

Newsletter



Finish Line Heroes

Whenever Nedbank Running Club CG is the topic of conversation, there are a few phrases you're sure to hear: Usually, "You're that club of lightning-bolt runners!" or sometimes, "Those hills on your time trial route are no joke!", but most commonly, "There's just something special about your club..." And that's the one we're most proud of: The undoubtable sense of welcome and caring comradery experienced by all paces and faces. We're much less of a running club, and much more of an enormous group of friends who run in order to spend time together!

But this characteristic isn't something that has happened by accident.

As well as being a club who work hard together, we play hard together and make a concerted effort to support one another. Running may be an individual's sport, but no runner is ever alone at Nedbank CG. It's what makes us **MORE THAN A CLUB**.

Volunteering is an awesome way to get involved in the club, build friendships with fellow runners (especially those speedsters who you could never keep up with on a run!), and flex those supporter muscles while giving the leg muscles a well-deserved break. And, just as importantly, without volunteers, we couldn't keep the club running - Literally and metaphorically.

So, how can you get involved?

Besides just being a lekker person, and cheering someone on through the finish line, there are three main volunteer positions that need filling regularly: Time trial timekeeping, gazebo hosting and assisting at water tables.





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! The points are allocated as follows:

- **Time trial timekeeping:** 1 point
- **Water table cheerleading:** 2 points
- **Gazebo hosting:** 3 points

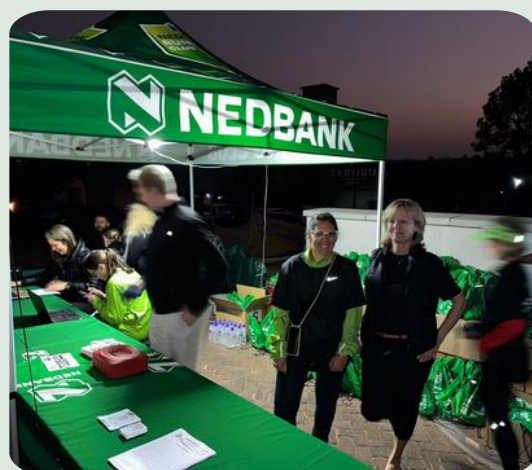
Keep a look-out on WhatsApp groups, newsletters and social media for opportunities to volunteer and for the monthly scoreboard. Every person who has volunteered (member or not!) is in the running for that esteemed prize.

Join the team whose giving-hands are as strong as their quads - Lace up your volunteering spirit and let's keep Nedbank Running Club CG on track and running smoothly. We can't wait to get know you behind those reflective running sunnies and pizazzy green vest!

Time trial timekeeper: It's thanks to these volunteers that we have a log of times to refer to when bragging to our friends about our latest 5km PB. Volunteers are expected to arrive 20-30 minutes before TT starts, collect the clipboard from the TT captain and record the names and distances of the participants who arrive. As the TT kicks off, these volunteers start the timing clock and then record runners' times as they complete their distance. After the last runner returns, timekeepers will check that all runners have come in and recorded their efforts, and return the lists to the captain. There are two timekeeping positions at each venue available every week.

Gazebo hosting: Anyone would be instantly perked up by the oasis of a shady club gazebo, a refreshing drink and a pat on the back from a proud friend after a gruelling race. And that's where gazebo hosting volunteers shine: These volunteers arrive an hour before the race starts, and store runners' belongings in the trailer for safekeeping. Before runners come in, they set out chairs, stock up cooler boxes and set out the platters.

During the race, gazebo hosters become cheerleaders as they shout for and take photos of runners as they come through the finish shoot, and serve Nedbank runners who have come to the gazebo afterwards. This is a volunteer position that requires more time commitment, but it's a fantastic opportunity to spend a morning with club friends or rope in family members who are waiting for their valiant runners to complete their race.



Water table assistance: There is nothing quite like hearing your name being shouted out as you endeavour up a particularly strenuous hill, knowing that your Nedbank Club friends are waiting for you, with a sachet of ice-cold water, at the top. Occasionally, water tables or 'not-catered' gazebos are set up along a route. The volunteer responsibilities of this duty are simple: Give the Nedbank runners a reason to smile through the pain and push on with obnoxiously-loud cheering, fist-pumping and shouts of incontestable 'YOU'VE-GOT-THIS!', usually accompanied with a skilful hand-off of a water sachet at frightening speeds.



Cheer Championships Leaderboard - May

- **1st - Riaan Steyn (12 points)**
- **2nd - Andre Greyling (11 points)**
- **3rd - Helga Lucas (10 points)**

Runners who
give back

**CHEER CHAMPIONSHIP
LEADERBOARD - MAY**

1st: Riaan Steyn - 12 points
2nd: Andre Greyling - 11 points
3rd: Helga Lucas - 10 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 NEWLETTERS FOR VOLUNTEERING OPPORTUNITIES & VOLUNTEER LEADERBOARD

Captain's Report - The unsexy truth about running (and life in general)

For runners there is no better feeling than setting a personal best (PB, I love PBs so much I named my cat PB, so I will always have one!), you feel fit, strong, and most importantly sexy! So, this is what most novice runners do, they set PBs again, again, and again. There are some awesome payoffs for this: admiration, self-confidence, and googly eyes. Unfortunately, in some cases, there is also some cost like the dreaded word, Injuries. I will not lie, injuries suck because all that progress slowly gets sucked away and you become the shell of the runner you were before the injury. It takes 21 days to lose that fitness, 21 days to lose that strength, 21 days to lose that sexiness!



So if going hard all the time could increase the risk of injuries what should you do to avoid injury? The answer is simple and unfortunately as sexy as a Walrus in a bikini. The unsexy truth is to avoid injury by running slowly and consistently. Therefore, you can't achieve a PB every week, but you have to run every week. In running a lot of experts talk about running slow. You should be running slow 80% of the time because this avoids injury and keeps you on your feet longer. Humans should be moving around a lot because you don't want those nasty predators catching you!

The author David Epstein talks about his experience of being a track athlete (Tracklete). At the beginning of his track days, he was the slowest of the slow and after 2 years of consistent running, he became the fastest of the fast. He wasn't just setting personal records but rather national records. So everyone had to lick his dust!

All the above sounds great but how do you motivate yourself to be consistent and get out of the lady's B-team? I will go through 6 ways to motivate you to run more:

1) Join a club, but not a cheese & w(h)ine club

Joining the Nedbank running club has been one of the best decisions I made in my life as having people around you motivates you. Also, remember Nedbank running is an incomplete team without you! This motivation can come from competition, or just being around people. The club has this awesome initiative called Coffee Shop Hopping. This is a cyclic event that happens most Saturdays, and as the name suggests involves coffee! Chatting over a coffee builds camaraderie, which is a key ingredient for running comrades! Trust me, I know as I have run zero comrades!

2) Set a goal

Goals can be tricky because people often set very difficult goals and then fail. This failure hurts because you essentially lied to yourself which sucks balls! I would suggest thinking of goals like a house: set a ceiling goal; and set a floor goal. Ceiling goals are for if everything goes right (perfect weather, perfect mood, perfect nutrition, perfect sleep, etc.), and floor goals are more achievable. Don't make floor goals too easy because you still need to do some work and build a foundation. If you are a novice runner, I would suggest not setting a time-based goal but rather just a completion goal or a don't walk goal. A thing that road runners forget is that just being out there is so good and one day you will look in the mirror and thank yourself, so don't get carried away with chasing goals! Goals give you direction! Don't worry if you don't meet them because you are way better than that old toppie chilling on the couch!

3) Make it fun

Mathematics, people generally have a love-hate relationship with this subject, and most people love to hate it. If you haven't noticed, I don't hate mathematics. In fact, I love mathematics and I enjoy making weekly stats! Why do I love it? I had a teacher, quite a few, and they made it enjoyable, you know, they made songs about Algebra (Okay that was me), and I always got to spend time with my friends, so I made math fun, and because it was fun I did it more. I suggest you do the same with running. Make it fun. So, while you are busting that tar on those long slow distances (The other kind of LSD) find some interesting topics to talk about (Maybe pineapple pacers, or other swinging signals), or maybe count how many sheep you see on the route, but don't fall asleep that could be dangerous!

4) Track it

Going back to the stats thing, surprisingly people love tracking things because seeing progress is motivational. I remember the time when I had to walk most of a 5km run, and now I complain that 5km is too short, and prefer to run 8 km at a 5 min/km pace because that is slow enough for me to have a deep meaningful conversation about otters. Sorry, I am still in love with the fact that otters hold hands while they sleep. People also feel that they stop progressing as milestones dry up, but tracking will show you that is not true. A wise lady once said just trust and enjoy the process you will get there! For tracking, I recommend Strava as most of the running group is on Strava and they like dishing out Kudos. Praise also motivates people to run, so Strava will help with this. Also, remember to praise people as everyone improves and it is just amazing to see people start running fast.

5) Schedule it

Have you ever heard of the 5Ps? Proper planning prevents poor performance and adding a piss make it the 6Ps. Put running in your diary, trust me it will save your life! I don't know if you have heard of this thing called the internet and there is a specific website called Google. On the Google website, you can search for training programmes. I recommend you do this. Just a warning about this internet thing you can get lost in it and go to dark places. Note the internet also has a boyfriend (Keanu Reeves), and spending your time with someone else's partner should be avoided! If you want to heed my warning about this internet thing, I suggest you search on our WhatsApp group as Coach Marco has put up generic training programmes.

These programs will get you fit enough for that casual jog around the Cape Town Peninsula, and while you are running you can ask attractive people random questions "What is your favorite colour", "I lost my number can I have yours", and "Do you know why a hug without you is poisonous?", and if they are cross with just say "I thought this was speed dating".

6) Label yourself a runner/Get a cat:

Most of the runners I know have a cat. I am not sure why this is, but it is the way. This reminds me of when I stopped drinking for self-control purposes. I told myself I was a teetotaller and therefore I don't because teetotallers don't drink, and how can I call myself a teetotaller if I drink? Make running part of your identity and it will make it easier for you to run because guess, what runners do? They run! Also consider getting a cat because they are cute, loyal, and make you responsible. Guess what? Responsibility is a lot sexier than PBs

So, to all my running peeps, I hope you enjoyed this article as much as I enjoyed writing it! Please come to a time trial soon as it will be great to catch up with you and talk about what steps you are taking to become a more consistent runner. Remember consistency may be unsexy but it gets you all the things you want in running and life in general.

Andre Greyling



Member of the Month - *Brenda Hopewell*

Whilst living in the UK many years ago, Brenda found herself roped into running the Prague Half Marathon, with zero training, and the running bug bit. She's since run several more half marathons, joined Nedbank Running Club Central Gauteng and looks forward to one day running the Skukuza Half Marathon and possibly the London Marathon!

She was inspired to join NRCGC after joining the weekly Time Trials in Sandton, her reason being that if you want to get better at something, you need to step outside of your comfort

zone and challenge yourself. We are so happy to welcome Brenda into our fold and we look forward to assisting and encouraging her with her running goals in the future. We bet that the London Marathon may be closer than she thinks!

Please support our Winter Charity Drive. Collections will be taking place at both Sandton & Modders Time Trials, every week during June.

Ubuhle Bezwe Boys Charity Drive

Ubuhle Bezwe Child Care Centre would like to ask for your support in our Charity Drive for 100 boys from 4 orphanages in Tembisa aged 10-18.

Wish List: Roll-on; Bath towels; Toothpaste; Toothbrushes; Body spray; Body lotion; Socks; Underwear; Pants & T-shirts; Shoes; Soap; Haircutting machine; Hair brushes

Contact: Barbara (072 578 6431) Ruth (082 789 4989) Rele (076 513 1781)
Email: ubuhlebezwe222@gmail.com

Address: 222 Libya Street
Isivana Section, Tembisa
1632



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](#)



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!

Upcoming Races

JUNE

Sunday 9th

- Comrades Marathon

Saturday 15th

- Soshanguve Great Run | 10km | 5km

Sunday 16th

- Uprising Run | 16km | 5km

Saturday 22nd

- Vitality Race Against Cancer | 21.1km | 10km | 5km

Saturday 29th

- Centurion Mall Race of Gratitude | 21.1km | 10km | 5km

JULY

Saturday 6th

- Garsfontein Ice Breaker | 21.1km | 10km | 5km

Sunday 7th

- Gallopers | 15km | 5km

Sunday 14th

- Gerald Fox Memorial Road Race | 21.1km | 10km | 5km

Saturday 20th

- Mandela Day Walk & Run | 21.1km | 10km | 5km

Sunday 21st

- Run the North - Northgate Road Race | 10km | 5km

Sunday 28th

- Randburg Harriers Challenge | 21.1km | 10km | 5km

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

https://www.runnersguide.co.za/pages/calendar/60_days/60Days.aspx



<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

4th June - Riaan & Andre V

11th June - Ross & Julie

18th June - Gayle Bates &

Claire Steyn

25th June - Natalie Botha &

Helga Lucas



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

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!

