walkers are welcome too.

There was no **RAT Race** in January. Between the rain we were blessed with and a shortage of numerous other "obstructions", no RAT was crowned for January. The next RAT Race will be on the 4th of February.



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.

Words to ponder !

gangle \GANG-guhl\, *verb*:

to move awkwardly or ungracefully: *A tall, stiff-jointed man gangled past.*

Those long legs that used to **gangle** could run.

-- E.J. Rath, *The Brains of the Family*, 1925

Gangle arose in the 1960s as a back formation of the word *gangling*, a variant of the word *gangrel*.

wamble \WOM-buhl, -uhl, WAM-\, *verb*:

1. to move unsteadily.

2. to feel nausea.

noun:

1. an unsteady or rolling movement.

2. a feeling of nausea.

I'll have to take you there. It's a cheery sensation, you know, to find a man who has some imagination, but who has been unspoiled by Interesting People, and take him to hear them **wamble**.

-- Sinclair Lewis, *Our Mr. Wrenn: The Romantic Adventures of a Gentle Man*, 1914

Wamble may be related to the Norwegian word *vamla* which means "to stagger." It entered English in the 1300s.

All Comrades runners will gangle and wamble out of bed the morning after! This is guaranteed! (R).

JANUARY 2014 Time Trials / JANUARIE 2014 Tydtoetse

Name	07/01 Time (distance)	14/01 Time (distance)	21/01 Time (distance)	28/01 Time (distance)	Attendance points total
Botha, Bennie	40'00" (6)	37'51" (6)	-	-	7
Cloete, Christiaan	-	32'57" (9)	-	32'45" (8)	3
Du Plessis, Quenessa	23'04" (4)	-	-	42'21" (6)	7
Endres, Rozanne	38'58" (6)	37'25" (6)	-	35'30" (4)	7
Fourie, Alida	-	-	-	-	2
Fourie, Roxanne	-	-	-	-	1
Gloy, Alf	38'50" (8)	38'57" (8)	38'13" (8)	38'42" (8)	13
Greeff, Andre	-	-	-	38'59" (6)	1
Greeff, Lydia	-	-	-	38'59" (6)	1
Grey, Cor	40'17" (8)	44'57" (8)	-	41'05" (8)	11
Hamilton, Erica	40'22" (8)	38'56" (8)	38'41" (8)	39'41" (8)	13
Hamilton, Robert	-	-	-	-	1
Heenop, Erhard	-	-	-	-	2
Howes, Clint	-	35'34" (8)	25'51" (6)	-	5
Jackson, Steve	-	-	-	39'14" (8)	8
Jee, Courtney	-	-	38'46" (6)	-	6
Koorts, Paul	40'23" (8)	40'39" (8)	40'09" (8)	39'46" (8)	11
Lombaard, Antoon	-	44'56" (8)	31'47" (6)	32'10" (6)	9
Motaung, December	-	-	-	-	1
Mouton, Ruan	34'34" (8)	33'35" (8) PB	-	32'45" (8) PB	6
Mthombeni, Philemon	-	-	-	-	1
Nicolas, Helen	40'00" (6)	37'43" (6)	-	-	2
Nicolas, Paul	42'13" (8)	-	-	40'01" (8)	2
Nel, Andries	-	-	-	-	1
Pienaar, Kathy	-	-	-	-	1
Pienaar, Raymond	-	-	-	-	1
Pienaar, Wayne	41'50" (8)	43'36" (8)	41'38" (8)	44'06" (8)	9
Smith, David	-	40'37" (8)	-	40'05" (8)	7
Smith, Louise	-	-	-	-	4
Smith, Stephen	-	40'38" (8)	39'08" (8)	38'42" (8)	11
Van den Berg, Gys	-	32'56" (8)	-	32'16" (8)	9
Van Wyk, Linda	-	-	23'54" (3)	35'30" (4)	6
Van Wyk, Roelof	34'34" (8)	30'39" (6)	31'37" (8)	32'04" (8)	13



Your Pace
or Mine?

TRAINING ADVICE.

11 Keys for a Successful Marathon Journey

Author: Jenny Hadfield

If you Google 'marathon training,' you're likely to come up with thousands of pages of information about how to have a successful marathon journey. It can be almost as overwhelming as the thought of training for your first marathon. There is plenty of how-to information out there, so I wanted to go over the 10 traits every marathoner should develop on their way to the start line.

Post it in a highly visible area like the fridge and refer to it when you need a fresh dose of perspective. Like a supportive training partner, it will remind you that it's all about the journey and not the destination and that some of the best marathoning moments are likely to happen on the way to the start line.

Realism

Start from where you are in your fitness level to get to where you want to be safely (the finish line). The fastest way to a successful marathon journey is down Reality Street. The first week of the training plan should closely match that of your current training. If not, find one that does.

Perspective

Eat the elephant one bite at a time. Every marathon season starts with the very first step. Tomorrow's workout will lead to the next and soon 6 miles will turn into 14. And you'll know you are on your way when you use the words "only" and "6 miles" in the same sentence.

Gratitude

It takes a village to train a marathoner. Surround yourself with a community of people who will support you from start to finish (seasoned marathoners, running store experts, massage the rapist, your spouse or friends). Take the time to communicate with your family and friends the importance of this journey as well as the significant time commitment. You'll need support along the way, and if they know what it means to you, they will be there for you.

Progress

Track your workouts, feelings, weather, apparel, foods, mishaps, and anything else you can think of along the way. You are writing your own marathon novel and keeping track of the details can help boost your confidence later in the season.

Mindfulness

Every long training workout is an opportunity to rehearse for race day. Fine-tune your pre-race meals, on-the-go fluids and fuel. Most importantly, decide what you'll wear. This will help you be less frazzled and more mindful on race week.

Perseverance

Not every workout is going to be a joy. In fact, you're likely to miss a few training runs along the way. The key is consistency and keeping the momentum flowing. The marathon training plan is a blue print that you can modify to fit your journey to the start line. Be flexible along the way. A short workout is better than none at all.

Humility

It won't officially be a marathon training season without at least one workout that knocks you off your feet. We learn some of our greatest lessons from the most adverse training sessions.

Faith

Tapering is to marathoning as sleep is to life. Adding to your training plan in the final few weeks in hopes to do some last-minute cramming only takes away from your race day performance. Occupy your mind and rest your body. You will likely perform as well as the quality of your recovery.

Reflection

As you make your way through the final weeks of training, feelings of shear and utter fear can creep into your mind. "This seemed like a great idea a few months ago," you may say to yourself. This is the time to review your training log, focus on a few strong workouts during the season, and have faith in your preparation. It's what going to get you through to the finish line.

Patience

It is easy to get caught up in the excitement on race morning, especially with your well-rested body. The secret to a beautiful finish line photo is to be the tortoise rather than the hare. Pace yourself early, hold back the reins, and invest in the final 6 miles (the second start line). Being able to pass people in the final miles of a race (nicely, of course) is one of the most inspiring feelings. Your legs will be fatigued, but you'll feel like a superhero.

Celebration

It is better to define your success by the magnitude of the accomplishment, than the minutes on a clock. Fast or slow, we all make our way to the finish line with our own two feet. Celebrate every finish and appreciate your marathon journey.



2014 Club Membership:

If you do not renew your membership before the end of February, you will not receive the Newsletter anymore!

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.

AT THE RACES

Upcoming races – February 2014

Date	Day	Prov	Event	Distance	Time	Venue	Club	Contact	Tel
1-Feb	Sat	FS	SASOL Marathon	42 21 10	6:00	DP De Villiers Stad Sasolb	Sasolburg	Pollie Massyn	083 6392423
2-Feb	Sun	CGA	Striders	32 15 4	6:00	Spings Ruby Field	Springs Str	Rhoda Steyn	073 5612700
8-Feb	Sat	AGN	Bronkhorstspuit 32	32 10 5	6:00	Erasmus H/S	Bronk MC	Danie Kruger	082 8270068
9-Feb	Sun	CGA	Pick 'n Pay	42 21 8 4	6:00	Saheti School	Jeppe	Bruce King	082 8084301
12-Feb	Wed	AVT	Nedbank Valentines	15 10 05	18:30	Palms Mall	Nedbank AVT		
15-Feb	Sat	Mpu	Sasol Secunda Marathon	42 21	6:00	Sasol Recreation club	Sasol Mk	July Mavuso	082 8021352
16-Feb	Sun	CGA	Pirates 1/2	21	7:00	Pirates Club	Pirates	Tracy McKay	078 5327440
23-Feb	Sun	AGN	Deloitte Pta Marathon	42 21 10	6:00	Hoffmeyer Park Lynnwood	Phobians MC	Dimitri Kavallineas	082 7733603
23-Feb	Sun	CGA	Township Marathon	42 21 10 5	6:00	Eldorado Park Stad	Pegasus AC	Secretary	082 4433777

RACE RESULTS

RAC City Lodge Tough One (CGA) 32km race - 2013-11-24

Position	Initials	Surname	Sex	Age	Club	Finish Time
308	R	Van Wyk	M	52	Vaal	02:25:28
309	G	Van Den Berg	M	38	Vaal	02:25:28
551	K	Motaung	M	52	Vaal	02:37:25
771	R	Mouton	M	22	Vaal	02:45:49
875	D	Smith	M	46	Vaal	02:49:17
1737	R	Hamilton	M	32	Vaal	03:10:25
1930	C	Grey	M	50	Vaal	03:14:35
2042	J	Burger	M	41	Vaal	03:17:09
2417	S	Jackson	M	56	Vaal	03:25:50
2738	W	Pienaar	M	31	Vaal	03:32:16

Dangerpoint (WP) 21km race - 2013-12-31

Position	Initials	Surname	Sex	Age	Club	Finish Time
11	R	Van Wyk	M		Vaal	01:27:43
26	G	Van Den Berg	M		Vaal	01:37:39

Liquifruit Irene (AGN) 10km race - 2013-11-09

Position	Initials	Surname	Sex	Age	Club	Finish Time
580	S	Zeelie	F	55	Vaal	01:05:25

Bay To Bay (WP) 30Km race - 2014-01-05

Position	Initials	Surname	Sex	Age	Club	Finish Time
72	R	Van Wyk	M	52	Vaal	02:13:40
73	G	Van Den Berg	M	38	Vaal	02:13:41
966	D	Smith	M	46	Vaal	03:00:18

Dis-Chem Half Marathon (Bedfordview - 12/01/2014)

Name	Time
Gysbert Van Den Berg	01:33:50
Armand Burger	01:39:32
December Moraung	01:39:42
Jacques Burger	01:48:47
Nicholas Campbell	01:57:59
Stephen Jackson	02:15:25
Gillian Harris	02:18:10
Helen Nicolas	02:42:01
Maria Jacobs	02:50:20

Birthday Celebrations:

Congratulations to the following members in celebrating their birthday in **February**.
May there be many more!

- 4 Anelda Oosthuizen
- 5 Gys van den Berg
- 25 Annemie Peche

Safety and Health.

How to Prevent and Treat Black Toenails from Running By Christine Luff

Symptoms of Black Toenails:

Black toenails are fairly common among runners, especially those training for long-distance races. First, the toenail appears blackened and the nail will usually fall off when a new nail eventually grows in. Runners who are training for a marathon or do a lot of downhill running are the most likely candidates for black toenails because their toes are constantly rubbing up against the front of their shoes. You're also more likely to get black toenails if you run in warmer weather because your feet swell more when it's hot.

Cause:

Black toenails are caused by constant rubbing of your toe against the front of your shoe. A blood blister forms under the nail, and the blister can't breathe, so it takes a lot longer to heal.

Prevention:

To prevent black toenails, make sure that you're wearing the correct running shoe size (at least 1/2 size bigger than your street size; you should have plenty of room in the toebox). Trim your toenails regularly, and keep your foot dry for as long as possible during your long runs. Be sure to wear good wicking socks, not cotton ones. Lace your shoes tighter along the front if you're doing a lot of downhill running.

Treatment:

Once you have a black toenail, it's best to leave it alone, as long as the pain is manageable. The pain is usually the worst on the first day and then lessens each day after. The damaged part of the nail is gradually pushed off, and a new nail will replace it. Don't force the old nail off -- it will fall off on its own. If at any point you notice redness and infection, see a doctor.

Rat Poison Marathon.

(Thanks to Gavin Murphy)

To say that the Olympic marathon run held for the 1904 Summer Olympics was a bizarre spectacle would be a vast understatement. By the strict standards of modern-day Olympic events, the marathon was a mess of catastrophic proportions.

The marathon was held in St. Louis, Missouri and included 32 men from 4 countries. Of the 32 men, only 14 finished the race, and several of them nearly died. The race was held during the middle of the day with temperatures around 90 degrees Fahrenheit, and the majority of the race was over dusty country roads with only one water station at the 11 mile mark. To further compound the dust problem, race officials drove in cars in front of and behind the runners. The officials' cars kicked up such enormous amounts of dust that many of the runners were choked out by it and one runner, William Garcia, was found unconscious by the side of the road with severe internal injuries.

The first runner to cross the finish line, Fred Lorz, wasn't even the real winner as it was discovered he'd dropped out of the race at the 9 mile mark, then hitched a ride back to the stadium in a car. When the car broke down at the 19 mile mark, he jogged back under the pretense that he was the lead runner. Despite getting photographed with Alice Roosevelt (daughter of U.S. President Theodore Roosevelt) and nearly receiving the

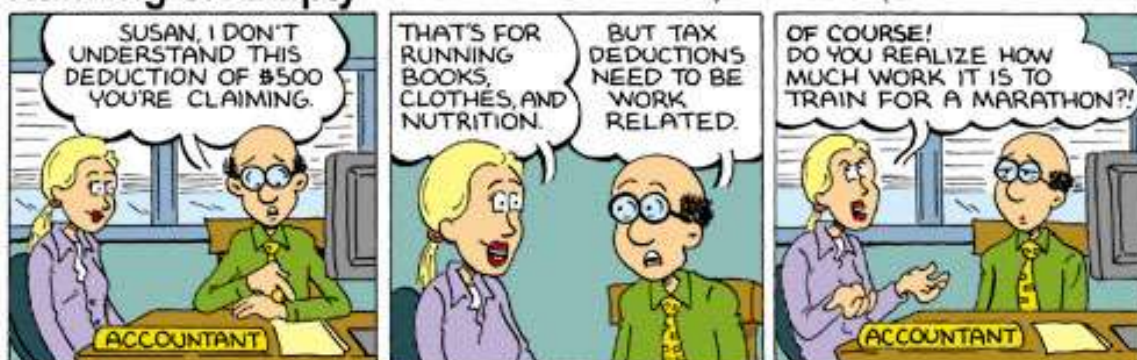
gold medal, his ruse was discovered and he was banned from the sport, then ejected (really! From a cannon?) from the stadium.

Some time after that the real winner, Thomas Hicks, crossed the finish line. The term winner should be used loosely even here, however, as Hicks' trainers kept him running through the last half of the race by feeding him shots of brandy laced with strychnine sulfate (the active ingredient in most rat poisons and, in small doses, a stimulant). He crossed the finish line delirious and draped over the shoulders of his trainers. If not for immediate medical attention off the field, he would likely have died from dehydration and poisoning.

As a result of the debacle and Hicks' use of poison as a stimulant, marathon event planning was radically improved and strychnine was banned as a performance enhancing drug.

Running on Empty

by Jason Nocera (www.nichecartoons.com)



Imitations are huge

by Stephan Joubert

From DVDs and perfume at traffic lights, to watches and clothes at flea markets, forgeries have become the order of the day. Imitation is big news. Indeed, some forged or pirated articles come so close to the original product that you can hardly see the difference. Unfortunately, religion is also riddled with imitations. Indeed, imitated religion moves so close to the truth that many people can't see the difference between religion and the gospel. Just take the pharisee there in Luke 18:9-14. He was as religious as they come. Just hear his "pious" religious achievements: "God, I thank you that I am not like other people — robbers, evildoers, adulterers — or even like this tax collector. I fast twice a week and give a tenth of all I get." That sounds just too impressive for words.

Religion impresses people. Strict devotion to rules, laws and rituals is huge. No wonder that many people are embracing a Jewish lifestyle again today. Only when the light goes on in our hearts that God isn't impressed by our good works or our compliance to religious rituals, will the gospel really break through. Indeed, this only really happens when we come to stand before God together with the tax collector of Luke 18 with the words: "God, have mercy on me, a sinner." In our own bankruptcy on God's terrain true freedom enters. When I know that only his grace is enough to make me new, I know that the rest of my life is just one large thank you for Jesus' free grace. Then imitations make room for the true gospel. Only that.

Soms moet jy mense vroeg al teleurstel

deur Stephan Joubert

Disappoint them early. "Stel hulle vroeg teleur" — so sê 'n bekende skrywer iewers. Mense is soms oneerlik ordentlik met mekaar. Natuurlik mag jy nie ongeskik met ander wees nie, maar jy mag ook nie voorgee om iemand te wees wie jy nie diep binne in jouself is nie. Stel mense eerder vroeg teleur deur net jouself te wees. Moenie vals verwagtings by ander skep waaraan jy nie kan voldoen nie. Wees slegs daardie mens wie die Here jou gemaak het om te wees. Dan sal jy veel gouer oor mense se teleurstelling met jou kom as jy nie alles doen wat hulle wil hê jy moet nie. In elk geval, as jy tevrede is met daardie mens wat die Here jou gemaak het om te wees, dan gaan jy nie afhanklik wees van ander se opinies oor jou nie. Jy is vir God goed genoeg met al jou "fabrieksfouten." Al het jy dalk nie 'n model-lyf, super-beroep, of 'n geniale IK nie, God het jou sonder enige voorwaardes lief. Jesus is die bewys hiervan. Moet Hom net nooit teleurstel nie. Leef en werk vir Hom. Uiteindelik gaan net sy opinie oor jou tel.

COMRADES

QUALIFYING RACE

All entrants must comply with the Comrades Marathon qualifying criteria. If you do not supply qualifying details with your entry, you must submit your club name, license number and qualifying details by no later than 6 May 2014. This can be done either by email or contacting the CMA office. Qualifying details will not be accepted at registration. Failure to meet the qualifying criteria will result in your entry being rejected. No seeding upgrades will be accepted after 6 May 2014 and particularly at registration. Therefore, please note that you will not be able to participate and your details will be removed from our database, which means that you will not receive a goodie bag or runners t-shirt. **UNDER NO CIRCUMSTANCES WILL REFUNDS BE MADE.**

All runners will be seeded according to their qualifying times. Runners who have improved their qualifying times after entering may upgrade their seeding by entering the race name and their finishing time into their registration details on the Comrades Marathon website.

Entrants without access to the internet can contact the CMA and supply their qualifying details to upgrade their seeding.

All qualifying details will be checked and signed off by your club chairperson or licensing officer

No upgrade of seeding will be permitted after 6 May 2014.

QUALIFYING RACE DISTANCE									
Batch	42.2 km	48 - 50 km	52 - 54 km	56 km	60 km	64 km	80 km	89km	100 km
A	03:00:00	03:40:00	03:55:00	04:05:00	04:30:00	05:00:00	06:20:00	07:30:00	08:15:00
B	03:20:00	04:00:00	04:20:00	04:35:00	05:00:00	05:30:00	07:00:00	08:15:00	09:15:00
C	03:40:00	04:25:00	04:45:00	05:00:00	05:30:00	06:00:00	07:40:00	09:00:00	10:15:00
CC	Ama-beadi- beadi Race4Charity								
D	04:00:00	04:50:00	05:10:00	05:30:00	06:05:00	06:40:00	08:30:00	09:45:00	11:00:00
E	Green Number Club								
F	04:20:00	05:10:00	05:35:00	06:00:00	06:40:00	07:15:00	09:15:00	10:30:00	11:45:00
G	04:40:00	05:35:00	06:05:00	06:30:00	07:10:00	07:50:00	10:00:00	11:15:00	12:30:00
H	05:00:00	06:00:00	06:30:00	07:00:00	07:40:00	08:20:00	10:40:00	12:00:00	13:30:00

VAAL AC Entries List

<- Name ->	<- Nation ->	<- Club/Team ->	<- Category ->
Korte Brigitte	RSA	Vaal Athletic Club	F MAS
Louise Smith	RSA	Vaal Athletic Club	F MAS
Magdel Pieterse	RSA	Vaal Athletic Club	F MAS
Cor Grey	RSA	Vaal Athletic Club	M MAS
David Wilson	RSA	Vaal Athletic Club	M MAS
Gellie Bibis	RSA	Vaal Athletic Club	M MAS
Jan Paulus Koorts	RSA	Vaal Athletic Club	M MAS
Khabi Motaung	RSA	Vaal Athletic Club	M MAS
Steve Jackson	RSA	Vaal Athletic Club	M MAS
Gys Van Den Berg	RSA	Vaal Athletic Club	M SEN
Keketso Kebile	RSA	Vaal Athletic Club	M SEN
Paul Jackson	RSA	Vaal Athletic Club	M SEN
Paul Nicolas	RSA	Vaal Athletic Club	M SEN
Warren Jee	RSA	Vaal Athletic Club	M SEN
Wayne Pienaar	RSA	Vaal Athletic Club	M SEN
David Smith	RSA	Vaal Athletic Club	M VET
Gregory Sykora	RSA	Vaal Athletic Club	M VET
Jacques Burger	RSA	Vaal Athletic Club	M VET
Luke Fitzell	RSA	Vaal Athletic Club	M VET
Stephen Smith	RSA	Vaal Athletic Club	M VET

So 'n bietjie iets in Afrikaans.

Hardloop

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So lank as wat ons kan onthou was mense in staat om op hulle eie krag, vinniger as om natuurlik te stap, te reis.

Hardloop word in die geskiedenis gemeld lank voordat ons dit tot 'n mededingende vlak verhef het. Pheidippides het so ver terug as 490 VC van af die dorp Marathon – ja, jy het reg gelees – Marathon gehardloop. In ieder geval, hiedie outjie het vanaf Marathon al die pad na Sparta, 'n afstand van ongeveer 240 km, gehardloop met die nuus dat die Perse in Marathon geland het. Volgens die antieke Griekse historikus, Herodotus, het Pheidippides hierdie afstand in twee dae afgelê.

Hardloop was later 'n item in die eerste Olimpiese Spele in 776 VC, en is deur 'n kok, Koroibos, gewen. Hiedie afstand was egter nie die lang afstand deur Pheidippides afgelê nie. Inste daarvan was dit slegs 600 voet ver (ongeveer 183 meter), en volgens sommige geskrewe tradisies, was dit die enigste item, en was dit ook so vir die eerste 13 Olimpiese byeenkomste.

Vandag word wedrenne waarna as "marathons" verwys word in elke land van die wêreld gehardloop, vanaf die New Yorkse Marathon tot die Londonse Marathon. Die marathon word oor 'n afstand van 42.195 kilometers gehardloop, wat die afstand van die dorp, Marathon, noord-oos van Athene, na die Olimpiese Stadion in Athene dek. Dit het die eerste keer tydens die eerste moderne Olimpiade in 1896 plaasgevind. Enige wedren wat 42.195 kilometers oorskry word as 'n ultra-marathon geklassifiseer – (soos die moordende Comrades Ultra-Marathon van ongeveer 97 km ver)

Hardloop het vandag in baie verskillende dissiplines van sy vorige self ontwikkel. Hier volg 'n paar van hulle:

Pad Hardloop

Soos bo gemeld, neem marathons meeste van die pad op wanneer dit by pad wedlope kom. Gelukkig is daar korter afstande vir mense wat minder fiks is, en langer afstande vir die professionele atlete onder ons.

Landloop

Ons besluit nou wat Pheidippides gedoen het - van die pad afwyk en bietjie stowwerig raak. Landloop is ietwat meer tegnies as padlangs hardloop en verg 'n bietjie meer vaardigheid en konsentrasie om oor klipperige paaie en deur dik, uitmergelende sand te kan hardloop.

"Spoor" of Voetpad Hardloop

Ons neem landloop na 'n nuwe hoogte en kom op "Spoor" of Voetpad hardloop af. Hierdie sportsoort vereis dat atlete in nou voetpaadjies en oor steil en rotsagtige skuinstes moet hardloop, oor groot rotse springen en die natuur binne te dring waar wandelaars dit nie waag nie. Hiedie is die uiterste sy van een voet voor die ander plaas...

Driekamp en Tweekamp

Hierdie twee veelvuldige sportsoorte het die sporttoneel soos 'n storm oorgeneem. Hulle het ook die mees mededingende fiksheids gebeurtenisse geword. Neem byvoorbeeld die uitdagende "Ysterman" kompetisie. Dit bestaan daaruit dat mense 3.86 kilometers moet swem, 180 kilometer ver moet fietsry en 'n afstand van 42.2 kilometer moet hardloop. Hardloop is altyd die laaste skof in 'n driekamp, en die eerste en laaste skofte van 'n tweekamp met fietsry tussenin.

Baan

Hierdie nommers geskied om 'n baan van 400 meter en atlete neem in verskeie afstande van hardloop deel, vanaf 100 meter naellope tot 10 000 meter hardloop.

Hekkies word gebruik om die atleet se vaardighede op die proef te stel, daar ritme 'n groot rol in 'n hekkiesatleet se sukses speel. Die grootste hekkie op die baan word gebruik vir 'n nommer bekend as 'n hindernis wedloop. 'n Enkele groot hout hek word net aan die binnekantste draaie van die baan geplaas en vereis dat die atleet oor die hindernis spring om net anderkant in 'n poel water te beland, en dan verder te hardloop totdat hy die volgende hindernis op die volgende skof bereik.

Loopvlakke

Hardloop skoene is die hardloper se beste vriende. Daar sonder sou 10 kilometer soos 100 kilometer voel. Hulle beheer 'n atleet se kwaaieste vyand – waterblase en beserings wat tydens hardloop opgedoen word.

Keuse van die regte skoene kan iemand baie probleme op die lange duur bespaar. Deur met skoene te hardloop wat nie die vorm van jou voete ondersteun nie kan oor 'n tydperk tot beserings lei. Wanneer jy hardloop skoene koop, is dit noodsaaklik om vas te stel of jy 'n "PRONATOR" of 'n "SUPINATOR" is. Ja, ek sien die uitdrukking op jou gesig soos jy "WAT???" vra. Laat ek uitbrei. Wanneer jy 'n pronator is, "rol" jou voete effens na binne wanneer hulle in aanraking met die grond kom. 'n Supinator se voete is weer geneig om effens na buite te rol wanneer gehardloop word. Hierdie twee faktore is noodsaaklik om te ken wanneer jy hardloop skoene koop.

Wanneer jy pronoteer word meer mediese stabiliteit in die middel sool en hakskeen teenwig vereis, waaras wanneer jy supinateer, word meer sywaartse stut in die skoene vereis. Hierdie beweging-beheerde skoene is ietwat duurder, maar wél die ekstra uitgawes werd.

Doen dit reg

'n Korrekte hardloop tegniek kan 'n mens se hardloop vertoning op – en van die pad af – verbeter. Volg 'n paar van hierdie wenke en skop stof in jou mededingers se oë.

Postuur

Leun effe na vore wanneer jy hardloop. Dit plaas die middel van die atleet se swaartekrag oor die voorste gedeelte van jou voete, wat dan ook die veeraksie van die voete verbeter. Wanneer jou middelpunt van swaartekrag na die agterkant van die voete neig, veroorsaak dit 'n remming terwyl jy hardloop.

Skredes

Pas jou treë. Die wêreld se top atlete hardklop teen 'n pas van 180 treë per minuut, afgesien van afstand. Dit is wetenskaplik bewys dat om teen hierdie pas te hardloop, dit die doeltreffendste gebruik van energie is. Beginner atlete se treë is korter, wat gewoonlik die resultaat van oor-passering is.

Sirkulêre Voet bewegings.

In 'n staat waar geen wrywing plaasvind nie, sal 'n voorwerp wat in 'n sirkulêre beweging om 'n sentrale punt geplaas word, geen addisionele energie vir 'n voortgesette beweging – d.w.s. skuins momentum, benodig word nie. Wanneer daar gehardloop word, sal 'n voet wat sirkelbewegings naboots, meer draaiende kinetiese energie opvang, wat dus minder energie van die bene vereis.

'n Baie winsgewende tydverdryf

Rugby, tennis, sokker, krieket, atletiek, of enige sportsoort waaraan jy kan dink, het almal een ding in gemeen. Een ding wat die wenner op die ou end van die velorder onderskei – hardloop.

Hardloop stel die pas in sport. Dit laat swak spanne strompel en maak die sterkes triomfantelik. Indien 'n span of individu nie saam teen hulle opponente op die slagveld kan byhou nie, is dit die sterkes wat wen.

Hardloop eindig nie in oorwinning nie; dit is ook 'n goeie manier om fiks te bly. Selfs al is jy nie 'n hardloper nie, maar byvoorbeeld hokkie speel, hardloop net om fiks te bly. Dit is goed vir jou!

Real runners?

The most difficult step in running is the first step out of the door.

It all starts when being born. As an infant, parents eagerly await the first step the child takes, and then 2 and 3, and then the child is running, running free. It is the most natural thing to do, run. The human body is made for long distance running according to the Runners' World Feb 2005.

In the growing years running is part of play. Playing hide and seek, cops and robbers, we ran all day long, never grew tired, and we just kept going. We participate in sport at school, athletics, rugby, and cricket and still we ran. But we grow up, become older, and run less. Get less exercise.

For most, becoming an adult means becoming sedentary, a couch potato. Drinking and eating is the closest to exercise. We are too lazy to walk to the door at the Mall. We want a parking on the doorstep!!

Lucky are the few of us who has made it part of our daily routine, like brushing your teeth. For sure we have our days off when we do not run, take a break, especially after Comrades. We also become lazy, but the addiction remains. We always return. We will always remain runners.

I bet if you ask a hundred runners why they run, you will get a hundred different answers. The same goes for how they started running. I am talking about the real runners. It is not the professionals; it is us mortals doing it because we can, not for money and sponsorship but for the pure love and enjoyment for the art of running.

The art of running? You must be joking. What art? Looking all sweaty and tired, gasping for air in the final straight, grimacing with pain and crawling over the finish line?

No, it is the art of being there, the perseverance, dedication to the task at hand. Doing the hard work, slogging it out and being rewarded at the finish line. This is the art of living, living life!! Living the way meant to be. Living a better life. Running is a natural gift. Everyone can walk or run. How did our ancestors survive thousands of years ago?

There is people who cannot imagine walking or running as a hobby, a sport, a way to live. Did they miss part of their childhood? Looking at the way we have grown up, normal white kids had bicycles to school if they were not taken by car or bus. Black kids walked to school, some many a mile. Maybe this is the reason they are so good. They have never been spoiled and their muscles developed into strong fibre, racing and endurance fibre. Will this also change now that their way of life has changed, to the better I may add, but to the detriment of their running potential?

If the enjoyment of running and exercise is not something growing up with, we shall have a motionless population within a generation or two. Apart from the professional athletes, there will be no social sports of any kind. Running is the biggest social sport there is, as you can talk whilst walking or running with a partner or friend.

At school we were always told a healthy body for a healthy mind. But where does this disappear to when we grow up? We work overtime, eat junk food and do not get any exercise. To all those I have bad news. The company is not going to erect a statue for you when you die. They will replace you within days and be forgotten within a month. Nobody is irreplaceable, but your family will miss you. And you missed out on life. Get off the couch, go out; go walking or running with your wife and kids.

Get hooked!

Be alive!

Be a runner!

A Dream is just a dream. A Goal is a dream with plan and deadline

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The image shows the Cape Gate (Pty) Ltd logo, which consists of a stylized 'G' inside a square frame. Below the logo is the company name 'CAPE GATE (PTY) LTD'. The banner below the logo features a navigation menu with five items: 'ABOUT US', 'STEEL PRODUCTS', 'WIRE PRODUCTS', 'MILLS ROLLING PROGRAM', and 'CONTACT US'. The main content area of the banner is a collage of images related to steel and wire manufacturing, including a worker in a blue uniform, a large roll of wire, and a worker in a blue uniform. A circular logo for 'SGS' is also visible in the collage.

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The image shows the logo for MRG Roofing & Structural Specialists, which features a stylized house icon above the letters 'MRG'. To the right of the logo is contact information for Maintenance Repair Gangs cc, including the address 'Panorama 2, Vereeniging, P.O. Box 2476, Vereeniging, 1930', telephone number 'Tel: 016 - 424 1701', fax number 'Fax: 086 758 0381', VAT number 'VAT NO: 4280136187 / CK: 92/31246/23', and email address 'maintenancerg@telkomsa.net'.

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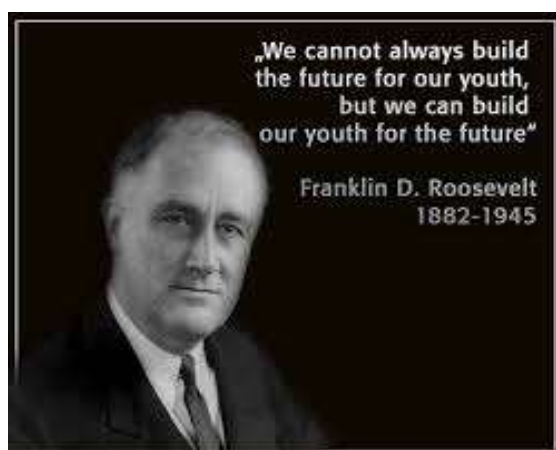
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LAST WORDS.



Many people die at twenty five and aren't buried until they are seventy five.

Benjamin Franklin