



# Newsletter

## September—The Month of ARD Greatness!

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CT Marathon Celebration at McD's



CT 10km Runners

September was an eventful month for ARD. The two biggest events were the 3 Vlei race on the 13th, followed by the inspirational Cape Town Marathon with ALL ARD runners finishing!

We have to thank, once again, all the ARD members for their time, their skills and their generosity that was the key to our races success. Runners are still coming up to us to share their appreciation for the event which really tells how great a success our race was. And it would not have been possible without you, our valuable members.

The Cape Town Marathon was a heartwarming experience and a true testament to the determination of the human spirit. All 55 ARD marathon runners finished the grueling 42.2km race. Finishing times ranged from 3h28 to 6h39, well within cut-off. It is hard to believe just three short years ago, only a handful of ARD would have been seen on this route. Truly a very proud day for ARD!

And it would not have been possible without the amazing support of fellow runners. Wow, just WOW! A very big THANK YOU to all the on and off road support. You people are the heart and soul of ARD and what makes this club so remarkable.

To many more happy running kilometers!

### Upcoming Races

- Oct 7: Bakgat
- Oct 11: Gun Run
- Oct 14: Silver Queen
- Oct 17: Voet of Africa
- Oct 18: Grape Run
- Oct 24: TMS

### From Our Race Director - Zaid Orrie

On Sunday 13 September 2015, the fifth edition of the 3 Vlei race took place. It was by general consensus a huge success, once more earning our club accolades for a well organized event.

#### Overview of 2015

It gives me great pleasure to extend my gratitude to our members who were instrumental in making this event so successful. Fortunately, we did not have the challenge of it being a League event, freeing up our members to concentrate on assisting at the event and not having to run it as well. Our Portfolio Managers were up to the challenge and executed their roles superbly. The meetings

and discussions prior to the race ensured we had a clear vision and strategy for the event.

#### Planning for Success

Despite some new bodies on board in crucial areas, we nonetheless delivered a successful race. Lessons learnt from previous events were incorporated into the plan. We saw the Start being moved closer to the intersection of Klip and First Road - to free up access to parking entrance (Fairmount High) until 07:00 (a recommendation by the Referee from the 2014 event). This meant the course had to be re-measured, a task undertaken by Abduragmaan, Yusuf and Boeta Achmat. They went over the course three times to ensure measurements from 3 separate



Mr Orrie—Rising to the Challenge of Race Director

devices gave the correct result, well done to the team for their diligence. With the running of the Marshall's race the weekend before we realized the loop into Rondevlei would be problematic, resulting in the change on exiting Peninsula road. Although we did not break any records for fastest time, we did have the biggest field ever at our event. Continued on pg 3



Boeta Achmat - 'Entertainer'



## My Marathon Experience - Marilyn Kroukamp

I ran my first Two Oceans half marathon in 2002 and with broken service obtained my blue number in 2015.

In 2012 I completed the Cape Town Marathon in 06:09:12 and due to a lack of training I could not walk properly for a week and a half. I told myself 'never again'. LOL, I was only fooling myself.

During 2014 I was attacked on the road while training and I seriously 'went off' training and my whole body went into remission. Whenever I saw people running on the road I felt like crying - I seriously missed it.

Early 2015 I googled running clubs in Grassy Park. I joined ARD just before the Two Oceans and ran my 11th Two Oceans half marathon in their colours.

When entering the Sanlam Cape Town Marathon for 2015 I was in very

much in doubt that I would in actual fact be able to pull it off. Thanks to training with the club I did.



(5H30 bus) and I kind of fell off the bus, but kept going. I kept at my own pace and used other runners as my pacemakers, lol, I was having so much fun catching up with other runners - allowing them to pass me and then catching up with them again. There was this one guy who every time we passed each

other, he would say 'ARD, well done - your race last week was the best'. And every time I thanked him with a big smile. LOL

The atmosphere before and after the 21km mark was an experience I will cherish, at this time I still felt like I could go on forever. The ARD supporters gave me some 'vooma' on that bend.

After the 23km mark my feet started hurting -I've never experienced such burning in my feet, it was excruciating. I carried on until the 26km mark and then went to sit flat down on the road and took my shoes off. Runners came past and they were quite concerned - I just told them I'm giving my feet a breather. In the meantime I was almost crying - I just could not give up like that. I put my shoes back on, got up and started running again. Continued on page 4

When entering the Sanlam Cape Town Marathon for 2015 I was in very

## Running (or Driving!) the Sub 6 Hour Bus - Hassiem Samodien



I ran my first race in 1989 which was a 5x 5 km (Executive health Relay in Pine-lands) in Truworths colours and I was nervous. I obviously ran the slowest leg of 27 minutes. I had no ambition of going for a marathon ever and more than 25 years later I was leading a 6 hour bus in the Cape Town marathon 2015, - only my second marathon. It was an amazing feeling thanks to my fellow runners.

When I was asked to lead the 6 hour bus, I was momentarily hesitant, but thought leading the OMTOM 3hour bus is always fun running with our first-timers, just do it twice in one day and talk a bit more!

On the day, the strategy was to set a pace of around 8 min/km until 30km. Thereafter the crew was steadily chewing up the kms one by one with 50m or 100 strides walk/run. I had to do my occasional head count inbetween...

The first 21km seemed to come quickly but must have been almost 3 hours. I usually do not remember routes after any run, but fondly recall a few landmarks and epi-

sodes, especially how some of the passengers fell off the bus for a "pit-stop", and how it took some at least 10km to catch up again with the bus, (Fatima etc). Running past Gympie Street in Woodstock, increasing the pace slightly just in case, and running through my old hometown Salt River - the Lower Main Road.

21km - the Common ... meeting up with the ARD FAMILIES, the mixture of excitement, anxiety and tears.

At about 37km I cramped up and just had to make sure that the bus continues at a steady pace. To the rescue came Captain Suzie who joined us somewhere around 30km with Go-Pro of course, and ensured

**5-4-3-2-1 let's go! ... close the gaps!**

the bus finished well.

Some of the lessons learnt, especially for a first-timer (and an old-timer like me); never under-estimate the race and go in it just with determination. Follow a sub 6 hour training programme and be disciplined.

Will I do it again? Of course, can't wait! Who knows, maybe the next challenge will be the 5.30 bus, with the same passengers and more by the grace of the Almighty.

To the runners in the CTM 6 hour Bus 2015, Armien, Firdows, Mubeen, Marilyn (whom we picked up at the Gardens) Erefaan,

Sharifa, Shahieda, Fatima, Mariam, Jassiem's and support from Suzie (thankfully), a big Thank You for making it such a fun-filled and memorable "journey".

To all those who took on the CTM challenge, congratulations and Thanks to the phenomenal supporters on the road and the Finish.

"Whatever the mind of man can conceive, it can achieve".



Sharifa and fellow bus runners!



Some of the invaluable ARD support

## ARD 3 Vlei Race - Zaid Orrie continued from page 1

The weather was ideal on the day and a record field of 1926 runners completed the event – our Team Challenge creating a lot of hype before the event and the Schools challenge also receiving a lot of support. Well done to the winners of these Challenges, hopefully they will be back next year to defend their titles.

The planning of the race actually starts at the race debrief, where the shortcomings of the event are noted and improvements suggested. Thereafter we ensure the date of the event does not clash with Muslim special days - note the 2016 event is already switched to the first weekend of September 2016 to avoid this clash. This is done at the Fixtures meeting by our Club representative. Our marketing team then starts securing sponsorship and we also secure the blessing of the School, FMC and Councilour. Event application is done to City of Cape Town through the WPA offices and we secure the Referees and Officials for our event. This year we had to add a Security Officer to ensure compliance with legislation.

### Team effort

Our unique sub 60 shield also add additional workload for the team and we have to mention Aunty Mariam and Shahied

Adams, Boeta Manie and Boeta Achmat for their efforts. This is a drawcard for participants and we go the extra mile to ensure it remains a feature of our event.

Securing the event permit through the City was an exercise in determination and we have to mention our Secretary for her tenacity in ensuring all requirements were complied with. Email has been an essential tool in facilitating communications amongst the Executive and this facilitated speedy interaction with stakeholders as well. The experience built up over the years in organizing the event assisted us with ongoing improvements and compliance. Meeting new challenges and keeping the formula appealing is a hallmark of our event and we thank everyone who contributed towards this.

### Overcoming the odds

Despite the sudden change of the Race Director in the months prior to the event, the collective knowledge of the team was able to overcome this. Each and every member, who presented themselves on race day to assist in the myriad of roles that contributed to the overall success of the event, can add their name to the team at this point. Thank you most sincerely for contributing to the success of our event.

We look forward to having everyone onboard again for future events.

The finale of the event was prize giving and without a doubt a highlight of the day, thank you to all our sponsors and members who secured prizes for the lucky draw. I have to mention Shamiel Shira, Rita and Market Toyota amongst others. Not forgetting Boeta Achmat for co-ordinating the draw.

### Challenges

Although there were isolated incidents of car break-ins during the race, it is not unique to our race and has been an emerging trend during 2015. Our team will have to counter this before our next event, suggestions are welcomed. We also ran out of beverages at the Finish, despite communicating our anticipated field size to Quality Beverages - they have undertaken to avoid this at the next event.

Our event has been favourably received by the running fraternity since inception despite some horrendous weather a few times. Our formula of having something for everyone has widened the appeal of the race. We continue to receive accolades for a great race and we hope to continue this going forward.

## ARD 3 Vlei Race! A Great Time Had By ALL



Prize Giving Table



Mr Chairman Congratulating Female Junior Winner



Water Table 1



The Start!



Last 10km Runner - ARD Marshals Brining Her Home

**“Alone we can do so little. Together we can do so much” - Helen Keller**



Water Table 2



Beautiful VIP Breakfast



Water Table 3



ARD Early Birds—Registration

# Running the First of Many! - Ameen Ceres

**"It always seems impossible until it's done" - Nelson Mandela**

These words from Nelson Mandela resonates with me as I reflect on my achievement of completing my first Marathon. "My First Marathon done" sweet words and what a good feeling.

I joined the ARD family in August 2015 and what a moving 2 months in how I have been received. I knew from the start that this is a good decision to join the ARD family which has now been realized.

I had my first run with the club in August. I was then asked if I am doing the Cape Town Marathon and my immediate response was a "MARATHON" how can you ask me this as 1) I do not know what is required to complete a marathon and 2) I am not near ready whatever it takes.

But as I participated in my first club run I was encouraged to think about it. The next day I started enquiring and doing research of the Cape Town Marathon and thought this is not possible. I had roughly 4-5 weeks to get ready and certainly this is not enough time. But knowing myself and how determined I am to achieve coupled with the level of encouragement and support from the ARD family I decided to register. This was done on the basis that closer to the time I can withdraw if I feel I am not ready. But guess what, the closer the date loomed and knowing the work I started to put in with ARD's support my thinking started to change. I started to become more confident about my ability to compete in this Marathon but still had the voice in the back of my mind saying, "you do not know what you are getting yourself into". The night before the race

I could hardly sleep as I was overcome with high levels of anxiety.

Race day arrived and I was ready having the support of my family and my newly acquired ARD family.

YES, I completed the Marathon and could not believe as I crossed the finishing line. What a reception from the ARD family cheering at the finish. It was all worth it and one of the defining moments in my life.

THANK YOU ARD.



## Sightings of ARD Members

ARD in the media! Lookout for pictures of the red, white and blue in various newspapers, running magazines an even on TV!.



Tauriq finishing his first marathon

**You've got three choices in life: give in, give up or give it all you got!**

Caption my photo!



**I'm suffering from a severe case of FOMO. What's your excuse?**

Thank you Shamiel Shira for your contribution to 'Caption that Photo!'



What do you think Shameema is saying? Send your answer to [suzie.germs@gmail.com](mailto:suzie.germs@gmail.com)



ARD Marshals Race



ARD Marshals Race Bus



CT Marathon Meeting Point

## Marilyn's Cape Town Marathon Journey- cntd from pg. 2

At 30km it was a fight between my mind, body, legs and feet. I ran/walk for the next couple of kilometres. Then I heard my name being shouted 'go Marilyn go'. I looked up and saw my daughters screaming/shouting for me to 'go' - just there I decided 'Marilyn, you can do this'. My mind took control of the body and feet - somehow I found renewed energy to keep running. I kept going for about 2km and then it happened again - the burning in my feet. I tried to ignore the pain, but could not do so for long. I sat down on the pavement and took my shoes off again. At that time I wished I could put my feet in an ice bucket or maybe new feet would have been great. After a few minutes I decided to put my shoes back on and told myself once again that I

have to forget about the pain and run. I walked for a bit and started running again. I noticed a couple who were doing a run/walk routine and decided that I am going to follow their lead. It worked awesome. Having something else to focus on, the pain and tiredness faded into the background. Somewhere around the 36km mark (at this stage I didn't know where I'm at, I just wanted the race to be done) I joined up with the 6hr bus. Now this was lekker. I fell into their pace of walk/run and I must say it was a great feeling just to be there in that group and having your fellow club runners around/next to you, it surely pushes the adrenaline a bit. And to me that was a good thing because at this stage the legs started saying 'no more', the body said 'stop, I

had enough', but with the support of my fellow ARD runners it all became a matter of 'you are almost there, don't stop'. Crossing that finish line was one of my all time greats. I've done it AGAIN!!!!!! and I probably am going to do it again...LOL

Marilyn (far left) in the finishing straight



## CT Marathon: Before and After!

Before



Durie, Razaan, Shameema and Saadiq b/4 CT Marathon

After



Looking just as fresh 5 hours and 42.2km's later!

Before



Yusrah and Kouthar

After



Kouthar after 42.2km's - fresh as a daisy!



Before—Ready to Run!



After—some just fair better ...

## Upcoming League Races

The last league race for 2015 is on the 7th October. If we have any chance at winning the league this year we need mass ARD participation! Come on ARD, let's pull together and capture this coveted title once again!

## 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](mailto:suzie.germs@gmail.com)

Just Run!



[www.ardathletics.co.za](http://www.ardathletics.co.za)

## CLUB HISTORY

ARD Athletic club has been in existence for 13 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.

## Good Bag Packing - A Good Time!



The first ever live race radio broadcast!



ARD Little Leopards!  
Our athletes in the making!

## ARD 3 Mei Race Portfolio Managers

Race Director: Zaid Orrie

Marketing: Achmat Salie

Secretary: Ayesha Khan

10km Route Manager: Abduragmaan Jacobs

5km Route Manager: Yusuf Kariem

Start Manager: Shamiel Shira

Refreshment Manager: Cassiem Hoosen

Registration: Adielah Samodien,

Parking: Hassiem Samodien,

Finish Manager: Amien Pietersen

Race Doctor: Dr. Shaheem de Vries Mumtaz Abbas and Melomed Medical Services

Treasurer: Zaahid Ebrahiem

Security and field layout: Shaheen Orrie

Hospitality: Faldiela Gassiep

Water Tables: Suzie Germs, Mariam Adams, Yazid Ebrahim



Abduragmaan organizing his troops



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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