



Krugersdorp Road Runners

Bring the family
together the
healthy way!



NUUSBRIEF / NEWSLETTER

JANUARY 2019

Welcome to the 4th edition of the newsletter.

FOOD FOR THOUGHT:

Monitor the Beat:

Be willing to go alone. Many who started with you, won't finish with you.

.... And that's ok. Some journeys are meant to be taken alone. Keep the faith

Committee members – 2019:

Portfolio	Name	Contact Number
Chairman	Chris Smit	083 519 1286
Vice chairman	Johan van Graan	076 374 4844
Secretary	Jenine van Moorst	082 334 4922
Finance	Stephen Anderson	082 332 2256
Licensing official	Sharlene Gagiano	083 512 9640
Club captain - Male	Estienne Bezuidenhout and Gerard Bezuidenhout	084 491 1008 + 061 146 4433
Club captain - Female	Liezel Anderson and Sanri Swanepoel	072 237 2504 + 076 741 4867
Clubhouse manager	(Broer) Johan Henning	082 418 9942
Stats	Fanie Bezuidenhout	072 671 9243

Newsletter	Shujit Ranchhoojee and Venesa Combrinck	072 475 8825 + 082 445 4548
Bar	Donovan Austin	071 538 0830
Function Co-ordinator	Melany Bezuidenhout	061 1630 030
Committee assistants	Sonja Smit Sandra Delport Brilliance Shipalana Sean Delport Leon Rossouw	

Our Mission

Krugersdorp club is a **FAMILY CLUB** with a **running problem**.

Club Fee Structure:

Club fees (before June 2018):

Family Members	-	R600
Single Members	-	R400
CGA Licence – Juniors	-	R80-00
CGA Licence – Seniors	-	R120-00

Free running vest for all new members joining.

Club Colours: Krugersdorp Road Runners Official Vest and Black Shorts/Scorts (running skirt with built in shorts) or Ski Pants.

If you have a child that is still studying they will form part of the family.
A child older than 18year and not studying joins as a single member.

Club fees can be paid directly into the back account of Krugersdorp Road Runners using your name and CGA license number as reference:

Bank: ABSA
Account name: Krugersdorp Road Runners
Account number: 0310148482
Reference: Your name and CGA licence

Please mail proof of payment to Sharlene

NB – Please try to make EFT payments if you can. You should give your initials and surname as a reference.

Please note; 2018 Licenses are valid until 31 January 2019 only in Gauteng Province

Please note: 2019 Licenses will be available at the club house from 17 January 2019

Club Vest

The proposed new vest was approved by CGA. Information to follow.

Important Club Dates: January and February 2019

Date	Venue	Time	Event
03/01/2019	Clubhouse	18:00	Flat Route - Sean
10/01/2019	Clubhouse	18:00	Hospital Hill - Shujit
17/01/2019	Clubhouse	18:00	Flat Route - Sonja Bring And Braai
24/01/2019	Clubhouse	18:00	Hospital Hill - Stephen
31/01/2019	Clubhouse	18:00	Flat Route -Venesa Dinner&Post Race
07/02/2019	Clubhouse	18:00	Hospital Hill - Brillance
14/02/2019	Clubhouse	18:00	Flat Route – Broer Johan
21/02/2019	Clubhouse	18:00	Hospital Hill - Chris
28/02/2019	Clubhouse	18:00	Flat Route - Estienne

Races:



Races Gauteng North:

January – February

Race date	Race	Venue	Contact	Telephone
26/01	Wonderpark Akasia 3-in-1	Wonderpark Shopping	Danie Badenhorst	082 458 8495
09/02	Bronkhorstspuit 32 & 10 km	Erasmus High School	Danie Kruger	082 827 0068
16/02	Bestmed Tuks Marathon, Half & 10	LC de Villiers Sports Grounds	Jet Moses	072 259 4282
24/02	Deloitte Pretoria Marathon, Half & 10	PHSOB Club, Hofmeyer Park	Rory Baker	072 023 1177

Races Central Gauteng:

January - February

Race date	Race	Venue	Contact	Telephone
13/01	Dis-Chem Half Marathon	Bedfordview		083 453 4843
16/01	President Hyper Berg en Dal	President Hyper	Sharlene Gagiano	083 512 9640
20/01	Garbie 32 & 15 km	College Senior School	Lelani v/d Walt	073 561 4912
27/01	Johnson Crane Marathon & Half	Sahara Park Willowmore	Race Organiser	072 678 2140
27/01	Johnson Crane Marathon & Half	Sahara Park Willowmore	Race Organiser	072 6782 140
10/02	Jeppe Marathon & Half Marathon	Saheti School	Race Organiser	011 017 2700
17/02	Pirates Half Marathon	Pirates Club	Race Organiser	011 568 0922
24/02	Township Marathon, Half & 10	Eldorado Park Stadium	Joe Morris	082 443 3777

Time Trials:



These are run every Thursday evening from the club starting at 18h00. Choose between 2km, 4km or 8km. All times are recorded and will be available at request from our statistician. During the winter months it gets dark early on and runners are required to wear reflective clothing for safety purposes.

Youngsters under the age of 16 will not be allowed to run unless accompanied by parent/adult supervisor.

Inter Club Time Trials are run between various West Rand clubs. You will be notified of these events via email.

Club Runs:

A WhatsApp group was created purely for notification of pending training runs. Group Admin are Chris Smit, Gerard Bezuidenhout and Donovan Austen.

Divinity:



It is with sadness that we heard of the passing of Annelize Louw's dad on the 16th of January, our thoughts and prayers are with the family during this difficult time. We also extend our prayers to Dominee Piet who is ill in hospital at this time.

Love and care:

Congratulations to Jan and Sonja on becoming 1st time grandparents

Congratulations to Alan and Debbie Coulter on their son Ryan's engagement

To all our Matrics a huge congratulations and everything of the best on your new adventures.

Interesting to Read:



People who run on a regular basis have unique iron needs that go beyond those of an average person. Whether training for a marathon or just enjoy going for a light jog from time to time, learn about why iron is so important for runners and how to supplement the diet.

Why A Surplus is Important

A surplus of iron is needed in a runner's body for several reasons. Without dietary iron runners may feel fatigue, making running their best practically impossible. Athletes and competitors need their bodies to perform at 100%, and even a slight drop in energy makes a huge difference in performance.

When there is not enough iron in the diet, the human body doesn't produce an adequate amount of hemoglobin, the protein produced in red blood cells that carry oxygen to the lungs and muscles. For obvious reasons, these are very important body parts for runners. Studies show that low iron ferritin levels can negatively impact performance because there is not enough oxygen getting to the muscles that sustain runs.

Why Iron Deficiencies Are Common in Runners

One of the most common nutrient deficiencies in the world is iron; but this is even more common among runners. Many runners that actually have iron deficiencies simply believe that they are overtraining or not getting enough rest. However, this is not always the case. There's a special protein in your body called ferritin that stores iron and releases it over time.

For runners, the recommended ferritin levels are likely quite different from those recommended for people who are sedentary. Regardless of age, it's a good idea to have ferritin levels checked to determine if levels are normal or below normal.

Symptoms of Iron Deficiency in Runners

Runners are naturally very in-tune with their bodies and can often tell right away if something feels a bit "off." Low iron levels affect runners when they start increasing the distance or intensity of their runs, and their muscles and lungs require more oxygen to propel them forward.

These are some of the most common iron deficiency symptoms that runners experience.

- Fatigue
- Shortness of breath
- Headaches
- Dizziness

How to Supplement Iron in the Diet

There are several ways that runners can supplement iron in their diets to meet the complex nutrient needs of a dedicated and competitive athlete. Healthy iron-rich foods for athletes include fish, legumes, tofu, leafy greens, and iron-fortified grains.

If runners aren't getting the iron their body needs from foods, supplements can help pick up where they leave off. Chella-fer or Ferrimed iron deficiency supplements are a great option to ask a doctor about because they are effective, easy to swallow and digest. This is one of the most widely prescribed over the counter iron supplements that can be found because it's so easily tolerated and has helped so many people overcome their nutrient deficiencies.

If you are a runner and notice a dramatic change in your running and energy level while exercising, consider seeing your doctor for a simple blood test to determine if an iron deficiency is to blame. It's important to tell your doctor about your running activity and level of intensity so that he or she can help you get the iron you need to reach your fitness and performance goals.



The following club members are celebrating their birthdays during January:

Name	Surname	Date
Anneke	Coetzee	1
Wessel	Moolman	2
Raymond	Nel	2
Jan	Smit	2
Zinelle	Struckel	3
Charlene	Steyn	6
Justine	Wolmarans	6
Walter	Sonnedecker	8
Mellanda	Beukes	9
Marthie	Labuschagne	10
Lindy	Dittrich	16
Loesje	Mann	22
Caroline	Ceronio	24
Tom	Brits	25
Christopher	Broodryk	25
Anita	Maritz	25
Brilliance	Shipalana	25
Maryna	Van Heerden	31

General:

Renting of Club House:

The club house can be rented by club members and private parties.

Non club members – R950 and a deposit of R250 is required

Club members – R650

For further information: info@krugersdorproadrunners.co.za

A special thank you to each and every person that made the President Hyper Berg en Dal race such a huge success yesterday. We really appreciate the effort in helping us grow the club to even greater heights, Please look out for the post race event which will happen at the end of the month.