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RUNNER'S

WORLD

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MARCH 2017

Run Strong, Stay Healthy

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Eat Green For Energy
The Plants That Power Your Endurance
p46

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An Easier Way To Run Hard
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▶ Traci Copeland is a runner, yogi, and personal trainer.

Style Secrets For The Millennial Runner -
From An SA Fashion Icon
p19

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THE END OF PAIN?

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BY BRAD STULBERG

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RUNNING AT
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PHOTOGRAPH BY EM GATLAND

• HALF-MARATHON MANIA

Want to smash your next 21.1-K race? Check out our expert training plans and tips to run your first (or fastest) half marathon. Visit: runnersworld.co.za/halfmarathonguide



ON THE COVER

MARCH 2017



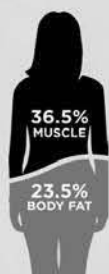
Runner – Traci Copeland

Photographed by
Alex Aristei

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WARM-UP

THE LOOP

THE INBOX

WINNING LETTER A CARING BUNCH?!

I was leaving a marathon finish venue when I spotted a fellow runner holding up a sign that read 'Lift needed. Witbank'. I told him I was driving home and to hop in. During the drive, I kept asking him if we were travelling in the right direction, because I wasn't familiar with the area. Eventually, we passed a shopping centre, and he said he would take a taxi from there.

"You're a woman, on your own, and you're picking up hitch-hikers!" my husband raged, when I arrived home and proudly told him about my good deed. "Do you even know where Witbank is?" I didn't. As it turns out, I'd driven the poor fellow two hours in the opposite direction! Nevertheless, my intention had been honourable, and it reminded me that runners look out for one another.

- NOELEEN MCCALLUM, GREYMONT

#LAZINESSMUSTFALL

My friend Erika and I have lovely conversations on our long training runs. She's finished five Comrades, and I've got two under my belt. But this year, I decided to leave our Comrades fate to the running community. I posted on Facebook: 'So, I need at least 200 likes to convince my running friend to do Comrades 2017 with me'. In the end, the post received 1 200 likes, and numerous messages of support.

- CHARMAINE BOTHA, SPRINGS



What's your favourite race distance?

11%
5-K

17%
Marathon

26%
10-K

46%
Half marathon



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BY **dj fresh™**



This month's winning letter will receive a pair of Budds By DJ Fresh Bluetooth Earbuds, valued at R699. Whether you're road or trail running, hiking or at the gym, at home, at work or in between, BUDDS By DJ Fresh will give your life a soundtrack. Music and calls are transmitted to your earpiece wirelessly, allowing you freedom to move without the restrictions of being physically attached to your mobile. The rubber buds, ear-hoops and in-ear control panel all work together to give you a lightweight but firm in-ear grip. Write to: **Runner's World**, PO Box 16368, Vlaeberg, 8018; Fax: 021 408 3811; or email: rwletters@media24.com (letters must be no longer than 100 words and must include your name, address and telephone number or email address).

THE POLL



Do you run with your other half?

32%
Absolutely not!

21%
Yes

47%
Occasionally



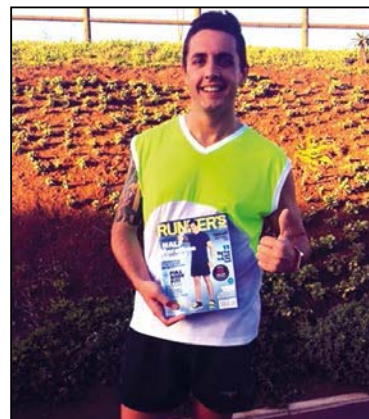
THE GALLERY

#INSTARWRUN

We asked runners to show off their running experiences. This month it belongs to our February Cover Search winners!



This was a far-fetched dream, but it became a reality simply because I believed and you believed in ME, I'm on a cover of a magazine all over South Africa -@Gaopaleloe



Hit a sneaky pose with my #cover after my run - @justrunner



My cover edition has hit the shelves at #woolworths! Hopefully they restocked after all my purchases! - @foxyrunner21

TWEET OF THE MONTH



“It’s a choice to step out of one’s comfort zone!”

- @christiaangrey
(trail star Christiaan Greyling)

READER COMMENTS



ALL YOU EXPERIENCED RUNNERS: WHAT ADVICE DO YOU HAVE FOR NEWBIES?

“Running in proper shoes is important. Seek advice from a sports shop.”

- Marga Coculescu

“Have patience. With practice, it will come.” **- Denise Flory**

“Don’t be afraid to walk. You’re still moving faster than those sitting on the couch.”

- Joanna Fisher

“Remember: running is supposed

to be fun.”

- Lourens van der Colf

“Find a group of runners to train with. They will inspire you, challenge you and offer sound advice.”

- Michelle Baransky



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What do the
RW staffers
remember
most about
the first time
they went
running?

Mike Finch
The stitch.

Lisa Nevitt
My first run
was on the
outskirts of
Las Vegas, in
the middle of
summer. It was
roasting.

Mark Arendse
I was running
so slowly
that an old
lady and her
granddaughter
overtaken
me – it was
humiliating!

Dave Buchanan
*Dropping
the egg.*

Andre
Valentine
Asking myself,
*Why am I
doing this?*

Yentl Barros
Wondering
when it would
ever end.

Penny Trevena
The crazy,
intense pain I
felt throughout
the following
day. I could
barely walk!

Ryan Scott
The dry
Highveld air
in winter. I
could feel it
after just 2.5km
of running.

WARM-UP

RUNNER'S WORLD®

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EDITORIAL

Editor **MIKE FINCH** (mike.finch@media24.com)
Deputy Editor **LISA NEVITT** (lisa.nevitt@media24.com)
Senior Designer **MARK ARENDESE**
Chief Sub/Managing Editor **DAVE BUCHANAN**
Editorial Assistant **ANDRÉ VALENTINE** (andre.valentine@media24.com)
Online Editor **PENNY TREVENA** (penelope.cairns@media24.com)
Digital Content Manager **YENTL BARROS** (yentl.barros@media24.com)
Picture Editor **AMY MOSTERT**
Gear Editor **RYAN SCOTT** (madibapi@gmail.com)
Scientific Editor **DR ROSS TUCKER**
Editor-at-Large **BRUCE FORDYCE**

CONTRIBUTORS

Dominic Barnardt, Tudor Caradoc-Davies, James Garaghty, Peter Kirk, Matthew Kruger, Vernon Landsberg, Lindsey Parry, Bruce Pinnock, Luke Sadler, Ryan Sandes, Terence Vrugtman, Liz Applegate, Alex Aristei, Levan Biss, Ashley Bourdon, Angela Campos, Jamie Chung, Gareth Cole, Andy Dixon, Scott Douglas, Hannah Ebelthite, Jeff Galloway, Oscar Bolton Green, Alex Hutchinson, Argy Koutsothanasis, Janne Ilvonen, Scott Jurek, Cindy Kuzma, Charlie Layton, Richard A Lovett, Mitch Mandel, Scott Markewitz, Stephen Matera, Tim McGuire, Rami Niemi, Jo Pavey, Agata Pec, Matt Rainey, Andy Rementer, Kevin Steele, James Steinberg, Brad Stulberg, James Victore, Barrett Washburne, Spencer Wilson, Danny Zapalac

PUBLISHING & MARKETING

Publishing Manager **FRANCOIS MALAN** (francois.malan@media24.com)
Marketing Manager **LISE COETSEE** (lise.coetsee@media24.com)
Marketing Assistant **KELYN DONOUGH** (kelyn.donough@media24.com)

PUBLISHING SALES TEAM

Commercial Manager **KYLEE ROBERTSON** (kylee.robertson@media24.com)
Digital Sales Manager **BEN PRETORIUS** (ben.pretorius@media24.com)
MYLES KELSEY (CPT) [021 443 9475](tel:0214439475) / [082 613 8498](tel:0826138498) (myles.kelsey@media24.com)
LAMEEZ RAIZENBERG (CPT) [021 408 3960](tel:0214083960) / [082 909 9696](tel:0829099696) (lameez.raizenberg@media24.com)
HANNES BURGER (CPT) [021 408 3078](tel:0214083078) / [076 152 4605](tel:0761524605) (hannes.burger@media24.com)
KATHRYN MOLYNEAUX (JHB) [011 217 3197](tel:0112173197) / [083 395 3442](tel:0833953442) (kathryn.molyneaux@media24.com)
MILLI MAHLANGU (JHB) [011 217 3051](tel:0112173051) (milli.mahlangu@media24.com)

MEDIA24 CENTRAL SALES

CRAIG NICHOLSON (General Manager: Advertising) [011 217 3035](tel:0112173035) (craig.nicholson@media24.com)
TAMMY HOLTSHAUSEN (Johannesburg) [011 217 3022](tel:0112173022) (tammy.holtshausen@media24.com)
THERESA LAVERY (Durban) [031 566 2442](tel:0315662442) (theresa.lavery@media24.com)

DIGITAL ADVERTISING SALES

(CPT) [021 468 8299](tel:0214688299) (JHB) [011 993 8050](tel:0119938050) (DBN) [021 468 8070](tel:0214688070) (EMAIL) INFO@SPACEMAIL.CO.ZA

CIRCULATION SALES & SOLUTIONS

Head of Circulation **LEONI VOLSCHENK**
Head of Retail **ANDRELINE VAN TONDER**
Circulation Manager **RIAAN WEYERS** [021 443 9964](tel:0214439964)
Product Manager **GEORGE VAN BILJON**
Subscription Manager **JENNY MARINON**

SUBSCRIPTION ENQUIRIES

TEL [087 740 1041](tel:0877401041) FAX [086 457 5945](tel:0864575945) E-MAIL: runnersworld_subs@media24.com
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SHARED SERVICES

Production Manager (Health & Sport) **KERRY NASH**
Digital Project Manager **RIDHWAANA BARADEN** [021 408 3530](tel:0214083530)
Advertorial Co-Ordinator **AMY MOSTERT**

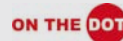
MEDIA24 MAGAZINES

General Manager Print Media **ISHMET DAVIDSON**
CFO Lifestyle **RAJ LALBAHADUR**
General Manager Leisure **LOUISE MENY-GIBERT**

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CONTACT US

WEB WWW.RUNNERSWORLD.CO.ZA; EMAIL RWLETTERS@MEDIA24.COM;
TEL [021 443 9447](tel:0214439447), POST RUNNER'S WORLD (SA), PO BOX 16368, VLAEBERG 8018

RODALE INTERNATIONAL

SVP, International Business Development and Partnerships **ROBERT NOVICK** Executive
Director, Business Development and Global Licensing **KEVIN LABONGE** Editorial
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HELDERKRUIN, ROODEPOORT

PHOTOGRAPHS & WORDS BY...

Dominic Barnardt

RUNNER...

Terence Vrugtman

GPS LOCATION

26°07'05.9"S 27°52'20.6"E

GRADING

Intermediate – Advanced

A mixture of hills and flat, tree-lined roads. The further away from the path you get, the more challenging the run.

DURATION

The loop takes 10 minutes, but you can run as far as the Walter Sisulu Botanical Gardens, which lie north-west of the gorge. For an even longer run, head along Ouklip Road, into Graphite Road, and then up Helderkrui Hill.

BEST TIME TO RUN

Avoid the heat and humidity in summer by running early in the morning or late in the afternoon. From the top of the ridge, the view of the sunrise is simply beautiful. Crisp winter days tend to warm up by midday. On weekends, the roads are generally quieter early in the morning. But beware of heavy rain on the trails through the gorge, because it can turn small streams into dangerous rivers.

TERRAIN

A mixture of tar and trail runs along a ridgeline spanning the breadth of greater Johannesburg. A river gorge begins at a small carpark off Debonair Road, and leads to the Little Falls Resort. The path crosses the river a few times, where there are fallen trees to contend with.

REFUEL AT

Westways Shopping Centre (011 678 1117); Lucy's (lucys.co.za); Rhino's Pub And Grill (rhinospubandgrill.





co.za); Wilrokrans (011 884 1691); Clearwater Mall (clearwatermall.co.za)

OTHER ACTIVITIES

Parks and gardens in the area are worth a visit: Walter Sisulu Botanical Gardens and Kloofendal Nature Reserve are both in close proximity to this small gorge. The Bert Close/Krans Alwyn Nature Trail also runs along the eastern ridge of the gorge – it's great for hiking and trail running. Strubens Valley climbing area is on a ridge close to Christiaan de Wet Road, which is en route to the Wilgerood turn-off. Helderkruin also boasts a downhill mountain-bike track off Graphite Road, which is very close to the river gorge.

GETTING THERE


Helderkruin lies just east of the border of Krugersdorp. Ouklip Road is off Wilgerood Road, which is one of the main roads that run through Krugersdorp. Further north west, Wilgerood becomes Robert Broom Drive.

From the north of Johannesburg, head south on the N1 Western bypass towards Bloemfontein, and turn off at the Hendrik Potgieter interchange. The interchange is close to the MTN head office, which is on the opposite side of the highway. Head towards Clearwater Mall and take the Christiaan de Wet turn-off, which leads south towards Krugersdorp. Once you've turned off Hendrik Potgieter, the right-hand turn onto Wilgerood is a short drive of between 1km and 2km.

HISTORY

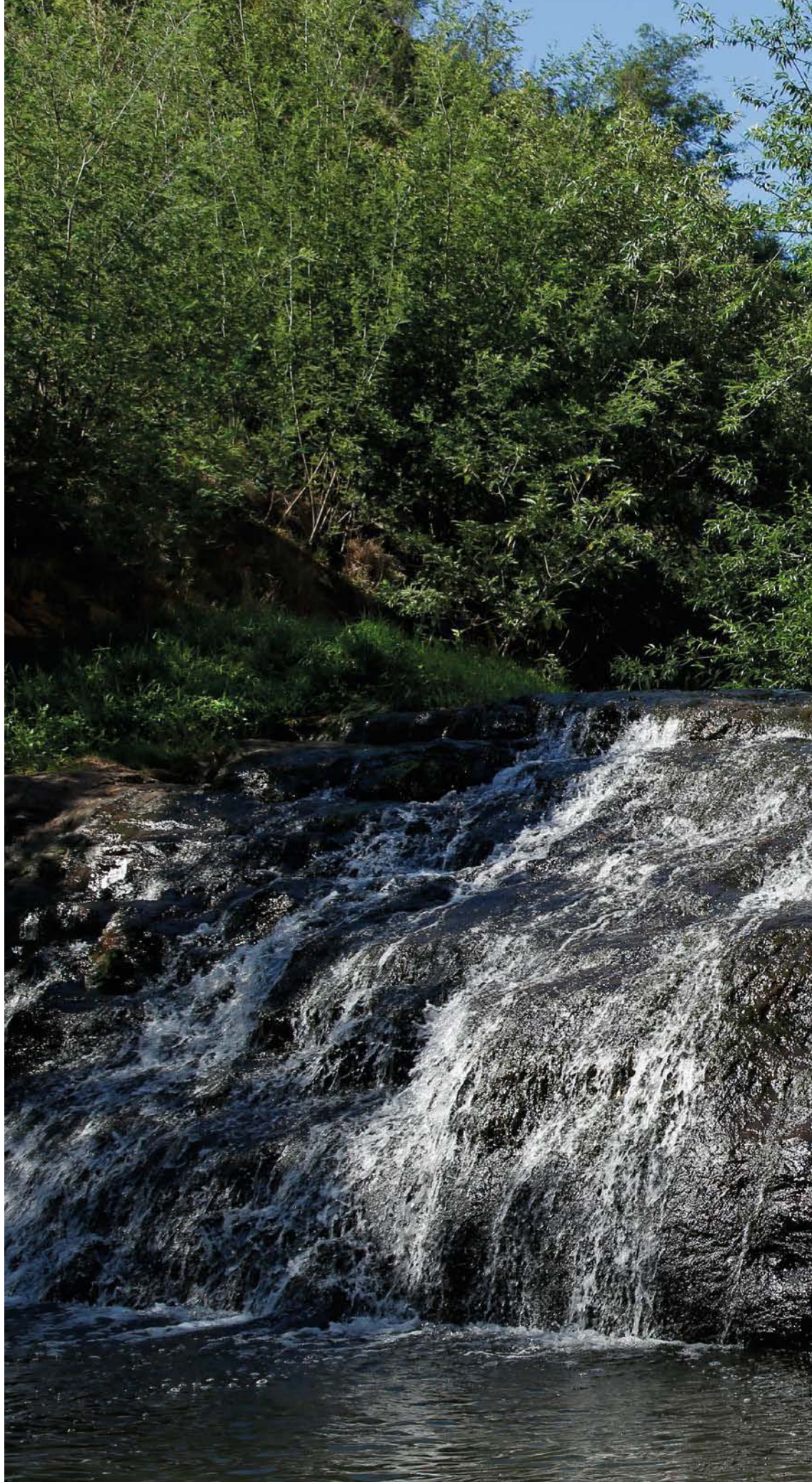
Krugersdorp was founded in 1887 by Marthinus Pretorius, and named after then-president Paul Kruger. It was part of a farming area, known as Paardekraal.

NOTE

Be vigilant if you're running alone. It's better to run in a group – especially if you're new to the area. 



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INSTARWRUN.







STYLE & RUN

A fresh wave of millennial runners is turning running from happening to hip.

Every month, as we sign off the latest edition of *Runner's World*, there's always one particular line or quote that stands out. It may be a piece of advice from one of our expert writers, a letter or a tweet from a reader, or even a picture – something always inspires me to just put on my running shoes and head out the door.

But more often than not, it's from the human interest stories we cover that the best lines emerge.

This month we interview fashion blogger Twiggy Moli (*Human Race*, p20) about her running and fashion addiction. If anything encapsulates the new spirit of running in South Africa, perhaps it's this quote from our interview with her: "More and more young people are taking up running – because it's

up into one.

For years running had a bad rap, as the only image many had of the sport was the annual TV sufferfest of the Two Oceans ultra and Comrades. While these races remain iconic events, there has been a huge upsurge of interest in shorter distances, thanks to events such as the FNB Cape Town 12 OneRun and the Joburg 10K CityRun.


Large corporates are seeing the massive potential to be found in sponsoring running events, and the audience that is attracted to a healthy, accessible lifestyle. That's the lifeblood of this magazine.

And then there are the crews: fresher, better-looking versions of the traditional running club that are sweeping the urban landscape, and turning running from 'happening' into 'hip'.

"Running has evolved into a social activity among millennials; they run with their friends, and dress in the latest gear."

the perfect excuse to put on cute active wear. Running has evolved into a social activity among millennials; they run with their friends, and dress in the latest gear."

Over the years, running in South Africa has evolved and changed as rapidly as our socio-political landscape. Once a running nation obsessed by ultra distances, we are now spawning a new generation of runners, for whom style, fashion and health are all rolled

The great thing is that there's room for everyone. And the more running becomes entrenched in popular culture, the more investment, innovation and style will filter into it, enriching us all. 

MIKE FINCH
EDITOR-IN-CHIEF
@MikeFinchSA

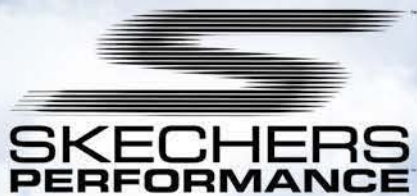


MORE THAN YOURSELF

In a country with so many needs, we runners often forget how privileged we are to be able to enjoy amazing races, locations, and life-changing experiences. Our plea this year is to for you to run for more than yourself.

Together with our partners Old Mutual, we're embarking on a project to raise money: by sponsoring a runner, by getting sponsored, or even by making a donation to a worthy cause – as runners.

The sign-up process is simple, and our goal for 2017 is to raise R2-million. So help us reach it, at www.morethanyourself.co.za



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- ▶ Select a charity and start raising funds today!



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"HEY, BABY!" - CATCALLING, RUDE COMMENTS, AND THREATENING BEHAVIOUR...

HUMAN() RACE

NEWS, TRENDS, and REGULAR RUNNERS doing AMAZING THINGS

MEET THE
FASHION
BLOGGER

NAME:
TSHEPANG MOLLISON
AKA 'TWIGGY MOLI'
AGE: 24
PROFESSION:
FASHION BLOGGER

The Runway Queen

Tshepang 'Twiggy' Mollison is a well-respected fashion blogger from Soweto, who has made her mark on the urban running scene – a movement that has attracted a younger, cooler crowd. It's become commonplace to see millennials training on city streets in 'crews', wearing the latest running threads. Here, the South African style icon shares her fashion secrets for today's runner.

WORDS BY
André Valentine

HUMAN RACE

→ **I started running** in primary school, and kept it up throughout my school career. I loved running because I was really fast. Though these days, I don't run further than 10km.

Running is therapeutic: I prefer it over any other form of exercise.

I prefer to run around my neighbourhood in Orlando West, Soweto. I had the opportunity to run in Cape Town, and the scenery was amazing. I don't enjoy running in Johannesburg as much.

I got into blogging when I discovered tumblr. I wrote a blog at varsity, documenting my personal thoughts and opinions on fashion trends. Then, I began researching what it would take to become a *real* blogger, and how to attract brands.

Being in the spotlight is a challenge, but I try not to pay attention to negative comments.

I keep my head down, and focus on my work and the people who appreciate me.

My grandmother's closet sparked my interest in fashion. My style has since evolved into something more edgy and comfortable – I've stopped looking at what's trending, in favour of what I feel relaxed wearing.


A modern runner should always wear an all-black outfit that will photograph well for Instagram. I don't mind if I don't look good physically when I'm running, but my gear has to be A1 – I match my pieces to ensure I look chic at all times.

The one gear item I can't live without: a comfortable sports bra.

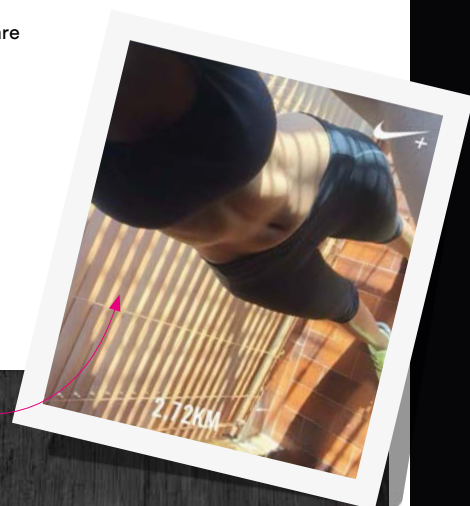
More and more young people are taking up running – because it's the perfect excuse to put on cute active wear. Running has evolved into a social activity among millennials: they run with their friends and dress in the latest gear.

Running is cool. Fashion brands are adapting their active-wear collections to include a variety of pieces that can be mixed and matched, and worn by running crews. These teams are then given the opportunity to showcase active wear at

running events. Typically, crews co-ordinate their outfits.

If you're a style-conscious runner, I would advise you to invest in good-quality gear, made by a trusted brand. These items are pricier than others, but they're built to last – and they make you look super-cute while you're breaking a sweat! Active wear is becoming way more fashionable, because brands are diversifying their clothes – which means they can be worn either to exercise in or as casual, everyday wear. 

“...always wear an all-black outfit that will photograph well for Instagram.”

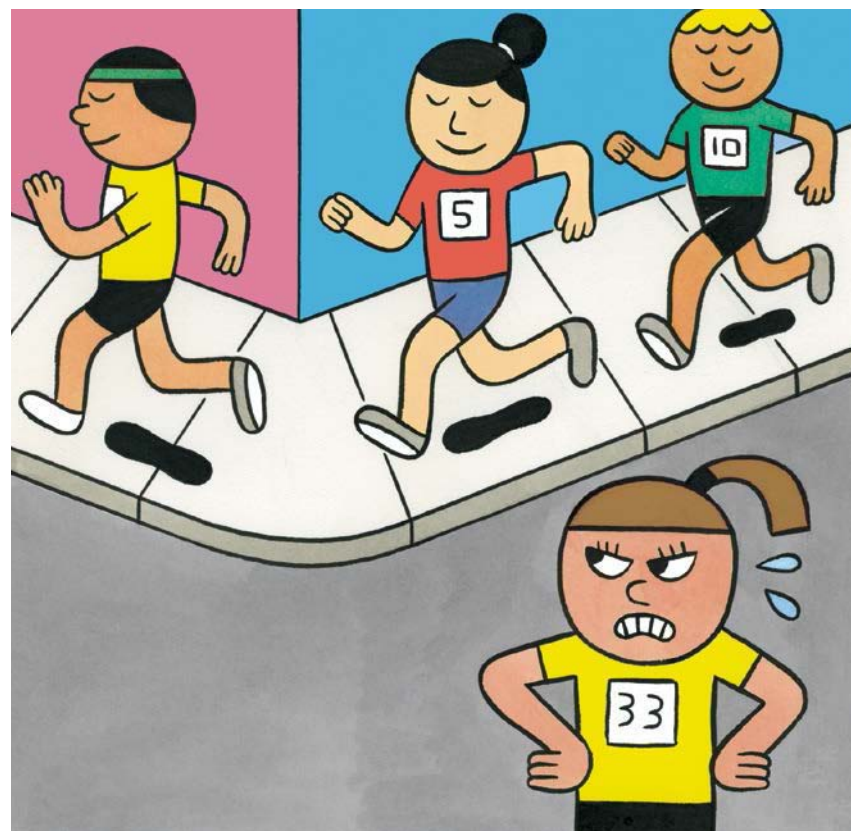


Quality gear, made by a trusted brand: pricy, but built to last – and super-cute!



The Singlet

BECAUSE RUNNING ISN'T
JUST ABOUT STRING VESTS.



ROGUE RACERS

I see so many runners on the pavement in a race. Don't they know they're actually course-cutting? – CLIVE, Wellington

I'd wager it's a bit like taxes. Some runners are probably aware they're cheating by running on the pavement, but they just don't care about breaking the rules. Others are in the zone, blindly following in the footsteps of the runners in front of them, blissfully unaware of the rules they're transgressing. And then there are those who have no idea what their names are, where they are, what they're doing, why they got out of bed so early, why they're sweating and panting, and why they ever thought running was a good idea in the first place.

When you find yourself crushed in the middle of a crowd of people, the simple act of trying to find somewhere to put your feet down becomes a challenge. If race organisers haven't cordoned off the route with banners, ropes

and signs, then ask yourself: who is really to blame when participants run on pavements?

If I were you, I wouldn't bother getting worked up over

in a group, and b) wind direction.

It's possible – depending on how in touch you are with your body's moods and grooves – to predict what kind of venom and

"...light and fluffy wind is all bark and no bite..."


it. Life's too short, and karma has a way of seeking out the pavement perpetrators – possibly via a tax audit.

BREEZY CONDITIONS

What is the proper etiquette for passing wind while running? – SONIA, Port Elizabeth

Wind is an inevitable fact of life. When you're running, the passing of it – through your digestive system and out the bottom end – is no different. Sometimes, it's even worse due to all that bouncing up and down. I tend to take into account: a) whether I am running

velocity the wind is going to take. The hotter it is (the wind), the more likely it is to be next-level mustard gas, capable of knocking out your fellow runners, pedestrians, dog-walkers and cyclists, and causing fatalities and mayhem. But light and fluffy wind is all bark and no bite, so you have little to worry about.

I tend to leave a gap of at least a few metres, in order to spare other runners. That way, any wind I do pass is neither heard nor experienced by anyone else. If it is, I give the people running next to me the stink-eye, and pick up the pace. 



ASK THE TRAIL STAR
Ryan Sandes

Should races use plastic water sachets? – FASEEGH, Surrey Estate

Most major trail-running races around the world have opted not to give out plastic sachets at water stations. Instead, participants are required to carry their own fold-up cups.

Here's why: by the time race organisers do make the effort to clean up *after* the race, it's too late to do anything about the plastic sachets that have been blown away *during* it. I feel sad when I see the number of plastic sachets that have been blown into the ocean and the surrounding natural areas after a race, because if innocent animals ingest them, they die

"...we are looking after our environment..."

a slow, painful death.

That's why race organisers in South Africa should encourage runners to carry their own fold-up cups or soft flasks. The use of a lightweight backpack that carries small flasks is also a good option.

While it does take a few extra seconds to fill up your cup at a water station – and it may even add a couple of minutes to your race time – look at the bigger picture: by leaving only our footprints behind, we are looking after our environment, so that one day our kids and grandchildren will also be able to enjoy it.

Ryan Sandes, a.k.a. 'Hedgie', is a trail-running supremo, with race wins too numerous to mention.

HUMAN RACE

I RAN OFF 28KG!



RUN IT OFF CLUB

HAVE IT ALL

Running helped Moerieda to find her work-life balance.

THE WAKE-UP

After my third pregnancy, I was 22kg overweight. Juggling raising a young family and a demanding full-time job left me with no time to myself. Meanwhile, my husband had taken up running, and he seemed to be having so much fun doing races every weekend that, intrigued, I picked up his copy of *Runner's World*. Before I started reading the magazine, I hadn't thought there was much to the sport, besides putting on a pair of running shoes. But to my surprise, I enjoyed reading the inspiring stories of how running had changed the lives of ordinary people.

Looking at my own reflection in the mirror, I felt more depressed than inspired. So at the age of 39, I decided to stop looking at the elusive work-life balance that adorned the pages of *Runner's World*, in favour of actually living it.

THE SHAKE-UP

For nine months, I was the first to arrive at our local gym at 5am, hopping onto the elliptical trainer for 40 minutes a session. Combined with stricter controls on my diet, I lost 10kg. Then, I 'promoted' myself to the treadmill. It was tough at first, because I couldn't even run for more than a minute. But with perseverance, I trained myself to run for

two hours – on a treadmill! I lost another 10kg, and finished my first 5km and 10km fun runs.

THE REWARD

I'm now an accomplished ultra-runner, having finished three Comrades, the Two Oceans Ultra and the Ultra-Trail Cape Town, to name but a few. Right now, I'm training for the biggest challenge of my life: the Marathon Des Sables, which is a 254km, self-sufficient stage race through the Sahara Desert in Morocco. The Discovery Channel refers to it as 'the toughest foot race on earth'.

Running has seriously transformed me – physically, mentally and spiritually. I'm the happiest, fittest, strongest and fastest I've been in my entire life. I've found that elusive balanced life, between family, work – and myself.

– As told to Lisa Nevitt 



MOERIEDA MACKAY

Age: 45

Home Town: Midrand

Height: 1.68m

Occupation: Head of Project Management and Process Transformation, African Bank

Time Required: 2 Years

Then: 92kg

Now: 64kg



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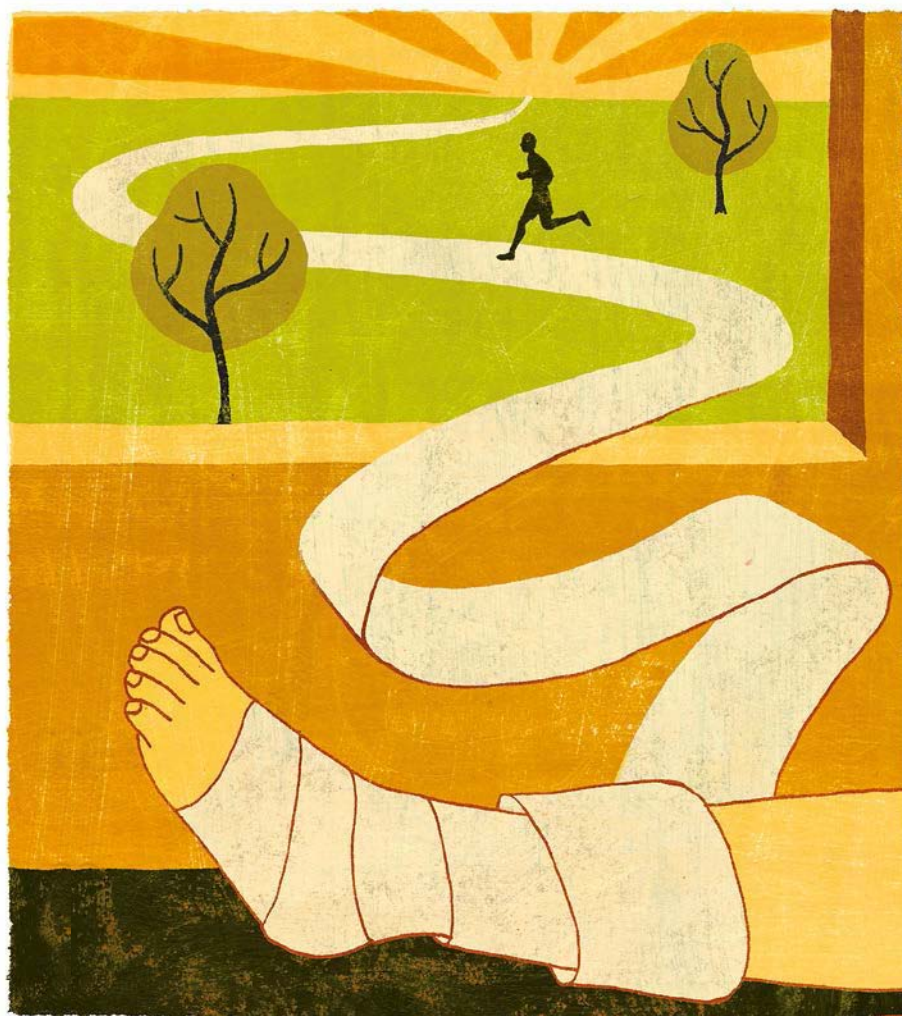
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OUR READERS REVEAL

THE UNEXPECTED

Only when you can't run do you realise the true gift of running.



(We're hoping that doesn't mean she wakes up screaming every two hours!). Other readers (Phumla Mkhize and Ziaad Hoosen) have experienced similar benefits, while Gloria Campbell is of the opinion that running has increased her energy level overall.

Indeed, benefits such as improved sleep and energy levels are common results of running, when combined with a balanced

“Having to stop running for a long time certainly made me realise how much of an outlet it was...”

lifestyle. You'll know you're overdoing it when your sleep suffers and you're constantly tired.

Siyabonga Msimango says he now thinks “peacefully” and “makes life-changing decisions”. Runners feel this side effect of calm and introspection relatively frequently. That's because when you're running is quite often a good time for the brain to work: while your limbs are busy, your mind is free to get to grips with the affairs of the day. In a way, for the seasoned runner, it's a bit like being asleep – the body continuing with its rhythm, as neurons process what they need to.

BETTER MOOD

What comes through strongly is the happiness and pleasure that running brings to our readers. Joanne Rodenbach says, “I started loving it!” Mark Krug says that after 20 sedentary years, running brought him “a deep and abiding pleasure”.

For others, running has sparked a shift in perspective. “I now view road signs differently,” says January Jack Mtshweni.

The ability to run is a gift – one that we often take for granted. It's not until we're rendered immobile by sickness, injury, or some other mishap that we actually discover how central running is to our lives. It influences all that we do and are, from our dress sense to our circle of friends.

A number of years ago, I overdid it and suffered two stress fractures in my pelvis. Having to stop running for a long time certainly made me realise how much of

an outlet it was for pent-up energy. Which hadn't always been obvious – especially when I was dragging myself home at the end of a tough hill session, ‘energy’ no longer a word in my vocabulary. In a recent Facebook post, *Runner's World* asked readers to share the most unexpected thing that changed when they started running regularly...

A SENSE OF CALM

Lebohang Letsipa says that her sleep has improved. She now “sleeps like a baby”.

"When I see a sign that says 30km to go, I think to myself, 'I can run that distance'."


BRAGGING RIGHTS

For most people, running results in puffing and panting, but for Tommy Gibson it seems to have meant the opposite. "I could run *and* hold a conversation," he says, "and the more I ran, the higher my talking speed would become." (If only the rest of us were that adaptive!)

A LIGHTER BANK ACCOUNT

Michael Rynier Lenhoff says his budget changed – although he's left it up to us to speculate whether it is now set to prioritise running gear, or if running has enabled him to budget more efficiently in general. For Mark Smith, however, the answer is simple: "I now enjoy shopping – for running gear, of course."

For those whose 2017 running calendar has been barren thus far, this should aid in great inspiration. Running not only does what it says on the tin – make you fitter and healthier – but much more besides. Mark Brandstetter says that his attitude towards running has changed, and that he now looks for excuses to run, instead of avoiding it. For a number of readers, including Eleta van Schalkwyk and Carmen Gouws, running has been a path to camaraderie. "I made the best friends I could ever have dreamed of," Gouws says.

These days, it's not unheard of for a doctor to prescribe physical exercise to patients to aid with a variety of ailments, and it's becoming clearer and clearer that running is one prescription with more perks than drawbacks. At least when we get out the door for a jog, we can rest assured (after our workout, that is) that most of the side effects will be surprisingly pleasant ones. 

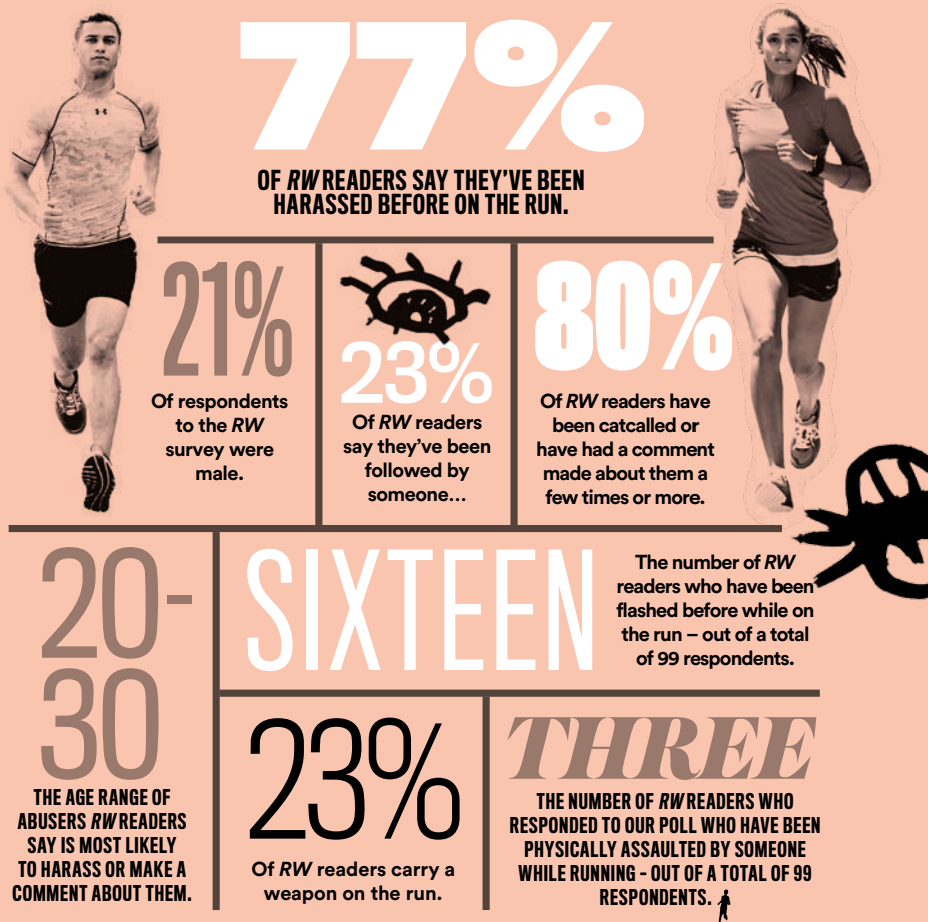
Luke Sadler is a freelance writer, photographer and dog-lover who comes from a family of runners.

ILLUSTRATIONS BY JAMES VICTORE

RUNNER BY THE NUMBERS

Harassment On The Run

In last month's issue, we tackled the subject of sexual harassment ('Running While Female', February 2017). The piece – written by Michelle Hamilton, for our sister publication in the US – has sparked heated debate over the issue of women being harassed while running. In light of the tragic case of Franziska Blöchliger, who was murdered while trail running in Cape Town's Tokai Forest, and these alarming stats from a recent survey of our South African readers, it's clear that the issue of cat-calling, rude comments and threatening behaviour is as prevalent here as it is anywhere else in the world.



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A man with a beard and short hair is shown from the waist up, leaning forward with his hands clasped over his right knee. He is wearing a red Asics t-shirt with the words 'RUN' and 'ADDICT' printed on it, and grey athletic shorts. He is also wearing blue socks with a yellow Asics logo and black and orange Asics sneakers. The background is a blurred outdoor setting with green trees and a blue sky. A yellow circular badge is in the top left corner, and large white text is overlaid on the bottom half of the image.

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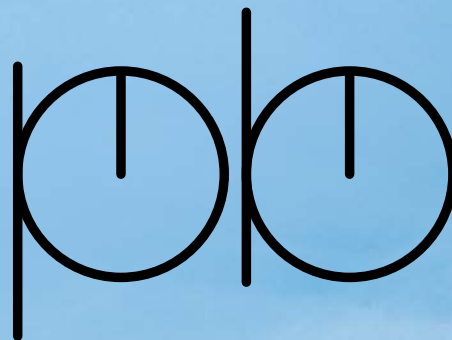
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PERSONAL BEST

GET FIT, EAT SMART, RUN STRONG

NO PAIN, YOUR GAIN

With big, high-mileage races like Two Oceans and Comrades coming up, the last thing you need is to have your training derailed by injury. In this month's issue, we share yoga moves that will help you to get faster and sidestep injuries (*turn to page 42, and view a video demonstration at runnersworld.co.za/eightmoves*), and Comrades coach Lindsey Parry reveals the best way to relieve ITB (*p36*). Already injured? In 'The End Of Pain' (*p56*), writer Brad Stulberg investigates five cutting-edge therapies that may provide relief – without surgery.

PHOTOGRAPH BY ALEX RISTEI; STYLING BY ARGY KOUTSOTHANASIS; HAIR AND MAKEUP BY ASHLEY BOURDON FOR CELESTINE AGENCY



TRAINING

Finishing a hard or long run with a walking cool-down can help new and returning runners stay motivated.



CRUSH IT. THEN COOL IT

New research suggests you may enjoy runs more if you get the tough parts out of the way early.

By Cindy Kuzma

PROGRESSION RUNS that end fast. Races where you finish with a kick. Long kilometres that toughen as they pile on. Many running experiences involve easing in – and finishing hard.

But a new study in the *Journal of Sport & Exercise Psychology* supports flipping that format. Participants who ramped down as a workout progressed

instead of building up rated the experience as more pleasant, says study author Panteleimon Ekkekakis, PhD, of Iowa State University. Those good vibes probably increase the odds they'll exercise again, he says.

Still, many runners enjoy difficult efforts, but even they can benefit from an occasional easy-finish run. Here's how to put ramping down into practice.

EVERYDAY RUNS

A new or recently rebooted running routine nearly always feels tough. Muscles and joints ache until your body adapts to the regular pounding of feet against ground. And your heart struggles to shuttle oxygen-rich blood to your muscles, leaving you huffing and puffing, says Dr Greg McMillan, coach and exercise physiologist.

Starting with run-walk intervals decreases physical and mental strain, says De Mary Jung, an exercise psychology researcher at the University of British Columbia in the US. A ramp-down plan may trigger a surge of feel-good hormones earlier so you feel better during and after your workout,

Ekkekakis says.

TRY IT Walk for 10 minutes to warm up. Then, run for five minutes (or as long as you can without stopping) and walk for one minute. Decrease the running interval by one minute each time – so if you start at five minutes, you're running for four, three, two, and then one minute, with one-minute walk breaks in between. End with a five- to 10-minute walk to cool down.

INTERVAL WORKOUTS

What once felt like a lung-searing struggle gradually transforms into an easy jog as you run consistently. That's why experienced runners use interval workouts – periods of harder, faster running interspersed with jogging or walking breaks – to continue improving their speed and stamina.

Many interval sessions involve repetitions of equal length. But 'pyramid' workouts, which shift from short to long reps and then back down, add benefits by posing varied challenges to your body and mind, says Nikki Reiter, a biomechanist and coach for The Run S.M.A.R.T. Project. For instance, you may train your fast-twitch muscle fibres, hone your ability to focus at race pace, and work on your finishing kick, all in one session.

If you're new to speedwork or coming back to it after a break, try a 'one-sided pyramid', in which you decrease the distance while maintaining the same intensity, Reiter says: you can fit in a hard workout without feeling as beaten up. Over time, advanced



Finishing your run on a gentle downhill helps you remember it as fun. But don't speed! (See page 35.)



runners can speed up as they decrease the length of their reps, to reap more benefits.

TRY IT Warm up with 10 minutes of jogging, then run the following repeats with one-minute jogging recoveries: 1500 metres, 1200 metres, 1000 metres, 800 metres, 400 metres. Cool down for five to 10 minutes. If you haven't done speedwork lately, keep all reps at about 10-K pace (at which you can speak a few words, but not full sentences); if you're

more advanced, start there and gradually speed up, ending closer to your 1500m race pace.

TEMPO RUNS

Holding a comfortably challenging pace trains your body to cope better with the metabolic by-products of faster running, so you can maintain harder efforts with less strain, McMillan says. These so-called tempo runs


feel more difficult as you fatigue. That's useful if you're training for a fast race – you need to prepare to push hard when it counts.

However, a tempo run that eases up as you go can give you a confidence boost as your goal event nears (or any time you're particularly down on your running ability). "Good mental vibes going into a race are very important," McMillan says. In the last two to three weeks beforehand – when most of the hard training is done – he might prescribe slightly shorter tempo runs that use gravity to make the final minutes feel easier.

TRY IT After a 10-minute warm-up, run at a tempo pace – one you could sustain for only about an hour – for 4km to 8km (or a distance slightly shorter than the longest you've run that pace earlier in training). Finish the last part of the hard effort on a slight downhill, so maintaining the pace seems less difficult.

LONG RUNS

The goal of most long runs is to boost your heart's ability to pump blood and increase the number of mitochondria in your muscles, adaptations that occur at relatively easy speeds, McMillan says. Whether yours lasts 5km or 40, maintaining a steady pace feels more difficult as you tire. But slowing too much due to fatigue can cause you to run with poor form, increasing injury risk, Reiter says. Instead of altering the workout, tack on a cool-down to help you recall the experience as less punishing.

TRY IT After your longest run of the week, walk for five to 10 minutes. If you're with a group, this relaxed time can seal your bond. On your own, try focusing on gratitude, McMillan says: feeling thankful that your schedule and your body allowed you to log the kilometres can stoke satisfaction that will carry through to your next run. 

RULES TO A RAMP-DOWN

Keep these caveats in mind to make the most of the start-hard, finish-easy approach.

WARM UP

Especially if you're on the comeback from a break or an injury, prepare your muscles, joints, and bones adequately for a hard effort right off the bat. Do at least 10 minutes of easy jogging and a few dynamic warm-up moves, such as butt kicks and skips, before your workout.

MIX AND MATCH

Easy-finish runs won't have the same effect on everyone, and increasingly difficult efforts have their place in building fitness and mental toughness. Plus, variety also boosts enjoyment. Limit ramp-down workouts to once every week or two.

CHECK YOUR MATHS

If you want the same gains, you'll have to spend the same amount of time working hard, even if you arrange the workout differently. For instance, if you want to swap a ramp-down workout for five rounds of five-minute-hard, one-minute-easy intervals, make sure your hard efforts still total 25 minutes.





WHY RACE?

Because events can help you reach all kinds of goals.



One of the greatest things about running is that each of us can choose our own destiny. We alone determine where, when, and how much to run. We alone decide to participate in races – or not. No one is less of a runner if they don't race. However, there are several reasons you might want to sign up for and show up to an organised event.

TO GET MOTIVATED

If you're having trouble getting out the door, having a 'deadline' – that is, race day – may inspire you to do the workouts needed to prepare. For a 5-K, that means run-walking about every other day, working up to a weekly long run of at least 5km. If you're still on the fence, try spectating at a local race: if you could bottle the energy you'll find at the start and finish lines, you could run your car for a year.



TO PUSH YOURSELF

When runners gather at a race, they inspire one another. The excitement helps runners of all levels run harder with less perceived effort.

THE STARTING LINE

TIPS FOR BEGINNERS FROM AN EASY-GOING COACH

BY JEFF GALLOWAY




Once you've done your first race, you'll probably want to go faster. We love to improve, and races give us an evaluation tool.

TO EXPLORE

If you're tired of the same old loops, a race in an unfamiliar neighbourhood or park can help you break out of your rut. You can check out the terrain and scenery without fear of getting lost, and if you really enjoy yourself, you can return for a regular run in the future.

TO SUPPORT A CAUSE

Many small 5-Ks exist to raise money. In general, these events support new racers, but there is a wide range of quality in the production. Sports shops and the net can tell you which races are managed best, but if a cause is truly dear to your heart, you may not care that its '5-K' isn't exactly 5km, or that organisers run out of snacks before the last finishers arrive. 

You Asked Me Jeff answers your questions.

Is there a perfect goal distance for a first-time racer?

The 5-K is a doable goal for a beginner, and most communities have many runs at this distance. Pay attention to how your goal event is marketed: the words 'fun run' often mean 'untimed', so if you want to know how fast you finished, time yourself or choose another race.

What's the most common mistake of first-time racers?

It's easy to start too fast. Let the first kilometre be your slowest, with more walk breaks than you usually take. By saving resources early, you can enjoy the feeling of passing people at the end without sprinting. Your goal should be to finish upright, with a smile.

Fact or Fiction I shouldn't walk during a race.

FICTION Most runners find a run-walk strategy keeps their legs strong to the end and helps them avoid a slowdown. Some even find walk breaks help them finish faster. There's also the rule, "Never try anything new on race day." If you don't run continuously in training, don't do it in a race.





RAPID DESCENT

How to go downhill – fast – without trashing your quads and calves



The real heartbreak in the Two Oceans Ultra isn't the famous climb in the 28th kilometre. It's the steady downhill on the other side of Chapman's Peak that wreaks havoc on the legs.

The problem exists no matter how long the descent: one study found that the muscle damage from a short and fast 8km downhill run was similar to the damage seen in studies of mountain ultras of up to 320km. In both situations, running downhill requires eccentric muscle contractions as you brake with each stride: momentum forces your quads and calves to lengthen as you're trying to contract them. The resulting damage to muscle fibres eventually slows you down and can lead to crippling soreness. To ward off this damage, researchers have explored a few tactics.

BOOST YOUR CADENCE

Taking short, quick steps can reduce the impact of each stride. One study found that increasing cadence (the number of steps taken each minute) by 8 per cent compared to what felt natural reduced the loss of

strength caused by a 45-minute downhill run. That said, some people already shorten their steps when they run downhill and shortening them further would be inefficient. To figure out what works best for you, experiment with a range of

quicker and slower strides in training, and try to settle into a stride that minimises the feeling of braking with each step as you descend hills.


VARY FOOT STRIKE

Which part of your foot should hit the ground first has been the topic of vigorous debate. There's some evidence that landing on your heel as you descend is less fatiguing than landing on your forefoot or midfoot, thanks to the angle of the knee at the moment of contact. But a more practical approach is to think about varying your foot strike so you're not always landing in the same position, which ensures the load is shared by different muscle groups. This is harder to do on smooth road courses, but uneven trails make it easy to mix up your landings.

PRACTISE PLUMMETING

Even one experience of

eccentric muscle damage is enough to trigger the 'repeated bout effect', which lessens the muscle damage and strength loss of a similar exercise session for up to 10 weeks. That's why savvy runners include plenty of downhill training. The goal is to run downhill for long enough to leave you mildly sore the next day, but not so sore that you can't run – which may take trial and error to get right.

Tailor your downhill training to mimic the demands you'll face in competition: duration, steepness, and intensity. If you're preparing for a rolling trail race with lots of ups and downs, run fartleks on a hilly course and focus on pushing the pace on the downhills as quickly as you safely can. If you're preparing for Two Oceans, start a long run with 8km to 9km on a treadmill, varying the downhill incline between 2 and 4 per cent, before heading onto the roads. 

PHOTOGRAPH COURTESY OF RACE ORGANISERS



ASK THE EXPERTS

How can I fit in strength-training?

Most runners can do two sessions per week without cutting too much into running time. Each session should last at least 30 minutes, split into thirds among core, upper-body, and lower-body strengthening. I suggest scheduling sessions on easy-run or rest days. – *Heather North, owner of Red Hammer Rehab and a running coach.*

What is the minimum weekly mileage to finish a half marathon?

You'll want to work up to a peak week of at least 50km, with a long run of at least 20km, two weeks before the race. If you're running at least 16km per week, first work to spread your mileage across four or five running days, then take a few months to gradually increase your midweek and long-run mileage. Weekday runs during this buildup should be 40 to 50 per cent of your weekend long-run distance.

– *Michael Merlino is founder and head coach of In Flight Running (inflightrunning.com).*

Does extra body weight cost me extra time on hills?

Body weight is not the most important factor in hill running, and there is no ideal body type or weight for running hills. Weighing less may help you ascend faster but may also slow your descent, because you'll have less momentum. Less weight may also mean less muscle to help you climb. Emphasising weight at the expense of developing strength, speed, skill, or stamina can increase injury risk and even lead to disordered eating.

– *Jacob Puzey is an IAAF- and USATF-certified international running coach at peakrunperformance.com.*

Lateral band walks strengthen the glutes, which is key to staying injury-free.

The Explainer

Do twins ever run identical race times?

They often come very close. In fact, German twins Anna and Lisa Hahner finished hand-in-hand (in 2:45.32 and 2:45.33, respectively) at the Rio Olympic Marathon. Their paired finish came as no surprise to those who knew their best times were less than two minutes apart. There are many examples of identical twins with near-identical results. Takeshi and Shigeru Soh, two of Japan's top marathoners in the 1970s and '80s, posted lifetime bests of 2:08.55 and 2:09.06 – just 11 seconds apart. And Canada's tri-talented Puntous twins, Sylviane and Patricia, tied for first or placed 1-2 at most of the triathlons they entered, including close 1-2 finishes at the 1983 and 1984 Hawaii Ironman. Identical twins have identical DNA – and those who run often train together. Same genes plus same environment equals very similar results.



ASK THE COACH
Lindsey Parry

What's the best way to relieve ITB?

– *TIEGO, Mpumalanga*

ITB is one of the most common running injuries associated with beginners, and is typically an overuse injury that is caused by doing too much too soon. Biomechanics, road surface, camber, and running in incorrect shoes can predispose runners to ITB. But usually, a gradual build-up of training allows sufficient adaptation to prevent ITB.

If it's happening every year, I'd put it down to biomechanics and/or doing too much training too soon. A podiatrist will identify the biomechanical issue, so that you can correct this in the short term. But in the

“...perform glute-strengthening exercises...”

long term, you'll need to modify your strength and flexibility, as well as your build-up of training.

The most common error in treating ITB is to stretch the glutes, because the culprits for ITB are often weak glutes and tight hip flexors. Instead, perform glute-strengthening exercises two to three times a week, and stretch your hip flexors after every run or cardio session – especially cycling.

For the next few weeks, avoid excessive downhill running. If you feel irritation during a run, run on the opposite side of the road (when safe), and stop to stretch your hip flexors every few kilometres.

Lindsey Parry is a qualified biokineticist, Two Oceans and Comrades silver medallist, and 2:47 marathoner. Email him at lindsey@coachparry.com.



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Bannister was the first to run a sub-four-minute mile – and helped others to overcome their own performance barriers.

OVER THE WALL

Stuck in a performance rut? Here's what's holding you back.



In 1953, there was a quest to break two seemingly impossible physiological barriers. The world record for the fastest mile (1 600m) had stood at 4:01.4 since 1945. Only 1.4 seconds were needed to break four minutes, yet for eight years nobody could crack it. With each passing year, the perception grew that a 3:59 mile lay beyond the capabilities of human physiology. Second, no-one had ever successfully summited Mount Everest. Mount Everest was conquered first. Sir Edmund Hillary and Tenzing Norgay reached Everest's summit (and returned) on 29 May 1953. Once Everest had been climbed, the sub-four-minute mile then became the greatest physiological feat never to have been achieved. But on 6 May 1954, Sir Roger Bannister broke the barrier, running 3:59.6 in Oxford. Six weeks later, Australia's John Landy – who had come agonisingly close, on six occasions, over two years before – followed Bannister into the record books when he ran 3:58.0 in Finland.

SELF-INHIBITION OR LACK OF OPPORTUNITY?

Landy, after the last of his near-misses, had declared the four-minute mile his 'brick wall', saying he would not attempt it again. But once that brick wall had been broken by Bannister, Landy experienced a four-second improvement compared to the time he'd

been stuck at for years.

Turns out Landy had been inhibiting himself, erecting a barrier that blocked his own potential. It took Bannister to lead him through it.

As with most things, there's a bit more to it than that. For one thing, Landy's many failed attempts were in Australia, on inferior tracks, with sub-optimal

race conditions. It was only once he got to Finland that he benefited from pace setters and a good-quality environment. I suspect that had he done this sooner, he might have been pulled to a faster time. Which means that at least part of his sudden improvement was down to opportunity.

Nevertheless, there's certainly merit to the idea of psychological barriers and 'self-inhibition'. Remember that many have summited Everest since Hillary and Norgay led the way.

World records are like London buses – in other words, you'll wait for one for ages, and then three come at once!

WHAT CAN WE LEARN?


There's no doubt that a big factor is our implicit belief about what is physically possible. Or, in competitive sport, what it takes to win. A

runner who knows they can win with a time of X doesn't need to be faster – until a rival runs Y, and then the game changes, and they respond.

What does that have to do with the average runner, for whom winning and four-minute miles are foreign concepts? Well, I think it challenges us to rethink the targets we set for ourselves.

Don't interpret this to mean 'mind over matter' – you cannot think yourself into a sub-three-hour marathon runner, if your best time is currently 3:50. There are dozens of very real physiological barriers that would get in your way long before you reached that particular finish line.

However, as you prepare for your running season, consider whether there are small advances you could make simply by recalibrating your expectations of yourself, and of what is possible. If you're a 3:50 marathon runner, it's well within reason for you to ask what your 'John Landy breakthrough' might be. Perhaps you're stuck, like he was, and you need to reframe your abilities and look to change your approach very subtly.

I think you'll find that five – maybe even 10 – minutes can be subtracted from your marathon time, if you just make these changes. Then, train with that new expectation, and use your training to prepare for a new race, where your old brick wall is merely a step towards the next target. 

RW Scientific Editor Dr Ross Tucker has a BSc (Med) (Hons) Exercise Science Degree and PhD from the Sports Science Institute. Visit him at www.sportsscientists.com.

RACE PREP

THE FAST BREAK

Short recovery periods may help you reap more benefits from certain workouts.

By Scott Douglas

FOLLOW enough training plans over the years, and you'll notice that some workouts appear often. These classics – 1200-metre repeats at 5-K pace with 400-metre recovery jogs, for example, or 5km to 7km tempo runs – are structured to provide a certain stimulus to your body and mind. In the case of the reps, the goal is to boost your VO2 max, or how much oxygen you can deliver to muscles during fast running. Continuous tempo runs improve your physical and mental ability to sustain a 'comfortably hard' pace.

Tweaking these sessions usually results in a less-effective workout. For example, you might think shorter rest between reps better simulates how you'll feel in a 5-K. That's "a faulty premise, because too little recovery means you wind up using the wrong energy systems and muscle-fibre types," says Pete Magill, a distance-running coach. With inadequate recovery between reps, the workout will do less to improve your race-readiness, and you'll be more fatigued.

However, there are some short-rest workouts that are highly effective. Some allow you to accumulate more work at the correct intensity. Others can provide the same stimulus as a harder workout, with less wear and tear. Which kind of short-rest workout is best for you depends on which distance you're targeting.



SHORT REST FOR 5-K/10-K RACERS

You don't reach your VO2 max until you're one to two minutes into a 5-K-pace repeat, so you might spend only half of a four-minute rep at the target intensity. Shorter reps with shorter rests can mean more time near VO2 max, Magill says.

THE WORKOUT Try alternating one minute at 5-K pace with a 30-second jog 15 to 20 times. More advanced runners can do 12 to 20 400-metre repeats at 5-K pace, with 100-metre jogging recoveries. Magill says the pace you can hold for 16 to 20 400s done this way two to four weeks before a goal 5-K is the pace you're ready to race.


SHORT REST FOR HALF-MARATHONERS

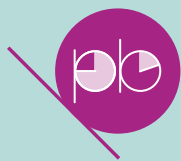
"I advise short-rest workouts when most of the running in the workout is at threshold pace," says Olympian and elite coach Magdalena Boulet. Running at threshold pace – about the pace you can hold for a one-hour race – improves your ability to push harder for longer.

THE WORKOUT Do 7km to 10km reps at threshold pace with one-minute jogs between: the break is short enough that your heart rate stays elevated, but it helps speed post-workout recovery. In the month before race day, do one or two no-break race-pace runs to build mental toughness.

SHORT REST FOR MARATHONERS

Comfortably hard training kilometres are important for a fast marathon, but a steady threshold workout plus a long run every week can wear on you. Instead, Boulet gets his runners to do three 3km threshold reps with two-minute jogs between as a mid-week workout.

THE WORKOUT Once a month, shift that week's threshold kilometres into your long run to learn to move on tired legs. After a brief warm-up, do two 3km threshold reps with a two-minute jog between, 12km easy, another 3km threshold rep, then a brief cooldown. 



MIND+BODY

YOUR BODY ON YOGA

Instructor and physical therapist
Diana Zotos explains what happens
when you hit the mat.

STRETCH YOUR LIMITS

Add yoga to get faster and sidestep injuries.

By Cindy Kuzma

THOUGH YOU'D NEVER GUESS it from her perfectly arched wheel pose, Ann Mazur wasn't always bendy. She grew up running and swimming, while her sister appeared to inherit her mother's flexible genes (both of them were competitive gymnasts). Midway through Mazur's time running for the University of Notre Dame in the US, she developed severe IT band pain. In search of a cure, she tried practising yoga more consistently, which improved her injury – and her performance. She dropped her 5-K time from 20.16 to 17.11. "That experience really solidified it for me," she says.

FLEXIBILITY

Research hasn't yet settled the question of exactly how flexible runners should be or how much stretching is required to get there. But if tightness in your hips, ankles, trunk, or hamstrings affects your gait, your risk of injury may increase as you pile on the kilometres.

BREATH CONTROL

Yoga's deep-breathing techniques teach you to inhale and exhale from your diaphragm instead of your upper chest, perfusing your blood with more energising oxygen which then feeds your muscles while running. Deep breathing also improves the function of stabilising muscles in your core and pelvic floor, creating a more efficient stride.

MINDFULNESS

Yoga's meditative qualities train your brain to focus on the present. That way, when a negative thought – such as *This feels hard* – pops up on the run, you can let it pass instead of dwelling on it. Mindfulness turns on your parasympathetic nervous system, which decreases blood pressure, eases muscular tension, and slows your breath so you can run faster with less effort.

LULULEMON BRA TOP & TIGHTS

BODY AWARENESS

Injury-prevention experts often tell runners to 'listen to your body'. Yoga amplifies the messages your muscles, joints, and limbs send by revealing imbalances you might not notice otherwise. If pigeon pose is far easier on one side, you'll know you have an issue – and also, a tool to address it.

STRENGTH

The more you practise yoga, the more functional strength and muscular control you'll build all over. Standing one-legged poses and twists target the muscles on the sides of your hips and core. Weakness here – common in runners – can cause misalignment that contributes to IT band problems, knee pain, and other injuries.


"Yoga *will* help you run better and faster."

Ten years, a yoga teaching certification, and a PhD in English literature later, Mazur has built a mini-empire around the phrase 'Do Yoga Run Faster'. That's the tagline for her website, runnersloveyoga.com, and Instagram feed (@runnersloveyoga), where she offers video routines for runners and a line of activewear she designed, including shirts that say 'Marathon then Savasana'.

And she's still speeding up, despite logging a relatively low 30 to 65 weekly kilometres, compared with the 95 she ran at varsity. Last year, Mazur set personal bests in distances from the mile (1:60.00 – 5:13.50) to the half marathon (1:21.39). She can't remember the last time she had a running injury. For that she credits the hour of yoga she averages each day.

Physical therapist Diana Zotos agrees that runners who practise yoga regularly tend to stay healthy and perform better. A half-marathoner herself, Zotos blends yoga into her treatments for running injuries. "Running is such a repetitive motion and mostly in one plane," she says. "Yoga can help you maintain healthy joints, it rebalances your connective tissue, and it strengthens muscles in places you don't target just through running."

What's more, yoga reboots your brain and nervous system. By aligning your breath with your movements and staying in the present moment on your mat, you'll train your body to flip from 'fight or flight' mode into a more relaxed state. This translates into easier, more enjoyable running, Zotos says. (See 'Your Body On Yoga', left, for a full round-up of its benefits.)

Integrating yoga into the rest of your exercise routine requires planning. But with regular practice, the stress relief and mindfulness training that yoga offers carries into other areas of life, helping you better balance running, work, and other responsibilities. Mazur cites her own life: along with everything else, she's a lecturer in English literature at the University of Virginia in the US. "It's kind of crazy to be teaching, running a company, teaching yoga, and running semi-professionally on the side," she says. "But all the pieces balance each other out. There's always something to give you a boost." 

Yoga instructor Traci Copeland (shown here) stretches her hips and glutes in this pigeon pose.

IN PRACTICE

How to make yoga a part of your running life

EASE IN

Begin with a sequence of one to three poses (see following page) as well as a meditation practice – set a timer for five minutes and breathe quietly, or use an app like Headspace for guided versions, Zotos says. Do the poses right after a run, when your muscles are warm.

FIND YOUR NICHE

For a more formal experience, look for a studio near your home or office, or stream an online class. If you don't like the first one you try, sample more until you find a style that works for you.

DON'T COMPETE

"Even if you're a hard-core runner, you might be a beginner at yoga," Zotos says. Ignore what others do in class, and tune into pain and discomfort that can mean you're overstretching – and remember that, as in running, you'll improve with time.

SCHEDULE WISELY

While yoga can be restorative, it's still a workout, especially if you practise power or advanced varieties. It's okay to do yoga on your days off from running, but avoid strenuous classes the day before a race or speed workout.



THE BODY SHOP

POSE PRIORITIES

Eight yoga moves for time-crunched runners

IDEALLY, runners would balance their bodies and minds by practising yoga for at least an hour twice a week, says physical therapist and yoga instructor Diana Zotos. But any asanas (that is, poses) you can squeeze into your schedule may improve your performance, reduce injury risk, relieve stress, and increase mindfulness. Practise this post-run routine from certified yoga teacher Ann Mazur, founder of runnersloveyoga.com, to help release tension in the hips, quads, hamstrings, and other areas that are often tight in runners. – CINDY KUZMA

IF YOU HAVE
JUST A FEW MINUTES, DO...



PIGEON POSE

Bend your left leg and drop the knee to your left. Then, extend your right leg behind you. Press your right hip towards the mat. Inhale, then exhale as you walk your palms as far forward as is comfortable. Hold for at least 45 seconds. Repeat on the right.

IF YOU HAVE
10 MINUTES, ADD...



HIGH LUNGE QUAD STRETCH

From standing, step your left foot back to come into a high lunge. Then exhale, gently bending your back leg until you feel a quad stretch. Inhale to lift back to the start. Raise and lower three or four times. Repeat on the other leg.



REVOLVED LOW LUNGE

Start in a lunge with your right knee forward and your left knee and foot on the floor. Bring your hands into a prayer position, then cross your left elbow across your right knee for a twist. Hold for three to seven breaths, then repeat on the other side.



LIZARD POSE

From a low lunge with your left knee forward, place your palms on your mat. Turn your left foot out to a 45-degree angle, then roll it onto its outside edge. Press gently on your left inner quad. Hold for three to seven breaths. Repeat on the other side.

IF YOU HAVE
20 TO 30 MINUTES, ADD...



DOUBLE PIGEON

From pigeon pose, bring your right leg to the front, stacking your right shin atop the left. (Use a blanket or block if there is a big gap between your right knee and left leg.) Inhale, then exhale and fold forward. Hold for one to two minutes, then switch sides.



BOUND ANGLE POSE

Sit and connect the soles of your feet. Grab your feet, inhale, and fold forward as you exhale. Hold for one to two minutes. (For a less intense version, place additional blocks or blankets under your knees for support.)



BRIDGE POSE

Lie on your back. Roll up from the bottom of your spine until your hips are lifted. Tuck your shoulder blades to clasp your hands under your body. Press into your heels to send your hips up and round your chest toward your chin. Hold for three to seven breaths.



LEGS UP THE WALL

Sit sideways next to a wall, then swivel your legs up the wall as you rest your torso on the floor. Tuck your shoulder blades under your back and allow your arms to relax at your sides or rest on your stomach. Hold for at least five minutes.



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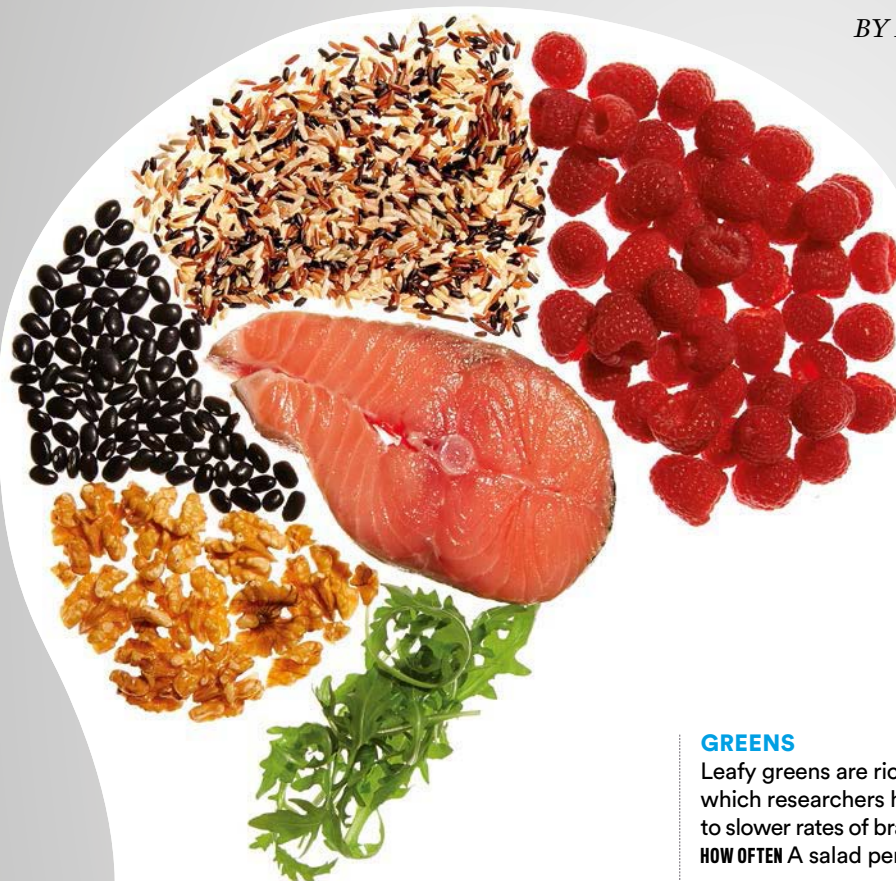




FUEL

FRIDGE WISDOM NUTRITION ADVICE FOR HEALTHY, HUNGRY RUNNERS

BY DR LIZ APPEGATE



EAT TO REMEMBER

10 best foods for a quick mind and a strong body

YOU THINK OF FOOD TO FUEL (and reward!) your workouts, but it can also improve your brainpower. A study from Rush University in Chicago, US, found that adults who followed a heart-healthy diet reduced their risk of developing Alzheimer's disease by 50 per cent compared to those who didn't. The diet, a hybrid of Mediterranean and DASH (Dietary Approaches to Stop Hypertension), is called MIND (Mediterranean-DASH Intervention for Neurodegenerative Delay – phew!), and was developed by researchers who found that people following meal plans designed to curb heart disease and type 2 diabetes also had lower rates of Alzheimer's disease.

BEANS

In addition to fuelling long runs and keeping you regular, these complex carbs are high in antioxidants to fight inflammation, keeping your brain healthy.

HOW OFTEN Every other day

BERRIES

Berries may decrease neuron

loss and improve memory performance.

HOW OFTEN At least twice per week

COLOURFUL VEGGIES

Colours indicate that a food is rich in antioxidants, which help protect neurons from age-related decay.

HOW OFTEN Once per day

GREENS

Leafy greens are rich in folate, which researchers have linked to slower rates of brain decline.

HOW OFTEN A salad per day

NUTS

Walnuts, almonds, pecans, hazelnuts, and pistachios are rich in fibre, fat, and vitamin E (walnuts are the best for your mind).

HOW OFTEN Daily handful

OLIVE OIL

Olive oil, high in healthy fat, protects the blood vessels throughout the body, including those in the brain.

HOW OFTEN Daily

POULTRY

Research suggests that the vitamin B12 in chicken and turkey may play a role in fighting age-related decay in the brain.

HOW OFTEN 80 to 110g, twice per week

SALMON AND SEAFOOD

The omega-3 fats in many fish are crucial for development and maintenance of brain health.

HOW OFTEN 80 to 110g, at least once per week

MINDful Day

BREAKFAST

1 cup oats topped with $\frac{3}{4}$ cup mixed berries, and 1 cup plain kefir/yoghurt

LUNCH

1 cup black bean soup with veggies, spinach salad with olive oil and 30g chopped walnuts, and slice of whole-grain corn bread with almond butter

PRE-RUN SNACK

Handful blueberries, and green tea with squeeze of honey

DINNER

110g grilled salmon, 1 cup steamed asparagus, 1 cup wild rice, and 150ml red wine

RED WINE AND DARK RED JUICES

In moderation, red wine can help ward off brain decline, thanks to its antioxidants. Unsweetened grape and pomegranate juices can, too.

HOW OFTEN No more than 150ml of wine (a typical glass) daily

WHOLE GRAINS

The B vitamins and vitamin E in whole grains, like wholewheat, oats, wild rice, and quinoa, may decrease risk of Alzheimer's by ridding the body of compounds linked to brain damage.

HOW OFTEN Three servings per day.



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FUEL

HOW TO GO GREEN

Ultrarunner Scott Jurek shares his tried-and-tested ways to eat more plants so you can run strong.

I WAS A MEAT-AND-POTATOES kid who hated vegetables. But 18 years ago I had a bowl of veggie chilli that changed my life (and my running) when it sent me down the path of plant-based eating. Since then, I've fuelled my ultra-running with plants. But it didn't happen all at once. I slowly started swapping animal foods for plant-based ones: meat and potatoes became tempeh and sweet potatoes. My 'salad' of iceberg lettuce and carrots became large bowls of dark leafy greens topped with chickpeas or kidney beans. Before I knew it, I had ditched animal products completely, and successfully ramped up my mileage, without injury or undue fatigue. Whether you want to forgo steak and eggs is up to you, but even runners who eat animal products can benefit from adding more plants to their plates. These small changes can help you try new foods, lose weight, and fuel your runs.

Beefing up – ahem! – your plant intake is an easy way to get more fibre and antioxidants into your diet.

MAP IT OUT

You don't need to come up with an entirely new diet when transitioning to a more plant-based lifestyle. Instead, determine the nutritional makeup of the foods you're already eating: what are their macronutrients (carbs, protein, and fat) and micronutrients (vitamins and minerals)? Sub animal products for plant-based ones that have similar nutritional profiles, paying close attention to micronutrients that are most commonly found in animal foods, such as vitamin B12, iron, zinc, and calcium (see 'No Animals Here' on the opposite page).

EXPLORE THE SUPERMARKET

Challenge yourself to experiment with one new fruit, vegetable, bean, or other plant-based food every week. This will force you out of your comfort zone (in a good way!) and allow you to try new recipes.

MIX IT UP

'But what about protein?' There's a reason vegetarians and vegans get this question all the time: Animal products contain all nine essential amino acids needed to build protein. Plant-based foods? Only quinoa and soya can make that claim. In order to get enough complete proteins in your diet, combine a variety of foods: mix and match beans and rice, lentils and chickpeas, and meat substitutes such as tofu.

HOLD THE MEAT, PLEASE!

I didn't become vegan overnight. Take baby steps. Pick one meal a week to go plant-based or vegetarian – or a full day if you're feeling adventurous, like a Meat-free Monday. If you don't trust your veggie cooking skills (yet), turn to the pros. Order the veggie or vegan option at a restaurant to expand your palate and come up with new ideas for your own menus.

FOOD STYLING BY BARRETT WASHBURN

No Animals
Here

Pair plant-based foods with each other (like rice and beans) for a complete protein.

PREP AHEAD

When you're crunched for time, or tired, it's easy to revert to normal eating habits. Carve out an hour over the weekend to make a large veggie salad or plant-based bowl (see 'Let's Go Bowling', right) and save portions for lunch and dinner later in the week.

BE SNEAKY

If you're not a greens lover, I get it: I despised veggies. Add dark leafy greens like spinach, kale, or rocket to your morning smoothies. You'll get a dose of fibre, calcium, and folate, and the fruit will mask the flavour.

SEEK ADVENTURE

Thanks to the ethnic dishes I found in vegetarian cookbooks, I uncovered a world of new flavours – literally. The wide range of spices and different ways of preparing foods keep things creative and fresh.

These key nutrients can be found in plant-based foods.

ZINC

Legumes, nuts, seeds, oats

VITAMIN B12

Fortified foods (plant sources have negligible amounts)

CALCIUM

Broccoli, Brussels sprouts, sweet potatoes, wholewheat flour and dried figs.

IRON

Fortified cereals, beans, sesame seeds, quinoa, tofu



LET'S GO BOWLING

Mix together items from each category for a nutrient-packed, plant-based meal.



CARB LOAD

Grains, rice, **pasta**, barley, millet, quinoa, buckwheat, brown rice, wholewheat pasta, rice pasta



CARB BOOST

Butternut, **sweet potatoes**, potatoes, plantains, dried fruit (raisins, dates, apricots)



PROTEIN POWER

Chickpeas, black beans, pinto beans, cannellini beans, lentils, tofu, tempeh, edamame




VEGGIE KICK

Fresh or steamed greens (romaine lettuce, rocket, kale, chard), **broccoli**, cauliflower, tomatoes, carrots, cabbage, bok choy



FAT FIX

Avocado, olives, coconut, nuts (almonds, walnuts), seeds (pumpkin, sunflower, hemp, sesame), nut butter, olive oil, flax oil, sesame oil 

Scott Jurek – who won the Western States 100-Mile Endurance Run a record seven consecutive times, among other notable achievements – is the author of *Eat & Run: My Unlikely Journey to Ultramarathon Greatness* (R202; exclusivebooks.co.za).



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CHALLENGE 4 - MAY

- ▶ Run a 10-day Streak

CHALLENGE 5 - JUNE

- ▶ Nail a 5km PB!

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PAIR YOUR SHOES

IT'S NOT UNCOMMON TO OWN MORE THAN ONE PAIR OF SHOES – ESPECIALLY IF YOU'RE A RUNNER. HERE ARE THE BEST COMBINATIONS TO MATCH YOUR RUNNING GOALS.

BY **RYAN SCOTT**
PHOTOGRAPHS BY
JAMES GARAGHTY

THE ULTRA HERO

When you're training for an ultra, no amount of mileage you cover in training ever seems enough. You need shoes robust enough to withstand all those long hours on the road. These two will get you from your first training session all the way to the finish line of an ultra marathon.

The most patriotic shoe on the market.

NB FRESH FOAM 1080 COMRADES VERSION (AVAILABLE COMRADES 2017)

The 1080 is the most cushioned model in the Fresh Foam line, delivering a plush, neutral ride – 30mm at the heel, and 23.9mm in the forefoot. Despite a lack of motion-control devices, and the fact it's so high off the ground, the shoe feels stable due to a wide base that flares out on the arch side, and a high-moulded perimeter around the midsole. All in all, a good shoe for a 50km+ race: every year, it's designed with Comrades runners in mind. **244g (women-specific 2016 version; 2017 available from April.)**

MIZUNO WAVE INSPIRE 13 R2 750

The Wave provides the heavy dose of both support and cushioning that suits most ultra runners; the difference to the NB is the springy transition from heel to toe, partly due to the double-fan-shaped wave insert. Together with the NBs, these will get you all the way to the finish line of your chosen ultra. **260g**

THE PARKRUN PB-CHASER

When you started running, you were probably comfortable running in the middle or at the back of the pack. Your dedication has paid off, and now you've set your sights on chasing the top end of the field – you want to challenge your personal-best time, and see how fast you can run.

ASICS GEL DS-RACER 11 R1 700

Once you feel comfortable running in the Speed 600 Ignite, transition to the 187-gram DS Racer – a tried-and-tested, fast set-up for any distance up to the marathon. Stepping out of the well-cushioned Pumas means you'll lose some perceived comfort, but you will gain a more tactile feel for the ground. **187g**

*It's hard not
to run your
fastest in these
speedsters.*

PUMA SPEED 600 IGNITE 2 R2 299

Tipping towards the more cushioned end of Puma's 0-to-1 000 scale. Testers expected a soft ride, and less response than the likes of the Puma Speed 300. But a dual-layer midsole, infused with Ignite foam, a more breathable mesh upper, and a forefoot tread designed for propulsion, mean the Speed 600 is a sharp enough ride to handle the twists and turns of the parkrun. **240g**

THE REGULAR 10-K RUNNER

You love the feeling running gives you after an hour or so out on the road. Training for marathons is not your thing, but you are more than comfortable with around 10 kays – as part of a social run, in training, or on race day. You're curious about trail running. After all, running 10km on the trail will make you so much stronger when you return to the road.

SALOMON SPEED CROSS 4 R2 299

A versatile trail-running shoe, ideal for exploring off-road – the shoe handles muddy, wet and technical terrain well. Stiff and robust, it has a high heel and a 22mm profile, which will give newbies all the confidence they need on their first introduction to trail running. **303g**



SAUCONY KINVARA 8 R2 250

Light, comfortable and cool, thanks to a fine laser-cut mesh upper with plenty of ventilation. The shoe has a simple design, a low heel-to-toe profile, and consistent cushioning throughout. It remains a favourite among our testers, enjoyed by experienced runners and newbies alike. **223g**

THE TRAIL RACER

You prefer racing hard on the trails, but sometimes you bite the bullet and run on the road. Doing hill repeats in your neighbourhood gives you a huge boost when you head back to the wilds.

Also available in a women-specific option, which is rare for racers.

SAUCONY TYPE A R2 000

As with the Brooks Mazama, this shoe is for fast racers. While there is a little support – from the fine-weave mesh and plastic overlays on the upper – the midsole is a flexible, single-density unit, which means the shoe is best suited to light, neutral runners. There's not enough support for trail running, but it's ideal for running fast on the road. It feels similar to the Brooks 5.6mm, because the drop from heel to toe (5.5mm) is only 1mm lower. Also available in a women-specific option – which is rare for racing flats. **232g**

BROOKS MAZAMA TRAIL R2 600

Wear-testers describe the Mazama as snug and stiff. While that may not sound like something you'd want from your dirt-dancing partner, the shoe works surprisingly well at full tilt. A stone shield deflects rocks and snaps back when you flex the shoe, for a fast, racing feel that can be likened to the Saucony Type A – only, the Mazama's shield offers extra protection. **266g**

THE HALF-MARATHON FIRST-TIMER

You're a regular runner, and your training buddies have told you that you simply *have* to do a half marathon. You're comfortable with the idea, and feel ready to take on the challenge.

A combination to make the half-marathon challenge so much easier.

ASICS NOOSA FF R2 200

The Noosas are intended for triathlon, and as such are designed to feel versatile and lightweight over a variety of distances. Extra cushioning comes from the full-length FlyteFoam, which means you'll feel comfortable and supported on each and every one of your three to four weekly training sessions. Despite the cushioning, it has all the benefits of a high-performance shoe. **205g (women-specific version)**

ADIDAS ADIZERO BOSTON 6 R1 899

You've trained in the Asics Noosa, and now you're ready to race. The adiZero Boston weighs approximately the same as the Asics Noosa, and also feels similar. The heel-to-toe transition is smooth and seamless, which means you feel like you're moving more quickly. A heel cup offers stability and a secure fit, which instills confidence. **212g (women-specific version)**

01 / BEXTERS SPORT CRYSTALS (200G) R44 AND LARGE APPLICATION WRAP R180

Bexters Sport Crystals have been used for over 50 years by Australian athletes and physiotherapists, and now they're available in South Africa. They help to reduce swelling, relieve tired muscles and joints, and aid in recovery from injury. The Large Application Wrap helps the Crystals to reach large muscle groups and the knee joint. (A smaller wrap is available for the ankle.)



2

02 / POCKETBANDS R100

If you're wearing a running outfit that doesn't have pockets, this lightweight band is ideal for storing keys. A slit in the bottom makes placing your key into the main holding section easy. The holding section itself is waterproof. Available in a range of colours: black, white, pink and turquoise.



03 / VON SCHER BRA TOP AND SHORTS R700 EACH

This local brand affords women of all shapes and sizes the opportunity to show off their curves. It's a simple concept: look good, and you'll feel good about your run. Sizes range from a South African size 6 to plus-size.

3

Designed to show off your curves!



FOR A FULL LIST OF STOCKISTS, VISIT RUNNERSWORLD.CO.ZA/STOCKISTS.



ASK THE GEAR GUY
Ryan Scott

How do I take great running pictures for social media? – KERRY, Elandsbaai

Every time a new Samsung or Apple iPhone device is launched, it advances the way we take photographs and create videos. The current versions – iPhone 7 and Samsung 7 – contribute much towards helping you look your best in photographs.

Furthermore, apps like Camera+ offer great filters, and specific tools to help you tweak your images to the desired effect. Try: Color

"Have a go at creating real-time feeds of your running."

Splash for creating unique photographs, and Splice for simple video editing.

Video is big in 2017. If you really want to make an impression on your Instagram and Facebook accounts, you need to get nifty with it. Feeling brave? Have a go at creating real-time feeds of your running. Both Instagram and Facebook enable you to broadcast your finish-line feats – #live.

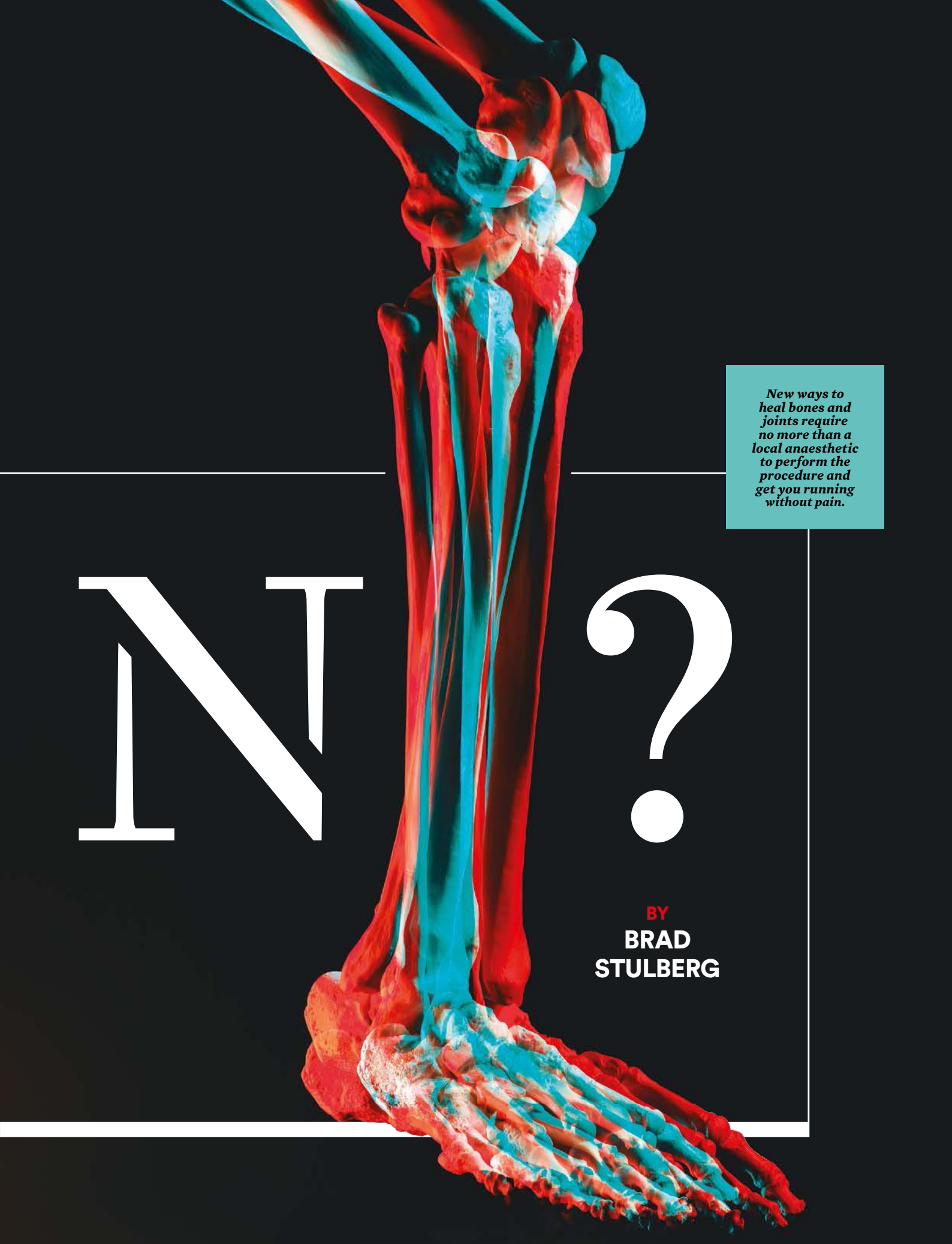
Before you head out the door for a run, ensure you've invested in a smash-proof screen cover for your device. A clip-on lens, like the Olloclip, will transform your creations, giving them extra width and allowing you to experiment with unique camera angles.

RW Gear Editor Ryan Scott is comfortable running on the road and mountain trails alike, and is seldom seen wearing the same pair of shoes twice.



THE **END** OF PAIN

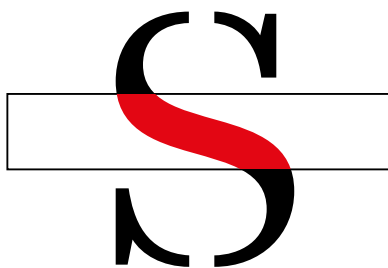
A stubborn injury is a runner's WORST NIGHTMARE. Luckily, sports-medicine experts are developing NEW TECHNIQUES to provide relief – without surgery. Here's a guide to five CUTTING-EDGE THERAPIES.



*New ways to
heal bones and
joints require
no more than a
local anaesthetic
to perform the
procedure and
get you running
without pain.*

N ?

BY
**BRAD
STULBERG**



SPORTS MEDICINE has come a long way since the 1960s, when *Runner's World* was first published. Back then, runners with a muscular or joint injury were prescribed rest, ice, compression, elevation (RICE) – and that was about it. X-rays detected fractures, which usually landed a runner in a hard cast with weeks of immobilisation. Today there are many more diagnostic and treatment options available. From bone scans to MRIs, from biomechanical video analysis to gait retraining, from muscle stimulation to kinesio tape, sports-medicine practitioners have more tools than ever at their disposal to heal runners and keep them healthy.

But that's just the beginning. Researchers are always striving to develop advanced therapies that are more effective and that give athletes with persistent injuries a non-surgical option.

"The field is really at a fascinating juncture," says Dr Joseph C McGinley, a sports-medicine physician and radiologist and clinical instructor in the department of radiology at the University of Washington School of Medicine in the US. "We are starting to treat conditions that once required surgery and significant downtime with minimally invasive therapies."

While the development of cutting-edge treatments is exciting, the research on some of them is young, and the results thus far are mixed, says John Ball, a chiropractic sports physician. "This doesn't mean some of these treatments can't be effective, but they should be used as a last resort, for injuries that haven't responded to traditional therapies."

Of course, it's every runner's dream to stay pain-free so there's never any need for advanced interventions. But in case you aren't so lucky, there's value in knowing what might be available to you down the road – to help you stay on the road.

Stem cells harvested from your own bone marrow may actually help grow new cartilage in your damaged joints.

Platelet-Rich Plasma (PRP)

WHAT IS IT? PRP therapy involves using a runner's own blood to stimulate the healing process in a damaged tendon or joint. Doctors draw a small amount of blood from a patient's arm and spin it in a centrifuge, which isolates platelets and plasma containing natural growth factors and healing proteins, says Dr Jonathan Drezner, a University of Washington School of Medicine sports-medicine physician. The PRP is then injected into the injured area to spur cartilage, tendon, and muscle regeneration.

WHAT DOES IT TREAT? PRP is generally used to treat chronic, ongoing injuries, including hamstring and Achilles tendon problems. "The worse the tendon degeneration is, the better PRP tends to work," Drezner says. He suggests traditional protocols first: ice, rest, biomechanical adjustments, and physical therapy. If those fail, "PRP can be life-changing," he says.

HOW EFFECTIVE? The literature

on PRP describes mixed results, though a review in the journal *Current Pharmaceutical Biotechnology* evaluated the effectiveness of PRP in sports-medicine cases and concluded that PRP may help connective tissue heal even when other treatments have failed. Drezner says the University of Washington Sports Medicine Centre has treated more than 300 athletes using PRP, with positive results in 60 to 70 per cent of cases.

WHO'S HAD IT? Three-time US Olympic Marathon Trials qualifier Michelle Lilienthal reportedly benefited from PRP for chronic high-hamstring pain, and Drezner says he's treated several varsity runners for severe tendon problems.

DOES IT HURT? Drezner says that while the injection may be uncomfortable, "no-one has ever jumped

off the table." Mild soreness for two or three days isn't unusual.

WHO OFFERS IT? Most larger sports-medicine centres.

WHAT'S THE COST? The less-expensive treatments may not use ultrasound to place the injection, which Drezner cautions against for tendon issues. "This treatment is about precision, and ultrasound allows us to be precise."

TREATMENT PLAN? Most runners benefit from a single injection, though some require another, three to six months later. If the issue is not resolved then, Drezner says, PRP probably isn't going to work.



STEM CELL THERAPY

WHAT IS IT? Stem cells are immature cells that have the ability to grow into many different types of cells. In sports medicine, stem cells are harvested and then injected into an injured area, says Dr Jonathan Finno, professor of physical medicine and rehabilitation

at the Mayo Clinic and Medical Director of the Mayo Clinic Sports Medicine Centre in Minneapolis. While PRP therapy stimulates the healing process of tissue that is already there, stem cells may create new tissue. This is why researchers and

physicians think this therapy may help joint injuries caused by worn-out cartilage; in cell cultures, stem cells can grow new cartilage, and if this can happen in a joint, it may prevent the need for a joint replacement. Bone marrow is generally harvested from the hip using an incision and specialised needle capable of penetrating bone. Then, similar to PRP therapy, the bone marrow is centrifuged to separate the stem cells and platelets, which are injected, under ultrasound guidance, into the injured area.

WHAT DOES IT TREAT? Stem cell therapy is most commonly used for tendon, ligament, joint, and muscle injuries that are not responding to other treatments, including PRP, Finnoff says. “I almost always recommend PRP first – it’s less invasive, less expensive, and there is more evidence supporting it.”

HOW EFFECTIVE? The literature on stem cell therapy is relatively scant. The most encouraging studies are in sheep, where stem cells have been shown to regenerate cartilage, in essence reversing the process of osteoarthritis. “This is still very experimental,” Finnoff says. “That said, I’m having runners respond to stem cells, folks who might otherwise need major surgery.”

WHO’S HAD IT? Former American football star Peyton Manning reportedly underwent stem cell therapy in 2011 as a last-ditch effort to treat a bulging disc in his neck. While Manning appeared to recover

eventually, he also had at least one surgery after his stem cell treatment. Finnoff says he’s treated a handful of runners with stem cells, some of whom have had great success.

DOES IT HURT? The bone-marrow-extraction process is typically performed under a local anesthetic or conscious sedation. Therefore, you won’t feel this part. Similar to PRP, the injection of stem cells shouldn’t be very painful.

WHO OFFERS IT? Stem cell therapy is becoming increasingly available, especially at major academic medical centres, although the vast majority of stem cell products are not US FDA-approved. Finnoff recommends finding a physician associated with a college or university who is conducting research and has lots of experience with stem cells.

WHAT’S THE COST? It depends on market demand, the equipment used, and the type of stem cell harvested. Finnoff only recommends it for people with expendable income who have not had success with standard treatments.

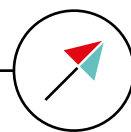
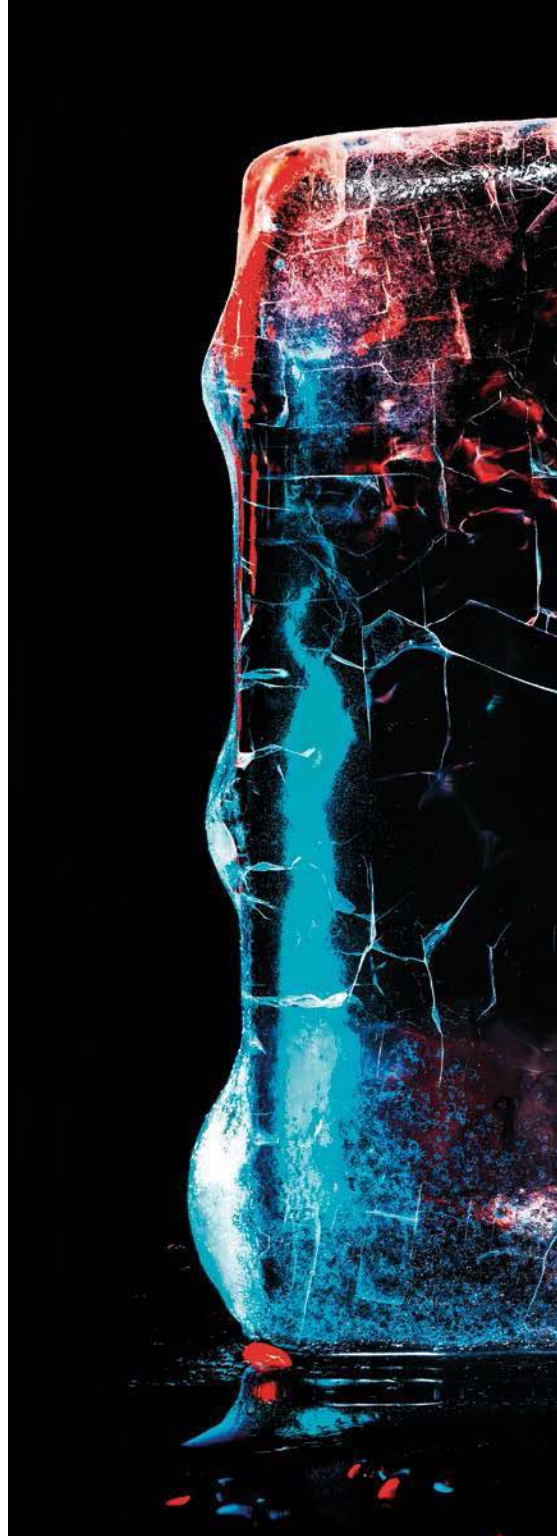
TREATMENT PLAN? Stem cell therapy is usually a one-time thing. “The only time I’ll administer a second injection is if someone had a good, but partial, response,” Finnoff says. “If a runner with osteoarthritis is starting to regrow cartilage, but they haven’t grown enough to run without pain, I’d consider a second treatment.”

McGinley Vascular Pressure Treatment

WHAT IS IT? The same neurotoxin that has been popularised by the cosmetic surgery industry – Botox – is injected under ultrasound and CT guidance

into the problem spot of a muscle compressing bloodflow, effectively freezing it for three to four months. “The goal of this patented procedure

is to isolate the part of the muscle that is causing an issue and use botulinum toxin to turn it off,” says sports-medicine





Botox: it's not just for wrinkles. Runners with debilitating lower-leg conditions have found relief through injections of this neurotoxin.

physician McGinley.

WHAT DOES IT TREAT? Botulinum injections are used to treat two lower-leg injuries: chronic exertional compartment syndrome (CECS) and functional popliteal artery entrapment syndrome

(fPAES). In afflicted athletes, a small part of the calf muscle compresses veins or arteries, which can cause a build-up of pressure in the lower leg (CECS) or a lack of bloodflow to the lower leg (fPAES). The result is

intense pain, swelling, and numbness in the calf, ankle, and foot. Runners with CECS or fPAES once required surgery. Now, another option is to inject botulinum toxin into the area of muscle that is impinging bloodflow. "The invasiveness and risks are minimal, especially when compared with surgery," says McGinley, who is a pioneer of this treatment. Although runners lose some muscle function in the 'frozen' area, it's generally a small loss; and over time, the body compensates.

HOW EFFECTIVE? Using botulinum toxin in this manner is novel; only one study has been published. But that research, published in *The American Journal of Sports Medicine*, found it eliminated pain in 94 per cent of CECS subjects. Although 69 per cent of subjects experienced some loss of strength, the authors reported that this had "no functional consequence".

WHO'S HAD IT? In 2011, Laura Stamp, a recent graduate, could hardly run. She was treated for CECS with botulinum toxin – the first patient to receive this treatment – and went on to have a successful varsity career in cross-country skiing and running.

DOES IT HURT? The injection hurts no more than a flu shot, says McGinley.

WHO OFFERS IT? Though he hopes to train other doctors, at the time we went to print McGinley is the only provider of botulinum toxin therapy. Therefore, runners seeking the treatment must travel to the US, where McGinley treats athletes from all over the world.

WHAT'S THE COST? Depending on the amount of botulinum toxin needed, the entire treatment may cost \$5 000 to \$8 000 (R66 000 to R106 000).

TREATMENT PLAN? Most athletes need a second treatment six to seven months after the first. (This costs about \$3 000, or R40 000.) Then, the portion of muscle that's impinging bloodflow should atrophy, McGinley says, becoming so small that it no longer causes a problem.

DRY NEEDLING

WHAT IS IT? The most mainstream of the therapies described here, dry needling is used by physical therapists who want to reach problematic areas of tissue that lie deep in a muscle. They insert thin (acupuncture-like) needles into tense bands of muscle. When the needles penetrate them, they help relax these bands and release the neurochemicals

that are causing pain, says Scott Epsley, director of physiotherapy and clinical diagnostics for the US basketball team Philadelphia 76ers. "It causes muscles to relax, bloodflow to increase, and the body's natural healing process to activate," he says. "Once the trigger point is released, the muscle quickly begins to contract and function normally."

WHAT DOES IT TREAT? Epsley says he frequently treats runners with lower back pain, knee pain, hip pain, shin splints, and

plantar fasciitis using dry needling.

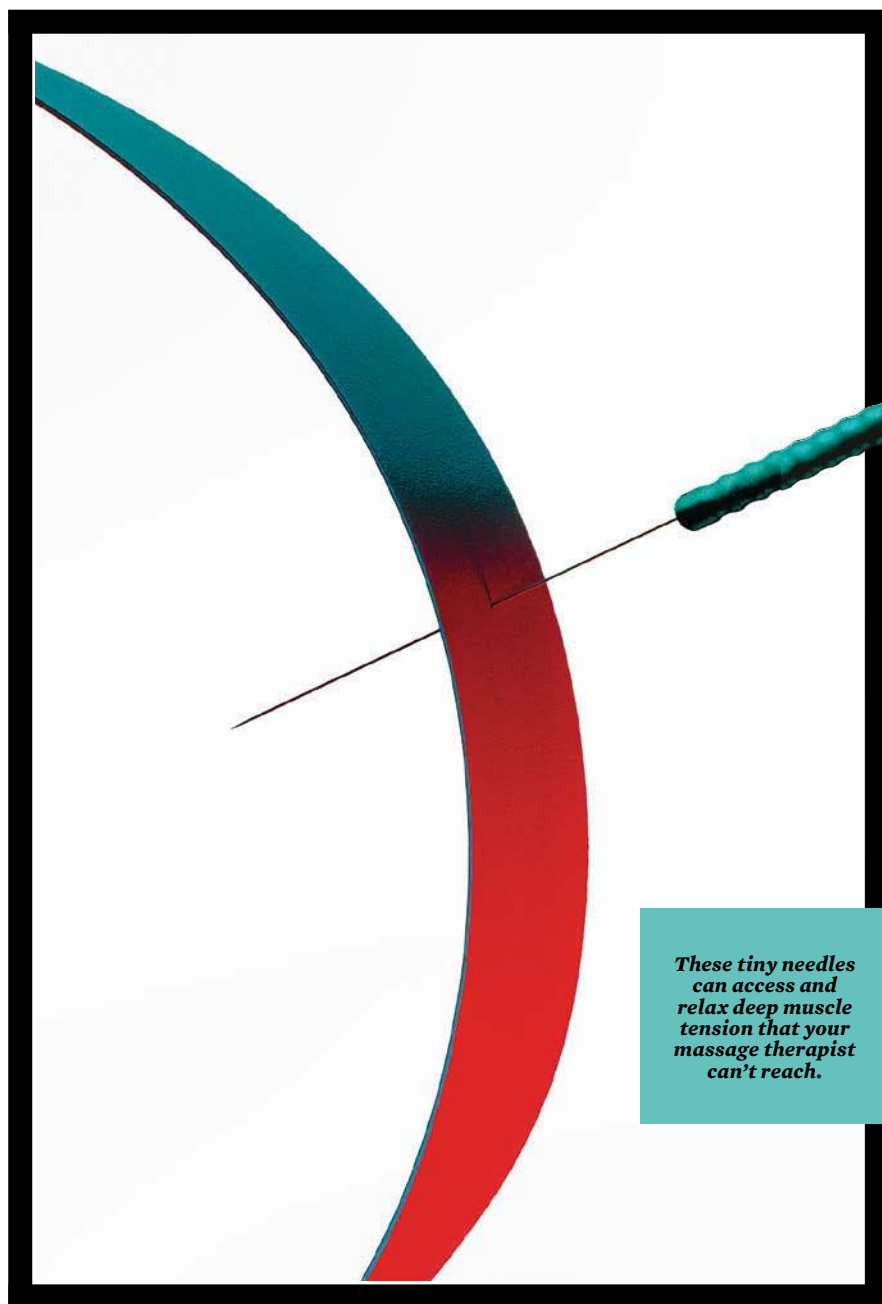
HOW EFFECTIVE? There is a growing body of published evidence showing the benefits of dry needling for soft-tissue injuries.

WHO'S HAD IT? Three-time Ironman world champion Mirinda Carfrae uses the therapy when she is deep in training. While Carfrae says deep-tissue massage work alleviates most of her problems, sometimes she'll have a "super-tight muscle" that just won't loosen up. For these cases, she turns to dry needling, which "can go deeper and only takes a session or two to help the muscle relax".

DOES IT HURT? The needles are very fine, so there is minimal discomfort upon entry. Once the needles penetrate the trigger point, you can expect a dull pain, similar to someone pressing on a bruise, depending on the location. The needles remain in the trigger point for five to 15 minutes, or are inserted and withdrawn from the area several times. There may be some soreness for a day or two following the treatment, but "nothing so bad", according to Epsley – with one exception: the calves. Epsley is judicious about needling this area, especially if a runner has an event coming up or needs to resume training immediately. "The calves tend to be more sore than other areas for a couple of days after needling," he says.

WHO OFFERS IT? Physical therapists are needling in South Africa. That said, few use ultrasound to guide the needle, something Epsley does and which he says "leads to more precise placement and thus better outcomes". (A special certification is required for therapists to use ultrasound; Epsley believes more therapists will seek this certification, so the use of ultrasound should proliferate.)

TREATMENT PLAN? Epsley says runners require anywhere from two to seven sessions over the course of a few weeks. If the issue doesn't improve after multiple treatments, he says, "something other than a soft-tissue issue, like a stress fracture, may be causing the problem."



COMING SOON

What sports-medicine docs are working on next

► 3-D PRINTING

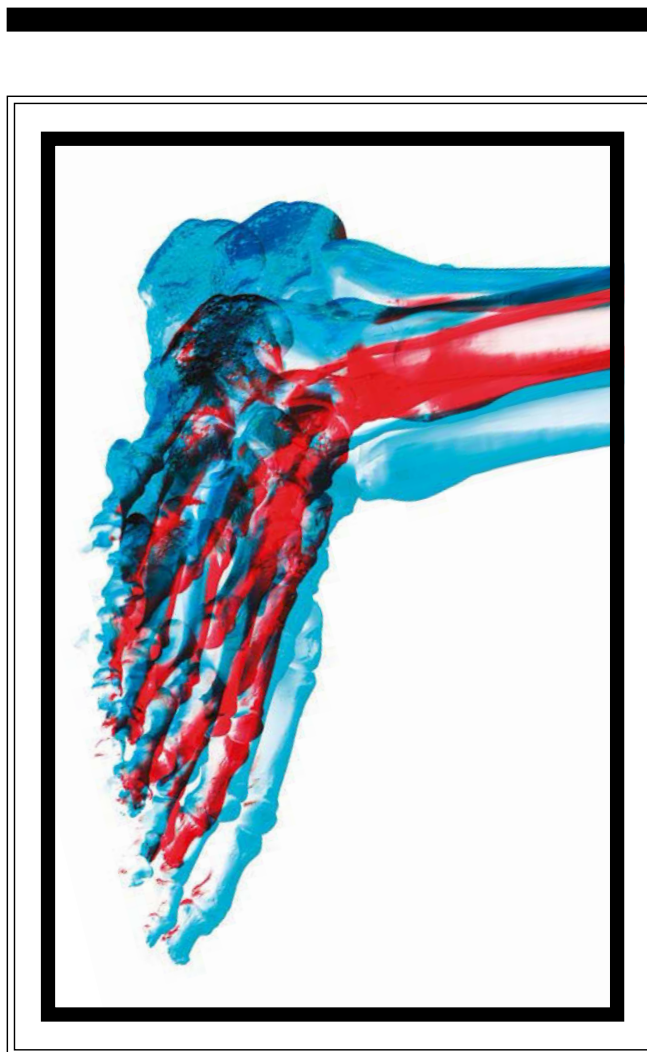
At some point in the future, braces and casts will be custom printed to the exact dimensions of a patient's body, says Dr Mark Davies, an orthopedic surgeon at Regional Medical Centre of San Jose in California in the US. And way into the future, he says 3-D printing may even be used to print organic cellular material, such as ligaments, cartilage, and tendons.

► TISSUE ENGINEERING

Today, a torn ligament is sewn back together or replaced using tissue harvested from another part of a patient's body or a cadaver. Tomorrow, Davies says, collagen (the protein that makes up connective tissue) may be grown out of naturally occurring biological agents.

► ANABOLIC AGENTS

Human growth hormone (HGH) and other anabolic agents may be used to speed the recovery process. This is controversial since it blurs the lines between sports medicine and performance enhancement, and could also have negative side-effects. Mark Cuban, the owner of the US basketball team Dallas Mavericks, runs a foundation that is funding a study at the University of Michigan, investigating the use of HGH following ACL-repair surgery.




Using a bone-stimulator kit at home can help you avoid surgery for a fracture that won't heal – but the treatment could take three to four months to work.

HOW EFFECTIVE? A number of studies support it as an effective treatment. Pribut has found this to be true in his clinic, too. "It's not that ultrasonic bone stimulation speeds up healing of common stress fractures," he says, "but for ones that fail traditional therapy, or with the fifth metatarsal, it definitely helps."

WHO'S HAD IT? Rich Kenah, a former Olympian at the 800-metre distance, used a bone stimulator to help heal a navicular stress fracture in his foot. "The stress fracture healed, I returned to make an Olympic team, and I still run pain-free today," Kenah says. "I'm glad I chose this route over surgery."

DOES IT HURT? Some people report a slight warmth, but most patients feel nothing. "All the vibration is deep and internal," Pribut says.

WHO OFFERS IT? Over the past decade, bone stimulators have become widely available. Most sports-medicine physicians should be aware of and have access to the technology, Pribut says.

TREATMENT PLAN? Pribut suggests runners use the stimulator for 20 minutes per day over three to four months. Given that the process takes so long, Pribut says, "many elite athletes elect to have surgery instead." 

Low-Intensity Pulsed Ultrasonic Bone Stimulation

WHAT IS IT? Ultrasonic waves activate cells near a bone fracture to stimulate the healing process, says Dr Stephen Pribut, a sports podiatrist who is a clinical assistant professor of surgery at George Washington University School of Medicine & Health Sciences in the US. Patients are given a small ultrasound kit to use at home. It straps onto the fracture site, usually on a foot or shin, so patients can sit and read or watch TV while undergoing treatment.

WHAT DOES IT TREAT? Bone stimulation is generally used if a shin or foot bone fails to heal after four to six months of traditional treatment. However, it's sometimes used as an immediate treatment of fifth-metatarsal fractures and stress fractures, since this particular bone tends not to heal without stimulation or surgery. "If you've reached the point where you need to use a bone stimulator, this probably means that you'll also be in a soft cast or on crutches," Pribut says.

MASTERS
SPECIAL

MASTERING THE AGES

BY RICHARD A LOVETT

Masters athletes can stay strong by adapting at each milestone. We'll show you how to get better with age.

35-44 45-54 55-64 65-74 75+



Running is a lifelong sport. You can start in school and keep going as long as you can put one foot in front of the other. You mature, set goals and break PBs, but there comes a time when the body moves beyond its peak. This process begins in our 30s (except for those who took up running later in life and are still improving). The rate of decline increases to about 0.7 per cent per year through our 40s, 50s and 60s. As you age your V02 max will reduce and your muscle mass decreases, while wear and tear and the legacy of injuries make you less flexible. Healing takes longer, including recovery from hard workouts.

But there is still lots to celebrate about being a masters runner. "Humans are well adapted to run into late middle age," says Daniel Lieberman, an evolutionary biologist at Harvard University. He says our ancestors appear to have evolved to continue running or hunting well into today's masters years. "Hunter-gatherers often live into their 70s or even 80s, and they remain very active," he says.

However, you will still need to adjust your training to the realities of getting older. Our guide will show you how those adjustments should evolve as you progress along the masters path.

35 to 44



Injuries can be more frequent, and will take longer to heal.

It's tempting to deny that age has any effect at the lower end of the masters range. After all, Jo Pavey (see page 70 for her tips) won the European 10 000m title at the age of 40, while US marathoner Meb Keflezighi's PB win at Boston came only weeks before his 39th birthday. Similarly, the two oldest Olympic marathon gold medallists, Carlos Lopes (1984) and Constantina Dita (2008), were both 38 at the time of their wins. But we should consider these results as outliers, rather than the norm.

Some spend their early masters career bemoaning every race as a new personal worst. Others embrace it, counting the days until their 40th birthday, when they have a chance to set records in a

new category. Amy Begley, who was a 2008 Olympian in the 10 000m and is now a running coach, says every athlete has to deal with change. "There was a high point, and now they have to reset the goals," she says. Her husband, Andrew, also a coach, faced similar issues earlier than most, when a knee injury in his 20s took him out of elite competition. "My advice is to learn to race against yourself," he says.

One way to measure that personal competition is by using predictor workouts, then trying to beat the prediction. Andrew Begley used the Mile Down workout, starting with 1 600m, then working down: 1 200-800-600-400-300-200m. "When you add up all of the times for

this workout, I could run within 20-30 seconds of that for a 5-K race," he says. "So when I got into the race, I was trying to run a little faster than predicted. If I could look myself in the mirror after my race and tell myself that I worked hard and didn't give up, it was a victory."

In terms of training, the changes at this early stage in masters running are relatively minor. Realise that injuries can be more frequent and will take longer to heal. "Extra recovery time needs to be built in," says Amy Begley. "You may wind up doing more cross-training." And women, in particular, need to be aware of the risk of declining bone mass. "I encourage lifting exercises to maintain density in the upper body and spine," she says.

PRIORITIES

- ▶ Look forward to being competitive in a new age category.
- ▶ Learn to evaluate results in relation to your workouts and your effort.
- ▶ Spend longer on your warm-up and warm-down.
- ▶ Start to add extra recovery time and cross-training days.

KEEP ON RUNNING

Running economy doesn't necessarily deteriorate with age. In a study published in 2011 in the *Journal of Strength and Conditioning Research*, runners of various ages were analysed for running economy, lactate threshold and muscle strength. They showed differences for the latter two metrics, but no differences in economy were found between the age groups. Work to maintain yours by regular strength training (see p74).



45 to 54

PRIORITIES

- ▶ Find motivation with each age group or in beating your PBs with age-grading.
- ▶ Use newly found time to train more.
- ▶ Work on strength and flexibility, particularly in the calves and hip flexors.
- ▶ Run on soft surfaces often.

KEEP ON RUNNING

Running can reduce the hot flushes that come with menopause. Research from Pennsylvania State University, US, found both objective and subjective markers of hot flushes decreased after a 30-minute moderate-intensity treadmill run.

While the increase in your recovery time

and the decline in top performances can't be ignored, this age can be one of the most rewarding of a runner's life. Each age group is a chance to be the young runner again, providing anticipation as the turn-year approaches and offering the thrill of setting new marks as you enter the new group.

Some people who had busy family lives when they were younger may find new time for training. Another motivation is simply to beat the age-grading curve. In fact, you can channel the energy you once put into chasing PBs into chasing age-graded PBs, with similar, if not greater, satisfaction as you defy the sands of time.

But this is also the period when masters reality sets in. If you haven't already adjusted your training to your changing body, you're in danger of spending this decade fighting

off injuries. "Keep your health before your fitness," says running coach Tom Cotner.

Part of staying healthy is maintaining muscle strength and flexibility. Two muscle groups of particular importance are the calves and hip flexors.

For the calves, the most common problems are inflexibility and muscle pulls. But ageing calves can also lose power. To see if this applies to you, Cotner suggests finding a steep hill and running up it, counting strides. He uses a hill that's about 500 metres long, with a gradient of 12-14 per cent. The fewer strides it takes to cover the course, the more power you have in your calves – Cotner recommends you repeat this test on the same

hill periodically to see whether you're improving, declining or maintaining power.

As for hip flexors, they are the muscles that help lift your knees and swing them forward between strides – meaning there is a strong correlation between hip flexor strength and running speed. But they can lose strength and flexibility, especially if your job entails lots of sitting.

Tight hip flexors can also lead to hamstring problems. That's because the hip flexors attach to the pelvis and to several vertebrae of the lower back. When they get tight, says Cotner, they change the tilt of the pelvis. The result is less ability to activate the glute muscles, less hip extension (the upper

leg going out behind you) and hamstrings that are overstretched and weak – so much so that Cotner sees the combination of these problems as a common syndrome. The solution to any of these problems is strength and flexibility training – see p74 for a masters-tailored workout.

Other training tips for runners in this age group are simpler. Most coaches, for example, recommend spending as much time as possible running on soft surfaces. Cotner advises that even tempo runs should be done on a track, trail or other soft surface.



55^{to} 64

But this doesn't mean you can't still continue to strive for improvement. Running, according to Ray, is more about meeting your own goals than it is about beating others, which means the drive to constantly seek more from yourself should be 'almost essential'.

Meanwhile, you will need to make some training changes. One is to recognise that just as masters runners don't recover as easily as open-class runners, older masters runners don't recover as quickly as younger ones. You have to become more adept at monitoring and judging your recovery, not relying on timing rules or other runners' experiences. "The key is only to do the next workout when you're recovered," says Cotner. "In some cases it's only a day or two longer than when you were in your 30s and 40s. Sometimes it can be a whole week."

Running coach Mark Cleary

If you're one of those people who is never happy with your race results, this might be a good time to start acknowledging the successes you've already had. "I am appreciating my past times more than I did when I ran them," says Suzanne Ray, who in 2014 set the 60+ course record at the California International Marathon with a 3:24.01, aged 62. "The key to longevity in running is joy," she says.

Running is more about meeting your own goals than it is about beating others.

PRIORITIES

- Make allowances for every year of ageing.
- Try cutting back on overall weekly mileage to reduce injury risk.
- Become expert at monitoring your recovery; no single formula works for everyone.
- Take advantage of established fitness to maintain performances with less effort.

KEEP ON RUNNING

Get strong to run strong. A 2013 study in the *European Journal of Applied Physiology* found that masters runners following a maximum strength-training programme for six weeks showed a six per cent improvement in running economy compared with those who chose a moderate-resistance plan or just ran.

adds that this is a good time to start taking extra rest days (even if that means having two or three days off in a row) if you feel a warning twinge. "I've learned that being in the game is more important than trying to push and not being able to compete," he says.

Tom McGlynn, founder of the online training programme Runcoach, has devised a rule of thumb he calls 60/80. It applies to runners of all ages (McGlynn is in his 40s) but is particularly important to older masters runners worrying about their inability to put in the high volumes they once did. What the 60/80 rule means, McGlynn says, is that even massive cutbacks in training don't slow you down as much as you might fear. "I can do 60 per cent in terms of volume and intensity and still be 80 per cent as good," he says. However, to make this work, he says, you need to be careful not to increase your speedwork in an effort to compensate for reduced volume. "A lot of people do 60 per cent of the volume and then they train so hard they wind up with Achilles tendinitis and other problem," he says.



65^{to}74

Despite what Lieberman says about our distant ancestors' staying power, this is an age where simply lining up at the start of a race is something most of your peers would never attempt. But if you're careful and dedicated, it's still possible to be good. One person who's discovered this is running coach Mike Reif. "I've been running for over 55 years and [at 65] got motivated because of the new age group," he says. He lost weight and began running with the athletes he coaches. He also remembered his youth, when he was on a national championship team. "My mindset went back to that," he says. "If you can make that transition, you can get motivated at any age."

It's also useful to find a club. Reif's club competes in competitions where masters events can have sizeable fields, even in the higher age groups.

Work on your stride length. Studying 78 men at the 12km mark of a marathon,

PRIORITIES

- ▶ Find company: join a club and look for races with strong masters fields.
- ▶ Define success on your own terms.
- ▶ Train cautiously, recover well and listen to your body.
- ▶ Focus on balance, coordination and flexibility.

KEEP ON RUNNING

It strengthens your joints and hips. In 2013 the US National Runners' Health Study found runners have about a 20 per cent lower risk of osteoarthritis and hip replacement than walkers. It also found higher-mileage runners (25-35 kilometres per week) have a 16 per cent lower risk of osteoarthritis than those who run fewer than 13km per week.

Recovery and listening to your body becomes ever more important.

researchers found the stride length of runners over 60 was 17 per cent shorter, on average, than those of 40- to 49-year-olds. To lengthen your stride, stretch after every run, concentrating on your hamstrings, calves and lower back. In addition, try throwing some 10- to 15-second pick-ups (bursts of faster running) into your regular runs to stretch out your muscles.

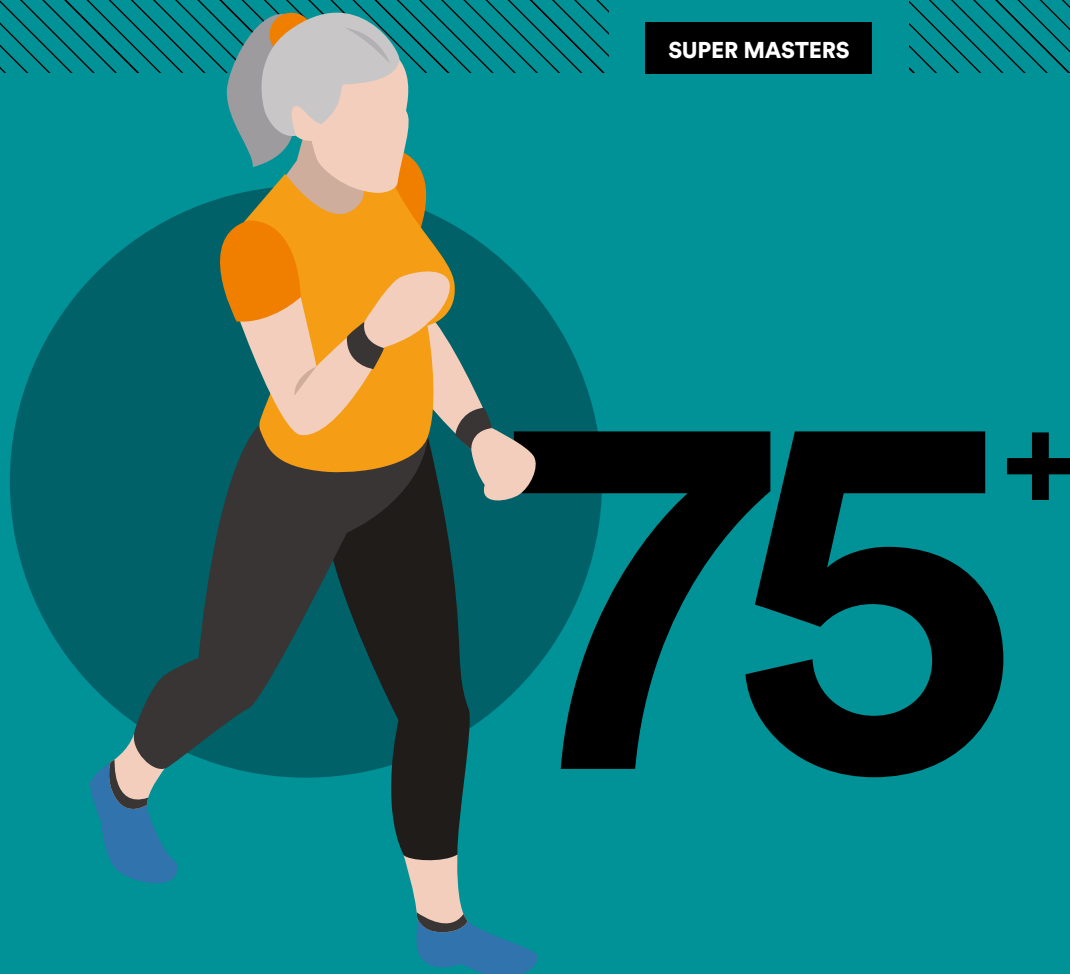
It's also increasingly important to pay attention to strength training. The average person steadily loses muscle mass after the age of 30 – this can mean a decline of 30-40 per cent by the age of 70. Just because you're a runner, don't think you're immune to this fall-off.

It's worth building some balance and coordination moves into your routine. Try

the 'flamingo': stand on one leg for one minute, with a finger on the back of a chair to stabilise yourself. Then try it without finger support, and finally try it with your eyes closed.

Recovery and listening to your body is ever more important. Joe Kregal, a 70-year-old who can still run a 22:48 5-K, monitors his body's twinges and reacts accordingly. And he also believes in active recovery, like swimming and biking.

And most important of all, pay no heed to the naysayers. "Unless there's something anatomically wrong with you, you can get some pretty good speed going," says Kregal. "The problem is that society wants to close you down. Don't give up when people tell you to."



PRIORITIES

- ▶ Introduce more walking and run/ walking interval workouts.
- ▶ Do more pool running.
- ▶ Reduce racing and training volume.
- ▶ Wipe the slate clean and start afresh every day.

KEEP ON RUNNING

Regular running slows the effects of ageing. According to research from the Stanford University School of Medicine, US, which tracked 500 older runners for more than 20 years, masters runners have fewer disabilities, a longer span of active life, and are half as likely as ageing non-runners to die early deaths.

Kregal's advice to fellow 70-year-olds applies double to the age divisions above him. For about two decades, beginning in the late 1980s, John Keston (now 90) was the dominant runner among his peers, setting age-group records in a range of distances. In his 70s he trained fairly traditionally, but as he approached 80, he found that rest had become so important that he shifted to a three-day workout rotation, running one day (up to 25km), then walking 10km on each of the next two days. "I also raced a lot, using the races as my speedwork," he says.

Running only every third day was a radical change from his prior training formula. But it worked, so well, in fact, that at 80 he set world bests for

the mile (1 600m), the 3 000m and the half marathon.

Running coach Jeff Galloway recommends breaking up workouts into segments. Instead of running for 30 minutes, for example, do three 10-minute runs, with a five-minute easy walk

marathon. Not fast, but it's the equivalent of a 30-year-old's 1:43. At his age, he says, training becomes more and more like work, and it gets increasingly difficult to stay in shape. You also have to get used to the fact that you're slower than you'd like

You have to get used to the fact you're slower than you'd like to be.

between segments.

If injury hasn't already forced you to try pool running, do it now. With no impact on your joints and offering the aerobic benefits of running, striding through the water at least once a week will help stave off injuries.

Marv Metzger, 87, still manages a 3:26 half

to be. On a recent training run, he says, he noticed his shadow and "it looked like I was walking". He's also had to reduce his racing (because otherwise he'd spend all of his time recovering) and cut back on his training. "I'm only doing about 25km a week these days," he says. "A few years ago I did 95." But he

plans to keep going, even if he eventually winds up walking. "Unless something serious happens, I'm still going to be out there moving," he says.

Reif echoes the same sentiment. "Use it or lose it," he says. "It's very important to stay active and healthy. I am very motivated to live a healthy lifestyle for the rest of my life." And from a much younger masters' perspective, Cotner notes that as you reach each new age group, everything readjusts. "But that's what masters running is," he says. "You're reinventing yourself every season. We wipe the slate clean and start again." ▶

IN THE *VERY* LONG RUN...

10 000-metre runner **Jo Pavey** on how the principles behind her long career can help all older runners.

1/ SET GOALS FOR YOURSELF

My goal for 2016 was to qualify for a fifth Olympics. I trained hard through winter, but I got a chest infection before the UK trials in May. I still ran, but the race went badly, as I expected. It was then a race against time to prove my fitness, and I struggled to get my health and form back. I had one last chance to show form, in the 10 000m at the European Championships in June – which, thankfully, I did. It was a battle this time round, but I got there in the end. I love the challenge of having an event as my goal. As I work towards it, I have mini-goals along the way – such as other events or targets in training. Enjoy the journey of working hard to make progress. Usually there are ups and downs along the way, but learn to relish the challenge of trying to overcome difficulties.

2/ MAKE AGE AN ADVANTAGE

One of the great benefits of being an older athlete is that you can use your experience to your advantage. I often wish I could've had the knowledge I've gained over the years at the start of my running career. It's not just learning about running as a sport that's helpful, it's also knowing about your own body and what works for you in training and racing. As the years have gone by I've become more aware of how the times I'm hitting in training relate to what shape I'm in, so I'm far better informed regarding which aspects of my training need improving in the lead-up to an event. Even if you

have taken up running later in life and are relatively new to the sport, your maturity can help you to make wise decisions in your approach to health and fitness.

3/ WORK ON YOUR FLEXIBILITY

Maintain your overall flexibility to help prevent injury and avoid age-related deterioration in your stride length. Lightly stretch all the muscle groups before your run, and more thoroughly afterwards. Before a hard session or race, stretch after both the warm-up and warm-down. I also go through all my stretches each night before I go to bed. It doesn't take long and allows me to identify any muscle tightness, and reduces tightening up overnight.

4/ EAT A HEALTHY DIET

Eat a good, balanced diet, with plenty of protein, carbs and fresh fruit and vegetables to ensure you get the nutrients and fuel to recover from training and to be ready for your next session. You don't have to deny yourself treats, it's all about a healthy balance.

I've always eaten well, which I think is one of the factors that has enabled me to keep competing. During my time as an athlete, I have seen the careers of promising distance runners cut short because of excessive dieting.

5/ LISTEN TO YOUR BODY

It becomes more important to listen to your body as you get older. It may take longer to recover from hard workouts, and you probably have lots of other things going on in your life, too. I've become better at making decisions on a day-by-day basis, reacting to circumstances and modifying my training accordingly. These days I don't stress about taking an extra day between hard sessions if I need to, or



changing a workout if I have a niggle. If you can, try to have a regular massage – I find them crucial for recovery, and to reduce the likelihood of injury.

6/ RUN OFF-ROAD MORE OFTEN

Avoid doing too much of your mileage on the roads. When you can, make the effort to run on good trails or grass to reduce the pounding on your joints. I do a bit of road running in training, but I do the bulk of my mileage on a canal towpath or in a forest. It does involve a drive, but I believe it's worth it to protect

my joints and muscles. It's also more enjoyable to run in beautiful locations.

7/ FIT RUNNING INTO YOUR LIFE

As you become older your life circumstances can change, whether that's juggling family life or taking a different career path. Allow yourself to improvise and be more flexible with your training. I've become more adaptable with the time of day I train, in order to fit sessions around the needs of the kids. I've also found great motivation in being able to keep fit as a family – it makes training so much more

Injuries are part of the sport, but how you deal with them can affect the impact they have. Be positive and maintain the belief you'll return to fitness.

enjoyable. My little boy, Jacob, goes on his bike, while my little girl, Emily, goes in the running buggy or on the back of my husband's bike. To help me fit my training in, we also invested in a home treadmill. People are amused, because it's in a cupboard-type space; they joke that I must be really motivated to train in there.

8/ DEAL WITH SETBACKS

At the beginning of my career, just after I'd made it to my first senior international championships, I had a serious knee injury that required surgery. It cost me two and a half years out of the sport, and it looked like my career was over before it had really begun. Every day I focused on my goal of returning to competition. There were setbacks as I tried to overcome the injury, but I made it back and competed in my first Olympics, in Sydney.

As runners know, injuries are part of the sport, but how you deal with them can affect the impact they have on you. Don't wallow in frustration – be positive and proactive, and ensure you maintain the belief you'll return to fitness. Get the right advice and treatment to ensure you're doing the right things to recover as quickly as you can. If possible, keep training, changing the activity you're doing if you have to. If you can't run, do a workout in the pool, either swimming or aqua running, or work out on a spinning bike or other cross-training machine. Depending on your injury, you may also be able to continue with a small amount of running on a forgiving surface.

9/ MAINTAIN PERSPECTIVE

Remember, running should be fun, not something that adds worry to your life – so always try to enjoy it. Many worse things can happen than a bad session or race. Becoming a mum definitely helped me to put any worries about running into perspective. When I was young, if I had a track session in the evening, I often found myself worrying all day about whether I would hit my planned targets. Now I try as hard as ever when I'm at the track, but the rest of the time I have other priorities, juggling my life with a young family. If a race doesn't go well, my little ones are soon there to keep me happy and always remind me what's important. Having that balance in my life has made me happier, and enabled me to enjoy my running more. ►

FUEL TO BE KIND

MASTERS
SPECIAL

Looking to boost performance as the years go by? Smart nutrition can make all the difference.

Just as late nights take more of a toll as you get older, so does poor nutrition. If you're feeling more tired than usual or taking longer to recover from hard workouts, it could be time to look at your diet. Fortunately, there are no new rules to learn. "It's not that your dietary needs differ greatly as you pass 40," says John Brewer, professor of applied sports science at St Mary's University in the UK. "But if you want to recover fast and stay healthy, you need to take nutrition a bit more seriously." Here's how.

WEIGHT MATTERS

If you want to see gains in your performance, not on your waistline, now's the time to think about your kilojoule intake. "Weight gain is easier as the years pass," says Brewer. Older runners' resting metabolic rate decreases, so if you continue to do the same mileage, you would need to reduce your kilojoule intake to stay at the same weight. "Step on the scales weekly," says Brewer. "If it's creeping up month by month, even by a little, take action."

Dr Carrie Ruxton, dietician and spokesperson for the Health Supplements Information Service (HSIS), and a keen mountain runner, agrees: "Lower muscle content and higher fat content in the older runner's body means fewer kilojoules

are needed."

"Think about where you get your carbs from," says sports dietician Laura Clark (lecnutrition.co.uk). "Yes, you could fuel a run with a handful of jellybeans. But wholegrain toast with peanut butter, or a banana and a piece of cheese, would pack in more nutrients. Fruit, vegetables and dairy are overlooked as sources of carbohydrate. And they are also packed with vitamins, minerals and antioxidants."

PROTECT WITH PROTEIN

"Older runners have to fight to keep their muscle mass, as its decline is one of the first age-related changes in body composition," says Ruxton. This process – sarcopenia – begins around 40 and accelerates after the age of 75. "This makes protein, and the nutrients that support protein synthesis in the body – vitamins B6 and B12, C, folate and magnesium – essential dietary components for the masters runner."

It's not that you need more protein than a younger runner – you just need to be vigilant about getting it at each meal. "The key is spacing your intake out over the course of a day," says Clark. As a bonus, protein is the weight watcher's friend, as it makes you feel fuller for longer, and muscle burns more kilojoules than fat.

Opt for real food sources: lean red meat (which also provides iron, zinc and B vitamins, all



20 BEST FOODS FOR MASTERS RUNNERS



5 best protein-rich foods

- ▶ Chicken
- ▶ Greek yoghurt
- ▶ Nuts
- ▶ Eggs
- ▶ Lean red meat



5 best foods for antioxidant and vitamin content

- ▶ Broccoli
- ▶ Blueberries
- ▶ Bananas
- ▶ Tomatoes
- ▶ Sweet potato



5 best foods for hydrating

- ▶ Watermelon
- ▶ Cucumber
- ▶ Citrus fruit
- ▶ Milk
- ▶ Green tea



5 best foods for joint and bone health

- ▶ Dairy
- ▶ Oily fish
- ▶ Turmeric
- ▶ Flaxseeds
- ▶ Green leafy vegetables

WORDS HANNAH EBLETHITE PHOTOGRAPHY LEVON BISS, GETTY



**TIN IT TO
WIN IT**
Tomatoes are
packed with
heart-healthy
antioxidants

useful for runners), chicken, fish, soya, dairy, beans, nuts and seeds. "Proper recovery is key, as your body doesn't bounce back as quickly," says Clark. "So if you're finding your muscles ache more between workouts, optimise refuelling by taking on food that offers 40g carbohydrate and 10g protein within an hour of training." Try beans on toast, cereal with milk or a homemade fruit smoothie made with milk and a scoop of protein powder.

SUPPORT YOUR SKELETON

Bone-mineral density is lost

with age, especially in women after the menopause, when osteoporosis becomes a risk. "Calcium is the main bone mineral," says Clark. "Meet your daily needs with a good intake of dairy, tinned fish, pulses, prawns, dark-green leafy veg, nuts and seeds, and fortified non-dairy milks (bear in mind that if it's organic, it can't be fortified). To get the 200mg RDA (recommended daily allowance) of calcium, you need three servings of dairy. That could be 200ml milk, 30g cheese or 150g yoghurt."

Research shows omega-3 essential fatty acids, found in oily fish and flaxseeds (and their oil), are good for joints, increasing lubrication and acting as an anti-inflammatory. The spice turmeric is also emerging in research as a go-to ingredient for athletes, thanks to its potent anti-inflammatory properties.

THE NUTRITION RAINBOW

Oxidation – the degradation of the fatty acids in cell walls – also increases with age. Because

antioxidant capacity is linked to endurance performance, masters runners can benefit from increasing their intake of antioxidants, in particular vitamin C (in citrus fruit) and selenium (in Brazil nuts). The potassium, vitamin C and lycopene content in tomatoes all support heart health. High potassium intakes are also associated with protection against loss of muscle mass and preservation of bone-mineral density. Concentrated forms of tomatoes, such as passata and juice, are particularly good sources of potassium.

"People in their 40s and 50s often have better diets than younger people, but deficiencies remain, particularly in vitamin D," says Ruxton. "And around half of adults don't meet the recommendation for selenium, while intakes of magnesium are low in 10-20 per cent of people."

Our experts agree that the best way to ensure a broad spectrum of vitamins, minerals and antioxidants is to eat a varied and balanced diet, including a rainbow of fruit and veg.

"It would also be wise to take a daily multivitamin and mineral supplement as health insurance," says Ruxton. "That way you'll know you're getting 100 per cent of your recommended daily allowance for the nutrients mentioned, and you're unlikely to need supplements."

An exception to that might be an omega-3 supplement. As well as the joint-health benefits, it may also help treat sarcopenia. A 2011 study in the *American Journal of Clinical Nutrition* reported that when 16 healthy older adults were given corn oil or omega-3s for eight weeks, the omega-3 group showed increases in muscle formation.

The last word is consistency: "Think about nutrition at every meal, particularly breakfast and lunch," says Clark. "Lots of people think they can correct a bad day's eating with dinner alone. To get that edge, this is what must change." ►

MASTERS CLASS

MASTERS
SPECIAL

With the right training, you can maintain your strength as you get older.

The bad news first: our muscles get weaker as we age. Between 40 and 80, people can lose up to 50 per cent of their muscle mass. "This reduces our ability to handle stress at the joints and absorb ground forces," says Gareth Cole, performance coach at Third Space health clubs (thirdspace.london). The good news is that running, and working on your strength, can slow this process. Research in *Medicine and Science in Sport and Exercise* in 2010 found that on average, masters runners had 140 motor neuron units in their shin muscles, compared with 150 in a group of younger runners (average age of 25) and just 91 for a group of sedentary older people. This do-at-home programme from Cole will help masters runners maintain strength and guard against age-related muscle decline.



GLUTEUS MEDIUS:

Sitting on a roller (with it placed just below your coccyx), cross one ankle above the knee of the other leg, and roll the glute of the bent-leg side.

Do 20 rolls.

FOAM-
ROLLING

1/ WARM UP

The following moves are designed to raise the heart rate, activate specific neuromuscular junctions and mobilise the joints. Perform for 5-10 minutes.



CALVES

Sitting on floor with your legs straight, place the roller under your lower legs, just above your Achilles tendons, and roll over it with your hips off the floor.

Do 20 rolls.



ITB (ILIOTIBIAL BAND)

Lying on your side, with the roller just above your knee, and using your forearm for balance, roll all the way up to your hip and back down again.

Do 20 rolls on each side.



LEG SWINGS

Using a rail or wall for balance, stand on one leg and swing the other leg, progressing to a full range of motion for both side-to-side and front-to-back swings.

Do 10 reps on each leg.



THORACIC SPINE ROTATION

Standing in a split stance (one foot placed in front of the other), lift your arms out to your sides to shoulder height and rotate your upper body from side to side.

Do 20 reps.



SMALL CALF RAISES

Stand tall, with your feet together, your legs straight and arms held loosely by your side. Now, slightly push your heels off the floor, then return.

Do 20 reps.



ECCENTRIC CALF RAISES

Target the calf muscles. With your feet together and legs straight, push your heels off the floor to the highest point of your tiptoes, then take one leg off the floor and lower down to the floor slowly (five secs).

2 x 20 reps.



BRIDGE

Targets the hamstrings and adductors. Lying on your back, knees bent and squeezing a foam roller between your knees, push your hips up and hold, forming a straight line from knees to upper back.

2 x 20 seconds.



SIDE-TO-SIDE PLANK

Targets core muscles. Hold a side plank for five secs. Then roll into a normal plank and hold for five secs. Then roll onto the opposite side and hold for five secs. Rolling back to start position is one rep.

2 x 5 reps.



SINGLE-LEG KNEE FLEXION

This targets the quadriceps and muscles that support the knee. Stand on one leg and raise the other. Now, alternately bend and straighten your standing leg slightly. Keep your upper body 'tall'.

2 x 20 reps.



SINGLE-LEG DEAD LIFT

Targets the hip extensors (glutes), which predominantly produce the force on push-off. Standing on one leg, bend your knee slightly and bow forward with a straight back, keeping your hips high and level.

2 x 12 reps.



PRONE EXTENSORS

Targets back, shoulder and hip extensors. Lying face down in a 'Superman' position, lift your left arm and right leg a few centimetres off the floor for five seconds, then swop sides. That's one rep.

2 x 10 reps.

2/ CONDITIONING

Do these moves two (or, if possible, three) times a week, with a minimum of 48 hours between each session. (Remember, you'll be running, too.)



Rock and roll:
We're all sure-footed at the start of a race. How about 100 hours later?

INCONCEIVABLE

EXPEDITION RACING IS CONSIDERED
THE ULTIMATE TEST OF HUMAN
ENDURANCE. SOUTH AFRICAN TEAM
PAINTED WOLF CAME FOURTH AT THE
2016 ADVENTURE RACING WORLD
CHAMPIONSHIP (ARWC). WHAT CAN
WE LEARN FROM THEIR EXPERIENCE?

WORDS BY LISA NEVITT / PHOTOGRAPHS BY TERENCE VRUGTMAN



*No picnic:
If you go down
to the
woods today...
...you'd better
be prepared.*



Midnight. South African team Painted Wolf were on the 10th stage of the 2016 Adventure Racing World Championship (ARWC) in Australia – a 627km course involving 14 stages of expedition-length adventure racing.

They had just finished an onerous trekking leg, and it had been a long time since they'd slept. The map Painted Wolf had been given was rudimentary – the sketches only told them approximately where an entrance to

the cave was, and there were a few. The foursome plumped for the nearest one, which turned out to be one of the most difficult.

They slithered through a tiny hole in the ground, which opened up into a chamber. While it was five metres deep, the walls were so narrow the team could use neither arms nor legs to move. Instead, they wriggled like worms, crawling through mud caused by heavy rain.

If anything were to go wrong, who would find them there?

Team member Andre Gie stopped suddenly, gripped by panic. He told his teammates, brothers Mark and John Collins, that he couldn't continue.

What that tells us is that Gie is just as vulnerable as the rest of us. It's what he did next that sets him apart. Gie gathered himself, carried on, and crossed the finish line in fourth place. He and his teammates had produced the best result for a South African

team. They had been racing for 100 hours and 25 minutes, on some of the most inhospitable terrain imaginable. During that time they'd had only four hours of sleep.

Basically, that's like doing the Comrades, the Cape Town Cycle Tour and the Dusi Canoe Marathon, back-to-back, off-road, three times over.

Ask yourself: would *you* have the guts to continue inching your way through that frightening cave? Would you consider entering ARWC in the first place?

Gie and his teammates aren't content with pushing the limits of their stamina and strength alone. By testing their ability to feed, hydrate, and motivate themselves beyond the limits of human endurance, adventure racers do what most consider inconceivable.

That's not only awe-inspiring – anyone contemplating a long-distance race can learn a lot from them.

What is adventure racing?

A non-stop race punctuated by a series of checkpoints. It involves a series of different sports, depending on the terrain: trail-running, trekking, mountain-biking, canoeing, rope progression, climbing, caving, abseiling and crossing glaciers with crampons, to name but a few.

The classic team formation is four people, and at least one of them must be of the opposite gender.

1. You can't wing it.

The foursome (which included elite trail runner and canoeist Robyn Owen) were exposed to a variety of outdoor pursuits from an early age.

"We're able to move quickly over technical terrain, whether that's on foot, on a mountain bike, or in a white-water canoe," Mark explains.

The ability to survive in extreme conditions was also instilled early. Mark went adventuring in the Drakensberg when he was 17. He found himself caught in waist-deep snow, a full day's hike away from civilisation. He was alone, he had lost his shoes, and he didn't have the right gear with him.

One of the symptoms of hypothermia is that you stop caring, and all you want to do is rest. The only way Mark survived was by remembering his schoolmaster's words: "Keep moving, because if you lie down and go to sleep, you'll die."

Mark took refuge in a cave until the

snow cleared, three days later. Thankfully, he survived the ordeal – but he did learn a valuable lesson about the necessity of carrying the right gear.

Becoming one of the world's best adventure-racing teams took a lifetime of exposure, and many hours of preparation. Over five months, Painted Wolf trained for 15 hours a week, including a three- to seven-hour trail run or mountain trek, and a four- to nine-hour mountain bike at the weekend. The team also simulated race conditions by carrying the backpacks they intended to use, and training in similar weather and on similar terrain.

(Think that's crazy? The winning team at ARWC, Seagate from New Zealand, revealed they'd been training for up to 30 hours a week!)

To make a commitment of this magnitude, Mark acknowledges sacrifices have to be made in other areas. "It's always a juggle, a huge demand, and it's not always easy to find balance. But because my loved ones encouraged me to push myself outdoors from an early age, they understand that working towards achieving a goal makes me a happier person – and in turn, a better contributor towards my family and work."



*No other way:
To be a winning
team, each
member must
bond with the
others, and share
their skills.*

2. Experiences are best shared.

Expedition-racing teams often find themselves in situations that place tremendous stress on the body and mind. Seemingly everyday emotions are amplified in the wilderness, and sharing the experience with others brings you as close as you'll ever get to anyone.

"We share a lifelong bond, like soldiers going to war," explains Gie.

The relationship between brothers Mark and John is honest: enough to understand each other's strengths and weaknesses, and enough to lose their temper when they feel irritable.

Collectively, Painted Wolf have years of adventure-racing experience. During the paddling section at ARWC, Owen sat at the helm of their fat, slow boat, steering it through rapids in a low river. Winds of up to 80km/h whipped up the spray, drenching her. But Owen expertly avoided large rocks, picked the lines and advised when to speed up and when to slow down. Her teammates observed the subtleties of what she was doing on the water, and tried to emulate her skills. ▶

3. Pace yourself.

In order to last 100 hours at ARWC, Painted Wolf moved forwards constantly, and at a steady pace. They didn't even stop to eat or change clothing.

"When my heart rate rose too high, I asked my teammates to slow down, carry my backpack, or tow me on the bike," recalls Owen.


During the mountain-biking section, the team made a navigational error that saw them plummet to 26th place.

"Race organisers had given us maps that were not to the scale we're used to. At the time we were cycling in the dark, which made the details even more difficult to make out," John explains. "We missed a turning, and ended up cycling 2.5km in the wrong direction, and losing 25 or 30 minutes.

"To minimise our mistakes, we took a more conservative approach to navigation,

slowing down to get our bearings when we weren't sure of the way."

Ordinarily, it isn't wise to sleep until the second night: on the first night you're full of adrenaline, and at that stage you probably don't need it anyway. But recognising his team was tired and lacked motivation, leader Mark called a 30-minute sleep early on in the race, at around 6pm on the second night. And it paid off: a flawless mountain-biking section followed, and the team climbed 12 places.



*Slow & steady:
Over long
distances, he
disciplined
tortoise beats the
impulsive hare
every time.*



*Down – not out:
Exhaustion
and injury are par
for the course. It's
what you do
with them that
counts.*



4. Hang in there.

In any race, no matter what distance, there are times when you feel low on energy: that you can't possibly take another step, and you want to cry and give up. But there are other times when you feel relaxed – even euphoric.

“Everybody’s feet hurt halfway into the race,” Owen explains. “A mountain-bike section we did involved lots of pushing, so we had to hike in our bike shoes. The next leg was a long trekking leg. When I took my shoes off for the next biking leg, the soles of my feet were delaminated.

“But I kept telling myself we had another paddling leg coming up, where we could put our feet up. Sometimes all it takes is an amazing view to trigger a positive feeling. You’ve been racing for two days straight, and yet you feel surprisingly good.”



What is the Adventure Racing World Championship (ARWC)?

The Adventure Racing World Series takes place around the world. Painted Wolf qualified by becoming one of the top two teams at Expedition Africa, held last May. The ARWC is then hosted by one of a series of 11 aligned international events. The 2016 ARWC took place in Australia.

Distance: 700km

Max altitude: 1 800m

Duration: 5-12 days of non-stop racing

Disciplines: Trekking, mountain-biking, orienteering, paddling and rope progression

Terrain: Bush, mountains and rivers

Competition: 100 of the world’s best teams

5. Carry the right gear.

Think trail-running race organisers’ lists of compulsory gear are over the top? Consider this: if you go for an hour-long run in the city and it gets cold, you’re never too far away from a place where you can seek refuge. It’s when you’re further away from civilisation that having the right gear to keep you warm and dry becomes important.

“If you have to stop moving through the wilderness – eg for a sprained ankle – you get very cold, very quickly,” Owen explains. “The possibility of developing hypothermia is real.”

That’s why not having the right gear to keep her warm during the ferocious paddling section could easily have killed her.

Comfort beats style: on a short-distance run, you can probably get away with wearing inappropriate footwear – you can run through the blisters and agony. But once the soles of your feet are gone during a long-distance race, there’s nothing you can do about it.

When Mark began the trekking section at ARWC, he realised he’d forgotten to pack his trail-running shoes into the right box. This meant he had to run most of it wearing cycling shoes. His feet took a battering, and in order to preserve them the team had to adopt a slower pace, particularly when running downhill. ▶

6. Eat right.

Ultra-distance athletes are more at risk of severe dehydration and gastrointestinal distress than any other injury. Which is why correct nutrition is vital during any long-distance race.

"To assume that just because you feel fine in the first 30 minutes of your race, you don't need to eat, is a rookie mistake," warns John. "Start eating early, and constantly, otherwise you'll have to play catch-up.

"I've seen teammates start vomiting after

12 hours of racing, because they can't keep their food down."

What you eat is just as important as how often you eat it. Painted Wolf ate fruit, bars, nuts and sandwiches, and pre-prepared meals in Ziploc bags that didn't need to be kept in a fridge. (The team even tucked into lamb shanks while trekking through the wilderness!)

In the last few hours of the race, Mark had picked up a stomach bug from drinking non-purified water, and was struggling to keep his food down. To conserve energy, he would stay in the wind shadow of another cyclist, most often a teammate. During the last leg, an 18-kilometre trail run, his teammates helped him to carry his backpack.

*Eat to win:
Nutrition is the
'equipment' your
body needs to
support you – give
it the best, from
the start.*

Who are Painted Wolf?

An elite South African expedition-racing team made up of Knysna brothers and business owners Mark and John Collins, Cape Town paediatrician Andre Gie, and Stellenbosch engineer Robyn Owen. Formed in March 2014.

THEIR ROLES:

Mark: the captain (also serves as navigator or back-up navigator).

John: the navigator.

Andre: the packhorse (the strong and powerful guy who picks up the slack).

Robyn: the rational one! (and an elite paddler and trail runner).





All-rounders:
No-one's a
specialist at
everything. Self-
belief means
it doesn't
matter.




The World's Longest Running Races

- 1. Trans-America Footrace, Los Angeles, US:** a 5 510km race, from Los Angeles to New York. Takes 70 days to complete.
- 2. Self-Transcendence Race, Queens, New York, US:** Runners compete for 18 hours a day, running around a city block that measures half a mile (800m). They run until they complete 4 989km.
- 3. Marathon Des Sables, Sahara Desert, Morocco:** 254km across the desert. Temperatures reach 49 degrees. Participants are self-sufficient.
- 4. The Spartathlon, Athens, Greece:** Follows the ancient course of Pheidippides, who ran 250km from Athens to Sparta to get help during a war between the Greeks and the Persians.
- 5. The Washie 100-Miler, Port Alfred, South Africa:** 160km, non-stop between Port Alfred and East London. Cut-off time: 26 hours.
source: mademan.com

7. You are capable of more than you think.

Painted Wolf saw three other teams chasing them down on the beach, and realised they no longer had the luxury of sitting back. Despite Mark having felt ill for the last 24 hours, and despite having adventured some 625km, over the final 3km stretch the team ran at 4 mins/km along the coast to the finish line at Ulladulla.

It was nail-biting stuff: they were racing neck-and-neck against French team Naturex. But their opposition blew 800m from the finish, leaving them to clinch fourth place by one minute.

Why? Because the appeal of racing is in that moment when you realise you *can* do something you'd previously thought inconceivable. 

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RACING → AHEAD

The best running, multi-sport and adventure races this March • Compiled by Craig Duncan, race editor (rwraceeditor@gmail.com)

**BIRCHWOOD
CROSS THE
LINE:**
Line up at the
start of your
choice of 21.1K,
10K or 5K.



ED'S CHOICE



GAUTENG

SUNDAY 26 MARCH

5 10 21.1

The Birchwood Cross the Line Half Marathon

Birchwood Bus Gate,
Birchwood Hotel and OR
Tambo Conference Centre,
14 Viewpoint Road, Boksburg;
21.1km & 10km: 6:30am; 5km
Fun Run: 7:30am
Carol Wallace 082 886 2898 /
Kate Wood 082 903 9722
birchwoodhalfmarathon.co.za

This year, race organisers have developed route profiles and pacing charts to assist talented runners in breaking the course

records. Medals are awarded to all finishers, and the first 1500 entrants (10km or 21.1km) also receive a long-sleeve moisture-management T-shirt. At the finish there's a DJ, spot prizes, food, kids entertainment and sports massages. Organisers encourage participants to bring non-perishable food items, which are then donated to eight local crèches.

SATURDAY 4 MARCH

5 10 32

Medihelp Sunrise Monster, Mini and Baby Monster
Harlequin Club, Totius Street, Groenkloof, Pretoria; Sunrise Monster (32km): 6:03am; Mini Monster (10km): 6:30am; Baby Monster (5km Fun Run): 6:40am
Geoff Hesse 082 896 4377 /
Piet Ackermann 082 337 6909 /
Tshepo Matlhare 078 703 6236

SUNDAY 5 MARCH

5 10 21.1 42.2

Cape Gate Vaal Marathon

Dick Fourie Stadium, Three Rivers, Vereeniging; 42.2km & 21.1km: 6am-6:15am; 10km & 5km Fun Run: 6:15am
Steve Jackson 083 304 0121
vaalmarathon.co.za

SUNDAY 12 MARCH

4 10 21.1 42.2

The Sarens Edenvale Marathon

Edenvale High School, Linksfield Road, Edenvale; 42.2km & 21.1km: 6am; 10km & 4km Fun Run: 6:15am
Race organiser 071 675 2708
sarensmarathon.co.za

WEDNESDAY 15 MARCH

5 10 15

Vaal Mall Night Race

Vaal Mall, Barrage Road, Vanderbijlpark; 15km, 10km &



5km Fun Run: 6:30pm

Malie van der Walt 082 853 9144

SUNDAY 19 MARCH

5 15

K-Way Gallopers 15km Road Race & 5km Fun Run/Walk

Laerskool Leondale, corner of Gousblom and Wildebeest Streets, Leondale, Roodekop, Germiston; 15km: 7am; 5km Fun Run: 7:15am
Lucky Miya 082 887 9596

DISTANCE ICONS: FIND EVENTS WITH YOUR FAVOURITE DISTANCES QUICKLY, USING THE FOLLOWING KEY: 0-9KM 10-19KM 20-29KM 30+KM



UMGENI WATER MARATHON:
Runners enjoying the picturesque route around the Midmar Dam.

ED'S CHOICE



KWAZULU-NATAL

SUNDAY 12 MARCH

15 32 42.2

Umgeni Water Marathon

Midmar Dam Resort, R617,

Howick; 42.2km & 32km:

6am; 15km Run/Walk: 6:15am

Collegians Race Office

082 750 0822

collegiansharriers.co.za

The fastest marathon in KwaZulu-Natal is organised by Collegians Harriers and the Howick Athletic Club, and is set in the heart of the tranquil KwaZulu-Natal

PHOTOGRAPH BY VERNON LANDSBERG

Midlands. You'll run on undulating tar and gravel roads along the edge of the Midmar Dam, surrounded by beautiful views. The 15km is run entirely within the Resort.

SATURDAY 4 MARCH

10 21.1 42.2

Mortimer Toyota

Battlefields 4-in-1

Huttenpark School, Rietbok

Avenue, Newcastle; 42.2km:

6am; 21.1km & 10km: 6:15am

Race Organiser 083 944 3997

SUNDAY 19 MARCH

10 25

Stella Royal 25km & 10km Run/Walk

Stella Sports Club, 175 Helen

ED'S CHOICE



WESTERN CAPE

SUNDAY 5 MARCH

5 10 21.1

ABAX Investments Milkwood Run

Soetwater Resort,

Lighthouse Road,

Kommetjie; 21.1km:

6:30am; 10km: 7:10am;

5km Fun Run: 7:15am

Race Organisers

082 643 6186

milkwoodrun.co.za

The hills that hug the coastline towards Misty Cliffs and Scarborough, may be challenging, but runners' efforts are rewarded by the breathtakingly beautiful scenery surrounding the friendly town of Kommetjie. Indigenous saplings are awarded to finishers instead of medals, and they're encouraged to plant the trees (care instructions are supplied). Littering is

strongly prohibited.

WEDNESDAY 8 MARCH

4 12

Fit2Run Schools and Business Relay

High Street, Worcester; 4 x

1km (primary school): 3pm;

6 x 2km (high schools and businesses): 6pm

Norman Ontong 083 398 5922

fit2run.co.za

SATURDAY 11 MARCH

5 15

Constantia Village K-Way 15km, 15km League Walk & 5km Fun Run

Opposite Constantia Village

Shopping Centre, Constantia

Main Road, Constantia; 15km

Road Race: 6:15am; 15km

League Walk: 6:30am; 5km

Fun Run: 6:45am

Charlotte Kettlewell

021 761 8887

kwayvob.co.za

TUESDAY 21 MARCH

5 10 21.1

Tyger Half Marathon & 10km Run/Walk

Meerendal Wine Estate, Vissershok Road, Durbanville; 21.1km: 6am; 10km: 6:30am; 5km Fun Run: 7:30am

Top Events 021 551 7130

topevents.co.za

SUNDAY 26 MARCH

10 21.1 42.2

Knysna Heads Marathon

Thesen Island, Knysna;

42.2km, 21.1km & 10km: 6am

Margi O'Connor 072 330 2593

knysnamarathonclub.com/

knysna-heads-marathon



ABAX INVESTMENTS MILKWOOD RUN:
The pull up from Kommetjie is tough, but the views make it all worthwhile.



NEW VENUE

SEARCH THE COMPLETE LIST OF RACES IN SOUTH AFRICA: **RUNNERSWORLD.CO.ZA/RACE-CALENDAR**



Joseph Road, Durban; 25km:
5am; 10km: 5:30am
Race Organiser 082 774 9841

SUNDAY 26 MARCH

10 21.1 42.2

Gaterite Challenge

Verulam Recreation Grounds,
Todd Street, Verulam; 42.2km,
21.1km & 10km: 5:30am
Anand Naicker 083 783 6363

SUNDAY 26 MARCH

5 10 21.1 42.2

Tronox uMhlathuze Marathon & Half

uMhlathuze Athletic Club,
Addison Park, Empangeni;
42.2km & 21.1km: 5:30am; 10km
& 5km Fun Run: 7am
Charleen Hingle 083 314 4046
umhlathuze-ac.co.za



**ONE HEART
FAMILY
TRAIL RUN
AT EIKENDAL
VINEYARDS:**
*It's all about the
children at this
family-orientated
trail run.*

ED'S CHOICE



TRAIL RUNNING

SUNDAY 26 MARCH

3 5 10

One Heart Family Trail Run at Eikendal Vineyards

Eikendal Vineyards, Eikendal
Road (off the R44), Stellenbosch;
10km, 5km & 3km: 8am
oneheartforkids.co.za

The event raises funds
for schools in the Boland.
Organisers hope to inspire local
children to adopt a healthier
lifestyle through trail running,
and in turn learn to respect their
natural environment. A variety
of distances makes this event
suitable for families.

FRIDAY 10 – SUNDAY 12 MARCH

44 76 161

12th Addo Elephant Trail Runs

10 March: Addo Main Camp
(off the R335, between
Pearston and Addo; 100-Mile:
2pm; 11 March: Kabouga
Gate (just outside Kirkwood,
off the R336); 76km: 5:30am;
44km: 6:30am
Sheena O'Keefe 072 293 4974

SATURDAY 11 MARCH

5 15

Cabbage Patch 2017

Komga Showgrounds,
Komga (35 minutes away
from East London); 15km
Trail Walk: 2:30pm; 15km
Trail Run: 3pm; 5km Trail
Fun Run: 3:10pm
Bradley Malherbe
073 755 3012

FRIDAY 17 – SUNDAY 19 MARCH

90

Cell C AfricanX Trailrun presented by ASICS

Festival Village (on the
grounds of the Houw Hoek
Inn), Grabouw; 17 March:
34km, 18 March: 34km, 19

March: 22km: 7am
Stillwater Sports
082 991 0045
stillwatersports.com

SATURDAY 18 MARCH

65

Tsitsikamma Ultra Trail Run
The Big Tree (off the N2),
Storms River; 65km: 6am
James Stewart 082 925 7885
muddyfootadventures.co.za

SUNDAY 26 MARCH

6 10 20

Muizenberg Monster

Muizenberg Supertube,
Muizenberg Beach, Beach
Road, Muizenberg; 20km:
7:30am; 10km: 7:40am; 6km:
7:50am
Caeli Manuel 021 424 4579
[energyevents.co.za/event/
muizenberg-monster-2017](http://energyevents.co.za/event/muizenberg-monster-2017)

SEARCH THE COMPLETE
LIST OF RACES IN SOUTH
AFRICA: **RUNNERSWORLD.
CO.ZA/RACE-CALENDAR**





LAKE FARM CHARITY RUN:
The 15km trail run follows an undulating route through bushveld and past the lake.

Other Provinces

EASTERN CAPE

BORDER

SATURDAY 4 MARCH

5 10

Kempston Ladies' 10km
Kenyon Crescent (close to Bucks Marine), East London; 10km: 5pm; Smartt Road, East London; 5km Fun Run: 5:10pm
Stan 083 608 4353 / Dillon 073 799 6075

EASTERN PROVINCE

SATURDAY 11 MARCH

4 5 10 15

Lake Farm Charity Run
Lake Farm Centre, Lakeside Road, Kragga Kamma, Port Elizabeth; 10km: 6:30am; 15km Trail Run: 6:40am; 4km Trail Run: 6:50am; 5km Fun Run: 8am
Graham Channon 078 184 9723

SATURDAY 18 MARCH

5 15 25 50

African Wildlife Artistry 40th Bruintjieshoogte Ultra Marathon, 25km, 15km & Fun Run
Pearston Town Hall, Pearston (between Graaff-Reinet and Somerset East); 50km: 5am; Top of Bruintjieshoogte Pass (on the R63, between Somerset East and Pearston), Pearston; 25km: 6am; 3km from Swaershoek/Cradock turn-off; 15km: 6am; Gill Primary School, College Road, Somerset East; 5km Fun Run: 7am
Ronette Marais 083 505 7700

FREE STATE

SATURDAY 11 MARCH

10 32

Vodacom Rose 32km & 10km Run
Emoya Estate, 7 Frans Kleynhans Avenue (close to Bloemfontein); 32km & 10km: 6am (walkers start at 5:45am)
Morne Burger 082 688 4226

NEW
START
TIMES

NORTH WEST

CENTRAL NORTH WEST

SUNDAY 12 MARCH

5 10 21.1

Carleton Half Marathon
Carletonville Sport Complex, Paul Kruger Street, Carletonville; 21.1km, 10km & 5km Fun Run: 6:30am
Musa Zulu 078 229 0522

NORTH WEST NORTH

SATURDAY 18 MARCH

5 10 21.1 50

Old Mutual Om Die Dam Ultra Marathon
Village Mall Shopping Centre, corner of Tielman Street and R511, Hartbeespoort; 50km: 6am; 21.1km & 10km: 6:20am;

SEARCH THE COMPLETE LIST OF RACES IN SOUTH AFRICA: **RUNNERSWORLD.CO.ZA/RACE-CALENDAR**



5km Fun Run: 6:40am
Race Organiser 078 765 2167
omdiedamultra.co.za

NORTHERN CAPE

GRIQUALAND WEST

SATURDAY 4 MARCH

10 21.1 42.2

John Nugent Memorial Race
Desert Palace Casino, 1 Olifantshoek Road, Keidebees, Upington; 42.2km: 5:30am; 21.1km: 6am; 10km: 6:30am
Carel Burger 082 622 7109
nugentandjooste.co.za

SATURDAY 11 MARCH

5 10 21.1 42.2

Kimberley Harriers 47th Diamond Marathon, sponsored by NC Glass & Aluminium
Hoffe Park, Reservoir Road, New Park, Kimberley; 42.2km, 21.1km,

PHOTOGRAPH COURTESY OF RACE ORGANISERS

10km & 5km Fun Run: 6am
David 083 443 8198

NORTH WEST CAPE

No races scheduled for this period.

MPUMALANGA

SATURDAY 4 MARCH

10 21.1 42.2

Uniwisp Fast 3-in-1 Marathon

Sabie/Lydenburg Road,
Sabie; 42.2km: 6am; 21.1km
& 10km: 6:30am
Cecilia 060 449 7718 /
Mariet 060 852 0340

WEDNESDAY 8 MARCH

4.9 10

Eskom Spur Night Race

Misty Creek Spur, Ben Fleur
Boulevard Shopping Centre,
Paul Sauer Street, Ben Fleur,
Emalahleni; 10km & 4.9km
Fun Run: 7pm
Paul Bester 082 966 7767

SATURDAY 11 MARCH

4.5 10 21.1 42.2

PwC Kosmos 3-in-1

Lake Umuzi Waterfront,
Secunda; 42.2km: 6am;
21.1km: 1pm; 10km: 5pm;
4.5km Fun Run: 1:15pm
Race Office 076 593 8377
kosmos3in1.co.za

WEDNESDAY 22 MARCH

4.9 10

Elkana Night Race

Elkana Educational Centre, 1
Flamink Street, Emalahleni;
10km & 4.9km Fun Run: 7pm
Hettie Terblanche
082 680 0973

LIMPOPO

SATURDAY 4 MARCH

5 10 21.1 42.2

Tzaneen AIDA 4-in-1 'Tuffy'

The Coach House Hotel and

SEARCH THE COMPLETE
LIST OF RACES IN SOUTH
AFRICA: [RUNNERSWORLD.
CO.ZA/RACE-CALENDAR](http://RUNNERSWORLD.CO.ZA/RACE-CALENDAR)



Spa, Old Coach Road, Agatha,
Tzaneen; 42.2km, 21.1km, 10km
& 5km Fun Run: 6am
Paul Zaayman 083 460 4204
/ Anél Swart 071 365 1859

ADVENTURE RACING & MULTISPORT

WEDNESDAY 1 – SUNDAY 5 MARCH

X-Berg Challenge

The Border Post (Phatt Chef
Diner & BB/Windmill Farm),
at the top of Oliviershoek
Pass, Bergville
Paraglider vs. Runner vs.
Cyclist +/- 110km: 7am
X-Berg Challenge
083 344 8936
xbergchallenge.com

SUNDAY 5 MARCH

MiWay Durban Ultra Triathlon

Sunkist Beach, Durban
Ultra: 1.9km swim, 90km
bike, 21km run: from 7:30am
Sprint: 600m swim, 20km
bike, 5km run: from 7am
B-Active 031 764 1885
ultratri.co.za

THURSDAY 9 –
SUNDAY 12 MARCH

Kinetic Double Moon Adventure

Magoebaskloof Hotel, R71
(between Polokwane and
Tzaneen), Magoebaskloof
60% MTB, 25% trekking,
15% kayaking (Long: 200km;
Short: 100km): 5am

Heidi Muller 082 564 6468
kinetic-events.co.za

SATURDAY 18 &
SUNDAY 19 MARCH

Westcoast Warmwater Weekend

Geelbek, on the road towards
Langebaan, West Coast National Park
18 March
Long triathlon: 2km swim, 64km
bike, 10km trail run: 8:30am
Short triathlon: 1km swim, 32km

bike, 7.5km trail run: 8:50am
6-13 yrs: 300m swim, 2km bike: 10am
3-5 yrs: 100m swim, 1km bike: 10am
Long swim: 3.8km: 9am
Short swim: 1.6km: 9:15am
Coached brick session (with either a
pro athlete or coach) (Long: 60km bike,
10km run; Medium: 40km bike, 8km
run; Short: 20km bike, 5km run)
6-13 yrs: 300m swim, 2km bike: 10am
3-5 yrs: 100m swim, 1km bike: 10am
warmwaterweekend@electricink.co.za
electricink.co.za

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Venue: Sugar Rush Park, Holla Trails



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Back of the Pack

BY BRUCE PINNOCK



BEHIND THE TIMES

At a seemingly innocuous parkrun, Paulie takes no prisoners.

Once you've got over the part where your lungs feel like they're going to explode like a piñata at a porcupine's birthday party, you start to look beyond the simple desire to finish a time trial.

I remember the first time I crossed the finish line at my local parkrun without feeling exhausted. I looked at my time, and I thought to myself: *That's not bad. Or is it?*

In order to find out, I would need to compare my time with someone else's. But as every runner knows, only rude buggers presume to ask what your time was. It's on par with asking about your sex life. It's just not done. End of story.

"Only rude buggers ask you what your time was. It's just not done."

So what was I to do?

As it turned out, I needn't have worried. Paulie, one of the veterans, approached me. (Picture a glowing full moon, only with spindly legs and arms sprouting from its rotund torso, and that'll give you a pretty good idea of how un-athletic Paulie looks.)

"Hey! What was your time?" asked the rude bugger, without even the slightest hint

of shame.

Surely my time will be better than this blimp's, I thought to myself. So without trying to sound too high and mighty, I told him.

"Not bad," Paulie congratulated me. "You must've finished only a few minutes behind me."

As Paulie looked at me with unblinking eyes, I realised I'd learned the first rule of exchanging race times: never share yours first. *Next time*, I vowed, *I will annihilate Paulie's time. I will rise like the eternal sunshine on a perfect summer's day, and rid the parkrun of his big silly moon face, once and for all!*

For one week, I did some 'serious' training. Then, at the next time trial, I made sure to half kill myself trying to get as good a time as I could. The final stage of my master parkrun plan was to make a point of bumping into Paulie at the pub afterwards.

"Hey!" said the rude bugger. "What was your time this week?"

I sure wasn't going to let him catch me out this time.

"About two minutes faster than yours," I said casually. "I saw you finish behind me."

Paulie laughed.

"What you saw was me finishing my 'cool down'," he said, with unblinking eyes. "After I've finished, I like to jog back to encourage those who are still out there – all the struggling scrubbers who are less fortunate than me."

"Though having said that, you are improving. Your time isn't *that* much slower than mine."

I could swear I saw him wink at me as he strolled off. The nerve!

At the following week's parkrun, I took no chances. Running hard, I sought Paulie out, then made a point of giving him a cheery "See you at the end!", as I left his big silly moon face for dust.

It cost me: I was panting like a steam train. But I kept going. Then, I waited for Paulie at the finish line.

"What was your time?" I asked him, my words laced with anticipatory relish.

He told me.

"B-b-but t-t-that's impossible!" I spluttered in disbelief. "That's minutes faster than my time, and yet I definitely overtook you!"

"You passed me on my *second* time trial," Paulie explained. "Sometimes I like to start my time trial earlier, and then do another one with the blokes at the back of the pack – like you. I find it helps them."


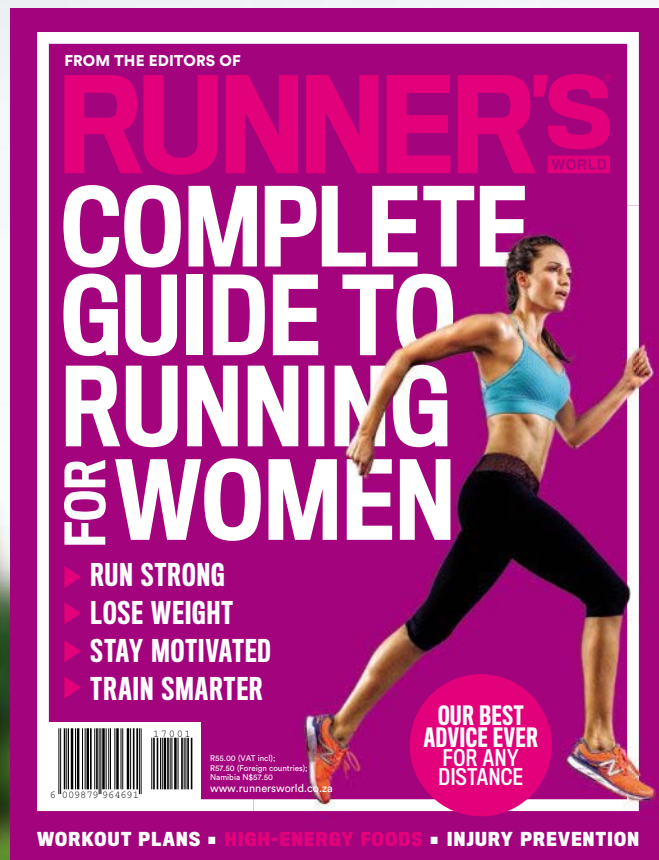
As a bloke at the back of the pack who's been there, done that – and, in the process, teetered on the brink of sweating himself to death in the T-shirt – I am now warning you of the dangers of wondering about how good or bad your time is. 

ILLUSTRATION BY ISTOCKPHOTO

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