



Newsletter - OMTOM Edition

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ARD Conquering the Two Oceans!

ARD performed remarkably at the Two Oceans Easter weekend. Camaraderie and team work were displayed throughout both races and once again the on-route support was phenomenal!



We had a record number of The ARD OMTOM 21km Bus: Filmed by Nizar Kippie
OMTOM entrants this year with

a whopping 140 total entrants! Even more impressive than that is the success of our runners! 95% of ARD members who entered finished with-in cut-off! We had 129 OMTOM 21km members start with 60 first timers of which 115 finished within the cut-off time! There were 21 Ultra runners (10 first timers) at the start line, 20 of whom finished the race and 18 made it with-in the cut-off time.

The success of the ARD runners was amazing! Hats off to all those who ran their first OMTOM and first 21km. You did phenomenal and we are so proud. Way to go ARD!

Rafiek Roberts-Conquering His First ULTRA!

Training and Build up: Training is the toughest part of any endurance event, all those early mornings and hours spent on the road takes alot. Luckily for me I was surrounded by experienced and fun people to be with.

All the months of training and hard work gave me a positive frame of mind and a strong mental focus. I remember doing my last 30km run before ultra and immediately after the run I told myself "I got this" and that was it.

Race day:I have never felt so calm for a race before, especially it being my 1st

Ultra. The intention was not to race but to use it as training, finish strong and get that medal.

Everything on the day fell into place and turned out perfect Alhamdulillah. It wasn't easy but I had tons of fun, thoroughly enjoyed it and I have my "Ultra-Mels" to thank for that.

I never thought that long distance running would be so much fun, if it wasn't for Bienyamien I would have still been doing 10's and 15's....

Shukran and Thank you to my running buddies for always motivating and pushing me that extra mile, you



Rafiek Roberts with running buddy Hoosain Achmat

know who you are!!!
Train Hard, Rest Hard, Never doubt yourself and Go for Goal!!! - Rafiek Roberts

Upcoming Races

- April 18th: Leapfrog
- April 25th: Langebaan Weskus
- May 2nd: Cross Country
- May 3rd: UCT Memorial
- May 9th: Cross Country
- May 10th: Jive Slave Route
- May 16th: Brakenfell





Love for the Run AND Run for the Love!



ARD couples showing their love and support



Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't.

Upcoming League Races

- 18th Apr—Leapfrog 21km
- May 24th—Voet of the Wine 10km
- 18th July—Fairbridge Mall—15km
- 2nd Aug—Pinelands 10km

ARD's Power Couple - Farouk & Ayesha Molti

I remember the day my husband suggested we enter the OMTOM race like it was yesterday. I thought he was out of his mind as I only had two 10km races behind me and a 21km seemed impossible. He eventually convinced me by agreeing to run it with me.

As we were very new to running we bought lots of running material to equip us with tips and techniques of how to improve ourselves. We started aiming to cover at least 20km per week and we gradually increased it on a weekly basis, we were averaging 45-50km per week before the race. We ensured that the mileage we ran included a LSD, hill and speed training. As the weeks went by I could feel myself getting stronger in every race. Days before OMTOM I came across splits for a sub 2. The pace chart

seemed doable. I decided this will be my goal.

I broke my race into 4 segments, each segment having a different average pace. I had a slow start and had to struggle to make my way through the crowd. At the 4km mark I was able to run more freely, however at that stage I was already behind schedule. I then decided to try to keep to the pacing as planned and to make up for time on the declines.

While climbing Southern Cross Drive I kept telling myself I've trained for this and that it's nothing new. This kept me going until I reached the top. It was an amazing feeling of accomplishment, the 17 minutes it took from the bottom to the top as this was the part of the race I feared. By the time I reached



the M3 I realized I still needed to make up time. Even with all the inclines I still decided to run it as hard as I could. About 200 meters to the finish I could hear the crowd counting down sub 2hrs and I realized I wasn't going to make it. I am not sure how it feels like to win a race, but that's how I felt when I completed the race.

Even though I missed my goal by a few seconds, the feeling of accomplishment after finishing the race made all the effort I put in worthwhile and I would do it all over again.—Ayesha Molti



Our interest in competitive road running started when we saw the ARD 3 Vlei race flyer that went up in Grassy Park, but we decided not to enter as not wanting to embarrass ourselves. We joined ARD 2 weeks later and ran our first 10km

5 weeks later at Old Mutual Pinelands. I think the moment we crossed that finish line, both of us well over 60 min, would be the defining moment that we became hooked!

Two Oceans entries opened in November, I managed to get through the madness of registration and set it as our goal race come the New Year.

After a discussion with captain Suzie in January, she assisted me with advice on how to increase my weekly mileage safely and I can confidently say I've never had a major (1-2 week layoff) injury

since. Training numbers for 2 Oceans went something like this, Jan 120km, Feb 142km, March 165km. LSD runs started at 1h30 and increased to 2h50 over 2-3 months.

Having done 3 x 10km in the 45-46min bracket, and a 15km at 1h12, I decided to set an optimistic target of 1h45. On race day I found the course very tough, even after long running the whole route, after 10km Southern Cross felt like torture, my mantra when times get tough comes from a book *Born to Run*, I repeat "easy, light, smooth, fast" I say this continuously when feeling tired to keep proper form, every km I would do a check, lean forward at ankles, check, cadence 180, check, breathing good, check, not heel striking, check, if I can feel easy, light, smooth, I know will automatically be on target pace or quicker. I was completely satisfied with the finishing time of 1h47, I had nothing left in me after crossing the line, nothing. Seeing my wife Ayesha cross the line in 2hours was just the cherry on top :)

I used the Peninsula 21km as a

training run walking through all the water stops finishing in 1h59 to gauge if I can handle the time on feet that a half marathon would exert, and felt quite good afterwards. This was good preparation as doing the complete 2 Oceans 21km without walking really felt like an achievement on its own. The feeling of having done all the training and everything falling into place on race day is just amazing, the crowd support, people you've never seen in your life shouting "GO ARD!!!" really makes the kms tick over quickly. The atmosphere was just amazing!

Going forward, if there's one thing I learnt the hard way through my injuries in Nov and Dec is the importance of the LSD, this is one run I've learnt to take very seriously, I prep for it like it's a race, because the leg conditioning that happens during these runs can't be gained anywhere else.

Coach Marshall, Suzie, Nas, Boeta Achmat, UltraRunners, Shukran!

You the best! - Farouk Molti

My 56km Ultra Experience! -

Razaan Noordien

"21km's... that's as far as I will go."
3 years, and 4 marathons later... I have completed my first Ultra Marathon! 56km's in 6h57:53.

Once I had committed to taking up this task some few months ago, I knew that there would be a great deal of sacrifice that would have to be made. After all, if I wanted to partake amongst some of the finest runners in one of the most beautiful marathons, I would have to train. This turned out to be easier to commit to than I thought. When you surround yourself with a group of runners that have the same goal as yourself – that have bigger running goals than yourself, you can't go wrong!

The ARD Ultra runners training group are phenomenal support. They have a wealth of experience, offer great advice and are quite a funny bunch too!

Three weeks leading up to race day, the point at which my training had peaked, I got the flu. I was faced with the hardest part (in my opinion) of training - listening to your body, knowing when to rest, knowing when to give your body and mind a break. The 'FOMO' was by far stronger than the flu!

After a night of broken sleep it was race day. The morning had passed like a

dream, prayers,, excitement, gun, RUN! Before I knew it I was climbing the dreaded Ou Kaapse weg -and my mind started playing tricks on me. "Walk! You're tired!"

I knew at this point, that I had to push on. This is what I trained for. I would've crawled if it came to that. It was a mountain but as far as I was concerned I needed to get over it. With the help of our Captain Suzie Germs, I made it to the other side. Thereafter my memory fades - I was concentrating so hard on moving, I had blocked out my surroundings. The next thing I knew it was 43km's and there were our friends, family and of course the ARD cheer squad. The uplifted feeling I got from this support is indescribable. The adrenalin had kicked in. My emotions were "running" high.

My mind struggled to comprehend running up Southern Cross, but with the support of my cousin Shameemah, I conquered it. Even though I was sure that every part of my body was aching, not finishing was not an option. Once I focused on the finish line, the kilometre boards came quicker.

The time seemed to be kinder, I seemed to be stronger. The closer I got, the



Razaan Nordien with her running family Nesa SAlie (left) and Shameemah Begg (right)

stronger I got. The vision of the supporters at the end waiting patiently had the effect of Gu!

As I reached the UCT grass, the cheers overwhelmed me with the amazing sense of pride and achievement, and in an instant it all became worthwhile. As I crossed the line with 2minutes and 7seconds to spare, it was hard not to exhale without watery eyes. It was at that moment I realised that it took much more than just running. It was the combination of training, sacrifice, support, willpower, and the belief that I could do it; all collectively lead up to that moment. I was grateful. And Super Stoked! I did it!

To all those people that say "You're Crazy!" I smile and twist a line from Madiba, "It always seems impossible, until it is RUN!" - Razaan Noordien

**Naeema Modack Ganie - 21km:
03:09:59! Now that's perfect
pacing!**

It's very hard to understand in the beginning that the whole idea is not to beat the other runners. Eventually you learn that the competition is against the little voice inside you that wants to quit.





Muiz Lewin and running buddy Satish Ramsavak

It started with OMTOM 2014...

Shamiel Shira

It all started at the OMTOM 2014...

I was out on the road early that morning supporting my sister and my two cousins running their first two oceans - one of whom was none other than ARDs very own Faldiela Shira Gassiep.

They looked so impressive on the road and seemed to move so effortlessly even after 18km, that I promised them on that day that I will be joining them in this race come 2015! There was no way that I could allow 3 female family members outdo the boys like that!!

At first, I didn't really think that I would really do it - my idea of getting to one point from another was to get in the car and drive there - else what's the point of a car then?

But a few weeks after OMTOM 2014, I went for my annual diabetes check-up (I was diagnosed with diabetes about 12 years ago). My doctor informed me that my medication had to be strengthened and that it will have to include high blood pressure as well as cholesterol medication. Needless to say, this came as a shock to me - I was feeling healthy!! I played squash once a week, ran around on the soccer field coaching jun-

iors, how could this be? I had to remind myself what diabetes really is: a silent killer that cannot be cured but it can definitely be controlled and kept in check IF I as the sufferer choose to do so - and that's exactly what I decided to do - Fight back. There was no way that I was going to allow myself to be a sickly 50 year old and a burden to my wife and kids.

A few of my close friends (Aysha Narker, Fuad Jacobs, Rukaya Dien, Tahsheen Salie and Zulfa Hendricks) were already training at ARD at the time and I decided to give it a try...the rest, as they say is history.

The first day was scary - I started on the evening of a time trial! ☐ I can't even remember what my time was for 2.5 km - I think it was close to 20 minutes and it took days to recover!

I always felt that, for me, running was the same as someone with arachnophobia for whom every spider appears 10 times its actual size. In my case, the longer the distance the bigger the fear. But that was soon eradicated by running with the ARD team in Grassy Park - what a fantastic group of people to share the road with!

The coaxing and coaching of Coach Marshall, the advice and encouragement of Boeta Achmat, Nasrullah and my fel-

low running buddies kept me motivated and I haven't looked back since - running has become an addiction! And while my better half resents this addiction somewhat, she encourages me anyway because she can see how it's benefiting me and the family too.

My health has improved tremendously - my diabetes is under control, running relaxes me and keeps my blood pressure down and one very exciting fact: my eyesight has improved! The white spots indicating sugar behind the eyes has diminished, decreasing the risk of blindness as a result of diabetes - how awesome is that!? My heart is strong and there's no evidence of any past problem (I suffered a angina attack when I was 42). I don't think I've felt as full of life and energy in all of my forties as I do now. Running and preparing for races automatically made me more aware of my diet as well.

That's where my motto for running stems from: Run for your health and not your death!

Last, but not least - I kept my promise to my sister and Faldilah - I ran OMTOM 2015!!! What a proud achievement indeed - I wore my T shirt 2 days in a row!!

A big problem with OMTOM though - it just leaves one hungry for more...☐ -
Shamiel Shira



Congratulations to Shane Jacobs who completed his 10th Ultra!

Congratulations to our ARD Juniors who ran the OMTOM:

1. Angelo Matthys was the 5th Junior overall to cross the finish line in 01:24:05
2. Achmat-Ali Adams came in 01:54:09
3. Qadir Salie and Uzayr Shira came in 02:24 alongside Mr Jimmy Nevis

Running is so difficult when you have to and so easy when you want to...

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

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

Preventing and Treating Shin Splints

Article courtesy of Runners World Website (www.runnersworld.com)

T o e C u r l s
Stand with feet hip-width apart at the edge of a towel. With the toes of your left foot, gather the towel and slowly pull it toward you. Return to start and repeat with the other foot.

M o n s t e r W a l k s
With feet shoulder-width apart, place a resistance band around your thighs and step forward and toward the right with your right leg. Bring your left leg up to meet your right, then step out toward the left. Then walk backward in the same way to return to the start. Repeat.

H e e l D r o p
Stand on your toes on the edge of a step. Shift your weight to your right leg, take your left foot off the step, and lower your right heel down. Return to

start, and then repeat with your left leg.

O n e - L e g g e d B r i d g e s
Lie on your back with your arms out to the sides, knees bent, and feet flat on the floor. Squeeze your glutes to lift your hips up off the floor. Extend your left leg out and hold for 30 seconds (work up to 60-second holds), then lower it. Repeat with your other leg.

Here are some tips that will help alleviate your shin pain:

M a s s a g e w i t h I c e
Freeze a paper cup filled with water, tear off the top edge of the cup, and massage with comfortable pressure along the inside of the shinbone for 10 to 15 minutes after running to reduce inflammation.

A d d A r c h S u p p o r t
By "lifting" the arch with insoles, you take stress off of your lower legs. You don't need to use these forever if you do strength work—think of insoles like a splint for your foot and remove them once you're fully recovered. Try different options available at running specialty stores.

S t r e t c h & R e s t
Loosen up tight calves and Achilles tendons—both can contribute to shin splints. Reduce running mileage and do low-impact cross-training (biking, swimming, elliptical) instead. When you resume your training, ease in gradually. Too much too soon could cause a relapse. — <http://www.runnersworld.com/workouts/4-exercises-to-prevent-shin-splints>

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

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