



IRENE NEWS

6 April 2020

No 14 - 2020



EDITORIAL

With the running and walking activities limited to a minimum, there are no news to report about. Our members are invited to let us know what they are doing during the lockdown period to keep fit. Please send some photos as well if possible.

Send it to info@irenerunner.co.za

JOINTEZE IRENE VIRTUAL RACE

Entries for this race have exceeded all expectations! Although we had to postpone it due to the lockdown, a number of entrants have already completed the distance of 48 km either on a treadmill or by running/walking in their backyards. Well done to all of them.

Below is an email received from one of our entrants that makes very good reading:

Dear all and specifically Irene Athletics Club

As we completed the Irene Virtual 48km Race this morning (on a treadmill), I thought to share this article with a wider running community.

LOCKED-IN OR NOT – “ROAD RACES” AND “COMRADES” 2020 WILL BE RUN

Within a couple of days, the world turned up-side down, countries are separated, people are locked-in, but the worst nightmare for any athlete is to not have the freedom to run outside when and where he or she likes. Mind-sets have to change, a positive day-to-day approach has to kick in, new “routes” in or around the house have to be found...

With almost 70% of 2020 Comrades training behind us, program on schedule and injury free, a running group from Vanderbijlpark has decided that Comrades 2020 will start on 14 June 2020 at 5:30am, be it from Pietermaritzburg to Durban, around the streets of Vanderbijlpark or on a treadmill, but the 92km Comrades will be run. For each one of us in the training group, Comrades 2020 will be a special year in a different way. I (Johan van Dyk, RAC) will be running

my 29th consecutive back-to-back Comrades, Marike van Dyk (RAC) her 21st run and Karlien du Plessis (Vibrant Community RC) her long awaited 1st Comrades.




Keeping to our schedule, but also to the distance of road races planned, our first locked-in challenge was today (4 April 2020) to complete the **Irene Ultra 48km race**, and the only way we were able to that was on a treadmill. Not the best and definitely preferred way of training, but after lots of motivation and convincing from my side, we completed the 48km treadmill race this morning successfully. I have to say I felt the feel of an ultra with energy levels dropping, goose-bumps, and tiredness. We completed the virtual treadmill race in times of between 4:20 and 4:24 for the 48km. For interest I included some statistical information on how we completed the 48km treadmill race.

The near-future of road races in 2020 are unknown, but virtual running could be the future. We need to be agile in a new changing world. Comrades 2020 (still not sure where), here we come!!!

Prof. JC van Dyk (PhD Chem Eng) *RAC Runner and Comrades permanent number 8831*

(Extraordinary Professor Stellenbosch University)

vdykjc@gmail.com

48KM IRENE ULTRA VIRTUAL	JOHAN VAN DYK	MARIKE VAN DYK	KARLIEN DU PLESSIS
			
RUNNING TIME	4:20:52	4:24:41	4:20:25

RUNNING “COMRADES” IN HIS YARD

Well done to former Irene member Bennie Roux who ran “Comrades” in his yard on Saturday! Despite the rain Bennie completed the race in under 12 hours and was able to raise more than R70 000 for a school for handicapped children.



DONATE A BLANKET PROJECT

The lockout period gives us time to think about those in need who are facing the winter.

We would like to start collecting blankets now to have them available when winter arrives. In the past we had wonderful support from our members, let's do it again this year!

Any amount will be welcome. Please pay your donation into the club's bank account: (Standard Bank, account no 032183183, reference: blanket)

CAPTAIN'S CORNER

Locked down but not out.

10 days of lock-down already passed - for some this may have seemed quick, for others, an eternity and the end seems so far away.

I have seen how people have kept themselves creatively active in their confined spaces in order to stay in shape to take full advantage of when the curfew is lifted.

I have seen multiple half marathons and noted a post on Strava by one of our members for a 50km run completed on a treadmill. On Saturday, Bennie Roux completed the Comrades

distance (just over 90 km) just inside the 12 hour limit by running a circuit in his garden. That feat made my "Garden Route" half marathon appear quite insignificant.

There is no guide or specific coaching available anywhere as a pandemic of this nature has never occurred before. Worldwide the number of infections is still on the rise so one can only assume that life as we know it is going to change. Our routine that we got so used to is now totally upside down and many are "lost" on what to do. Time to review the routine.

As usual, there is no specific solution that would work for everybody only a basic guideline.

Those fortunate enough to have a treadmill or elliptical trainer probably have the best options available. They can almost go about their normal routine, so let's focus on the others who are less fortunate.

The simplest is to take full advantage of the benefits you can get from doing strength and core work. Many exercises can be done within a small space and without any equipment. Videos of some of these routines have been made available on our WhatsApp group (let me know if you want them) and there are many others that can be found on internet.

Next up is the often neglected stretching. Keep in mind that there are two primary groups of stretches - Dynamic and Static. Dynamic is to be performed as a warm-up. These are a series of repetitive quick movements like arm swings, hip rotations, etc. Static stretches must not be done on cold muscles. These involve stretching a specific muscle (or group) and holding the stretch for at least 15 seconds (do not exceed 30). If you want to increase a stretch, take a breath in at the end of the 15 seconds and then extend the same stretch slightly. Whatever you do, do not try force a stretch.

So now we look at more mobility. If a Frenchman can run a marathon (unfortunately not within the qualifying time) on his balcony, then I am sure there is a way to find space to do some running. Here you have two primary options. Measure the route and use the "exact" distance for logging your run or use your normal tracking device. If you have a "circuit", you can define your route (walking slowly), save it and set the distance recording to "Lap" instead of kilometer or defined distance. Also turn on recording "every second" instead of "Smart" to get a more accurate result (or similar function depending on your device). Key with this is not to think of the run in terms of laps or distance as this becomes a challenge of it's own. Now is a time to run for a dedicated time. Sure, you will not record the same distance but the most important thing now is that you are able to train and spend time on your legs.

Putting in some routine will help you through this testing time. I found that adding an extra walk or jog around my short garden route helps relieve the pain caused by sitting all day in virtual meetings. The blood-flow from the extra walk makes up for missing what I would have normally had walking between meeting rooms during the day. I also try get up once in a while even for a walk through the house.

Alternate exercises such as skipping, exercise videos, etc. will also become useful if running is really limited - the focus here is on maintaining a good cardio-vascular routine. You may even be tempted to dust off the exercise bicycle in the corner of the garage,

Take a look at the internet to see what others are doing at this time to keep going. There have been some very creative ideas. If you have the luxury of a pool, and can put up with the cold, you could even research running in a pool.

One major caution - do not over-train. Now that many of us do not have to spend time in traffic, we suddenly have time on our hands. I have seen people all over adding unusual amounts of distance and running much more frequently because they now have the time to. If you want to take advantage of this, please keep to the basic rule of not increasing the weekly distance by more than 10% week on week.

From what I have seen this virus attacks the respiratory system. It would appear that healthier people have a better chance of recovery. In more than one video I saw people breathing like they just completed a hard run. My assumption is that the heart must be working very hard to get the oxygen through the system of an infected person. We are therefore fortunate to have "tuned" our hearts to become stronger and carry oxygen more efficiently.

No point then in breaking down our system through training in any way that will break down our immune system and make us "weaker" and more susceptible to the virus.

At this point we can hope the curfew is lifted after the initial 21 days. I personally have my doubts. Irrespective, life and the events we are used to will not be the same.

All the best moving forward.

Stay Safe

Keith

IRENE SOCKS PROJECT

The socks project is not over yet! We are offering 100 pairs to the 100 highest offers. All profits (offers above our cost price of R120 per pair) from this project will go towards our Irene members who does not necessarily have the financial means to attend the big or even smaller events. They need some gear and sometimes some transport and accommodation. These members are all strong athletes and need our support.

Please send your offer to info@irenerunner.co.za.



PERSONALIA

Congratulations to the following members who celebrate their birthdays during the week:

Jackie	Mostert	07 Apr
Con	Purchase	07 Apr
Travers	Snyman	07 Apr
Rinaldi	Botes	09 Apr
Jeannette	Odendaal	09 Apr
Lourensa	Eckard	10 Apr
Adriette	Dekker	11 Apr
Magda	Wilcocks	11 Apr



Website: www.csi-euf.co.za

Tel: 011 805 6316

THOUGHT FOR THE WEEK

With the new day comes new strength and new thoughts.



CAQS CC/BK Reg. No. 1997/052774/23 VAT No. 488 016 9828

REGISTERED QUANTITY SURVEYORS • GEREISTREERDE BOUREKENAARS

Members: GJ Cillie B.Sc (QS) UP, PrQS, PMAQS, MRICS | Guillaume Cillie B.Sc (QS) Hons UP, PrQS

GAUTENG HEAD OFFICE
10 Lenchen Park
2029 Lenchen Ave South
Zwartkops x 4
Centurion
0157

PO Box 7838, Centurion, 0046 R.S.A
m: +27 (0)83 655 7010
t: +27 (0)12 663 3300
f: +27 (0)86 670 2124
e: info@caqs.co.za
www.caqs.co.za

WESTERN CAPE OFFICE
Niagara Road
Tyger Waterfront, Suite 713
The Cliffs, Bellville, 7530
m: +27 (0) 83 655 4754



Knowledge Integration Dynamics



Thermopower Furnaces S.A. (Pty) Ltd

