



Newsletter

ARD 3 Vlei Race—The Ultimate Fast and Flat!

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As you all should know the ARD 3 Vlei race is just around the corner. If you have yet to email the Secretary with your availability for the race you need to do so immediately. We need all of our members to cooperate and be involved. For the first time in the history of our race we are encouraging ARD members to run. The coveted league trophy is at stake!

Our race is enjoyed by all and an event we are very proud of. You can expect other clubs to approach you afterwards and compliment the 3 Vlei race and comment how enjoyable it was. Don't miss out on an opportunity to be part of this once a year experience!



Upcoming Races

- Sept 14th: ARD 3 Vlei
- Sept 20th: Cape Town Marathon Relay
- Sept 21st: Cape Town Marathon
- Sept 24th: Ormiedraai
- Sept 27th: CTFestival
- Sept 28th: CTFestival Classic
- Oct 4th: Cape Gate

The Dreaded LSD

I'm always surprised when I hear members claiming they are not ready to run LSD's or, even worse, they are too afraid! I thought I'd take the opportunity to shed some light on these beneficial and social outings.

LSD is an acronym for Long Slow Distance. It is a type of training run designed to strengthen your

legs for longer distances on the road and to improve endurance. You must run these training sessions at a pace that is slower than your race pace. You should be able to talk comfortably which is important since socializing is a major component of these runs.

LSD's are a slow, comfortable run that should be enjoyed. Obviously the distances vary

depending on your fitness and your goals. If you are gearing up for your first 10km, an LSD for you would be between 10-15km (for training programs or related advice please contact your club captains or Coach, p. 4).

LSD's are an integral part of training and a lot of fun. Especially with ARD!



Interview with Achmat Saie

Suzie: Tell me, Achmat, you are running for quite some time now – how did it all start?

Achmat: It all started 22 years ago when my doctor advised me to take up some sport for health reasons. I had a stint at Run for Life for a few weeks and then ran my first 5km fun run. Afterwards I joined Celtic Running Club. Unfortunately the first race after joining was a 21km and I finished it in 1:57:00. So my first official race was actually a 21k. I completed 4 marathons in my first year of running. Did a successful Oceans and Comrades after only one and a half years of running.

Suzie: That's very impressive! What are some of your top achievements?

Achmat: I have ran 14 Two Oceans Ultra Marathons. My best time was 5h19. I have completed 4 Comrades with a best time of 9h54.

Suzie: You are one of the founding members of ARD. Can you tell me how the club started?

Achmat: I saw a need for a running club in the disadvantaged areas of Grassy Park and Retreat. ARD was founded in 1997. Some of our founding members are still a part of the club: Amien Pietersen, Moegamat Kamies and Fashaad Davids. We went on a recruiting drive to get some juniors and our first junior we recruited was Wayne Lewin, now better known as Mueeze. Those years we ran marathons every second month. We also participated in 24hrs relay events. Running was different then. To qualify for Two Oceans you needed to run a 4h15 marathon and a 10km cut off time was 1h15.

Suzie: What were some other changes to running?

Achmat: Those years we just went out and ran. The average runners all ran a 21k in under 100 minutes. Yes, we were all average runners, Armien Pietersen, Nasrulla Enus, Moegamat Kamies and Boeta Boebie just to mention a few. I think we did all our training at our own pace. ARD is very fortunate to have many runners in the Exco that have

many years of experience in running and administration. ARD was always a club that stood out differently. We organised fun runs that drew over 1000 runners. We would rent out 60 seater buses to do a 21km in Oudshoorn. We always had bus trips to the Riebeeck Kasteel Marathon as well as the Safari half. The club has been growing very fast over the last couple of years. It is all very well so long as we can keep the 'togetherness' we always had. We have to have the capacity to handle a large club.

Suzie: Can you elaborate about what makes ARD different?

Achmat: We spend most of our budget on our juniors. We develop them – we don't buy them ready made. Our awards function is free so that all disadvantaged runners can be part of it. Our whole club is involved in the success of our race. A copy of our financial statement is always available for perusal. The latest copy is always at the many functions ARD have. Just speak to the Secretary or Treasurer.

Thank you Achmat!

The Secret to Faldiela's Success



Remember, the feeling you get from a good run is far better than the feeling you get from sitting around wishing you were running.

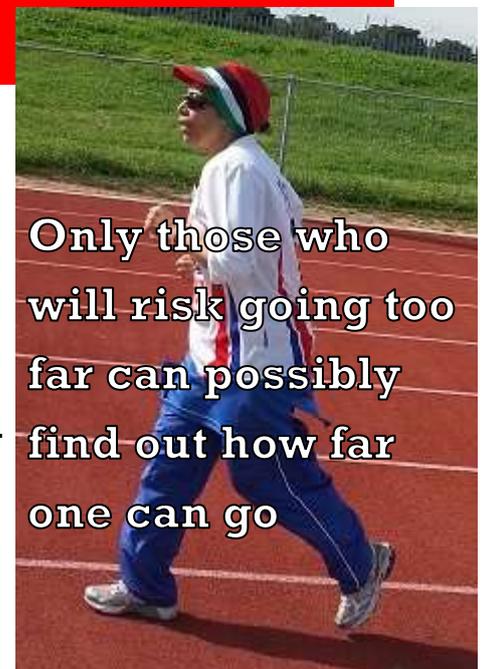
ARD Time Trials

We will be hosting our monthly time trials from Fairmount High School again. Time trials are a great opportunity to work on your speed and see how you are progressing as a runner plus they are great fun!

Time trials are conducted professionally with a timekeeper, place cards and even a prize giving!



Can you guess who Mr Twinkle Toes is from his running socks?



Only those who will risk going too far can possibly find out how far one can go

Women's Day Break-**FEAST!**

ARD celebrated Women's Day this year with a feast for all our lady LSD participants in Wynberg Park hosted by our club gentlemen. Everything was spectacular! The run was enjoyed by all who participated, the food was unbelievable and the company was the best part! A big THANK-YOU to all our gallant men who cooked and prepared our special morning.



Upcoming League Races

With ARD's race being a league event as well as the Chappies Challenge falling on Eld we need all members to pull together and participate so we can once again hold the league trophy!

A big thank you to all our Atlantis runners especially those who ran their first 21km and those who have not ran since Oceans!

14th September—ARD 3 Mei
5th October—Chappies Challenge
21 and 10km
1st November—Salberau 10km



Run often. Run long. But never outrun your joy of running.



Charmaine Arendse - My First 21km!

Fellow ARD member, Charmaine Arendse, kindly submitted an inspirational article about her first 21km race.

'I was very nervous and anxious I didn't know if I could finish it and if I would make cut-off time.

The night before the race I couldn't sleep. All I could think about was the RACE.

The day of the race came and surprisingly I was very calm. Why? I don't know. LOL The race started and I felt good.

I started getting tired at 18km but thanks to the support I got from Adielah... she kept me going.

The mistake that I made when I started the race was running with a water bottle around my waist that eventually took strain on my back so it started paining. I soon drank all the liquid in my bottle and

my back started easing up. So my tip to new runners is NEVER run with a bottle if you can help it!

My aim was to finish the race in 3 ½ hours but I felt so good at 15km that I asked Adielah "Can we aim for 3 hours?"

She motivated me and said "If that's your goal Charmaine then we can do it"

At the 18km mark my mind told me "YOU DON'T HAVE TO FINISH IN 3 HOURS. U HAVE 3 ½ HOURS SO GO SLOW" but my inspiration, Adielah, kept me going

When I came into the stadium and saw that I still had to run a further 100m my mind told me "YOU FINISHED IT! IT DOESN'T MATTER IF U DON'T ACHIEVE YOUR GOAL FOR 3 HOURS" but Adielah once again motivated me by saying

"CHARMAINE U ALWAYS FINISH STRONG." So that definitely motivated me and I finished in 2hrs 55 mins.

Running a 21km was a challenge for me more mentally than physically. I never believed that I could do it and I am proud to say "I DID IT!"

Thanks to all my team mates that congratulated me and made me feel like A MILLION DOLLARS. You guys ROCK!

So to whoever still has to do their first 21km "JUST DO IT" AND DON'T BE SCARED

It's the best feeling ever to finish and say I did a 21km!

Thank you Charmaine for your contribution and your running spirit!

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

Strength Exercises

Our leading Veteran Lady, Rita Lategan, kindly shared the following strength training exercises with us. And if Rita endorses them, count me in! Don't be fooled by the lady in the picture, these moves are great for the fellas as well! Thank you Rita!



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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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.

