



Newsletter

Inside this issue:

ARD at the Wynlands	1
The Gift of Time Trials	1
Upcoming Races	1
Long Distance Running	2
ARD Boot Camp	3
The League	3
Important Events	3
Strength Exercises	4

ARD Representin' at the Winelands!



As every member should now know, the Winelands is one of the top races for ARD both in participation and support. The scenic races are offered in 10, 21 and 42km distances so there were no excuses not to partake this year!



ARD ran tremendously in all distances with a number of PB's achieved despite the difficulty of this course!

Support on the road for the marathoners was phenomenal! We were sure proud to be wearing the red white and blue when passing by Nasrulla's table of goodies that he offered to ALL runners.

Shukran to all who ran and came out to support.

Be sure to check out the [Wynlands Marathon video](#).

Upcoming Races

- Dec 13th: AVBOB
- Dec 16th: GUGS Reconciliation Race
- Dec 17th: TopForm Charity Run
- Dec 27th: Bay to Bay Marshalls Race
- January 4th: Bay to Bay
- January 10th: Hohenhort
- January 17th: Red Hill



The Gift of Time-Trials

ARD's monthly time trials are in full swing. These training sessions are an invaluable opportunity to increase speed and confidence. They are a way for us to track our progress and ensure we are moving forward in our running career.

aware of when partaking in the time trials:

1. This is still a training session so while you are pushing hard and giving 85-90% you need to be making sure you are in control and in proper form.
2. There are two distance options, a 2.5km and a 5km. If you are running distances greater than 15km's you should be doing the 5km time trial.
3. In order to run the most

efficiently, you need to learn how to pace yourself. Time trials will help you with this. When running the time trial you should be increasing your speed as the trial progresses not slowing down. Constantly assess how you are feeling and make adjustments to your pace as needed.

For the past couple events we have had over 100 participants! Hopefully even more members will join in for the next one!

The ARD members involved in putting on each time trial do a tremendous job. It is like a mini race just for ARD! There is even a lucky draw at the end!

Some important notes to be



Long Distance Running

This year ARD is more determined than ever to reclaim the League title. One area we must overcome to achieve this is our fear of long distance running. And the best way to overcome a fear is to gain some knowledge on the topic!

Long distance running is different from the shorter distances. You have more opportunity to relax, there is more chance for socialization and the rewards of finishing a longer race are greater! Another aspect that I really enjoy is that time no longer becomes a factor with the longer distances. There is not so much pressure to run at a fast pace and you can enjoy yourself! Plus it is an excellent way to see the beautiful scenery our city has to offer!

If you have already done a 21km distance you should consider



jumping on the 30km training program that was sent out earlier this month. On this program we will be building up to the Bay to Bay 30km. We will then continue on with that momentum and train for the 36km Red Hill Classic. This is an League race so mass participation is important! Once we have achieved our 36km goal we only have 6 km's more to add to our legs and we will be ready for our marathon in February! It really is that simple. If long distance running is something you are interested in but you are still feeling unsure, anxious and a little terrified talk to your Club Captains or Coach Marshal.



Mr. Congeniality Ebrahiem (Ebi) Jassiem



I don't run because I love the feeling of running. I run because it makes me love the feeling of living.— Bonnie Pfiester

I dare you to train for a marathon and not have it change your life.

- Susan Sidorjak



ARD Kicking Butt at Boot Camp!



ARD tried their hand at the latest gyming craze last month with the Boot Camp fundraiser. There was lots of grimages, struggles and quite a few laughs despite the pain! And let us not forget about the breakfast! Yum! It was a great way to spend a Sunday morning. Thank you to all those who put the morning together and all those who participated! Proceeds are going to our year of end function.

Upcoming League Races

We tied for the title of League Champions this year which caused the WPA officials to consult the rule books! A tie breaker was needed so mass participation in all 12 League events was taken into consideration. Unfortunately ARD lost out by only 1 member! Considering our disadvantage with the se-

lection of League races ARD was amazing! But we need to reclaim that title! League races are the most enjoyable of the races with great company and lots of eats at the finish!

Important Events

15th Dec—AVBOB 15km League Race

This is a lovely flat course that has a great ARD turnout which means great company and fun times! Please come out and support the club.

16th Dec—GUGS Reconciliation Race

This is such an awesome 'race' through the township. ARD encourages runners to bring treats to hand out to children along the way and to enjoy the company and atmosphere of this special event.



17th Dec—TopForm Charity Run

This is a fun opportunity to give some charity before the year is up! Every year, TopForm puts together a run from Turfhall Stadium where participants are encouraged to bring a donation of supplies for Victoria Hospital. A list of goods in most need was sent out by the Secretary but any donation will be much appreciated.

15th Dec—AVBOB 15km

17th Jan—Red Hill 36&42.2 km

28th Feb—Century City 10km

7th March—Constantia Sports 15km

Run-bunc-tious—Adjective

Uncontrollably exuberant;

boisterous about running



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

ARD Athletics Club

If you have any advice, information or a 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

Strength Exercises

Recently, I have been getting a lot of queries regarding core strengthening exercises. A strong core (basically the trunk area or from your neck to your knees) will support your body especially your back not just for running but for everyday wear and tear. This means less chance of injury, faster times and more km's per week! So here are a few of the top core strengthening exercises for runners!



Please feel free to contact your Club Captains or Coach Marshal with any questions, comments and/or concerns you may have regarding running.

Coach Marshal
084 650 8785
marshall.moiloa@gmail.com

Captain Nas
082 574 5323
maywoodbrokers@telkomsa.net

Captain Suzie
076 979 1491
suzie.germs@gmail.com