

Legogote Villagers Club Newsletter

Legogote Villagers...The small club with a BIG HEART.

Chairman's Message

Here we go again. A whole new year has started. Good luck to all our runners. I hope you have an excellent running year setting new personal bests (PB's) as you go.

It seems just last week that we did our new year's day run and the week before that, our pub run. The Van Wettens night race is already done and dusted and Legogotes were out in force, thank you. The point is, time moves on; we move on; our club moves on.

So the New Year has brought changes in our club as well. We have a new Chairman, new Club Captain, two new portfolios and a bigger than ever committee of 14 enthusiastic members. The Club's races will be coming up and the committee will need your assistance.

Please support our office bearers in their functions. Remember it is your club so please speak to someone on our committee if you have ideas or anything that needs attention.

I plan to hold monthly

meetings so nothing should linger for long.

We have 26 runners for Comrades this year, this is not a record but it is right up there. Already we have Legogotes scrambling to qualify and get trained up. Relax, the time for hard training and high mileage is being planned right now by our Club captain.

Our time trials are so well attended, we had 42 one week. Our membership is also heading to new heights so I am really positive about the year ahead.

And **objectives** for the year ahead? I'm sticking my neck out here, but here it goes:

Boost membership...Eases workload at races, increased subs, more camaraderie

Build bridges with other clubs...Improves their attendance at our races, share good management

Boost social activities...These brings more fun to our running and team spirit when we work or race.

Bill Rowan and Silver at

Comrades...Because I know you guys can do it.

For the long-term...I would like to see the club becoming a true Multisport club, e.g. Trail Running, Cycling, Walking all included in our day to day activities.



Right now I am just so happy to see you guys at time trials, on the morning runs, at the Spur and Parkrun. Life is good.

Viva Legogote Villagers
Viva!

Yours in running,

Andre

Special points of interest:

- Our Chairman's New Year Message
- Learning to support each other's training & Pull together as Club Members
- Meet your Executive Committee for 2016
- Know about our Elite Runners
- Easter Weekend Challenge

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The editor had to say something...

It is an honor as much as a humbling experience to be the newly appointed "journo" for the club. I am very excited and look forward to sharing our club's advancement through your contributions.

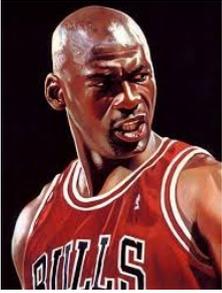
I promise to report nothing but the goodness of your BIG HEART as Legogote Villagers

(LegoV) Runners Club. I trust this will be a fulfilling and worthy experience for me as it will be for you. Be rest assured that I shall be at your service at all times.

Please remember to forward your contributions for the newsletter as well as topics you deem necessary for your committee to report on so we

can remain relevant in the communication we share with you. I wish you a beautiful year. Seeing that I am learning portugese, I thought it wise to greet you in the beautiful language so here it goes: "Trabalhar duro, mas se divertir – Work hard but have fun" tchau tchau!

Shirley-Moshikidi



"Some People want it to happen, some wish it would happen, others make it happen,"
Michael Jordan

Developing LegoV Elite Runners

What is an elite runner?

For the first time Legogote Villagers has a significant group of 'elite runners'. The development of this group is exciting for a number of reasons but the fear exists

when someone surges. I recall the training groups that included Comrades Gold Medalists, sub-2-30 marathoners and a few hangers on like myself. Bob de la Motte and Bruce Fordyce both describe their

Sometimes it did become deadly serious. I will never forget Bruce dropping Bob up a steep hill on a Club training run in a bit of one-upmanship a few weeks before Comrades, but this was rare.



that a group of runners chasing times and results could undermine the wonderful, close social atmosphere of the club. On page 3, I describe how social and elite runners can train together for mutual benefit, so I will leave that here.

However, the concept of 'elite' is well ... elitist, which it is apparently not good for us.

So what sets these runners apart?

The short answer is that these are runners that have the talent and dedication to chase results and times. That does not mean that other runners are not talented or dedicated and don't care about times. Don't we all wish we could run faster? Perhaps it is about what happens on a training run

training groups in various publications. The dynamics of these groups were very interesting, but can be simply described as ferociously competitive. This does not mean that it was a flat out race from the get go, but the intensity would be cranked up as someone, usually one of the hangers on, surged. Maybe just for 100 meters or for several kilometers or up a hill or screaming down a gentle incline at sub 3-00 min per kilometer. Between the surges there was banter and a lot of fun.

The intensity was far higher than it would have been on a solo run or even in a race for a short period.

This translates into knowing where your limits lie and to race to that limit on the big days. The Kenyans call it 'selling your goat'.

So I look forward to seeing the likes of Elijah, Anton, Sizwe and Richard and that rising young star, Tertius, pushing each other to greater achievements.

Among the ladies, Conja, Barbara, Christine and Lara have always been in or near the prizes. Wynand, Ashley, Thapelo and Eddie are all good goat salesmen.

As a club, we can look forward to more podiums at the sharp end of the race. It is also great to see the number of runners that are taking part in some of the more intense morning sessions of hills and sustained speed.

So, yes, we are a small club with a big heart, but I see fun and speed in that big heart. By Dave

"Elite runners... runners that have the talent and dedication to chase results and times. That does not mean that other runners are not talented or dedicated and don't care about times."



Ons groei - We are growing - Siyakhula

"Welcome to my world,
won't you come on in
Miracles, I guess
Still happen now and then
Step into my heart
Leave your cares behind
Welcome to my world
Built with you in mind"

In Elvis Presley style, join the LegoV Committee as we welcome the following new members to our club:-

1. Eddie McGee
2. Charmaine Adendorff
3. Mike Otty
4. Hazel van Niekerk
5. Nicole Brummer
6. Ilsa Lawrie
7. Linda Oertel
8. Roelf Coertze
9. Jeamene Coertze
10. Kylie Pretorius
11. Themba Tshabang
12. Thulane Mkhabela
13. Pieter Fourie
14. Annalie Fourie
15. Richard Howland
16. Jen Waspe

A warm welcome to the club, we look forward to your

support and full participation with the club activities.

Here are two thought-provoking questions to help you when days are tough:

Which is worse, failing or never trying?

If life is so short, why do we do so many things we don't like and like so many things we don't do?

Never give up on your training! By Amanda

Pulling together. . .

A Club is made up of athletes of all shapes and sizes, talents and ambitions. Big clubs tend to break up into cliques of runners of similar ability and ambition. Club runs will spread out with groups of runners running a steady pace together, socialising, having fun. Smaller clubs have the problem of not wanting anyone to run alone, but also giving everyone the chance to train at their level.

For Legogote, this has largely meant that the best runners run slower than their optimal pace with frequent stops, while the slower runners may feel that they are holding them back. There is admiration in both directions ... for the fast times, the aesthetic grace of the racers; for the dogged determination of the back markers; for the camaraderie under the gazebo at the finish.

So here are some ideas for the elite runners to keep their social contact with the rest of us. These ideas worked well for me in my youth when I was able to train with (bit not race with) the elite and now as age winds me towards the back of the field.

Saturday Club runs are essentially LSD social events, but long slow may be 25 kays at 4-30 per kay and the group is doing 20 at 6 per kay. So start behind, catch up the front and then

run back to the back markers. You get in the extra distance and get to interact with everyone. On the days when the Club run is linked to the Parkrun, then take the 15k run as a social warm-up jog and run the Parkrun as fast as you can. It is important for the faster runners to remember that the support vehicle is there for



the slowest runners, so if you want support, then run back to the vehicle, don't expect it to catch up with you.

There are now five or six potentially elite runners in the club and another five or six who can't race with them, but could train with them. Identify one or two days a week where you all run together. We already have a 05h00 and a 05h30 group from Parkville, why not form a fast group as well and then whoever wants to join in, can.

The 05h30 group does a hill session on Mondays. This easily accommodates runners of mixed ability.

If the main group is running steadily, the faster runners can treat it as a fartlek (Speed play) session, surging, striding, jogging and

even walking. I often use these runs as an opportunity to work on aspects of my running: perhaps attacking the hills or striding the flats at racing pace. This allows me to run with the group for much of the run and often other members will join me as I surge.

The Rob Ferreira track is in tip-top condition at the moment. Track intervals can benefit all of us in many ways. Tuesday evenings at 17h00 is a good time for most. You don't need a coach ... just get out there and do intervals: 400s, 800s or kilometer runs. Start off with three or four and extend it over time until you are doing perhaps 10 intervals at faster than racing pace. Unfortunately I am committed to work in that time slot for most of this year, but I am sure someone else will be available to lead the training. A key element is to warm up properly (at least 4 laps).

Talking of warming up ... you should always warm up. In a training run this may be the first 3 or 4 kilometers (I take 5 km to warm up properly when I am fit). For a 4 or 8k TT 4 laps of the rugby field, the last one at a brisk pace, will do the trick. A warmed up TT is much more meaningful in helping you with race speed prediction than starting cold. By Dave.



“Join our new exciting, Shoe-bin Project. Please bring/drop-off your old running unused shoes at the clubhouse. We will put them to good use for you”

“Our first social event, and hopefully an interclub event, will be our Easter weekend challenge and picnic over the Easter Weekend”

Social scene

The heart and soul of our club lies in us and we are the strength and foundation of Legogote Villagers . The running part of our club is going from strength to strength but it's not all about running; the SOCIAL SCENE is here to keep you informed about the other side of things. This year we have a dedicated social sub group in the Committee who are raring to go and have some

great ideas. To keep things lively we will keep you posted via the newsletter and SMS but our first event, and hopefully an interclub event, will be our Easter challenge and picnic over the Easter Weekend .

We also wish to start our first community project of a "Shoe bin". We appeal to all members to drop off their old unwanted or unused

shoes at the Club so we can make them available for runners in need. I can't be the only Legogoter with old shoes cluttering up my cupboard and I'd be really happy to see them put to a new use. .whether for running or just for shoes. Please support our first imitative and let's show everyone that we really are the small club with a big heart! By Steph.





Legogote Villagers Club

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The small club with a BIG HEART!

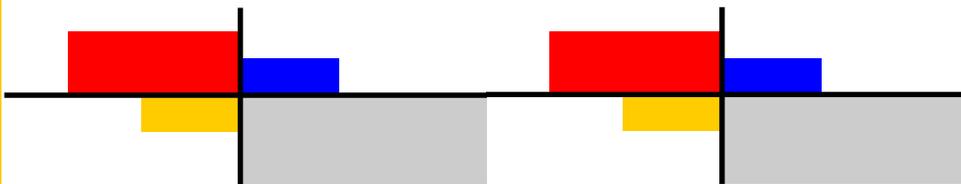
WE'RE ON THE WEB
WWW.LEGOGOTEVILLAGERS.CO
.ZA

Legogote Villagers membership is open to anybody who likes road running. We run on tar roads mostly but we have a lot of gravel roads and trails that we train on. Hills in our area are un-avoidable. We cannot even find a flat time-trial route. Legogote runners become strong hill runners. Running in the town has the benefits of tar roads and street lights, but it is also possible to run two kilometers out of town and stay on sand for kilometers on end. Running in this area is scenic and challenging. The weather is also good for running nearly all year round. Friends, family and friends are welcome to join in on Time trials and Saturday training runs. Runners of all levels, including walkers are welcome.

Meet your New Club Executive Committee Members:

Chairman: Andre
Secretary: Amanda
Treasurer: Eric
Club Captain: Dave
Race Director: Ashley (new position)
Club Social: Steph (new position)
PRO: Sbonga

Other Committee Members: Anton, Barbara, Christine, Ed, Johan, Shirley, Thapelo.



Birthdays Feb to March

02 Feb	Anton Kruger
05 Feb	Jose Helena
06 Feb	Conja Hoon
11 Feb	Wynand Jacobs
11 Feb	Ashley Betteridge
20 Feb	Eric Wessels
09 March	Francois McGill
10 March	Dave Gear
11 March	Anna Dalrymple
16 March	Kylie Pretorius
20 March	Billy van Zyl
23 March	Chris Claassens
25 March	Collen Mashigo
26 March	Ronell Knoetze
28 March	Stefa Etsebeth
30 March	Clive Smart

Hip-hip hooray. Thanks for reminding us of our youthful self Amanda!

Ask Niggle Nanny ?

COMING SOON....

LegoV's very own Niggle Nanny is here to help solve all those irritating little niggles that we seem to pick up along the road!

Please send your very own Niggles to the editor and NIGGLE NANNY will attempt to help explain the injury and advise on exercises and the way forward .

Don't be shy to share as we are one big family



By Steph .



Important Club events:-

Time Trial held every Thursday at 5:30pm from the running club. 2k,4k,6k,& 8k; out and back route on tar.

Saturday runs Start at 5:30am in summer and 7:00 in Winter, contact the club Captain for more details

Monday walk from Spur , Social afterwards, starts at 5:30

Social Events Contact Steph Toombs for more information.