



Newsletter

Inside this issue:

Members Story—Adielah Samodien	1
Upcoming Races	1
My Journey in Running cntd	2
Feeling Hot Hot Hot—Running in the Heat	2
Members Story—Istanbul 15km	3
ARD Boot Camp	3
Upcoming League Races	3
Club History	4
Coach and Captain Contact	4



ARD at Elsie's River

2015 is coming to an end, but what an exciting year it has been for ARD! The past couple of months since our last issue has been no different. ARD dominated the field at the Elsie's River 10km Road Race, we won the mass participation award at the Ommedraai 10km, hosted a very successful fund raiser and elected a new EXCO!

2016 is already looking to be an even more eventful year for ARD. We have a record number of entrants for both the OMTOM half and ultra as well as the Comrades! We have expanded our

EXCO and have even more talented and ambitious members who have already contributed to the betterment of the club. Many new and exciting developments are under way for ARD, an exciting and eventful future awaits!

My Journey in Running Adielah Samodien



Where do I start? 32 years ago I met my husband while he was running. Like all other people I thought he was crazy. He always wanted me to join him but with raising 3 small kids it was not possible (Hats off to our young couples having to juggle work, family and still training for big races). Having been active all my life with aerobics, playing squash and action cricket and by now the kids being bigger, I eventually joined him. We lived in Salt River and our training would be from Lower Main Road around Hartleyvale towards Fargo back into Lower Main Road a "whole" 3km twice a week and almost every weekend we participated in a 5km fun run on the Sea point promenade. I also got my colleagues involved in running as well as our kids.

In 1994 when we embarked on our journey for Gajj we were super fit and were able to do a

lot more than other people. I remember in 1995 the only 10km race I won was at the IUC Unity Convention sports weekend at Zandvlei. I was interviewed by a Radio 786 presenter and clearly remember her telling the listeners that I was wearing a long t/ shirt and a scarf on my head. I won a R500.00 voucher from Krap and Koop curtaining shop. I was chuffed. That same year I also ran my best time in a 10k at the Truworthe Ladies race in a time of 59 minutes. Then the running stopped... but I did not stop supporting Hassiem at all the races he ran.

I became a social runner maybe running 3 months a year, stop and would continue running the following year. Some of my favourite races were the Twilight fun run, Spar ladies race, Truworthe Ladies Race, Two Oceans fun run and some community races. I also remember partici-

pating in some of the community fun runs organized by ARD in Grassy Park.

In 2010 after much persuasion from hubby I joined ARD and did my first race in club colours – Gun Run 10km. At the time I was the only female member in the club so training was somewhat challenging; if Hassiem did not train then I would not either.

I will fondly refer to this period as the "revival of the club". It was so amazing to see the growth of the club with all the exco-members at the time bringing their family members along. By the end of 2011 we were 40 members strong. Our training was at Chukker Road only.

Continued page 2

Upcoming Races

- Dec 12: AVBOB
- Dec 16: GUGS
- Dec 17: Sundowner
- Dec 26th: Tokai Manor
- Dec 31st: Memorial Run
- Jan 10th: Bay to Bay

Stop crampin' my style!



Faldiela smiling pretty while walking away from a cramping Hassiem

Aunty Adielah's Journey in Running - continued from page 1

The executive team decided I should be co-opted to represent the female members of the club. In 2012 – 2013, I was voted for the Secretarial position as well as the Licencing Officer. I held the same portfolio for the 2014 – 2015 term.

With the booming number in new members, we required our administration to be effective. Hassiem introduced a database enabling us to keep track of all members within their age categories and invoice members for gear & licenses issued. We are also able to keep membership accounts up to date and keep track of all birthdays, promoting a close-knit ARD family. The system was designed to cater for 40 as well as 400

members.

Our first Two Oceans pasta party was in my lounge with 11 members doing the half marathon and 4 members representing ARD in the ultra. Imagine our challenge when we had to host our ARD 3 Vlei Race in 2011 with 40 members but we pulled it off with the help of family and friends. It was also proud moments when we won the Coco Cola league for the first time in 2011, 2012, 2013 and second position in 2014 and third in 2015.

Running has exploded over the last 4 years and I am so happy to see that a lot more women are out on the road, realizing that they are doing this for themselves. ARD also saw a growth of members when the Grassy Park training became available and also with Coach

Personal achievements:

2012 and 2013 – ARD award for the 2nd Master woman in the 10km, 15km and 21.1km
2012 – Sportsperson of the year

Marshall Moiloa coming on board, currently our membership is 248.

Eternal thanks to our Creator who has given us the strength to put one foot in front of the other, my husband who is my biggest motivator and personal trainer for having held my hand when I completed my first 15km as well as my first half marathon and also for allowing me **to plan our children's wedding around the race calendar.** I have met some fabulous personalities along the way and is fortunate to be surrounded by such an amazing team. Thank you ARD members for allowing me to be a part of your journey.

Surviving the Heat! Stay Safe Running This Summer

Running in the heat can put a lot of people off their well intentioned training plans. But as long as you follow a few safety principles, it does not have to be a hellish experience. Below are some tip for weatherring out the heat.

1. Start slower - Give your body a bit of time to adjust to the heat. If you feel good halfway through your run you can pick up the pace a bit.
2. Wear appropriate clothing - opt for lighter colour running gear that will help keep you cooler. Wear materials that will draw sweat to the outside of the garment instead of merely absorbing it (most running tops are designed for this). Cotton is a no no. Wear a hat and shades as well as a sunscreen that is sweat and water resistant. To avoid the sunscreen getting into your eyes (ouch!) avoid applying to your forehead and pull your cap lower.
3. Proper hydration—you should be drinking water throughout the day in hot weather, especially if you will be running. Drink 2 litres during the course of the day,

1 tall glass before exercise and every 15-20mintues during exercise. Make sure to rehydrate properly after your run. If you are doing a long run on a particularly humid and/or hot morning it may be a good idea to take a rehydrate solution.

4. Humidity - pay attention to the humidity, which is the amount of moisture in the air. Higher humidity makes it harder for your body to cool down properly through

Hydration, Apparel, Slow down

sweating. You'll need to slow down a bit extra when humidity is high.

You never now what weather will be in store on race day therefore you should not bunk your runs just because it is hot outside. Rather follow the guidelines set out here: hydrate properly throughout the day, dress accordingly and run at a slower pace and you should not only have an **enjoyable run but you'll have adequately prepared yourself to perform well if race day turns out to be a scorcher!**



Not all races this summer have been hot! Landmarks...brrrrr



Mitchels Plain Titans...Warmish



Beachcomber...HOT HOT HOT!!!

ARD International! - Ayesha Kotwal Running in Istanbul



Running in a different country not knowing the climate and the route, that for me alone was an incredible feeling, not knowing what to expect. When I arrived in Istanbul I did not have a ticket so I purchased a

ticket to enter via providing a donation. Just to enter the race was 160 liras which is equivalent to R868 which was worth every cent spent. I received a goodie bag with the entire process of what is required and where our bag luggage can be handed. Well worth the goodie bag was a sweater from Adidas which was included which was not part of the package. I added another lovely one to my running collection. Lol Each tog bag had a number which

was exactly the same as your running chest number and each bus was marked with running numbers so you could leave your tog bag behind in the bus which your number is allocated to.

There were loads of people from all over the world and also lots of participants from the country. There was no push or pull or confusion. The race started exactly on time as planned and off we went running... I was amazed with the people from all walks of life and amazed with the running club gears. The water stations had cut up fruit like apples and oranges in ice buckets. They also had some snacks that they gave out like nuts, Energade and water. I was impressed with the ice cube sponge which I had with me till the end. I suggest the ice cube sponge should be handed out in marathon goodie bags as it kept me hydrated. It helped a lot as it was such a

sunny day and I did not have to take in any liquids for 15kms and just sponge myself and my legs off. I stopped along the way to take photos and enjoy the scenery and cheered others along the way.

I will encourage all runners to do the 15km first just to get the jest of it before doing the 42km in Istanbul.

There was two 42km athletes from Central Athletics, Shanaaz Joseph and Shehaam Fakier, that accompanied me on this journey and they did exceptionally well. Shanaaz has been my Pilates instructor for the past three months and this has made my journey a bit easier. What I learnt from their running experience is that I would like to finish strong at the end of any race I participate in. I have yet to do my first marathon.

ARD Boot Camp!

ARD traded up their road running for squats, lunges and push-ups for the ARD Fundraiser in November. The boot camp, conducted by Metamorphosize was a great success! Fun for the whole family! Although it was a little slow going come the next day! Than you to all those who supported and contributed!



If you want to change your body, exercise. If you want to change your life, RUN

Upcoming League Races

ARD! It is time to reclaim or League Championship Title! We've let the other clubs have their share of opportunity, now lets go get that trophy!

Jan 16th - Hoenhort (15km), Constantia

Feb 14th - Tygerberg (30km), Parow

Mar 21st - Top Form (10km), Lansdowne

Apr 16th - Leapfrog (21km), Gordons Bay

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!



CLUB HISTORY

ARD Athletic club has been in existence for 18 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.

www.ardathletics.co.za

The New ARD EXCO!

Chairman: Hassiem Samodien
Vice Chairman: Zaid Orrie
Treasurer: Zahid Ebrahim
Assistant Treasurer: Sharifa Fakier
Secretary: Munira Botha

Licencing Officer: Adielah Samodien & Gasina Bassier
Junior Development Officers: Muizh Lewin & Mubeen Davids
Club Captain female: Suzie Germs
Club Captain male: Shamiel Shira
Social Officer: Faldila Gassiep
Technical / Website: Ayesha Khan & Farouk Molt

Gear Manager: Zainu Ungerer
Results Officer: Ayesha Molt
Marketing: Armien Price
Equipment Manager: Shaheen Orrie
Executive member : Hisham Petersen
Executive member: Sedick Philander

Founder and Honorary executive members:
Achmat Salie
Amien Pietersen
Mogamat Kamies
Rashaad Davids



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 Shamiel Shira
082 415 7618
shamilshira@gmail.com

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