



Newsletter: Comrades Issue

Comrades Experience

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Another Comrades has come and gone and we are left looking forward to the 2015 Ultimate Human Race with mixed feelings.

This year, ARD had 14 exceptional contenders. Six of those

14 walked away with medals while another two members finished just outside the cut-off time.

While we all shared the same road we all have our own experiences of that

journey. I am honoured to be able to include in this issue of our journal two extraordinary runners experiences as well as an article by one of our invaluable supporters.

Abduragmaan Jacobs - A Rollercoaster Called..Comrades!

The comparison with a rollercoaster describes my Comrades experience both from a mental and physical perspective! In addition to the highs and lows of preparing for 2014, the impact the race had on me in 2013 weighted heavily on my shoulders.

Those who know me from a running perspective know that I plan and analyze meticulously before races to make sure I have the best chance of achieving my goal – in 2013 that planning came crashing down spectacularly at the half way stage when I realized that my race was over and that 8 to 6 months of training will not end in a medal. I ran on until the 80k mark in 2013 knowing that I will not make it in time and little did I know back then that that resolve to carry on until the organizers tell me to get off the road will define my race in 2014!

It is for reason that I men-

tioned to my fellow Comrades runners at the “aches and pains” party – take heart in your performance. You should train and plan for the race BUT – it all comes down to what happens on the day! That is what makes a Comrades runner lining up at the start already a CHAMPION AND WINNER – you go through this rollercoaster and yet you have the COURAGE to start knowing that with all your planning it might come to nothing! So those runners that did not achieve their goals – wear your Comrades cap and sweater with PRIDE! Everyone that started deserves it as much as the winner who finished the race in 05h28 minutes.

So back to my rollercoaster...I can bore you with pages and pages of it but what stands out for me will be the last 16k's of the race! I was really feeling the effects of the race at that stage and still had to

climb (more like walk – LOL) the 2km's of Cowies Hill. On the way up I saw runners with the C and B seedings (meaning they are the fast runners) sitting dejected along the route – so the thought crossed my mind that if they believe that there is not enough time left...what about me that is a “back runner”! This is where the experience of 2013 kicked in...you see - in analyzing my race of 2013 I realized that I lost the mental battle more than the physical battle – I gave up before my body gave up! And just as those thoughts crossed my mind the last “12 hour bus” of the infamous Vlam Pieterse came past me (in 2013 when I couldn't keep up with it I thought my race was done!). At that point I told myself that you take whatever you have left (mental and physical) and made myself a promise that no matter what – I will not lose sight of this bus..and there were stages where the bus was about 1 km ahead of me in (cntd p. 2...)

Upcoming Races

- July 5th: Orak 12 hour race
- July 6th: Dave Spence Memorial Race
- July 12th: Knysna Marathon
- July 18th: Fairbridge Mall
- July 20th: Cross Country League 6 and Cape Winter Trail
- July 26th: McCarthy Toyota and Cross Country League 7
- July 27th: Cape Winter Trail

Abduragmaan Jacobs: My Comrades Experience

(cntd from pg 1) the last 10km's BUT I still finished ahead of it!!! So my novice advice to anyone that will be attempting this great race (and it is true what they say! Nothing compares with Comrades) – prepare yourself mentally as well as physically for the race – to me the mental preparation is just as important as the number of kilometers you will log in preparation for the race...What your mind can conceive you will indeed achieve!

Finally...Shukran/Thank you to the ARD family for all the support along the route and at the end – only

when you are a runner would you truly fully understand the positive effect your mere presence have on us!

To my friends – thanks for all the support (Firozah and Yusuf – shukran for carrying my goodies and mixing my drinks - which I thought was sport's rehydrate but it was 32Gi – guess it helped!)

And most importantly...To my family (Gadija and my 4 boys) – shukran for accommodating my grumpiness for the past two years and allowing me to the time and space to train for this race.



Abduragmaan Jacobs

Rita Lategan - Running Through the Pain

Rita Lategan



I was all excited before the start knowing I've done my training but every year its a different race. My mind was made up to run my sub 11:00 second attempt planning ahead during my training so I was in my comfort zone not to know what's still to

come. You gain experience in every race: notice, pick up things you have not in your first race, mistakes you made previously and that makes all the difference. To be honest through all my agony I've enjoyed my race unlike my very first one, even after my check up at the 53 km medical but not even that could bliss my spirit. I'm running with high blood pressure and that alone puts a lot of strain on myself in such a long race but when you set your goals nothing else matters but don't be selfish in your decisions. I will say it was a new experience for me and from there onwards self discipline was the key word. In situations like this for me its where your mental ability comes in and how strong you are in your way forward. To be honest I cant speak much about a low because in my first

Tough runs don't last...

Tough runners do.

one it was if somebody else was running the race and I'm just guiding along very weird but hard to explain. What I will advise is not to treat any minor injuries on race do it will come back to haunt you which is not a great feeling at all. When you cross the finish line ,pain does not matter or whatever happened during your race, its pure joy and happiness knowing you just accomplish one of the most cruel races the human body can take along with so many others . Advice for first timers: set your goals, make your dreams a reality, put in 70/80% of your training include mental training and go all out accomplish them. I hope this will be enough to inspire anyone.



ARD Support Team

The ARD support team did not disappoint! Our club was out on the streets of Durban and PMB in full swing (all 56 of them!), showing what it means to be part of team ARD. Even while running, others would come up to thank me for my club's support or comment on how well represented we were.

It has been said numerous times but we can not say it enough: Thank you to all the supporters, those in Durban as well as those back home. This race is made bearable only because of all your well wishes, thoughts and prayers and they do not go unappreciated!

Next year we hope to have even more Comrades participants and hopefully even more supporters!



In Honour of Rashaad and Fatima Davids

This year, the ARD Comrades run was dedicated to Rashaad and Fatima Davids. Rashaad is a founding member of ARD and was the first club secretary. He has been an integral part of the club, assisting and ensuring its success. Rashaad was the driving force behind ARD's junior development program and was passionate in helping disadvantage youth find their footing in road racing.

In 2013, Rashaad suffered a severe stroke. He was left on life support and the prognosis was not good. Despite all the odds, Rashaad pulled through and made a miraculous recovery.

ARD was left with a large role to fill when Rashaad was ill and his wife, Fatima, stepped up and took over despite all the difficulties she faced at home with her husband so ill and in hospital.

Today you will see Fatima and Rashaad on the sidelines of many of the races. They are ARD's biggest on road supporters.

We could find no two people more inspirational nor who could be better role models. They continue to give of themselves to help others even in the toughest and most challenging times.

It was our honour to dedicated the Comrades 2014 run to Rashaad and Fatima Davids.

Whether you think you
can or think you can't...you're
RIGHT!



Ayesha Khan—Running Support!

Having completed two comrades on the couch I finally went to Durban for comrades 2014. What an experience!! It started with ARD Comrades send-off party. I really felt special and that's just as a supporter! At the airport there was excitement in the air. Not forgetting FOMO of the year's appearance...yep Yusrah... what a wonderful surprise!

Runners and supporters galore... after a while I would just say "thanx" when people said good luck for the race. Think ARD tracksuit did the trick.

Most of ARD and other runners and supporters were based at the beach front. Balmoral hotel was the place to be! Shukran Gayat. We had an itinerary for Saturday, expo then lunch at the Balmoral. The Expo obviously much bigger than Oceans but sadly when we were there the racks were empty of Comrades memorabilia. RACE day... I heard runners and supporters met at the Balmoral at 2:30am for the send-off. Must have been an emotional experience but they can tell us about that. I wasn't there as I was doped... only joking I took 2 tablets the night as I was feeling a bit groggy and slept until 5:20 just in time to catch the start on telly.

Some hours later the ARD convoy (7 vehicles) raced to Drummond all so nervous we're going to miss the first ARD runner. For me it was so surreal that I was actually at Drummond! I ran up that hill, yes that's hill terri-

tory. Breathless I finally reached our spot. So I take my hat off to the runners smiling and waving at us and that's about 44km into the race! Rafiq with his updates kept us on our toes and when we spotted our runners the red, blue and white just dominated that area. A few spectators got annoyed with us. But just seeing them got us all shouting, clapping and even running a few steps as the photos depicted. I was concerned for Suzie, as she was



struggling a bit there and I thought "pheew no turning back I made a promise and have to run with her"!

From there we moved to Pinetown with 21km to go to the finish. All runners at that point were no longer smiling with us and few were willing to take photos. Before I knew it I heard Suzie was around the corner. With a quick send off, hugs and kisses from fellow ARD supporters I was off with Suzie. What an enjoyable run. I saw more of Durban that way. At Overport and Westville there were many parda ladies along the way. Cowies Hill was beautiful

and Suzie was still going strong up that hill. I was amazed at all the spectators along the way and after a while I started taking the fruit, ice and water people were offering.

The only sound to be heard were the runner's feet. At this point no one was talking, singing or even looking around. They were in "their" zone and only had the finish on their mind. But our friend, she could still greet the people..."Asalaamu laykom" I often heard coming from her. With about 7 km to go I decided to take a short cut as I was now tired. Well to my horror the road did not meet up with the runners and that's when Suzie and I split. I then turned back, and in my mind, I still had fresh legs, and would catch her as I overtook many runners. But our iron lady just accelerated! In central Durban I again took shortcuts but luckily it paid off then.

Wow Suzie, 11:35 and I was still running trying to get into the stadium. I'm so proud of all our runners. This race is no joke I saw runners running in an upside down letter j. walking, being pulled and even crawling.

Kingsmead stadium was electrifying and just being there sitting by the finish was an experience. And there I was all alone, not knowing where the club was with no phone, no money in a strange city and not a care in the world... I was at COMRADES !!!

As Zahid Ebrahim would say '*Veni, vidi, vici*' I came, I saw, I conquered 21km of COMRADES!!!

ARD Athletics Club

If you have any advice, information or personal story you would like to contribute to the club newsletter please send your write up to:
suzie.germs@gmail.com



Just Run!

www.ardathletics.co.za

CLUB HISTORY

ARD Athletic Club has been in existence for 12 years and endeavours to provide an avenue for the community to improve physical fitness and to lead a healthy life style.

The club was based in the Grassy Park – Retreat area but has grown to incorporate members from other areas especially the Salt River-Woodstock, Ottery and Wynberg areas.

Members participate in organized running and athletic events which incorporate regular road running and walking events such as the Two Oceans and Comrades Marathons. The club is also involved with organizing and assisting in community events such as fun runs and the Jive Big Walk.

Regular training sessions are conducted on a weekly basis and on Saturdays/Sundays a Pack run is lead by senior members of the club.

ARD Athletic Club strives to create space for community members, especially the youth to participate in running/walking and athletic activities.

Upcoming League Races

- July 26th: McCarthy Toyota TVHS
- August 23rd: Atlantis
- September 14th: ARD 3 Vlei
- October 5th: Chappies Challenge
- November 1st: Elsie's River
- December 13th: AVBOB



2014 Comrades Finishers

Binyamien Kariem	10:19:31
Suzanne Germs	11:35:35
Satish Ramsavak	11:50:19
Abduragmaan Jacobs	11:52:37
Rita Lategan	11:56:54
Shanaaz Kariem	11:57:02
Yasmien Kariem	12:01:07
Shane Jacobs	12:28:13

Message From Our EXCO

The ARD Exco would like to take this opportunity to wish all of our Muslim members a blessed Ramadaan. As the auspicious month of Ramadaan starts, may the crescent-shape moon brighten your path towards enlightenment and may Allah bless you with peace and grace.

We would also like to remind members of our upcoming ARD 3 Vlei race September 14th 2014. We expect a record number of participants this year and ask our members to please start canvassing for sponsorship. This race is always such an enjoyable event for the running community as well the club and we would not be able to have so much success without all the contributions from our wonderful members.