

# Newsletter



## Ubuhle Bezwe

Ubuhle Bezwe Orphanage was established in 2002 by Ms. Mthimkhulu, a voluntary professional nurse to help disadvantaged children and day care services to senior citizens. The centre was established to address issues of children who had nowhere to go in the afternoon and had no food at home. When they started, they discovered that most children were coming from child-headed families, some orphaned and others were taking care of their grannies and not attending school at all.

As a result, Ubuhle Bezwe was established to attend to the needs of all the vulnerable children and families in the community of Tembisa and the surrounding area.

Ubuhle Bezwe also caters for women and children who have been abused and gives them a temporarily place of safety. They provide a home for abused, homeless, neglected orphans and abandoned children. Some of the children in their care have chronic illnesses and are treated at the local clinics regularly.

The total number of children in their care is 42 ranging in age from newborn babies to 21 years of age. However, at times, they exceed the numbers due to the social ills in the community. They also have more than 200 beneficiaries who they support with food parcels and clothing. Many impoverished families and homes rely on them for occasional help.

As a centre, they have challenges of having undocumented children. We try our best to register them with home affairs, this is not an easy journey, but they are persistent and resilient. All children, whether the child is South African or not, will find a safe haven at Ubuhle Bezwe.





Ubhle Bezwe Orphanage is a registered NPO but do not receive any government funding. They survive through the generous donations of corporations, individuals, NPOs and churches. They are in the process of meeting the stringent requirements of the Department of Social Development (DSD) to qualify for assistance. As a centre, they try to serve the children by giving them a place to call home and care for them in the way they deserve.

Their mission is to provide basic life skills, develop self-confidence and boost self-esteem with all the children that they care for. They also aim to provide shelter and support to vulnerable children, to promote youth awareness

programmes in and around the Tembisa community and to emphasize the importance of education and to develop learning skills. Relying purely on the generosity of their benefactors, Ubhle Bezwe Orphanage appeal to all who may be in a position to help, to donate much-needed food, clothing & cleaning supplies.

Nedbank Running Club Central Gauteng are proud to partner with this deserving organisation as much as we can, we have been running a charity drive this month and urge all our runners, both members and non-members, to please assist them as much as possible. This July we are collecting various items on their wishlist to help them in the coming months, please see the graphic below and donate as you can. Collections will be taking place at both Sandton & Modders runs, every week during July.

To those who have donated already, we thank you for your acts of selflessness and know that the children at Ubhle Bezwe are incredibly grateful for your generosity.

Please continue to donate this month, your running captains will be taking collections each week.

The graphic features the Ubhle Bezwe logo at the top left, which includes a globe and the text 'Ubhle Bezwe'. The main title 'UBUHLE BEZWE BOYS CHARITY DRIVE' is written in large, bold, blue letters. Below the title, five colored ovals represent the weeks of the drive, each with a list of items to be collected. The items are listed in white text on a dark background. At the bottom, there is a call to action in white text on a dark background, followed by a thank you message in white text on a dark background.

**UBUHLE BEZWE BOYS CHARITY DRIVE**

**WEEK 1**  
1ST-7TH  
JULY

- Roll on deodorant
- Aerosol deodorant
- Bath Towels
- Face Cloths

**WEEK 2**  
8TH-14TH  
JULY

- Toothpaste
- Tooth Brushes
- Body Lotion

**WEEK 3**  
15TH-21ST  
JULY

- Socks - Age 10-18
- Underware - Age 10-18
- Hair Brushes

**WEEK 4**  
22ND-28TH  
JULY

- Trousers/ Pants - Age 10-18
- T-shirts - Age 10-18
- Sweaters - Age 10-18

**WEEK 5**  
29TH-31ST  
JULY

- Soap
- Electric Hair Clipping Machine

Please help support over 100 boys from four different orphanages in Tembisa by donating any of the above listed items each week, at your weekly runs.

Please hand the items to your running captains and we will arrange a drop-off at uBuhle Bezwe home.

Thank you - your generosity and support is highly appreciated!

# Captains Report

## Summer Body Loading

Winter is here, and I am excited because this is my favourite time of the year to run. Why you ask? It is colder which makes me feel stronger; I get to wake up later; and it is cheaper as I can avoid using sunblock! It also has a nostalgic effect going for it. I started running with Nedbank Running Club in May 2022, and it was cold but running with these peeps warmed up my heart (too cliché?). I also ran my first 21 and my first comrades in winter as well, so even more nostalgic! Preference for running in winter differs for each runner, but regardless knowing the advantages and disadvantages will help you become a better runner.



Irrespective of whether you like winter running or not, you still have to run in winter because of the old saying “Summer bodies are made in winter” and “consistency is key” (It rhymes so it must be true!). Therefore, this article will talk about the following:

- Advantages of winter running;
- Disadvantages of winter running;
- 6 tips, benefits/precautions to ensure you make the most of your winter running programme.

### Advantages after winter running

- Makes your fat phat: There are three types of fat in your body, but as runners, we are only concerned about the following two: white fat, the unwanted fat around your waist; and brown fat the wanted fat around your neck. Brown fat is the fat that you can use for energy while white fat is stored and makes you slower (the heavier you are the more work you must do,  $W=F*d$ ). The cold weather helps turn the white fat into brown fat.
- Less strain on your heart ❤️: Let's say you can skip, juggle knives, and sing the element song by Tom Lehrer. However, if I ask you to do all three of these things at the same time it will probably end up as a bloody mess. This is the same as trying to run in the heat as you are trying to make your body do many things and therefore you are straining your heart, so take advantage of the chill!
- Makes you less SAD 😞: Seasonal affective disorder (SAD) happens when the days start to become shorter, and nights become longer which can cause more depression. I am sure a few of you runners agree running can elevate your mood.
- It's magic for weight loss: Fun fact humans are mammals, and as mammals, we like to store fat during the winter months, so when I say you are like a bear this is what I mean. To trick your body you just need to get warm, and running can help with this!

### Disadvantages of running in winter

- Hey, who turned off the lights? Unless you had to take your grandmother shopping for knickers, winter days are generally very short. As our club is an afternoon running club, you will likely be running in the darkness which causes a whole lot of challenges.
- Doctor Doctor! As the Tompson twins will tell you in the winter it is cold and often people are sick and therefore they could make you sick. Also running reduces your immune system already so adding these two factors together could make you sick.



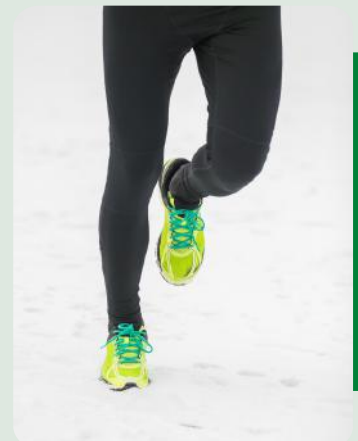
- Nature fights back: I once had a friend who decided to run on a nice winter's day. He ran under a tree, and he just stopped suddenly. I went to check on him and turns out a pinecone dropped onto his head! He is still alive but now suffers from dendrophobia/Pefkophobia! Yes, during winter nature is trying to take back the land by dropping cones, making roads icy/wet, and generating icy wind. These things could make us trip, slip, or fall.

### **Tips to ensure we don't succumb to the winter chills, and prosper during the winter seasons:**

- Leave some room for imagination: Layers, during winter runs, please. Ensure that you have enough clothes on. According to "Medical News Today", you should wear clothes that are comfortable for 8 to 11° warmer. This is because your body heats up naturally.
- Sweat convection: Have you ever jumped into a pool during winter? If you have, I am sure you dried yourself very quickly to avoid sickness. The moisture on your skin makes you more susceptible to illness. Therefore, your innermost layer should have moisture-wicking materials says Zaslow (Medical News Today).
- Traction for action: If the temperature is below 0 degrees, then ice could form on the road. It would therefore be wise to have some shoes with grip or run in the warmer part of the day to avoid slippage.
- Be like water: Ensure you are still hydrated. I know you assume you don't need water because it is cold but not being hydrated can have catastrophic effects on your heart rate, which will negate the benefit of winter running. Just before comrades, my nerves made me a coffee addict (which dehydrates you) during this addiction phase of my life my heart rate went up 10 bpm and made it difficult to run. I started to drink less coffee and drink more water and then during comrades, my heart had no issues, but don't worry I found other issues!
- Take in the beauty of the chill: I have found that when I run and have an interesting conversation about anything (examples: Otters, nails, or football) I don't feel exhausted or sore and I get all these good endorphins and often find it easier and more enjoyable. Distraction is key to making you forget about the cold and rather focus on the run, so what better distraction is there than just appreciating the beauty of a winter's day: the beautiful different shades of red during sunset; the amazing colours of the trees; and the occasional pink flamingo.
- Illumination (Lumo) pants: As mentioned above there is less light during winter, and I know everyone has to work therefore the times when you can run are normally when light is limited. To make yourself visible please wear lumo clothes and a light!

I hope you enjoyed this article and find it amusing and filled with valuable information that can help you brave the winter because after all to get that summer body you will likely need to train in winter.

*Andre Greyling*



#### **Resources:**

- Benefits of running in winter: [Benefits of running in the cold outweigh warm weather running, says expert \(medicalxpress.com\)](https://www.medicalxpress.com/);
- [https://www.bing.com/search?pglt=43&q=disadvantages+of+running+in+winter&cvid=16c745721ba440b58b50ae71ec20de56&gs\\_lcrp=EgZjaHJybWUyBggAEEUYOTIGCAEQABhAMgYIAhAAGEAyBggDEAAAYQDIGCAQQABhAMgYIBRAAGEAyBggGEAAAYQDIGCAcQABhAMgYICBAAGEDSAQg3MDO0ajBqMagCCLACAO&FORM=ANNTA1&PC=ACTS](https://www.bing.com/search?pglt=43&q=disadvantages+of+running+in+winter&cvid=16c745721ba440b58b50ae71ec20de56&gs_lcrp=EgZjaHJybWUyBggAEEUYOTIGCAEQABhAMgYIAhAAGEAyBggDEAAAYQDIGCAQQABhAMgYIBRAAGEAyBggGEAAAYQDIGCAcQABhAMgYICBAAGEDSAQg3MDO0ajBqMagCCLACAO&FORM=ANNTA1&PC=ACTS)
- Medical News today: [Winter fitness: Extra benefits you get running in colder weather \(medicalnewstoday.com\)](https://www.medicalnewstoday.com/)

# MNHW Donations

Please remember to donate towards the amazing MNHW (Modderfontein Neighbourhood Watch) representatives who keep us safe at the weekly Time Trial events in Modderfontein.

Donations of any amount can be made via cash at the weekly Time Trials (look out for the MNHW box) or via EFT into the club account, using 'MNHW' as the payment reference.

*Thank You!*



## Member of the Month - *Donald Mbonani*

Donald started running in 2012 after needing a healthy outlet for both his physical and mental sanity. He started running with the Sandton group on Wednesdays and Saturdays and has progressed really quickly. Unfortunately a knee injury and subsequent surgery put pause to his running for a while, but he's back stronger than ever and ready to tackle the many goals that he's set for himself.

The biggest is surely the Comrades Marathon, he truly

believes that this is the Ultimate Human Race, testing both physical and mental capabilities of anyone attempting to run it. Apart from running, Donald is a dedicated family man and also enjoys reading and playing soccer. We wish you luck Donald, we have no doubt that your running goals will be realised with your hard work and dedication and we are so happy that we get to share this journey with you!



## Race Day Gazebo Hosting

With more and more races being added to the annual calendar, we'd like to have a bigger presence at each venue so we can support all our members to the best of our ability. We'd like to offer our hospitality gazebo at as many local races as possible so please get in touch with Brad & Bron Diamond to host the gazebos.

The success of these gazebo's is purely dependent on our members and your willingness to get involved and support your fellow runners & friends.

Here is an easy guide to hosting:



The day before the race:

- Collect the trailer, take it to the race venue & set up the gazebos;
- Collect the food & drinks from the relevant committee member;
- You may fill the cooler boxes with the refreshments and lock in the trailer overnight.

Race Day:

- On the way to the race venue, buy bags of ice to fill the cooler boxes;
- Arrive at the race at least 1 hour before the first race starts, open the trailer and store the runners belongings for safekeeping;
- Once the races start, set out the chairs, tables, cooler boxes & food platters. Fill the cooler boxes with ice;
- Keep an eye on the belongings in the trailer;
- As the runners start finishing, take some photos to share on the what's app chats, cheer them on and enjoy the atmosphere;
- Stagger the flow of the food and beverages so all runners get refreshments after their individual races;
- Once the race is over, assist committee members with cleaning up the site and re-packing the trailer for the next race;
- Return the trailer to storage.

Please click link to host a gazebo:  
[Hosting Form](#)

## Cheer Championship

**Let's hear a cheers for our volunteers!**

We know that volunteering requires a particular kind of selflessness, and, as a proverbial high-five to all those who give of their time and energy, we've launched an exciting initiative:

The Cheer Championships! For every volunteering effort made, points are earned. These points are converted into entries for the lucky draw to be held in December, to win a brand new pair of running shoes from Run-A-Way Sport!

The points are allocated as follows:

**Time trial timekeeping: 1 point**

**Water table cheerleading: 2 points**

**Gazebo hosting: 3 points**

It's not too late, jump in now and start earning your points. Every single point counts - the

**R3000 GRAND PRIZE VOUCHER** from

**Run-A-Way Sport**

could be yours!

**RUN-A-WAY  
SPORT**



Runners who  
give back

### CHEER CHAMPIONSHIP LEADERBOARD - JULY

1st: Andre Greyling - 20 points
2nd: Riaan Steyn - 16 points
3rd: Brad & Bron Diamond - 15 points

1 point = 1 entry

Points are converted into lucky draw entries to win a brand new pair of running shoes.

CHECK OUT WHATSAPP GROUPS & MONTHLY NEWSLETTERS FOR VOLUNTEERING OPPORTUNITIES & VOLUNTEER LEADERBOARD

# Upcoming Races

## AUGUST

### Saturday 3rd

- Impact Run | 21.1km | 10km | 5km

### Sunday 11th

- Old Eds Road Race | 21.1km | 10km | 5km

### Saturday 17th

- Totalsports Women's Race | 10km | 5km

### Sunday 18th

- Waterfall City Half Marathon | 21.1km | 10km | 5km

### Saturday 24th

- Clearwater Mall Race | 10km | 5km

### Sunday 25th

- Wanderers Road Race | 21.1km | 10km | 5km

## SEPTEMBER

### Sunday 1st

- Aquellé Jozi City Ultra | 48km | 21.1km | 10km | 5km

### Sunday 8th

- **Nedbank Spring Sprint | 10km**
- Significance Run | 10km | 5km

### Sunday 15th

- Cool Ideas Pirates Race | 10km

### Sunday 22nd

- Boroughs of Bedfordview | 15km | 5km

### Tuesday 24th

- ABSA Run your City Joburg 10km

### Sunday 29th

- Fred Morrison | 42.2km | 21.1km | 10km

<https://www.roadrunning.co.za/region/gauteng>

[https://www.runnersguide.co.za/pages/calendar/60\\_days/60Days.aspx](https://www.runnersguide.co.za/pages/calendar/60_days/60Days.aspx)

# Follow Us



<https://www.facebook.com/Nedbank-Running-Club-Central-Gauteng-Johannesburg-and-Soweto-150279161653752>



<https://www.instagram.com/nedbankrunningcg/>



# Weekly Time Trials

**Tuesdays - 17h15**  
(for registration)

**Flamingo**  
**Shopping Centre,**  
**Modderfontein**

**Wednesdays - 17h30**  
**Poplar on Park,**  
**Riverclub**



# Time Trial Roster - Modders

**6th August - Patrick Wong,**  
**Riaan & Claire Steyn**

**13th August - Andre G, NJ &**  
**Rochelle**

**20th August - Sam & Dieter**  
**27th August - Brad & Bron**



# ROCK YOUR SOCKS!

We're spicing up our usual club run with a special "Rock Your Socks" edition on Saturday, 17 August from New Day Church!

It's your chance to showcase your most colorful, wildest running socks as we hit the road together.



**NRC MEMBERS WILL ENJOY  
A FREE COFFEE & MUFFIN  
AFTER THE RUN!  
NON-MEMBERS - R50,00**



**NEDBANK  
RUNNING  
CLUB**

[\*\*Click here to RSVP NOW\*\*](#)





Join Nedbank Central Gauteng by either clicking the below link or scanning the QR code NOW:

[www.nedbankrunningclub.co.za](http://www.nedbankrunningclub.co.za)

COME RUN WITH US.



Scan HERE



One Club Two Venues

Sandton & Modderfontein

Make the most of your membership by joining our weekly runs at both venues. We look forward to hosting you at both Sandton & Modderfontein for your convenience.

## WEEKLY SCHEDULE

### MONDAY

Sandton Sports Club - 17h30  
Meet next to the Nedbank Container



### TUESDAY

Flamingo Shopping Centre, Modderfontein - 17h15  
Meet on the open roof top parking for registration; Run starts at 17h30 across the road in the adjacent car park



### WEDNESDAY

Poplar on Park - 17h30  
Meet in the parking lot



### THURSDAY

Founders Hill School, Modderfontein - 17h15  
Hill / speed coaching session; Meet in the school car park



### SATURDAY

Sandton - 6:30am; Modderfontein - 6:30am  
Routes, venues & distances are shared on the WhatsApp chats the Friday before



Modders WhatsApp Chat



Sandton WhatsApp Chat



Social Pages



Thank You to our sponsors!

