

# Legogote Villagers Club Newsletter

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

## Chairman's Message for 2017

Welcome back dear runners. My wish for all of you for 2017 is that you improve on all your times from last year; that you build on last years training program to find exactly what works for you; and that you truly enjoy all the benefits of your healthy lifestyle.

Time waits for no man. Janu-worry has past us by, our new year runs and even the first race has come and gone. Comrades preparation is in full swing and even our Sudwala race planning has begun.

Right now membership renewal and licenses are all the action. It is wonderful to see some old faces coming back to run again. And then of course a big WELCOME to our new members. Do come to time trials, club runs, races, and get to know the guys. There is a wealth of running knowledge and friendships to be discovered.

ASA and Mpumalanga Athletics are moving with the times and have a Website available to the runners now. Each of you can now login anytime to update change phone numbers, addresses and so on. Great news, great for club admin too. See below for details.

I have set myself some goals for this year. These include,

Increased membership. ( more is better, always)

Enhanced Comrades preparation. ( More long runs, Faster pacing)

More social runs (because it's fun)

**So I trust it is still safe to say Happy new year. May 2017 be a successful year for you all Legogote Villagers**

Smart casual gear to wear before and after races. (Actually not my idea, But I like it)



More Legogotes on the Podium at races (Come on guys, train harder)

New signs on Club house.

And to have fun working with you all to achieve the above.

Just to get everyone up to speed with club communications. We have the Whatsapp group for day to day club matters, group runs, running info. I send text SMS messages for club announcements and club runs because not everyone is on Whatsapp. The SMS messages cost me, so I tend to keep them short and sweet also you may be dropped off if you don't attend the events posted. Please contact me on 084 516 8374 to get onto our group messages.

Please keep the Whatsapp messages running related, it tends to get too chatty at times. How about another chat group then? We use the Legogote facebook page to post club events, photos and race flyers. The Legogote Website has club address and contact info and also online entries start from there. Chatting with your mates at time trials is a good way to stay informed as well.

I hope as this year progresses that I get a chance to get to know all of your goals, your challenges and your successes in 2017. Help me to help you, help Legogote Villagers to be the best that we can be.

Viva Legogote Villagers,  
Andre

### Special points of interest:

- Membership and License Renewals— have you registered for 2017?
- 2017 Race Calendar
- Watch-out for those black toenails
- 6 Foods that can give you Runner's Trots

### Inside this issue:

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- 2017 Lowveld Race Calendar, March to July 2
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**From the Editor's desk...** Welcome back in 2017 and a BIG Welcome to all our new members. Trust this will be a great running year for us all! Looking forward to seeing some familiar faces at Om Die Dam, Two Oceans and Comrades Marathon this year.

I wish to appeal to you all to please send your contributions for the Newsletter in the form of interesting news, pictures or anything you think is valuable for our running community. This newsletter cannot come to fruition without your contribution. It is meant to serve you so... it operates like a two-way street where you contribute and I publish and not just one-way.

Thanks to those who have made an effort in this past year but please do not get tired. I need you more than you realise. **Thank you in advance for all the exciting Newsletter Contributions that I will receive this year** and within the stipulated response time. You can contact me at Shirley.mnisi@gmail.com. Happy reading everybody!



**04 June 2017**  
**#Zinikele!**  
**It's on? Where will you be?**



**Correct these five training mistakes while out on the roads and get the most out of every run.** –  
 By Jenny Hadfield (Runner's World Team)

- Running too much, too soon
- Obsessing over pace
- Training too hard on recovery days
- Cramming for a race
- Playing catch-up

## 2017 Race Calendar

| March | Race                          | Distance                | Time  | Venue                               |
|-------|-------------------------------|-------------------------|-------|-------------------------------------|
| 4     | Uniwisp Fast 3-in-1           | 42.2 , 21.1 , 10 km     | 06h00 | Mbombela Stadium                    |
| April | Race                          | Distance                | Time  | Venue                               |
| 1     | Club Long run                 | 50k                     | 05h00 | Legogote Villagers                  |
| 8     | SA 42,2 km Championships      | 42,2km                  |       | DURBAN                              |
| 8     | Merucrial Bateleur Estate     | 21.1 , 10 km            | 06h30 | Bateleur Estate, The Rest Nelspruit |
| 15    | <b>TWO OCEANS</b>             | 21.1km & 56km           |       | Cape Town                           |
| 22    | Forever Loskop Series 50km    | 50 km                   | 06h00 | Forever Resorts                     |
| 22    | Forever Loskop Series 21.1 km | 21.1 km                 | 06h30 | Forever Natuur Reservaat            |
| 22    | Forever Loskop Series 4.9 km  | 4.9 km                  | 06h45 | Forever Resorts                     |
| 29    | Sudwala Monster               | 21.1 km                 | 07h00 | Sudwala Lodge/Caves                 |
| May   | Race                          | Distance                | Time  | Venue                               |
| 13    | Selati 2 in 1                 | 21.1km & 10km / Fun run | 07h00 | Malelane Rugby Club                 |
| June  | Race                          | Distance                | Time  | Venue                               |
| 4     | Comrades Marathon             |                         |       |                                     |
| 10    | "Take a Step for Children"    | 10 km & 4.9km           | 07h00 | Riverside Mall Nelspruit            |
| 24    | Definition Half Marathon      | 21.1km & 10km / Fun run | 07h00 | Halls Sport Grounds Nelspruit       |
| July  | Race                          | Distance                | Time  | Venue                               |
| 8     | Hall's                        | 21.1 , 10 km            | 07h00 | Hall's Gateway. Mataffin.Nelspruit  |
| 15    | Legogote Villagers 3 in 1     | 21.1km & 10km / Fun run | 07h00 | White River Rugby club              |

**Happy Birthday to you...**  
**Veels gelukkig liewe maatjies,**  
**Usuku olumnandi lokuzalwa, Siyanibongela!**

| January              | February                        | March              | April                                 |
|----------------------|---------------------------------|--------------------|---------------------------------------|
| 07 Bethania Malope   | 02 Anton Kruger                 | 09 Francois McGill | 01 Jeamene Coertze                    |
| 09 Leon Olivier      | 05 Jose Helena                  | 10 Dave Gear       | 03 Albert Segage                      |
| 17 Jürgen Hällich    | 06 Conja Hoon / James Mhlongo   | 11 Anna Dalrymple  | 08 Willie Stander                     |
| 21 Piet van Rensburg | 11 Ashley Betteridge            | 16 Kylie Pretorius | 09 Schalk Grobbelaar                  |
| 26 Salome Rottcher   | 13 Elijah Mantshi               | 20 Billy van Zyl   | 13 Edward Hall                        |
|                      | 19 Terry Nel                    | 23 Chris Claassens | 19 Debbie Turner                      |
|                      | 20 Eric Wessels / Sizwe Shoyisa | 28 Stefa Etsebeth  | 20 Eunice Lebyana                     |
|                      |                                 | 30 Clive Smart     | 25 Wendy Louw / Sibonga Mavundla      |
|                      |                                 |                    | 26 Andrew Cochrane / Njabulo Mahlambi |
|                      |                                 |                    | 29 Hazel van Niekerk                  |

## 5 Causes of Black Toenails - Identify The Harmless From The Harmful

### 5 Causes of Black Toenails – Identify The Harmless From The Harmful

Many runners are familiar (read: all too familiar) with the black toenail. The condition involves bruising, blistering or bleeding beneath the nail from repetitive trauma, either of the top of the shoe banging against the nail or the toe slamming into the end of the shoe. It's most commonly experienced by marathoners and those training at especially high intensity. Some even see it as a badge of honour: the more black nails, the more badass. But not all black toenails are from running. In certain cases, a dark nail tells a darker, more dangerous story. Here, two podiatrists explain the difference between the benign and malignant.

#### 1. Repetitive Trauma

The most common culprit for black nails, **repetitive trauma can result from running, or from wearing any type of ill-fitting footwear.** Repetitive trauma ranges from mild (i.e. a small, painless, black-and-blue discolouration beneath the nail), to severe (i.e. large, bloody blisters between your nail and nail plate), explains Dr. Jacqueline Sutera, spokesperson for the American Podiatric Medical Association. In mild cases, no treatment is needed and the black nail will simply grow out.

In severe cases, beneath-the-nail blisters can cause the nail to detach – either partially or fully – from the nail plate. This process can be quite painful if the detachment is only partial, warns Dr. Lori Weisenfeld, sports podiatrist, explaining that once the nail fully separates from nail plate, it is officially dead and will never reattach. The good news about this: it's no longer painful. The bad news: it can take a long time for a new nail to grow in – **about a year for big toenails and 3 to 6 months for smaller nails.** Visit the doc: if the skin surrounding your blackened nail is red, inflamed and/or oozing. This may be a sign of an infection.

#### 2. Subungual Hematoma

Dropping a heavy object (say, a dumbbell) onto your foot can burst the blood vessels under your nail bed and cause blood to pool underneath, explains Wiesenfeld. This type of blackened nail – clinically called subungual hematoma – is especially easy to identify, as it will appear almost immediately after an incident. The build up of blood typically causes a painful throbbing

sensation that can be addressed by pricking a tiny needle through the nail to drain out the blood. This procedure will alleviate both the pressure and dark colour under the nail – and should always be done by your doctor, says Sutera, as at-home attempts are often unsanitary, ineffective, and more excruciating than in-office care.

#### 3. Fungal Infections

Fungal infections – like athlete's foot – can spread to your toenails and turn them shades of yellow, blue, green, brown, purple and black, explains Sutera. This range in colour is unique to fungus, as is the presence of subungual debris – a chalky white substance that lines the nail bed and often carries a funky odour. If you think you may have a fungal infection, head to your doctor. He or she can clip and biopsy a portion of your nail to confirm a diagnosis. Treatment options vary depending on the severity of the infection – mild cases are often addressed with topical medications while more aggressive fungi require oral medication or even laser treatment.

#### 4. Skin Cancer

Here's another **reason to use sunscreen: Melanoma – the most serious form of skin cancer – can grow underneath your nail bed on the nail plate** and cause hyperpigmentation of the skin, explains Sutera. It's often a slow and painless growth, which makes it especially tricky to catch. One ominous sign: discolouration that extends beyond the nail and onto the cuticle, says Weisenfeld. "If you've had no incidence of trauma and your nail is slowly starting to change colour – especially if that colour goes beyond your nail – you should get it checked out by your doctor" .

#### 5. Skin Tone

Occasionally, dark discolouration of the nail bed is merely a matter of skin tone. "There's skin underneath your toenails, and just like skin anywhere else on your body, the pigmentation can change over time," she explains.

Even so, Sutera recommends getting any new and usual colour changes checked by your podiatrist, just to be safe. **Stay Safe, look after your feet!**



**A special note of thanks to all Club members for your assistance and the commitment towards hosting our Races. Our next race is the Sudwala Monster Race, Please avail yourselves, Dankie!**



**Commandment 3:** Thou shall not ignore thy shoes. Get properly fitted and check for wear often.

**Look out for communication from our Social Desk in the upcoming newsletter.**





The small club with a BIG HEART!

WE'RE ON THE WEB

WWW.LEGOGOTEVILLAGERS.CO.ZA

## Legogote Villagers Club



## More Club Information

### Upcoming Events

2017-04-01

[Club Long Run](#)

2017-04-29

[Sudwala Screaming Monster Half Marathon](#)

2017-07-15

[Mozma's Trading 21k, 10k & 5k](#)



**Did you know** .... Legogote Villagers first organised Race was the 1984 Pine Lake Sun 21K. In the early years there were far fewer races in this area and the Pine Lake race became very popular, attracting up to 500 entrants from all over the lowveld and as far as Johannesburg. The area is scenic today still, and some runners bought Time Share at the Pine Lake resort just to be able to run every year.

**Comments and/or suggestions for our newsletter are welcome. They can be forwarded to the editor at [Shirley.mnisi@gmail.com](mailto:Shirley.mnisi@gmail.com)**

### Time trials

Held every Thursday at 5:30 pm. From the Running club. 2k, 4k, 6k, 8k out and back route on tar. Times are recorded. The Route alternates every week, but both routes have hills. Attendance is a good way to stay in touch with club events, also find out about local races and form lift clubs to races.

### Saturday runs

Happens every Saturday when there is no Race in our area. 5:30am start in Summer, 7:00am during Winter. Distances vary from 10Ks to 35ks. These are LSD runs on tar and forest trails. Longer distances build up towards Comrades at end of May. Attendance is a good way to meet and find training partners also there is so much running knowledge to be gleaned from experienced runners.

### Social Walk/Run

Walk/Run from Spur every Monday 5:30pm, social in Spur after.

## 6 Foods That Can Give You Runner's Trots - And What To Eat Instead

1. Avoid: Caffeine, replace with decaf drinks
2. Avoid: High-Fibre Cereal With Berries, go low fibre, especially before a big run
3. Avoid: Sorbitol, replace with plain old Water/H2O
4. Avoid: Spicy Foods, opt for a milder menu
5. Avoid: Dairy Products, try an alternative milk source like almond milk
6. Avoid: Beans, Lentils and Legumes, especially at pre-run. Seek out alternative carbohydrates with less fibre

If all fails, please consult your Dietician or Doctor.

*(Source: Runners' World publication)*