

1. Editorial

I can't remember where I learned this technique for running downhill – I zig zag across the road, being careful not to get in the way of other runners. Some of you have seen me do it and wondered what had gone wrong with my sense of direction!

I have found running straight downhill to be very jarring on my knees – it is the same action repeated over and over until the slope flattens out. By swerving to the left and then back right again I not only reduce direct forward impact but I change the action with every zig and zag. I remember Bruce Fordyce saying that it is good to change your running style slightly during a race, like running pigeon-toed for a kilometre and at other times running with splayed duck feet. By changing the direction of impact as I zig zag downhill, I am hoping that I will avoid the repetitive forward impact. There may well be arguments against this strategy, but I think it works. I take no responsibility if you try it too.



This icon is not an introduction to a lesson on a healthy heart. The 14th of February is St Valentine's Day. There was a saint or two who went by the name of Valentinus hundreds or thousands of years ago – no one is sure. For those who did not feast enough at Christmas, a celebration of these saints must have seemed a good excuse for another feast 6 weeks later. See more about this significance below.

Your comments, suggestions and contributions are most welcome. Email me at nevyoung@starwaders.com.

2. NB: CSIR Access Cards

This newsletter item will continue in this prominent position during the licence renewal period.

Once you have your licence number, you need a CSIR access card. Tebogo Gumede issues them as one of her functions for the CSIR sports clubs. She does this from the office next to the entrance boom to the recreation site. This is not a full time office so take note that she will be there from **16h00 till 19h00 on Tuesdays and Thursdays until the 13th of February**. Times are posted on the website.

The form that you must fill in to arrange access to the time trial venue in the CSIR recreation site can be downloaded from the [website](#). Print it out, fill it in, sign the indemnification, scan it then email it to csirclub@csir.co.za.

Take your Proof of Payment (of the club subscription fee) with you. An access card will be generated and given to you after a photograph has been taken.

DON'T WORRY – While you wait for an opportunity to get your access card, you can gain entrance to the recreation site and the time trial, by presenting your proof of payment at the security boom.

It is worth repeating that the membership fees will not increase this year. The bad news is that the fees are nonetheless and unavoidably due. Find out what the fees are and how to pay them at this [link](#).

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4. The Valentine's Day Time Trial – Tuesday 11th February 17h30

This *public holiday* – no it's not – this *special day* – well perhaps not special for everyone – let's say this *commemorative day*, is an opportunity around which to base the first social time trial of the year. This is the time of the year when New Year's resolutions are still fresh, resulting in an influx of new members at running clubs – the CSIR Running Club included.

Various unusual themes have been used in the years past – fancy dress and predicting your run time (running without your stopwatch of course) being two of them.

This year a Valentine Fancy Dress is a secondary theme to the main theme which is running in through the front door of the BodyKinetics gym and out again at the door next to the swimming pool. During this indoor part of the time trial, you will be treated to light refreshments and you can not only show the gym members how fit and strong you are, but you can entertain them with whatever attractive, weird, silly fancy dress you can put together.

The Valentine route is a special one, providing a change from the usual routes. Starting from outside the Lapa next to the Volleyball Courts in the CSIR International Convention Centre grounds, the distance is a bit more than 6km. So, those of you desperate for the full 8km will have to do another lap around the ring road and those of you who usually see 4km as far enough, can approach this as a 4km run, then a rest for refreshments and finish off with a 2km jog back to the lapa from where you started.

The feast part of the celebration of St Valentine is what you will find at the finish. Snacks will be provided and there will be a free drink for everyone – cold drinks, juices, ciders and beer of course. You are welcome to bring along your own speciality and further supplies for when your free drink is '*all used up*'.

This is an ideal opportunity to get to know your fellow runners. Each person will have a name sticker which is especially helpful for us older guys who sometimes can't even remember the name of our best friend!

Guests can be signed in at the rec site boom.

See the route on the next page.

5. A Word on Running

Editions of this newsletter will feature snippets of running terminology. Not only might this prevent you being embarrassedly ignorant when not knowing what experienced runners around you are talking about, but it will also introduce you to useful running ideas and practices.

Fartlek

I have heard this term before and was not sure what I was hearing.

Fartlek means "*speed play*" in Swedish. It is training with periods of fast running intermixed with periods of slower running. Quoting Wikipedia "*For some people, this could be a mix of jogging and sprinting, but for beginners it could be walking with jogging sections added in when possible. A simple example of what a runner would do during a fartlek run is 'sprint all out from one light pole to the next, jog to the corner, give a medium effort for a couple of blocks, jog between four light poles and sprint to a stop sign, and so on, for a set total time or distance.'*

The variable intensity and continuous nature of the exercise places stress on both the aerobic and anaerobic systems. It differs from traditional interval training in that it is unstructured; intensity and/or speed varies, as the athlete wishes. Fartlek training is generally associated with running, but can include almost any kind of exercise."

6. Know your Running Club Friends - Whose Next?

Must be a busy time of year – none of those I asked for a profile could get it to me today, so look forward to many in the next newsletters.

7. Quick Notes!

The Phobians Marathon Waterpoint – 23rd February

As per many previous years, the CSIR Running Club has hosted a water point on the Fort Klapperkop Road.

Those who help at the waterpoint are each given a race T-shirt, so put your name on James da Silva's list at the next time trial and tell him what size he will have for you at the water point on that Sunday morning. You can alternatively email newsletter@csirrunner.co.za with your commitment and size.

Sewing on of Licence Numbers

FATIMA DA SILVA wife of James Da Silva has offered to sew AGN numbers to your running vest at a small fee of R50.

Please contact her on 0721478035 or give your vest to James at a TT.

8. NEXT RACE: Bronkhorstspuit Road Race

This event in Bronkhorstspuit on Saturday covers the 32/10/5 distances. According to the flyer and the AGN schedule, start time is 6am. See the flyers for the race [here](#).

IMPORTANT: Without your 2020 licence, you will have to pay the R40 for a temporary licence.

9. Forthcoming Events

To help you with your planning, here are the events as scheduled by AGN for the next two months.

Date	League	Event	Venue	Distance	Start Time
February					
Sat, 1		Intercare Classic Road Race	Rietondale Park	21,1/10/5	06:00
Sat, 8		Bronkhorstspuit	Hoërskool Erasmus	32/10/5	06:00
Sat, 15		Bestmed Tuks Race	Hillcrest Sport Campus	42,2/21,1/10/5	05:30
Sun, 23		Pretoria Marathon	Phobians Athletics Club	42,2/21,1/10	06:00
Sat, 29	X	Medihelp Sunrise Monster	Harlequin Club, Groenkloof	32/21,10/5	06:01
March					
Sat, 7		Buco Bobbies 3 in 1	Hatfield Plaza	21,1/10/5	06:00
Sat, 14		Om-Die-Dorp	Pierre v Ryneveld Community Church	21,1/10/5	06:00
Sat, 21	X	Right to Run/Walk	Sunnypark Shopping Centre	21,1/10/5	07:00
Sat, 28		Overkruin Kolonnade Road Race	Kolonnade Shopping Centre	32/15/5	06:00
Sun, 29		Kosmosdal Fun Run	Kosmosdal Checkers	8/5	06:30

The full 2020 event spreadsheet can be downloaded at <https://agn.co.za/road-running-2020-fixtures/>

It can also be viewed on the club [website](#).

If you are looking for something different like a trail run, check out the website, www.trailadventure.co.za. It has venues and future events listed there.

10. Useful Websites

www.raceresults.co.za	https://web.facebook.com/groups/9331868497/?ref=bookmarks
www.runnersguide.co.za	www.agn.co.za/road-running-program
www.runnerstalk.co.za	www.runnersworld.co.za
www.timeme.co.za	www.runawaysport.co.za
www.parkrun.com	www.smacpix.photofrog.co.za
https://za.mapometer.com/	

11. Race Results

Note that this event was timed by TimeMe where it is not easy to extract results. Below is the best I could do in the time available.

Participant Name	Gender	Age	Gun Time
Intercare Classic 1 Feb 2020 - 10km			
JP VON BENECKE	M	36	52:05:00
THOMAS MAUTJANA	M		55:07:00
KIMBERLEY BEYN	F	26	58:45:00
TIEUMAN MEYER	M		59:07:00
HELOISE MEYER	F	30	59:10:00
ANNERI MORLAND	F	33	01:02:07
PETRO VERMAAK	F	63	01:05:26
IGNATIUS VUYEQABA	M	41	01:12:37
XOLISWA VUYEQABA	F	40	01:12:42
WILLIE ENGELBREG	M	52	01:19:51
ERIN ENGELBREG	F	53	01:19:56
NGUMBE	F	52	01:22:31
ASHWIN MAHARAJ	M	52	01:24:54
OOSIE OOSTHUIZEN	M	67	01:32:15
Intercare Classic 1 Feb 2020 - 21.1km			
JACO RAUTENBACH	M	52	01:59:33
KAREN RAUTENBACH	F	54	02:02:46
ELAINE WENTZEL	F	40	02:04:55
KEN HALLAND	M	56	02:04:55
JAN VALENTYN VAN DER MERWE	M	35	02:05:11
DANIE STRACHANN	M	38	02:07:10
WILLEM FOURIE	M	53	02:07:53
GERRIT ROUX	M	61	02:16:14
QUINTIN MCKENZIE	M	43	02:18:31
JOHAN BOTHA	M	40	02:27:07
JOHAN DE KOKER	M	49	02:31:49
KEN SWETTENHAM	M	57	02:47:59

See race photos on the next page

By the smiles on the faces, it seems that the Intercare Classic was a lot of fun!

