

Legogote Villagers Club Newsletter

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

Chairman's Message

As I write this our Club's long run is still on my mind. Once again I am in awe of the spirit of the people in our small club. We had a lady runner battling the distance and the heat as the run progressed, the fact that they had run Loskop the week before didn't help matters. Anyway she soldiered on refusing to jump onto the vehicle (showing the grittiness within), and then one of the guys held back to run next to her. Together they overcame the hills the distance and the heat. Together they came into Sabie Resort to a heroes' welcome from their club mates. If I say it made me proud to be a legogote that's an understatement. If I say I heard 1.. 2.. 3.. 4.. "Make die pas" you might know who it was.

The way club members climbed in to do the Coffee and muffins on the Pass and assist with the Braai was commendable. I see club spirit in so many ways... Like the guys who dared to run in a Speedo for the Cancer sufferers, the guys who put up the Gazebo at the Races, the contributions to this newsletter, the list goes on and I can only say thank you, thank you all.

Comrades marathon is coming and I can see the improvement in our runners between the Easter Weekend runs and now. Training brings its rewards. Our Club focuses on the Comrades runners from January, but the training programs and running incentives filter through to all our runners so the whole Club

benefits from the Comrades program. At this point I want to wish our Comrades runners a very successful run on behalf of all our club members. Run your hearts out because we will be glued to our TVs hoping to catch a glimpse of you.

A warm welcome to all our new members, I hope you make new friends and get

planning, then Comrades breakfast; it is all on the go. And yet each event rolls by with no fuss: why, because of you, our club members. The committee is working so well, our members pitch in to help. I feel that someday we are going to look back on this and say... Those were the days, we were one hellavah team.

Which brings me to our Sudwala Race; this is the first of three races we are organising this year. If we don't make money from our races, fees will have to go up to fund the events we have each year. Please volunteer to assist at one of our races. We want to give everyone a chance to run them.

Lastly, the Comrades runners are so fit right now, we can't touch them. But after Comrades the Cross country season starts and then we have Selati, Halls, and Skukuza and Boulders, great runs all of them. Let's get out there, get fit, get fast, get going and show them this club is not just about Comrades. Can we get 50 members at one race, our past record was round about 36. I'd like to see the day we hit 50 on attendance.

Till then; happy training.

Viva Legogote Villagers

Andre



plenty of incentive to run and live the healthy lifestyle. Our membership has risen to 107 members now, who would have thought or imagined this growth? Old members please introduce yourselves to any new faces and make them feel at home. (and I don't mean the grand masters in the club).

Our new running tops have arrived and they really look great. People had them on at Bateleur race already. They are available from Mpumalanga Running Store. The black stripe ties in very nicely with Black shorts, tights, skirts whatever. Why not get one and use your old top for training runs.

Sometimes I feel like a Hamster in a wheel the way one project is no sooner finished then the next one starts. What with Easter runs, then long run, then Sudwala

Special points of interest:

- Comrades just around the corner, exciting times
- Join our Community Work Projects
- Experience the Secunda Sasol Marathon
- Niggle Nanny speaks on the importance of Protein Intake

Inside this issue:

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From the editor's desk...

So the chairman delivers such a beautiful heartfelt message so much that I don't have much to say except just to agree... Reg-reg, ek stem saam! Ngiyavuma! Concordou! Good luck to our Comrades runners.



#keep-calm-and-just-give

*"From what we get, we can make a living; what we give, however, makes a life."
~ Arthur Ashe*

Giving back to our Community

My fellow runners, I used to think that running makes us impervious to modern lifestyle diseases, almost totally immune to all the afflictions out there. Unfortunately this is not so.

Although I have been blessed with wonderful health, and I do work at maintaining it so, I am also aware that others are not so fortunate.

Please consider making a small donation to a fellow runner, see details below.

She needs an insulin pump just to be able to function normally. Only then can she do what we take daily for granted; running out there with our buddies and getting all that fresh air through our lungs. Its totally voluntary.

A group of Nedbank LVCC runners will tackle this event with added purpose. They hope to raise enough money for the purchase of this insulin medical device. This pump will help regulate her sugar/insulin levels, to this end Fanie, Justyna and other runners of the LVCC team are collecting donations to fund this life enhancing device.

This lady is a very special person, a dedicated teacher, the secretary of the Nedbank LVCC Running Club and a great friend and running partner. Her enthusi-

asm for life is infectious and she spurs us on to all do better in our chosen goals. She is a mentor and an inspiration to all new runners at her club, offering valuable advice to all who are starting out on this journey.

The target set for this project is R 50 000!!!

LVCC running club will facilitate this drive and all donations can be paid into Nedbank LVCC Running Club, Nedbank Account number 1121360629 – reference - Janine/ Your own name. The LVCC club wishes to thank you all for your support and generosity in advance which will be life changing for a friend.

For more information please contact Mark Greeff, the Chairman of the Nedbank LVCC Running Club.



More on our Community Work

1. Please don't forget our Shoe Bin Initiative. Drop off those old takkies and we'll find them a new home. Please give them a quick clean first.
2. MANDELA DAY is approaching again on July 18th and we would like to spend our 67mins differently each year. If you have an idea please come forward and we'll make it a fun morning.

Please forward your ideas to Steph.



We love road running and the camaraderie!!!



And our Club keeps Growing . . .

It is such an honour to welcome the following new members who have recently joined the Legogote Villagers family;

We wish you a very long successful running stay with us.

And they are:

1. Pulane Nhlapo 0824436389
2. Lawrence Gabela 0716256367
3. Mabel Gabela 0827399009
4. Siswe Shoyisa 0737368877

Our Club Captain, Dave Gear, sends his wishes and good luck to all our Comrades Runners. Go out there and make us all proud and thank you for the commitment and vigour with which you prepared for 2016.

Secunda Sasol marathon, 3 runners share their experiences

Three of our seasoned runners shared the following experiences from their participation at the Secunda Sasol marathon. Thank you Chirstine Barbara and Thapelo.

Christine 1-15

The race started with much excitement as all races do! I turned to Barbara and said what we all say, "if you strong please go", we ran together for about 1km, then I stepped one way to miss the pavement and she

Knowing that what I'm running will all be repeated was a daunting thought. Double lappers are not my favourite, but my thoughts reverted back to the fact that it was a training run and a mental game that I had to win!

Barbara 16-32

The first half was run in early morning mist. We were aware of our surroundings, but were not familiar with them. The route snaked through the suburbs, with well

Thapelo 26-42

In the last 16km I joined a team from Lewens Momentum. It was a group of about 8 people, they pushed me through to 9km to go. They were so constant on their pace with an average of 4,5 min/km. Their pace was higher on my side that's why I managed to go with them that far. I offloaded myself from the group and reduced the pace to 6min/km but after 3 kms, I was finished! I dropped tremendously until Barbara caught up at 5km to



stepped the other way and that was the last I saw of her! The masses swept her away one way and me the other. My pace was good and I was following all the advice I have received. "Start slow!" "32 km warm up, 10 km race" (which it didn't turn out like that as the last 10km killed me!)

But it was a crisp cool morning and a good start to a tough race. The course was not as flat as I thought, and it was work all the way! I managed to stick to 6 minutes per km, which was my goal. Others whizzed past me but I was adamant that this was a training run and I would not be caught up in the race vibe. I must say that is very hard to do! The crowd pulls you along. When we turned onto the main road, there was a long trek up a lazy hill which set the stage for the run and gave me a taste of what beast I was up against.

organised and stocked water points. The last 2km before the 21km turn around mark, was run on a dual carriage-way and thus we were able to see our fellow friends. I saw Elijah racing ahead, Thapelo followed a few hundred meters behind and Christine was spotted after the turning point.

By now the weather had turned hot, and I was counting the kilometers between each water point! I ran steadily until 32km, and promised myself a walk break at 32km. I reached that point in 3:01 and all of a sudden hit that dreaded 'WALL'. When I walked, I was berating myself to run, when I ran I was dreaming of the next walk. A kind marshal shouted 'just keep moving forward', which soon became my mantra:

-Just keep moving...huff-puff; moving forward...huff-puff; - forward (closer to the end)!

go, she pushed for another km and she gave me some boosters to energise. I tried to run with her but at 3km to go I asked her to carry on without me. I pushed very hard not to be far from her at 40km, it was the last hill, it helped. I finished at 4h02 and just seconds behind Barbara. It was very hot at the end. My target time was 3h50.

All the Legogote Villagers completed the race and looked strong. Participants (with a big heart in a small club) were Schalke, Elijah, Christine, Barbara and I. Photos were taken and much happiness with another race completed well!

In general the race was well organized, enough water points with all the resources required.

Well done to all the participants and thank you for motivating us all!



Our Club will host the Sudwala Monster Race on April 30th, we need all the help we can get. For more details speak to our Race Director, Ashley.

Comrades Breakfast planned is for 21 May ...details to be announced closer to the time.



THE Social Scene

A 'Meet and Greet' was held a few weeks back after Time trial for new members to introduce themselves over cookies and cake. It was great to chat to the new guys and put names to faces. The Comrades Breakfast is planned for Saturday 21st May to give our Comrades runners a hearty send off...details will be announced closer to the time. For more information please contact Steph, thank you.



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 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.

Ask Niggle Nanny?

Runners **don't just need more calories than non-runners but they also need more protein too.** In fact almost twice as much. The RDA of protein is 0.8g/kg which increases to 1.0-1.6g/kg in active runners that translates to 75-120g protein/day.

Every time your foot hits the ground it produces a force of 2-7X your body weight which has to be absorbed through tendons, muscle and bone often leading to injuries. Protein intake accelerates muscle growth and speeds recovery by helping to rebuild muscle fibres stressed during a run. Since protein helps muscles heal faster, runners who consume the right amount are less likely to get injured.

The reverse is also true that runners who DO NOT consume adequate protein are more likely to get injured. Protein also leads to a stronger immune system which is extremely important, especially as after intense exercise your immune system is weakened and vulnerable for 4-5 hours. Protein stimulates white

blood cells which help immunity and help shield against upper respiratory problems.

Protein is made up of amino acids and of the 20 amino acids that the body needs 9 are essential. If a protein consists of all 9 essential amino acids it is considered a 'complete protein', i.e. your animal, dairy and some vegetable protein such as soy or quinoa. If it doesn't contain all 9 essential amino acids it is considered an 'incomplete protein' i.e. grains and legumes.

Please look at this quick guide below to see if you are getting enough protein:

A sample day's menu:

Breakfast	¾ Oats + 2 scrambled eggs + 150ml orange juice + cup of coffee with milk	=25g
Mid-morning snack	banana +2 tablespns peanut butter	= 8g
Lunch	2 slices whole wheat bread, 100g chicken, 25g low fat cheese+ lettuce, tomato + 150g low fat yogurt	=40g
Supper	mixed green salad + 100g salmon or steak +1 ½ cups steamed broccoli and cauliflower + 1 medium baked sweet potato	=33g
Pre and post run	bottle of protein sports drink/smoothie	= 8g
Total protein		=114g

Dairy		Meat	
Greek Yogurt	23g/200g	Steak	23g/75g
Cottage cheese	14g/half cup	Mince	18g/75g
Eggs	6g/large egg	Chop,no bone	26g/75g
Milk	8g/250ml	Chicken breast	24g/75g
Whey	24g/scoop	Turkey	24g/75g
Tinned food		Legumes	
Tuna	22g/75g	Lentils	13g/quarter cup
Sardines	21g/75g	Beans	20g/250ml
Grains		Others	
Quinoa	8g/250ml	Biltong	13g/25g
Wheat germ	6g/25g	Peanut butter	8g/2 tablespns
		Nuts	6g/50g

I hope you found this of interest and please send in your questions to Niggle Nanny at stephtombs1966@gmail.com