2017 PLAN YOUR YEAR

33 Must-Do Races!

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Olivia de Klerk, 23, is a 10-K runner and believes in the power of healthy eating

BEGINNERS

Nail Your Running Comeback

p32

Summer Shoe Guide

18 New Pairs! Find Your Fit!

p45

NEW YEAR NEW YOU!

- Drop 5kg Or More
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How Far? How Fast?

Do Long Runs Right

Whatever Happened To Short Shorts?

TIGHT HAMSTRINGS?

4 Easy Exercises p40

JANUARY 2017

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WARM-UP

JANUARY
2017

CONTENTS | RAVE RUN 10 | EDITOR'S LETTER 14

45 SUMMER SHOE BUYER'S GUIDE

We road-tested dozens of new shoes, and these 18 outpaced the rest. Find your perfect pair.
BY RYAN SCOTT & DR MARTYN SHORTEN

ON THE COVER

Plan Your Year.....77
Beginners.....32
New Year, New You.....60
Hamstring 101.....40
Summer Shoe Guide.....45
Long Runs.....33
Short Shorts.....19

52
BEST IN SHOE
A look back at some 50 years of fantastic footwear (plus a flop or two).
BY JONATHAN BEVERLY

60
NEW YEAR, NEW YOU
START WHERE YOU ARE
Do you know how fit you are *right now*? Test yourself at the beginning of the year to figure out the best ways to reach your 2017 running goals.
BY KELLY BASTONE

70
MONTIES
An adventurer compares her experience of running the Wild Series Mont Aux Sources Challenge with her father's – 18 years ago.
BY BRYONY MCCORMICK

77
PLAN YOUR RUNNING YEAR
Our favourite (and most fun!) must-do races in SA.
BY CRAIG DUNCAN

PHOTOGRAPH BY **JAMES GARAGHTY**

WARM-UP

CONTENTS

HUMAN RACE

17 **Jenna Challenor** Part-time photographer, mom of three – and professional athlete.
19 **The Singlet** He knows it all.
20 **I Ran It Off!** A doting husband-to-be helped Tara get her life back on track.

PERSONAL BEST

TRAINING

30 **Find Your Spark** Choose your next goal and unclutter your training schedule for optimum enjoyment.
32 **The Starting Line** Stage a healthy comeback no matter how long you've been away from running.
33 **The Fast Lane** A smart formula to help ramp up your training without getting hurt.
34 **Ask The Experts** Can you train for an ultra while working full-time?
36 **The Sports Scientist** The recipe for successful training.
37 **Race Prep** Prime your body for racing in the heat.

MIND+BODY

38 **Position Statement** Take a stand, – literally – against tight hips and hamstrings.
40 **The Body Shop** Strengthen your hammies for good alignment.

FUEL

41 **Holiday Trimmings** Avoid weight gain this festive season with these tips.
43 **Quick Bites** Six mouth-watering upgrades to a toasted cheese.

RACES+PLACES

85 **Racing Ahead**

COLUMNS

22 **The Road Scholar**
Patience Is A Virtue
BY KIM PENSTONE
24 **Running The World**
Chamonix
BY RYAN SCOTT
90 **Back of the Pack**
A Midsummer Runner's Dream
BY BRUCE PINNOCK

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PHOTOGRAPH BY EWALD SADIE

BEGINNERS

THE TOTAL BEGINNER'S GUIDE TO RUNNING

Whether you're just starting out, or have been running for decades – we've got all the advice you need to get moving! For top tips, visit ***runnersworld.co.za/running101***

ON THE COVER

JANUARY 2017

Runner – Olivia wears crop top by Puma, shorts by Lorna Jane and shoes by New Balance.

Makeup by
Colleen Paioni

Photographed by
Igor Polzenhagen

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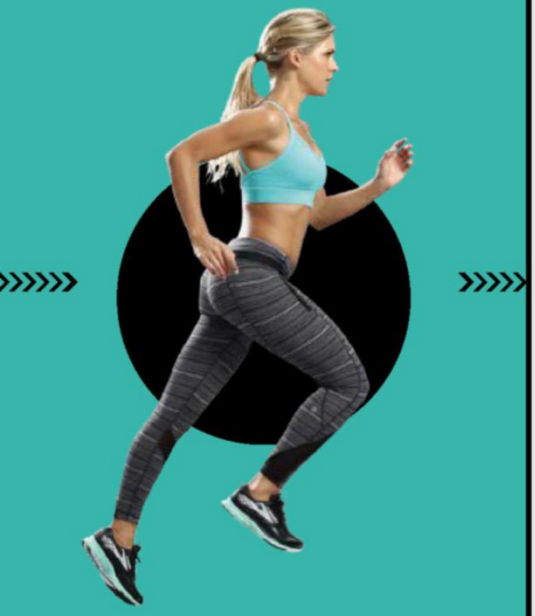

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What are the *RW* staffers' New Year's running resolutions?

Mike Finch
To find the ***flow.***

Lisa Nevitt
To stop putting so much ***pressure*** on myself.

Mark Arendse
To run my first race with ***my daughter***... I want to infect her with the running bug!

Dave Buchanan
To run more often, for longer. With a ***smile.***

Andre Valentine
To run ***more*** – and finally run a 10-kay without walking.

Yentl Barros
To run my second ***half marathon*** – and hopefully, improve my time.

Penny Trevena
To dabble in ***trail running*** a bit more – maybe enter a few races.

Amy Mostert
To ***start.***

Ryan Scott
To finish the ***#CoronaChallenge*** in under 45 minutes.

WARM-UP

RUNNER'S WORLD®

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SIMONSBERG CONSERVANCY TRAILS, STELLENBOSCH

PHOTOGRAPHS BY...
Em Gatland

RUNNER, & WORDS BY...
Nicola Collins

GPS LOCATION
Delheim Restaurant:
33°52'10"S 18°53'08"E
Muratie:
33°52'14.16"S 18°52'32.987"E

GRADING
Beginner – Advanced.
The lower trails are best for beginners, because they're smooth and require little climbing. Experienced trail runners who are up for a challenge will find the terrain gets pleasingly technical, the higher they ascend.

TERRAIN
There are well-marked routes, ranging from 10km to 25km, making Simonsberg ideal for both mid-week and longer weekend runs. The trails are mostly smooth, well maintained and enjoyable to run on.

DURATION
Anything from 30 minutes to four hours, depending on which routes you choose and your training goals. There's a useful map at the trailhead, which will assist you in planning your route.

BEST TIME TO RUN
My personal favourite is late afternoon – especially if you plan to run on the trails above Delheim. The views of the sun as it sets over Table Mountain in the early evening are spectacular. The trails are also beautiful on an early summer morning, when they're still in the cool shadows of the Simonsberg.

WARM-UP

RAVE RUN

SIMONSBERG CONSERVANCY TRAILS, STELLENBOSCH

OTHER ACTIVITIES

Mountain biking; wine farms; markets: Oude Libertas (slowmarket.co.za), Blaauwklippen (blaauwklippenfamilymarket.co.za) and Root 44 (root44.co.za)

REFUEL AT

The Farm Kitchen at Muratie Wine Estate (muratie.co.za), or the Garden Restaurant at Delheim Wine Estate (delheim.com). Order a Riverside Picnic from Delheim, and enjoy it under towering oaks.

THE EXPERIENCE

My personal favourite trail is called 'Never say never again', which travels high up the slopes of the Simonsberg. It's 10km of sublime singletrack, and there are spectacular views over the Winelands, and across to Table Mountain. In spring, colourful wild flowers blossom – watsonias in bloom are truly a magnificent sight to behold. Reach the summit in time to watch the sun set behind Table Mountain – but do remember to carry a headlamp, for the long run back down.

GETTING THERE

The Simonsberg Trails can be accessed via two trailheads – one at Muratie, and another at Delheim, off the R44. If you're coming from Cape Town, the easiest way to get there is to take the N1, and then the R44 Stellenbosch turnoff. The Muratie/Delheim turnoff is to the left, before you reach Stellenbosch. Then it's a 10-minute drive from the centre of Stellenbosch on the R44, towards the N1.

GOOD TO KNOW

Permits are available (R50 per day). If you plan on using the trails often, opt for an annual permit, which includes six bottles of wine from participating estates. Collect your permit from either Delheim or the Dirtopia Trail Centre, situated at Delvera.

Be aware of hikers and mountain-bikers, who also use the trails.

MORE INFORMATION

Dirtopia, 021 884 4752, dirtopia.co.za

FOR MORE AWESOME RUNNING PICS, VISIT **WWW.MYRUNNERSWORLD.CO.ZA/INSTARWRUN**.

TRIAL, ERROR... SUCCEED

The best science is listening to your own body.

"The reality lies in the middle. It's why the best experts are almost always circumspect..." – Dr Ross Tucker

In running, there are plenty of trends and fads that float in and out of the zeitgeist, all rooted in a mixture of science and hype.

Everything from barefoot running to Banting diets makes the rounds, and the evidence of each fad's effectiveness is deemed compelling if the marketing gurus and social media have ticked the right boxes.

Often, at that point, we are asked by readers to put together definitive guidelines to the merits of the trend in question. But we often take a circumspect view – for the reason Ross discusses in his column this month ('Recipe For Success', p36).

There are few absolute rules in running, and what may apply to most doesn't always apply to everyone.

Science can only take us so far in deciding on optimum mileage, whether we should run barefoot, go on a Banting diet, or follow any other new trend. Because for all the many studies done on running and nutrition, there are as many exceptions.

Every runner is unique, and finding that balance between training, recovery, motivation and food is something that can take years to hone. Sure, we always look closely at trends based on proven scientific evidence to help us figure out better ways of training, eating, and preventing injury – but sometimes the most effective methods are based on our own trial and error.

In addition, our bodies are constantly changing as we move through the age cycle, which means we need to adapt to the stresses and be mindful of the pressures that go along with that.

But as much as this sounds intimidating, it's grounded in the one fundamental we *do* believe here at *Runner's World:* Listen to your body.

Our bodies are superb at letting us know when we're tired, not eating the right things, or stressed out. If we choose to ignore the message, we are inevitably faced with calamity, in the form of injury, overtraining and illness – and it's so often self-induced.

So if there's one New Year's resolution I will carry through to 2017, it will be to listen to my body, to focus on why I run, and to enjoy every single footfall.

It may not mean I'll have a year of PBs – but perhaps it will be my best year ever.

"...sometimes the most effective methods are based on our own trial and error."

MIKE FINCH
EDITOR-IN-CHIEF
@MikeFinchSA

MORE THAN YOURSELF

In a country with so many needs, we runners often forget how privileged we are to be able to enjoy amazing races, locations, and life-changing experiences. Our plea this year is to for you to run for more than yourself.

Together with our partners Old Mutual, we're embarking on a project to raise money: by sponsoring a runner, by getting sponsored, or even by making a donation to a worthy cause – as runners.

The sign-up process is simple, and our goal for 2017 is to raise R2-million. So help us reach it, at www.morethanyourself.co.za

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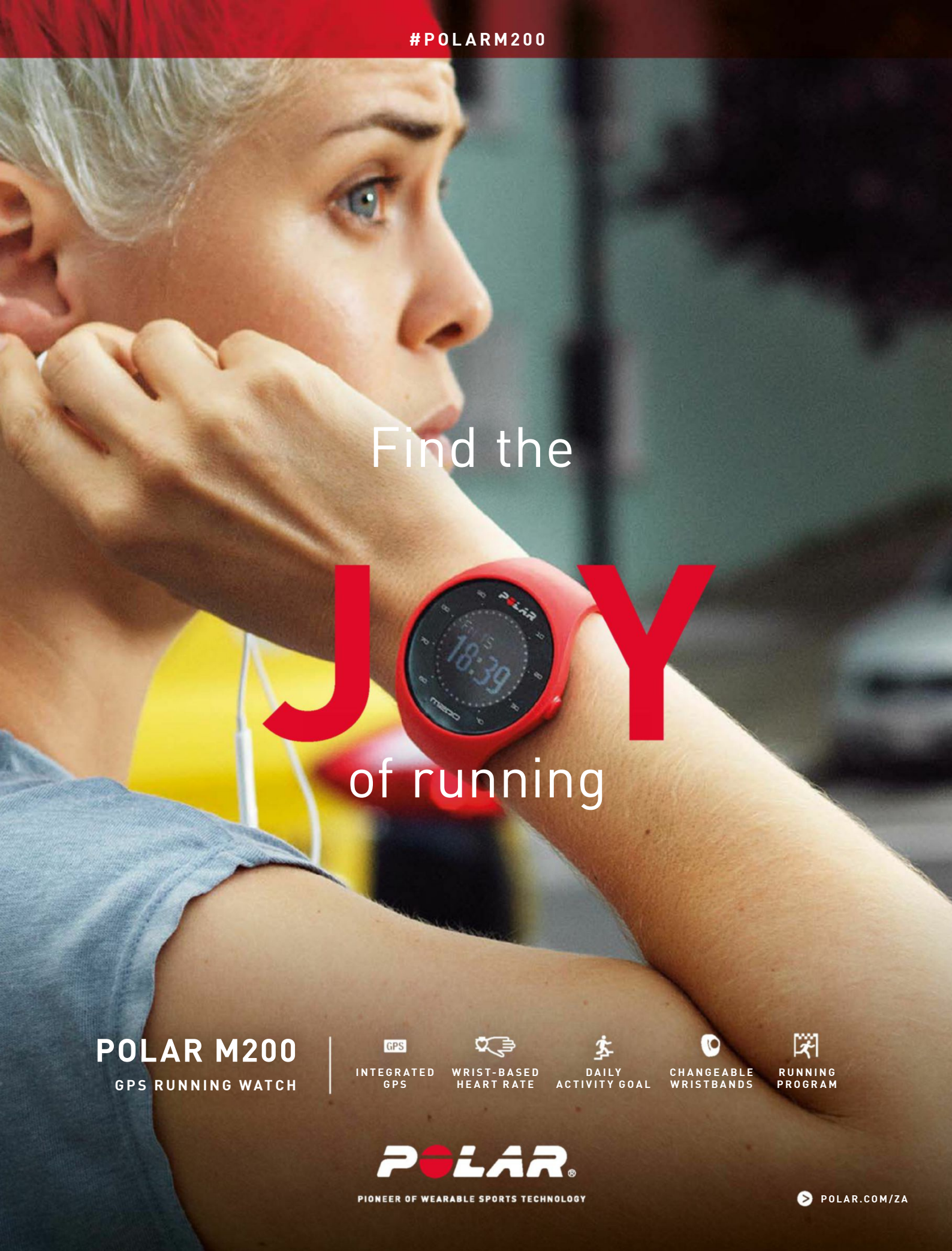

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"BEST FEELING IN THE WORLD!" - TARA SLIMS DOWN FOR HER BIG DAY.

HUMAN RACE

p20

NEWS, TRENDS, *and* REGULAR RUNNERS *doing* AMAZING THINGS

MEET THE DREAMER

The Go-Getter

After having her third child, runner Jenna Challenor set herself a goal. While most new mothers would've been content with losing extra baby fat, Challenor – who at the time was a semi-pro athlete – decided she'd have a crack at qualifying for the 2016 Rio Olympics. At the Nagoya Women's Marathon in Japan, she achieved the time she needed to do just that – 2:37. Sadly, a chronic knee injury curtailed her dream of making it to Rio. But the setback hasn't deterred Challenor from following her ambitions. Now fully recovered, she's set her sights on a new goal...

WORDS BY
André Valentine

NAME:
JENNA CHALLENOR
AGE: 35
PROFESSION: QUALIFIED TEACHER, PROFESSIONAL ATHLETE AND PART-TIME PHOTOGRAPHER

PHOTOGRAPH BY ANTHONY GROTE

Making her daughters proud of her is what drives Challenor's ambition.

Husband Brett shares Challenor's passion for running, and is her number-one fan.

My knee surgery wasn't the main reason I didn't go to Rio. After all 10 hopeful South African women had posted their finishing times in the marathon, mine was the fourth-fastest – or the 'first loser', as I like to call it. Though it was a tough pill to swallow, I accepted the fact that it wasn't meant to be.

The Olympics is an event every athlete aspires to participate in, and I'm passionate about the idea of representing my country there in 2020. At the same time, I've got to survive – which involves finding ways of making a living in the meantime. But the dream is still there.

Running is my passion, my sport and my sanity. I love everything about it: how it makes me feel, the excitement of travelling to events, pushing my body to new limits and enjoying good health. I'm fortunate to be able to share my passion with my daughters – not forgetting my husband, who is my number-one fan.

I have always told my daughters that running opens many doors. Making them proud of me is what drives my ambition.

Where there's a will, there's always a way. I wouldn't call my life balanced. Juggling is more my game! It's not as playful as it sounds – raising three daughters, and fitting in training... but if you want something badly enough, you find a way to make it happen.

> "...if you want something badly enough, you find a way to make it happen."

My most memorable race was the 2015 Prague Marathon, because it was the hardest thing I've ever done. Everything that could go wrong did: two weeks prior to the race, I caught a chest infection and was prescribed antibiotics – which caused my knee to flare up painfully. Adding to that, my dearest friend Barbara Franken was losing her battle with cancer. I knew that if I left to race Prague, it would be the last time I saw Barbs.

Challenor won this year's Outsurance Gun Run half marathon, in a lightning-fast time of 1:16.25.

So I ran it for her. I ran the hardest race of my life. My knee began to protest 9km into the race, but I refused to give in. I had dedicated my race to Barbara – the pain I was feeling was nothing compared to what she'd been through. I finished Prague only a minute shy of my PB. For the next four months I was injured – but it had been worth it to run for Barbs.

My future goals are to run another marathon, and to qualify for the 2017 World Athletics Championships, which will be held in London.

The body achieves what the mind believes. Even if things don't go your way, the ability to stay positive and never give up is the key to achieving your goals.

Anyone can be a runner. It doesn't matter how fast or slow you go – what matters is that you're out there, feeling thankful for your health and mobility, and that you're passionate about running.

PHOTOGRAPHS SUPPLIED

The Singlet

BECAUSE RUNNING ISN'T JUST ABOUT STRING VESTS.

WHO WEARS SHORT SHORTS?
I recently went shopping for new running shorts, and left the shop disappointed. Every pair I saw had an inseam of 4cm! Whatever happened to short shorts? – ADAM, Knysna

Like all trends, short shorts will eventually come full circle. In the meantime, the poly shorts that defined running in the 70s and 80s are *out* of fashion. And for good reason: advocates were going 'free Willy' at races, only to be asked by marshals to 'put the mouse back in the house' – especially in the vicinity of schools and retirement homes. Don't be that fruitcake who insists on wearing out-of-date fashion, particularly when mid-length running shorts are both light enough to run in, and long enough to keep you out of jail.

"Don't be that fruitcake who insists on wearing out-of-date fashion..."

THE TORTOISE AND THE HARE
At the starting line of this year's Cape Town Marathon, I took a spot near the front, and found myself behind a guy I knew to be a 4:35 marathoner. What's the etiquette when you're stuck behind a slowpoke at the start of a race? – RICHARD, Green Point

Shuffle, ever so slightly, to the left, and prepare to shimmy and sidestep past him when the gun sounds. Or, trust in your superior speed and overtake him in the next 100m, 1km, 10km or 30km. This isn't a trail run, where typically the space you have to manoeuvre in is narrow. And the marathon distance is also not a sprint: as the field opens up, you'll all be sorted by a democratic filtering of fitness. Who knows – maybe the guy's been training hard, and is now in better shape. Then again, maybe he hasn't. Regardless, it's not worth getting upset over. Focus on your own race. If he's truly a slowpoke, I guarantee he'll be eating your dust in no time.

STRONG FOR LONG
I want to run a marathon. Any advice? – VICTORIA, Pretoria

Download a training programme from runnersworld.co.za and stick to it. Get used to pain, pushing yourself, eating properly, chafed nipples, early runs, late runs and weekend runs. Get used to smelly socks and jocks, sore feet and lost toenails – not to mention near-constant stiffness. Be prepared to sweat a lot, and to huff and puff. But if you take this sage advice, you'll become fitter than you've ever been before. As you build lean muscle, those stubborn kilograms will literally drop off. First, your confidence will shoot through the roof. Then, you'll run a marathon – and enjoy it!

ILLUSTRATION BY **ANDY REMENTER**

ASK THE TRAIL STAR
Ryan Sandes

I'm training for an ultra marathon. How do I stay motivated? – DENZIL, Bloemfontein

Training for a marathon or ultra can be a selfish and lonely pursuit – but only if you let it. Including your family helps to make the process a rewarding team effort. While your relatives and friends (and furry friends) might not be able to do *all* of your training with you – or any of it, for that matter – that doesn't mean they can't still be part of it.

I often arrange to meet my wife, Vanessa, at a restaurant or coffee shop after my weekend run. Not only does this give me something to look forward to – it also forces me to stick to a tight pacing schedule, otherwise I won't be on time for our date!

"...your family helps to make the process a rewarding team effort."

Do members of your family run? Ask them to join you on your warm-up or cool-down run. Vanessa and T-Dog (our 'four-legged child') often join me for the final 30 minutes of my run.

I spend so much time running that sometimes I take it for granted. But the smile on Vanessa's face, and T-Dog's wagging tail, remind me of how fortunate I am to be able to do what I love.

Ryan Sandes, a.k.a. 'Hedgie', is a trail-running supremo, with race wins too numerous to mention.

RUN FOR YOUR WIFE!

How a doting husband-to-be helped Tara get her life back on track.

THE WAKE-UP

Most people love food – but if you love *anything* too much, it becomes an unhealthy infatuation. At my first job as a graphic designer, I regularly ate greasy food from the canteen, and on my way home I'd stop to buy chicken wings from a fast-food restaurant. Even after all that, I would indulge in a large dinner.

Which eventually damaged the lining of my throat. My doctor diagnosed me with reflux disease. He warned that if I didn't change my habits, my risk of developing diabetes later on in life would increase.

THE SHAKE-UP

I was engaged, and wanted to lose weight to look my best on my wedding day. Recognising my lack of self-motivation, my husband-to-be – who himself had never exercised in his life – decided he would start running with me.

We started walking at first, three times a week with a gym session in between. By December, our walks had blossomed into 5km runs. I did some research into healthy food and portion control, and cut out junk food in favour of more nutritious alternatives, like fruit, vegetables and water. This proved a winning combination – my unwanted kilograms were melting away.

THE REWARD

I'm training for my first half marathon next year. I owe my running partner – and new husband – everything, because he motivated me to become the person I am today. My efforts have inspired those around me, which has fuelled my desire to carry on. And as any married woman will tell you, looking good in your wedding dress is the best feeling in the world!

– *As told to Lisa Nevitt*

TARA DA SILVA

Age: 33

Home Town: Pretoria

Height: 1.65m

Occupation: Graphic Designer

Time Required: 2 Years

Then: 95kg

Now: 66kg

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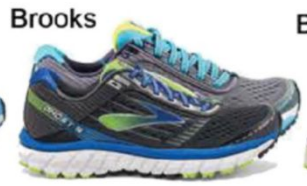

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The Road Scholar

BY KIM PENSTONE

PATIENCE IS A VIRTUE

How to cope with the agony of not running.

Don't overestimate me: this isn't an uplifting story about overcoming all odds to achieve my dream. I'm neither a Somalian refugee with God-given talent and man-made poverty, nor a young, barefoot Afrikaans girl with wings on her feet and stars in her eyes. I'm not even an aspiring runner whose dreams were cut short by a horrific accident or an incurable disease.

And I definitely didn't win the race.

I'm a white, 40-something mom with two young children and a husband. And I stumbled into running – but it wasn't until I was faced with the prospect of not being able to do it anymore that I discovered it had filled a hole in my soul that I hadn't known was there.

This is less a story of overcoming the odds than it is of good old-fashioned stubbornness. After I sustained an injury, I ignored professional advice that didn't agree with my training goals – and as a consequence, prolonged my return to running.

If my parents are reading this, I picture them nodding their heads in sage agreement. My husband, having lived with me through my period of non-running, will be grinding his teeth. But also, quite possibly, thanking his lucky stars that I somehow managed to bleed, sweat and cry myself to the point where I could cross the finish line at the New York City Marathon – without at least one part of my body going on permanent and irreversible strike. You see, two years ago, experts told me I'd never run again.

In an effort to cut a rather long and oft-repeated story short (or at least shorter), let me say my running career started with a group of moms I met at my daughter's school. Having given up my brilliant career in favour of freelancing when I had my children, I was feeling a little lost in the goal department, and a regular run in the morning not only provided

PHOTOGRAPH BY **CASEY CRAFFORD**

my day with much-needed structure, but also gave me a deep sense of accomplishment – a feeling I had almost forgotten.

Frustratingly, just when the rest of my group started finding their long-distance legs – and just before we'd all signed up for our first half marathon – I began to suffer from ITBS. No form of deep tissue massage, foam rolling, strapping, or even needling seemed to alleviate it.

I bounced between physiotherapists, biokineticists, chiropractors and podiatrists. I took six weeks off the road, diligently performed glute- and core-strengthening exercises every evening, replaced running with mind-numbing swimming, and even signed up for private Pilates lessons twice a week (also, for the record, mind-numbing).

Still, 5km into a run, the ITBS returned. I kicked many concrete dustbins, which probably didn't help. Okay, maybe on some level it did...

Then I upped the ante: a visit to an orthopaedic surgeon, and a cortisone shot or two. I had an MRI, and saw a neurologist and two neurosurgeons. I seriously considered having surgery. But then a friend warned me that it's never a good policy to be on the wrong end of a surgeon's knife – especially when it's voluntary.

The general consensus was that my knee issues were related to a series of badly-bulging discs in my lower back, and that any form of running could seriously damage my health. I was advised, by several professionals, to stop running completely.

I didn't want to hear it.

THE TURNING POINT

Ignoring their advice, I carried on running as best I could. I walked. I limped. Sometimes I hopped. I kicked more dustbins. I swore a lot. I snarled at the people I love. And I have to admit that I fantasised – quite often – about running those happy runners over with my large SUV.

"I KICKED MANY CONCRETE DUSTBINS, WHICH PROBABLY DIDN'T HELP."

The pain only worsened.

In a last-ditch attempt, I found a *new* physiotherapist. Thankfully, this one reassured me that my back was simply my back. It was showing signs of being old and worn, but what back doesn't at the age of 40 (okay, 42)?

She glanced at my MRI, but paid more attention to the fact that I could fold myself in half when I touched my toes. She diagnosed joint-hypermobility syndrome, with a score of 7/7 on the Beighton Scale. (On a basic level, this means that I have a greater range of motion in my joints than most people. When it comes to running, I think of it like those cars on the highway whose wheels are wobbling so much, you're scared to drive behind them.)

The physiotherapist advised a measured and safe return to running. We began to address my imbalances, instead of ignoring them. Inspired by reading Christopher McDougall's *Born To Run*, I adopted a forefoot strike, and ran with a pelvic-stability belt. Both felt terrible. My calves ached every time I hit the road, and my hips felt like they were being hugged by the Hulk. But the net result was a more stable body, and thus a more stable run.

More stability = less injury.

Encouraged, I began to see a biokineticist, once a week, to improve my core strength.

Stronger core = more stability.

I gradually weaned myself off the belt, but I still run on my forefeet. It still hurts my calves.

I ran my first 21.1, and survived. I ran a couple more.

After my last appointment with my physiotherapist – and a promise not to inject myself with cortisone before I ran 'just in case' – I was finally given the go-ahead to fulfil a long-standing dream – my husband and I conquered the five boroughs of New York together, and lived to tell the tale.

But it had taken me two years to return from injury and prepare for the New York City Marathon.

I had learned the hard way that I couldn't simply ignore my injury, in the hope that it would go away.

Kim Penstone is a recent convert to the religion of running. But she is devout. She has even started a blog, called www.runlikeamom.co.za. Read it, especially if you're one of the many women who manages to squeeze in a run before the school run, or a half marathon before Sunday lunch with the in-laws.

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CHAMONIX

A verdant French valley, as rich in summer as it is in winter.

Chamonix is best known as a bustling Alpine ski town. During winter, snowfall and après-ski festivities attract lots of tourists. But this French valley is equally impressive in the summer.

IN THE DARK

I arrived at Chamonix late at night, having taken a short bus ride from the airport in Geneva. I checked in to the friendly and well-priced International Ski School and got my head down early, to ensure I was fresh enough to go exploring the following morning.

I awoke to one of the most impressive vistas I have ever experienced. The first light of day only managed to crest the tops of the gigantic peaks surrounding the valley some time after sunrise. But when it did… wow. I was in awe of the powerful spectacle before me.

The slopes of the Mont Blanc massif rise in incredibly close proximity to the town of Chamonix, directly from its southern border. They make their way sharply skywards, where a brushstroke of white separates the steep, awe-inspiring grey slopes from the bright blue sky. These pristine, snow-capped peaks have lured so many adventurers.

The town itself feels like it's part of the mountain. But when you're done sizing up the peaks, figuring out where the best trail-running routes are, you'll discover it's an energetic, colourful, clean, and exciting place in its own right.

A MAJOR DRAWCARD

At the same time as I was in town, the Ultra-trail du Mont-Blanc® – the most prestigious trail-running event on the global calendar – was about to take place right there. There were thousands of people there, either to run the race, or to support a loved one. In the build-up to the weekend's main event, mountain lovers were taking part in shorter iterations of the big race.

But there were also a large number of people who weren't there for UTMB® at all – they simply wanted to experience one of the many mountain activities on offer, and enjoy the beauty of the bright, fresh scenery.

During my very first stroll to the perimeter of the town, I passed a fully-equipped, open athletics track, and headed towards camping sites dotted with tents and camper vans.

I noticed how healthy-looking the older locals were – probably because they're often out and about, mixing it up with a younger crowd. I encountered many groups of women who must've been in their 70s, traipsing

UTMB® is considered one of the most iconic trail runs in the world.

PHOTOGRAPH BY PASCAL TOURNAIRE (UTMB®)

their boots towards a ski lift or a mountain trail with definite purpose. They looked confident and experienced, and in their eyes there was the sparkle of adventure.

GLACIAL LAKES

Grabbing fresh fruit, cheese and bread from a basic supermarket, I headed for the trails. Taking on challenging, steep and unforgiving singletracks proved as tough as I had imagined. But eventually, the trees parted to reveal the magnificent mountain range. At the top, I chanced upon a glacial lake, in which I went skinny-dipping. It was easy to see why Europeans – of all ages – keep coming back to what a travel buddy of mine referred to as 'the Disneyland of trail running'.

But despite the popularity, once you're on the mountain there's no sign of congestion.

TOWN HOPPING

I loved the mountains, but there was just as much adventure to be had in the streets of Chamonix – starting with food: the lure of delicious cheeses, and heavy artisanal breads that would break the diet of even the staunchest of Banters. Not to mention ice-cream flavours so glorious, I couldn't help but plan a second visit later on in the day.

Courmayeur is a charming Italian town close to Chamonix. Navigating its winding streets, I came across a picture-postcard chapel.

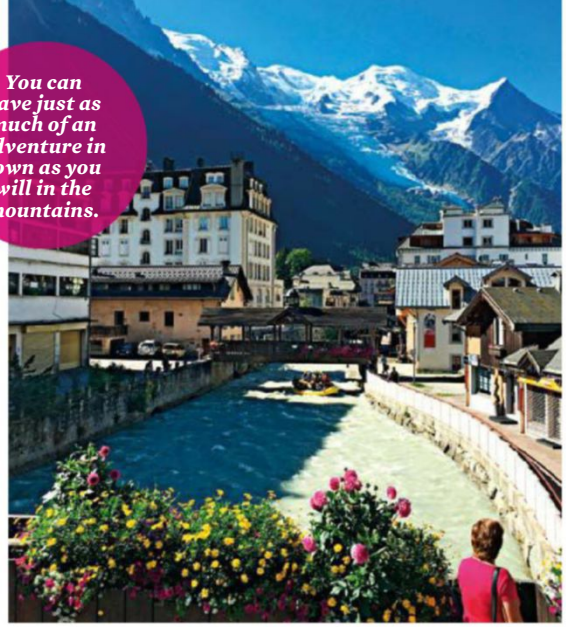
On closer inspection, I realised there was a wedding taking place inside. I love the fact that, in these small European towns, many of the residents come to wedding ceremonies to pay their respects – and satisfy their curiosity.

Whispering old ladies sat patiently on a wall outside the church until the newly-weds emerged, from behind a heavy door – which was probably even older than the geriatric onlookers! Then, chiming bells celebrated the joyous occasion.

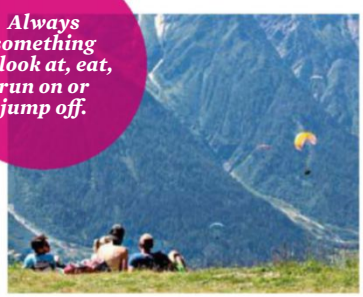
I approached the ornate chapel, curious as to what newly-married French people would look like. Nobody batted an eyelid when I joined the gathering – so much so that I considered gate-crashing the wedding party, to sample some French wine, a slice of wedding cake, and perhaps even try my luck with a bridesmaid! Instead, I decided to indulge in gooey cheese at a roadside bistro. From my vantage point, I was able to continue my people-watching.

In the days that followed, I visited the famous Chamonix climbing wall, which is part of the Climbing World Cup circuit that visits the town annually. I also got hooked on the idea of paragliding. It was hard not to, once I'd witnessed them launching in their hundreds from the lush green slopes. They rode the warm thermals to the snow-capped mountain-tops, and then drifted back down into town. Soaring high above the peaks, the paragliders had the best view in the house.

You can have just as much of an adventure in town as you will in the mountains.



Always something to look at, eat, run on or jump off.



YOUR RUNNING HOLIDAY IN CHAMONIX

How to get there
Lufthansa and Swiss International Airways fly directly to Frankfurt and Zurich, and from there it's a scenic train ride to Chamonix. Or on Emirates, fly via Dubai to Geneva, followed by a short bus trip.

Where to eat
Burgers and beers at Elevation 1904 was our staple every evening. The staff were friendly, we met fellow travellers, and the prices were great. For dessert, the gelato we bought from street vendors and stalls never failed to impress.

Where to sleep
AirBnB has really taken off in Chamonix. You'll find an abundance of houses, hostels and small hotels.

How to be local
Climb the wall; indulge in a wedge of fresh, gooey cheese at a market on Saturday morning; ride a ski-lift to the glacier and camp on the side of the mountain.

Ryan Scott is an adventurer, trail-running enthusiast and journalist. His proudest running achievement is his half-marathon PB: 1:19.06.

PHOTOGRAPHS BY RYAN SCOTT (TOWN RIVER, CHAPEL, MONT BLANC HOTEL); OMNIA (CHEESE); ENRICO ROMANZI (VIEWPOINT IN MOUNTAINS); KANE REILLY (SKINNY-DIPPING, PARAGLIDING)

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PERSONAL BEST

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TURN UP THE HEAT

Once upon a time, if you wanted to recover quickly after a run, you had to brave a bathtub full of ice cubes. But recent research casts the efficacy of the cold treatment into doubt. Rejoice! And turn up the hot tap. Hot baths can help soothe tired muscles, and make reading *Runner's World* in the tub so much more pleasant. A long, hot bath may encourage your body to adapt as it would to the stress of summer running. (Even better: a 2010 study found that such heat adaptations can boost performance even in cool weather.) So after running this summer, save the ice for smoothies.

PHOTOGRAPH BY I[illegible]HOTO.COM

FIND YOUR SPARK

Set your next, best goal by identifying what gives you the most satisfaction.

By Kelly Bastone

NOBODY TRIES TO 'do it all' like a runner. When you read about the benefits of long runs, tempo runs, intervals, hill workouts, post-run strides, cross-training, and on and on, it's easy to get overwhelmed by everything you think you should accomplish. If your quest to fit it all in is dampening your enjoyment of running, it's time to declutter your training schedule.

Organising maven Marie Kondo, who introduced her philosophy in 2014's bestselling *The Life-Changing Magic of Tidying Up*, followed that manifesto with a practical guide called *Spark Joy*. Its premise: happiness comes from letting go of items you're storing out of obligation, and keeping only your favourites. Applied to training, Kondo's idea can help runners trim the 'shoulds' and focus on what gives them the most satisfaction, says ultrarunner and 'holistic' coach Art Ives.

The best way to set a goal might be to first identify the type of running that sparks the most joy for you, and then let that dictate your running target, says Larry Blaylock, a running coach. Here's how to choose your next goal (and organise your training) according to the workouts that bring you happiness.

Club runs can help you explore new-to-you routes (and meet new-to-you workout buddies).

PHOTOGRAPH BY CASEY CRAFFORD

Taking on other sports is great for all-round fitness, but you need at least one rest day per week.

PHOTOGRAPH BY ZOON CRONJE

YOU LOVE GOING LONG

YOUR GOAL *To race further*

"I love running longer, because you work so much stress out," Blaylock says. Plus, long runs change your perception of limitations. "There's a second energy that you get in the later stages," Ives says. Blaylock recommends choosing a race up to 60 per cent longer than you've ever gone – whether that's a 10-K or a 100-K. Training for a 10-K takes eight weeks; prerequisites for an ultra include several marathon finishes and 21 to 24 weeks of training. Avoid injury by following a plan: find one at runnersworld.co.za/training.

YOU LOVE THE BURN OF TEMPO PACE

YOUR GOAL *A fast 15-K*

Tempo runs – which include at least 20 minutes of running at a comfortably hard pace – appeal to people who love to push themselves. Tempo workouts raise your fatigue threshold – letting you run faster, over longer distances, without tiring. That's key for a strong 15-K, which requires both speed and endurance. Start week 1 with one 20-minute tempo session (bookended by a five- to 10-minute warm-up and cool-down), and vary the duration of the tempo phase (up to 40 minutes) each subsequent week.

YOU LOVE TO CLIMB

YOUR GOAL *A trail run*

There's more to hills than just the incline: "Hill climbs represent working towards and reaching a high point," says Ives. Choose a trail race that's shorter than your go-to road distance, and start by logging a weekly trail session. For the first three to six weeks, run on short, rolling hills. Then, over the next three to six weeks, graduate to hills that are longer (up to 4km) and steeper. Keep the effort level easy, even if your pace slows to a walk: "These climbs build strength and stamina," says Ives. "The speed will follow."

YOU LOVE TO RUN (AND HIKE, AND BIKE, AND...)

YOUR GOAL *An obstacle race or triathlon*

When runners challenge their bodies in different ways, they unlock heaps of childlike fun – and build total-body strength. Sprint triathlons don't necessarily require a ton of additional training time, and obstacle races show off all-round fitness. Run for at least 30 minutes three times a week to maintain running-specific adaptations.

YOU LOVE RUNNING WITH OTHER PEOPLE

YOUR GOAL *A full datebook*

Chatty runs are great for developing base aerobic fitness, Blaylock says. But buddies can also propel runners through hard workouts. Offer to join friends for hills or intervals: if they're slower, you can up their game, and if they're faster, you can chase them. Be sure to take slow, easy days before and after. Try expanding your circle, too: join a local club run each week, or arrange one.

YOU LOVE JUST RUNNING

YOUR GOAL *To run healthy*

You don't have to race to enjoy the physical and mental benefits of running. Aim for at least 90 minutes per week of running at your happy pace. To stay injury-free, do two weekly 15-minute strength-training sessions. Target core muscles (with moves like planks and side planks), along with some lower-leg and glute work (like squats and lunges).

AVOID STUFFICATION

Runners' cupboards tend to overflow with shoes, clothes, and memorabilia that have low utility but high emotional value. Here's how to conduct a spring clean.

1 / Sort your race shirts into two piles: the ones you love and the ones you never reach for. Do the same with medals: do you need to save them from every race? (No!)

2 / Photograph memory-triggering but unused race memorabilia, and create a scrapbook that pairs those pics with captions explaining event memories and achievements.

3 / If you're crafty, you can turn unwanted race T's into a quilt, or display medals in a box. Both put mementos where you can see – and appreciate – them.

4 / Cart away the discards. Kondo advises people to thank their objects for the happiness or service they provided. Then donate T's and medals to charity.

THE STARTING LINE

TIPS FOR BEGINNERS FROM AN EASY-GOING COACH

BY JEFF GALLOWAY

FIND YOUR WAY BACK

How to return to regular running after weeks (or even months) away from exercise

It happens to almost every runner at some point: you get busy, or sick, or hurt, and you don't run for a few weeks. A body at rest tends to stay at rest, and a few weeks turns into a month – or longer. But when you're ready to return, beware of New Year bravado. Ease back in slowly and cautiously to avoid another break – this time, due to injury. Here's how to restart your routine.

WALK FIRST

If you've been away from running for more than a few weeks (or if your break came just a few months after you began running consistently), your first goal is to work up to feeling strong throughout a 30-minute walk. If that's not something you can do right now, start with a gentle 10- to 15-minute walk, and increase by three to five minutes every other day. Adjust your pace to avoid feeling short of breath.

EASE IN

Next, add running: walk for five minutes, alternate between a 10-second run and a 50-second walk for five minutes, then walk for three minutes. If you feel good, continue with five minutes of running 10 seconds/walking 40 seconds. Walk for three minutes, then decide whether to add five minutes of running 10 seconds/walking 30 seconds. Every other day, add three to five minutes of running 10 seconds/walking 30 seconds, until your total time is 30 minutes.

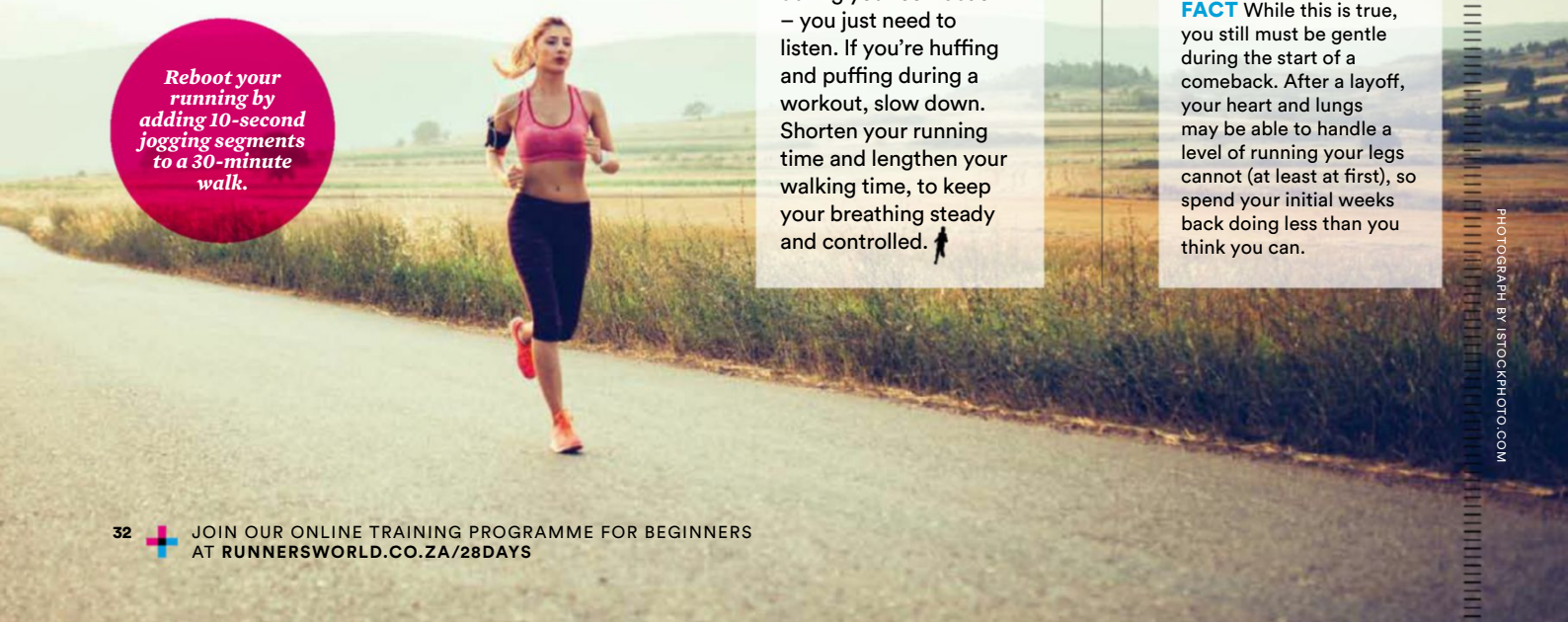
ESTABLISH A ROUTINE

If you stopped running because other obligations got in the way of your workouts, rethink your schedule. Many people find it easiest to stay consistent when they run first thing in the morning. Evening runners might carry their running clothes to work and change before they leave – it's one less thing to do before heading out on your return home. Make running an easy choice.

HEED YOUR BODY

Your body will tell you if it's overwhelmed during your comeback – you just need to listen. If you're huffing and puffing during a workout, slow down. Shorten your running time and lengthen your walking time, to keep your breathing steady and controlled.

Reboot your running by adding 10-second jogging segments to a 30-minute walk.



You Asked Me
Jeff answers your questions.

How can I tell if I'm hurt, or just sore?

It's normal to experience some aches and pains as you get used to running again. If your discomfort affects your gait or does not subside with three to five minutes of walking, cut your workout short and take a few days to recover before attempting another run-walk.

How can I stage a comeback when it's hot outside?

If you can't find an indoor track or treadmill, run first thing in the morning or late in the evening when it's cooler. Wear reflective gear, carry a light, and take care if winter weather has made surfaces slippery.

Fact or Fiction
It's possible to rebuild fitness in less time than it first took to build it.

FACT While this is true, you still must be gentle during the start of a comeback. After a layoff, your heart and lungs may be able to handle a level of running your legs cannot (at least at first), so spend your initial weeks back doing less than you think you can.

PHOTOGRAPH BY ISTOCKPHOTO.COM

FORMULA FOR SUCCESS

The scientific way to go further without getting hurt.

If you get injured, you must have been running too much, right? Recently, sports scientists have been rethinking this belief. In some cases, hard training may act as a 'vaccine' against injuries by toughening up your body – so doing too little can be as risky as doing too much. That doesn't mean you should crank up your mileage immediately. Instead, focus on the balance between how much you're running now and how much running you've done over the past month. By tracking this 'acute-to-chronic' ratio, you guard against the twin perils of too much and too little.

CALCULATE THE RATIO

The acute-to-chronic training ratio compares your mileage for the last week to your average weekly mileage for the last four weeks. If you've run 80, 60, 80, and 90 kilometres in the past four weeks, your ratio is 90 (last week's mileage) divided by 80 (average of last four weeks). That's 1.13.

In recent studies with athletes from various sports, injury risk climbs when this ratio exceeds 1.2, and increases significantly when it exceeds 1.5. This is a more sophisticated version of the old 10 per cent rule: if you increased your mileage by 10 per cent each week for four weeks, you would end up with a "safe" acute-to-chronic ratio of 1.15. But by looking back for four weeks instead of one, the ratio protects you from overdoing it after periods of missed or reduced training, which leave you more vulnerable when you resume your normal routine.

CONSIDER INTENSITY

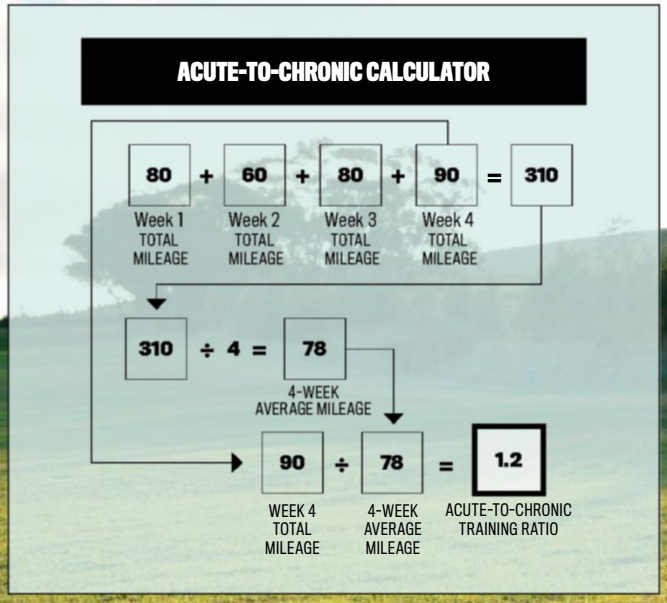
How much you run isn't the only factor that affects injury risk, because races and hard workouts take a greater toll on your body than easy runs do. You can account for this by calculating a training load ratio. After each run or workout, rate the overall intensity of the session on a scale from 1 to 10. Then multiply that rating by the total duration of the run in minutes to get a more comprehensive measure of training load. For example, a 40-minute run at an effort level of 6 would produce a training load score of 240. Now calculate your acute-to-chronic ratio but using weekly totals of training load instead of kilometres.

Alternatively, some GPS watches and heart-rate monitors calculate a training score for each workout based on duration and average heart rate or speed instead of subjective effort. These are also good options for monitoring acute-to-chronic ratio, as long as you stick to one measure for consistency.

PERSONALISE IT

You can think of a ratio of 1.2 as a yellow light and 1.5 as a red light. But every runner is different, so what applies to the mythical 'average' runner may not apply to you. This approach will be most valuable if you keep track of your changing ratios over several seasons while making note of injuries – not just major ones, but also minor aches and nagging pains. Eventually, you'll discern patterns that tell you which ratios your body can tolerate and which ratios trigger problems.

The obvious time to be careful is when you're pushing your mileage or intensity; keeping the ratio low will help you do it safely. But be alert for patterns at the low end, too. You might find, for example, that whenever you let your mileage drop below 20km for two weeks in a row, your acute-to-chronic ratio spikes a few weeks later when you get back to normal training – and that you often get injured as a result. You can't always avoid injuries, but by looking for patterns, you can at least avoid making the same mistake twice.



PHOTOGRAPH BY CASEY CRAFFORD

ASK THE EXPERTS

Is it possible to train for an ultra while working full-time?

Yes, especially if you target a 'short' ultra. For a 50-K, apply the 10/10/10 rule to a marathon plan: lengthen long runs by 10 per cent, slow long-run pace by 10 per cent, and recover with 10 per cent more rest or cross-training days. For an 80-K, the formula is 20/20/20. *– Ann Trason, a 14-time Western States 100-Miler champion, coaches at trasonrunning.com.*

I run to stay fit and healthy. Can I do all my runs at an easy pace?

Sure! For health and wellness, aim for 20 to 60 minutes of exercise three to five times a week at 80 per cent of your maximum effort. Think: *if I can chatter, pace doesn't matter.* You should be breathing harder than when you're strolling through the supermarket, without losing the ability to speak in complete sentences. No one to talk to? Gauge it by reciting the national anthem or song lyrics. *– Janet Hamilton is a coach and owner of Running Strong (runningstrong.com).*

How important is it to monitor my heart rate?

You may choose to track your heart rate while running to target different intensity levels, ensuring easy runs aren't too taxing and hard runs are taxing enough. You can also check your resting heart rate daily, right after you wake up: a higher-than-usual rate may indicate you're overtraining or getting sick, so take it easy or rest. Palpitations or an irregular heartbeat are reasons to see your doctor. *– James Beckerman is a runner and the author of* Heart to Start, *a book about exercising for heart health.*

Do long runs on terrain similar to that of your goal ultra, and use hike breaks on climbs to save energy.

ASK THE COACH
Lindsey Parry

I dream of running the Comrades in 2018, but I'm new to running. Where do I start? – SONIA, East London

The best advice I can give you is to start easy and build up gradually over time. Following a 12- to 16-week beginner's 10km programme will ensure you build up gently enough to avoid injuries like shin splints and ITB. Ideally, the programme should take you up to running your first 5km in six to eight weeks, and 10km in 12 to 16 weeks **(runnersworld.co.za/training).**

Once you've completed 10km, begin a half-marathon programme, which will last 10 to 12 weeks and should take you up to the middle of 2017. After you've successfully completed a half-marathon, then you can join the other 20 000 runners hoping to finish the Comrades in 2018. Follow a training programme suitable for your level of fitness.

"...start easy and build up gradually over time."

Make time for cross-training, which should include strength training, and alternative cardiovascular exercise such as swimming and/or cycling. Strength training will help you strengthen the muscles, tendons and ligaments that help to stabilise joints and reduce injury risk.

Cross-training will help you to improve your fitness and avoid common overuse injuries associated with building up your running too fast.

Lindsey Parry is a qualified biokineticist, Two Oceans and Comrades silver medallist, and 2:47 marathoner. Email him at lindsey@coachparry.com.

The Explainer
Why does the same pace seem faster in the dark?

Along with sweating and daydreaming, you're constantly doing something else when you run: gauging your speed relative to your surroundings, a process called 'optical flow'. But darkness distorts this process, creating an optical illusion as you seemingly cover ground at breakneck speed. "Our retinas, the light receptors in our eyes, are responsible for our detection of moving objects," says Gary Fletcher, a physics teacher and high school cross-country coach. "Nearby and faraway objects are perceived differently because the angle of sight changes quickly for nearby objects, but slowly for faraway objects." Our perceptions change in low-light runs because faraway objects are invisible or less visible, while street or headlamp lighting ensures that nearby objects are easier to see.

PHOTOGRAPH BY GALLO IMAGES/GETTY IMAGES

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THE SPORT SCIENTIST

PROVEN STRATEGIES FROM A LEADING PHYSIOLOGIST

BY DR ROSS TUCKER

How you adapt to training depends on your individuality.

RECIPE FOR SUCCESS

Unpacking the one-size-fits-all approach to running.

I recently spoke at an IAAF Coaching Academy event in Florida, USA, at which discussion focused on young athletes. It's a topic that always fascinates me, because the most common phrase you'll hear among coaches and scientists is 'Children are not small adults'. Which is true, of course, so it's not a meaningless rule. But on another level it is, because when you're coaching *anyone* – child or adult – you should be doing so according to principles, rather than rules. And principles, you'll find, are intelligent and adaptable.

On the other hand, if you *are* trying to manage training by a set of formulas and rules, then it's different. You have to figure out a different set of them for children – because yes, children are differentiated from fully-grown adults not only by their size.

However, a principled approach to coaching and training negates the need for any of that, because principles will make you agile about the details. To quote Amazon CEO Jeff Bezos: "We are stubborn on vision. We are flexible on details."

In running, the details refer to the ingredients – how much, how hard, what to eat, other training needed, etc. This is the stuff that most people think science provides, when it comes up with statements such as 'Increase your weekly mileage by no more than 10%'. Or 'Eat carbs'. Or 'Avoid carbs'.

Or 'Kids are not small adults'.

THE WHOLE PACKAGE

A running life (or training programme) lived according to details is not going to be very fulfilling, and you should seek to replace ingredients with a recipe. This is the vision, or set of principles, and you'll be far better off learning how to stick to yours in the face of ingredient-overload.

I'd go so far as to say that 90% of the time you pick up a magazine or news article on the subject, you're reading someone's attempt to provide you with a set of rules to apply to your training.

Some prime examples: the barefoot-running craze peaked and then waned, because it became clear that relatively few people would be able to make the successful shift to barefoot or minimalist running without injury or significant time investment. Had they recognised the principle of 'individuality', combined with 'progressive adaptation', they could have avoided being sucked into the hype of that particular craze.

Same goes for carbs: history will record benefits for some, but not for others. Training? I recall one study that rigidly applied the '10% increase' rule to a group of beginner runners, and injured about one-third of them anyway. And another third could probably have done 20% without injury!

THE AVERAGE RUNNER

My point is this: science – and by extension, the media – is great at reducing complexity down to a single point, which then becomes a rule. We call it 'the average'. Let's take 30 runners, change their diet, measure some biochemistry, and write a paper in a journal, showing how groups change. On average. The media then summarise it into a package, designed be attractive and appealing – 'do X, and you'll achieve cutting-edge results', they promise.

But the reality lies in the middle. It's why the best experts are almost always circumspect – they don't want to be cornered into dogma, because they know it rarely works for everyone.

(In fact, if you encounter an expert who *is* dogmatic, you're being conned.)

True expertise is having rock-solid principles: 'individuality', 'gradual overload', 'patience', 'progressive adaptation', 'only ever change one thing at a time', and 'recovery is as important as training' – those would be my starting suggestions. If you understand and adhere to those, never again will anyone be able to tell you that you should eat X and not Y, or do this and not that.

Or that kids are not small adults.

RW Scientific Editor Dr Ross Tucker has a BSc (Med) (Hons) Exercise Science Degree and PhD from the Sports Science Institute. Visit him at www.sportsscientists.com.

PHOTOGRAPH BY PEOPLEIMAGES.COM

RACE PREP

SWEAT TO SUCCEED

Ace a summer race by priming your body for heat in training.

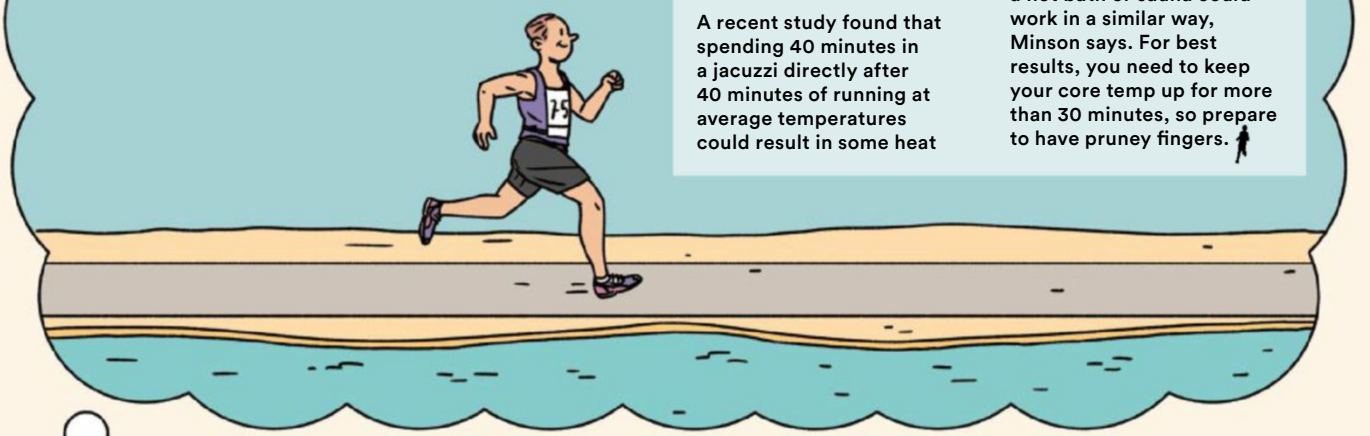
By A.C. Shilton

IT'S HARD to resist the allure of a January or February race. Sun, shorts, and an ice-cold cooldrink at the finish line – what's not to like? But how do you train for a summer race?

"Running a race in heat is going to be much harder than in cool weather," says Janet Hamilton, a running coach. "You may need to rethink your time goal."

How much to adjust depends on your fitness level: one study that examined decades of finisher data at seven marathons found that the negative effect of temperature, humidity, and solar radiation on finishing time increased significantly the longer a runner took to complete the race.

This may sound discouraging, but don't cancel your racing plans. With a little extra effort, you can acclimatise your body to heat, to feel stronger on a warm race day.



BREAK A SWEAT

Summer storms or wind outside? Try using a treadmill in a warm room: if air-conditioned, most thermostats hover in the 18- to 21-degree range, which is perfect if you leave fans off. Aim for the feeling of running on a hot summer day, says Dr Christopher Minson, who studies thermoregulation at the University of Oregon in the US. It's easy to overheat, so bring fluids.

TIME IT RIGHT

Heat acclimatisation helps your body build blood volume and helps your sweat glands kick into high gear faster. You need at least five days of heat training to see a benefit, while seven to 10 is better, says Minson. These 10 days don't need to be in a row, but you want no more than two days between sweaty sessions. Choose hot days to do most runs in the two to three pre-race weeks.

ADD IT UP

While running 60 to 100 minutes will give you the most benefit, shorter bouts help, too, Minson says. Because your final sessions happen during taper, don't run hard: a conversational pace is fine.

Also use these sessions to practise hot-weather fuelling. Drink smaller volumes of fluid every 10 to 15 minutes, versus a larger volume every 20 minutes as you might on cool days.

SOAK IT IN

A recent study found that spending 40 minutes in a jacuzzi directly after 40 minutes of running at average temperatures could result in some heat acclimatisation. If you don't have access to a jacuzzi, a hot bath or sauna could work in a similar way, Minson says. For best results, you need to keep your core temp up for more than 30 minutes, so prepare to have pruney fingers.

ILLUSTRATION BY JANNE IIVONEN

POSITION STATEMENT

Tight hips and hamstrings? The problem may be how you're standing.

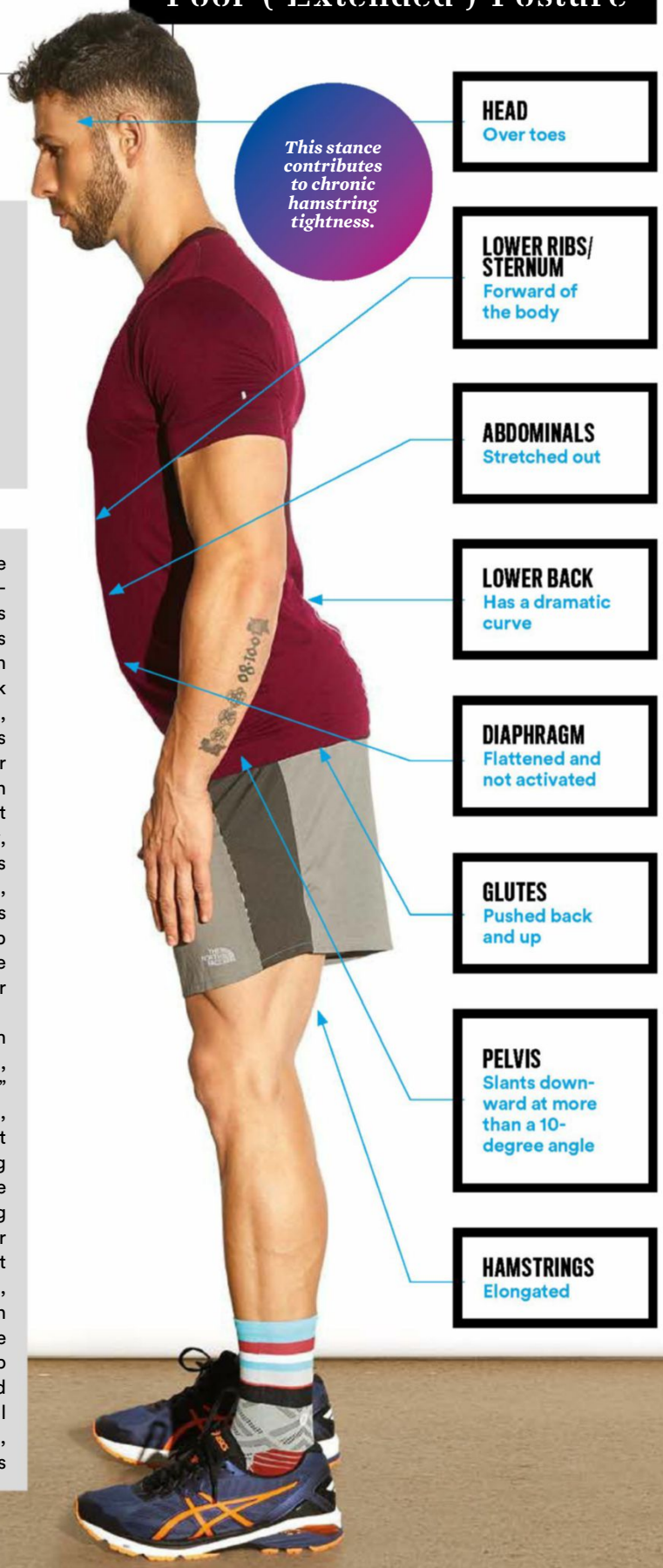
By Brian Sabin

RUNNERS OFTEN ASSUME that tight hips and hamstrings are simply an occupational hazard. And that if they ever want to touch their toes again, they'll have to dial down the mileage or spend hours on the yoga mat. But Trevor Rappa, a physical therapist at Resilient Performance Physical Therapy, says that running isn't necessarily to blame – poor posture is probably at fault. And stretching will only provide temporary relief until the root cause is addressed.

A lot of runners, and people in general, carry themselves with what Rappa and others call 'extended posture'. In this type of stance, a person carries his lower ribs in front of his body, his glutes jut out behind him, and there is a big curve in his lower back (see right). It's not just a bad look: this alignment impairs the functioning of the diaphragm.

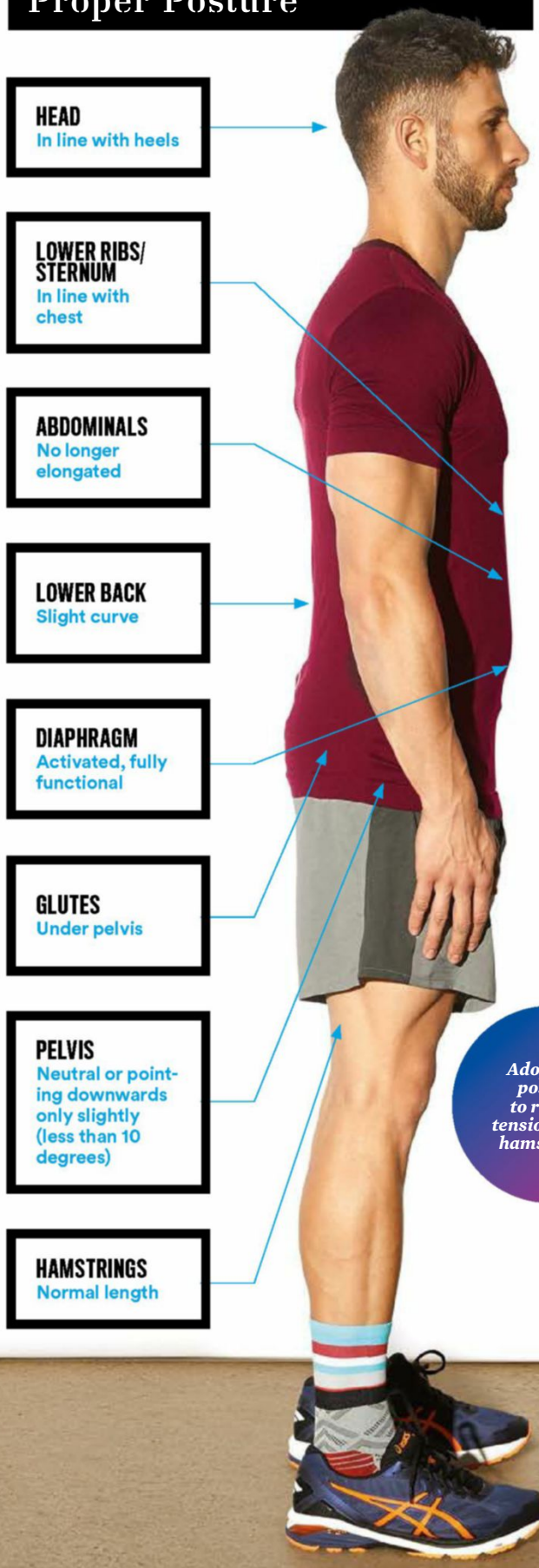
"Your diaphragm should be your primary muscle of respiration," says Mike Robertson, coach to high-performance athletes at Indianapolis Fitness and Sports Training in the US. "If you get stuck in extended posture, the diaphragm flattens out and can no longer work effectively." When your diaphragm isn't functioning properly, a cascade of problems results. Your brain, knowing that the body has to breathe, recruits help from other muscles – like your hip flexors and lower back muscles.

"If the diaphragm doesn't work well, inefficiencies will result," says Jonathan Pierce, performance therapist to US gold medal long jumper Brittney Reese and a track-running consultant. When your hip flexors are tight from repetitive use, corresponding tension can be present in the diaphragm. Tight hip flexors can also extend the lumbar spine, pull the pelvis downwards, and cause your glutes



PHOTOGRAPHS BY MITCH MANDEL

Proper Posture



Adopt this posture to release tension on the hamstrings.

to stick out. Experts call this an 'anterior pelvic tilt'. Robertson explains: "When your pelvis tips forward, it is literally stretching your hamstrings on the back side, which can make them feel tight."

But wait – aren't stretched-out hammies a good thing? Not if it's your pelvis doing the stretching, says Robertson. Working to lengthen and elongate your hamstrings can be good – if your hamstrings are actually shortened. However, Robertson says an anterior pelvic alignment is often putting tension on your hamstrings, and it needs to be fixed if you're going to get any lasting relief. Stretching your hamstrings in a downward-facing-dog pose feels good as you're doing it – but it won't stop chronic tightness, he says.

Experts say the real solution starts with posture correction. Being conscious of good posture and working to adjust your stance throughout the day is important. Robertson also recommends a simple breathing drill to activate your diaphragm (see right) and exercises to strengthen your hamstrings (see next page). Master these, and you'll shut down those overactive hip flexors, restore proper posture, and give your hamstrings long-term relief. Here's the first step to standing taller, breathing deeper, and running better.

Breathe Right

To break out of an extended posture, you need to learn to exhale fully, which will activate the diaphragm and restore proper pelvic position. Do this drill daily to help your body learn the best alignment.

1 / Lie on your back with your feet flat on the floor. Take a breath in through your nose. Notice how your abdominals lift and your tailbone pushes into the floor.

2 / Exhale through your mouth. Push *all* the air out of your lungs; there's more in there than you think. Keep pushing. Your abdominals will move closer to the floor, your back's curve will lessen, and more of your pelvis will contact the floor.

3 / With all of the air out, hold the bottom of the exhale for 3 to 5 seconds. Your ribcage will come down. Use your lower abs to pull the pelvis into neutral alignment – your mid-back and upper glutes against the floor. On the next inhale, try to maintain this alignment, breathing into your belly and chest. Take four to five breaths this way.

THE BODY SHOP

HAMSTRING HELPERS

A simple strengthening workout relieves a common tight spot.

CONTRARY TO POPULAR BELIEF, stretching won't necessarily improve hamstring flexibility and restore range of motion. If poor alignment is to blame, your hamstrings are already in an overextended position – and stretching can be counterproductive, says Mike Robertson, co-owner of Indianapolis Fitness and Sports Training. The first step in finding relief, he says, is to work towards achieving proper pelvic positioning, which will alleviate tension down the back of your thighs (see previous page). The second step is to strengthen your hamstrings so they can help you maintain that good alignment – while sitting, while walking, and while running. Robertson recommends the following two-day workout. Do the warm-up moves to help you get good pelvic positioning first. Then do the first two strength moves on one day, and the second two on another day. If you run two or three times per week, do these workouts on your off days. If you're running more regularly than that, do them after you run. – Brian Sabin

WARM-UP

ALL FOURS BELLY LIFT

Get on your hands and knees with your palms flat on the ground beneath your shoulders. Exhale and round your back toward the ceiling. Keeping your back curved, take four to five breaths, then relax. That's one rep. Do five.

90-90 HIP LIFT

Get in the position shown here. Exhale. Lift your pelvis so your lower back flattens against the floor. Maintain that as you breathe in, then out fully. Hold the end of the exhale for three to five seconds. Take five breaths; hold the exhale on each. Repeat that five times.

DAY ONE

DEADLIFT

Hold a pair of dumbbells. Hinge at the hips by pushing your glutes back, and lower the weight in front of your legs. Lower the weight as far as your flexibility allows, then push with your hips and thighs to bring it back up. Do three sets of eight to 10 reps.

BALL LEG CURLS

Lie on the floor with your heels on top of a stability ball. Lift your pelvis so that your body forms a straight line from head to heels, exhale, then use your heels to roll the ball toward your glutes. Do three sets of eight to 10 reps.

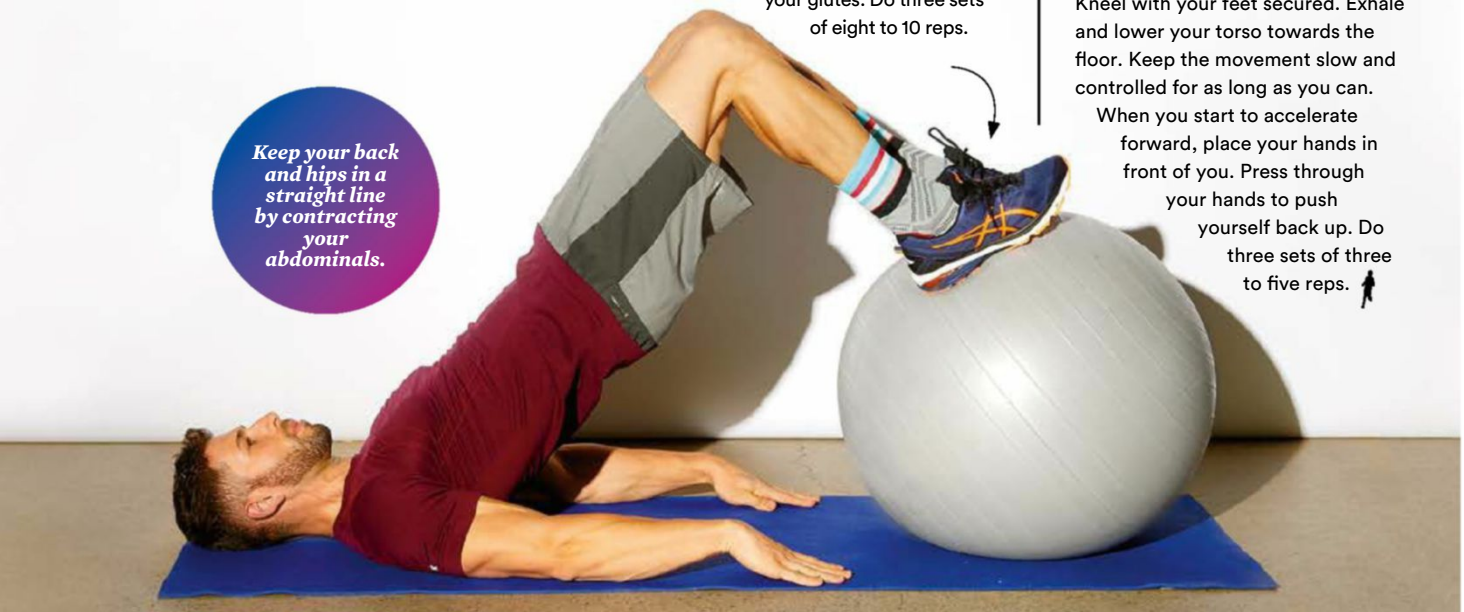
DAY TWO

SINGLE-LEG DEADLIFT

Hold a dumbbell in your left hand. Hinge at the hips to lift your left leg as you lower the weight down. Return to standing. Do three sets of eight to 10 reps on each side.

NORDIC HAMSTRINGS

Kneel with your feet secured. Exhale and lower your torso towards the floor. Keep the movement slow and controlled for as long as you can. When you start to accelerate forward, place your hands in front of you. Press through your hands to push yourself back up. Do three sets of three to five reps.



Keep your back and hips in a straight line by contracting your abdominals.

SEE THESE EXERCISES IN MOTION AT RUNNERSWORLD.CO.ZA/HAMSTRINGHELPERS.

PHOTOGRAPHS BY MITCH MANDEL

HOLIDAY TRIMMINGS

10 tips to navigate the food festivities and still fit into your tights.

By registered dietician Pamela Nisevich Bede

EVEN IF YOU RUN every day between now and February, you're not immune to weight creep. In fact, more than 50 per cent of annual weight gain happens during the festive period (give or take a few days, depending on the calendar). Here's how to make it through the eating-and-drinking season without waistline regret.

1. PRE-GAME YOUR PARTY

Make the most of arriving fashionably late by having a healthy mini meal an hour before you go. Aim for 1 000 kilojoules (or fewer), with 15 grams of protein and five to 10 grams of fibre, like a spinach salad with chicken and cranberry relish. Filling up will make it easier to resist the mini sausage rolls.

2. KEEP YOUR OFFICE STOCKED

Holiday desserts are loaded with sugar and fat and are generally low in nutrients. So when your co-workers bring in biscuits, doughnuts, and chocolates, turn instead to a drawer (or work fridge) full of healthy, satiating snacks. Try full-fat Greek yoghurt, fresh veggie sticks and hummus, a piece of fruit, and a small bag of mixed (unsalted) nuts. And limit your trips past the free table!

3. HAVE TREATS...

After a run, you need to restock your muscles with glycogen and help them recover with protein. This is a good opportunity to satisfy your sweet tooth, as long as you proceed with caution. Reach for desserts that have health benefits: vitamin C-rich apple pie or a scoop of calcium-packed vanilla ice cream topped with fresh fruit. Research has shown that your appetite is suppressed for a short time after a workout, making you less likely to overeat post-run.

4. ...BUT NOT TOO MANY

If you're logging more kilometres this summer to offset the holiday spread, you have a little bit of wiggle room for an extra treat. But running a 5-K doesn't earn you the right to eat an entire tray of brownies. Research has found that even highly active people gain weight during the festive season. Fill up on fruits, veggies, and lean protein after your run.

ILLUSTRATIONS BY LUCI GUTIÉRREZ

The average holiday dinner racks up 12 000 kilojoules. Get your run in early and go for a walk later.

5. BUILD THE PERFECT DINNER PLATE
At your next holiday celebration, divide your plate into quarters: fill half with fibre-packed veggies, a quarter with lean protein like turkey or fish, and a quarter with nutrient-rich carbs such as sweet potatoes or stuffing made with whole-grain bread. For dessert, fill half a small (!) plate with fruit, and half with your favourite sweet – no piling high!

6. DRINK UP
Water, that is. When you're caught up in holiday distraction, it's easy to become dehydrated because you're not drinking as much. And it's even easier to mistake thirst for hunger. Rather than holding a mixed-drink kilojoule bomb or a fully loaded dessert plate, keep your hands (and stomach) full with a kilojoule-free glass of still or sparkling (with lemon!) water.

7. LIMIT THE LIQUOR
Yes, there are some health benefits to having a glass of red wine (good for your heart), and dark beers tout vitamins and minerals. But alcohol is high in kilojoules (30 per gram), and it can lead to dehydration. Try to limit your intake to one or two drinks per day, and alternate them with water. (Throwing too many back also makes you more likely to serve yourself an extra helping of pudding.)

8. SWOP IT
Toast your holiday cheer with light beer instead of sweet wine and save six kilojoules per millilitre. Instead of a biscuit, have a small dinner roll, which has 170 fewer kilojoules. To moisten and flavour roast turkey, the juices have 335 fewer kilojoules than gravy.

For dessert, fresh fruit is your best bet – pecan pie is your worst, with about 2 000kJ per slice.

9. MAKE YOUR KILOJOULES COUNT
Enjoy the foods you can't have every day. Mashed potatoes are tasty, but how often can you have your aunt's labour-of-love sweet potato soufflé?

10. BE A HEALTHY HERO
Bring a dish that you (and your runner friends) would feel good about eating. You can't go wrong with a veggie side dish like Brussels sprouts or a salad packed with healthy grains, root veggies, and spinach.

RUN IT OFF

1 600M AROUND A TRACK BURNS ABOUT 420KJ, FEWER IF YOU'RE SMALLER. PLAN YOUR MILEAGE ACCORDINGLY.

1600M
1 glass champagne
400kJ

5K
1 serving Christmas pudding, no extras
1 380kJ

10K
1 slice pecan pie topped with ½ cup vanilla ice cream
2 680kJ

HALF MARATHON
170g roast turkey,
baked sweet potato with a pat of butter,
1 cup coleslaw,
1 cup macaroni and cheese,
1 medium buttered roll
5 440kJ

MARATHON
170g roast beef,
1 cup green bean bake,
1 cup mashed potatoes with gravy,
1 cup stuffing,
1 glass red wine,
1 slice of cheesecake with scoop of ice cream
10 330kJ

PHOTOGRAPH BY ISTOCKPHOTO.COM (CHEESECAKE)

PHOTOGRAPH BY MITCH MANDEL

QUICK BITES

MELT WITH ME

Power your run with these grown-up takes on toasted cheese.

By Matthew Kadey

For each recipe, heat a pat of butter on medium-low, and grill-pan sandwich until both sides are crispy and cheese has softened.

SMOKY BLACK BEAN

Stay full with the fibre and plant protein from black beans.
TOP 1 slice whole-grain bread with mashed black beans, sliced roasted red pepper, grated smoked Cheddar cheese, thinly sliced avocado, and second bread slice.

CHICKEN FIG

Roasted chicken is high in protein, and figs give you bone-building calcium.
SPREAD fig preserves on 1 slice whole-grain bread and top with chopped rosemary, sliced roast chicken, grated baby spinach, gouda cheese, and second bread slice.

APPLE CHEDDAR

Antioxidant-rich apples and omega 3–packed walnuts add crunch.
TOP 1 slice whole-grain bread with thinly sliced apple, grated sharp Cheddar cheese, chopped fresh sage, chopped walnuts, and second bread slice.

CAPRESE

The vitamin C in tomatoes helps protect runners from colds.
SPREAD basil pesto on 1 slice sourdough bread, and top with thinly sliced prosciutto, grated mozzarella cheese, sliced tomato, rocket, and second bread slice.

SALMON BEETROOT

Nitrates from beetroot and omega fats in salmon may improve muscle endurance.
TOP 1 slice marble rye or pumpernickel bread with smoked salmon, a squeeze of lemon juice, a smear of cream cheese, sliced roasted beetroot, dill, and second bread slice, coated with more cream cheese.

STEAK KIMCHEEZE

Energise your runs with the iron in steak, and keep your gut healthy with the probiotics found in kimchi.
TOP 1 slice whole-grain bread with grated cheddar cheese, thinly sliced cooked sirloin steak, chopped kimchi, and second bread slice.

Vegetarian? Even without meat, each sandwich is packed with protein and nutrients.

FOOD STYLING BY ED GABRIELS FOR HALLEY RESOURCES; ILLUSTRATIONS BY LUCY ENGELMAN

PHOTOGRAPH BY MATT RAINEY

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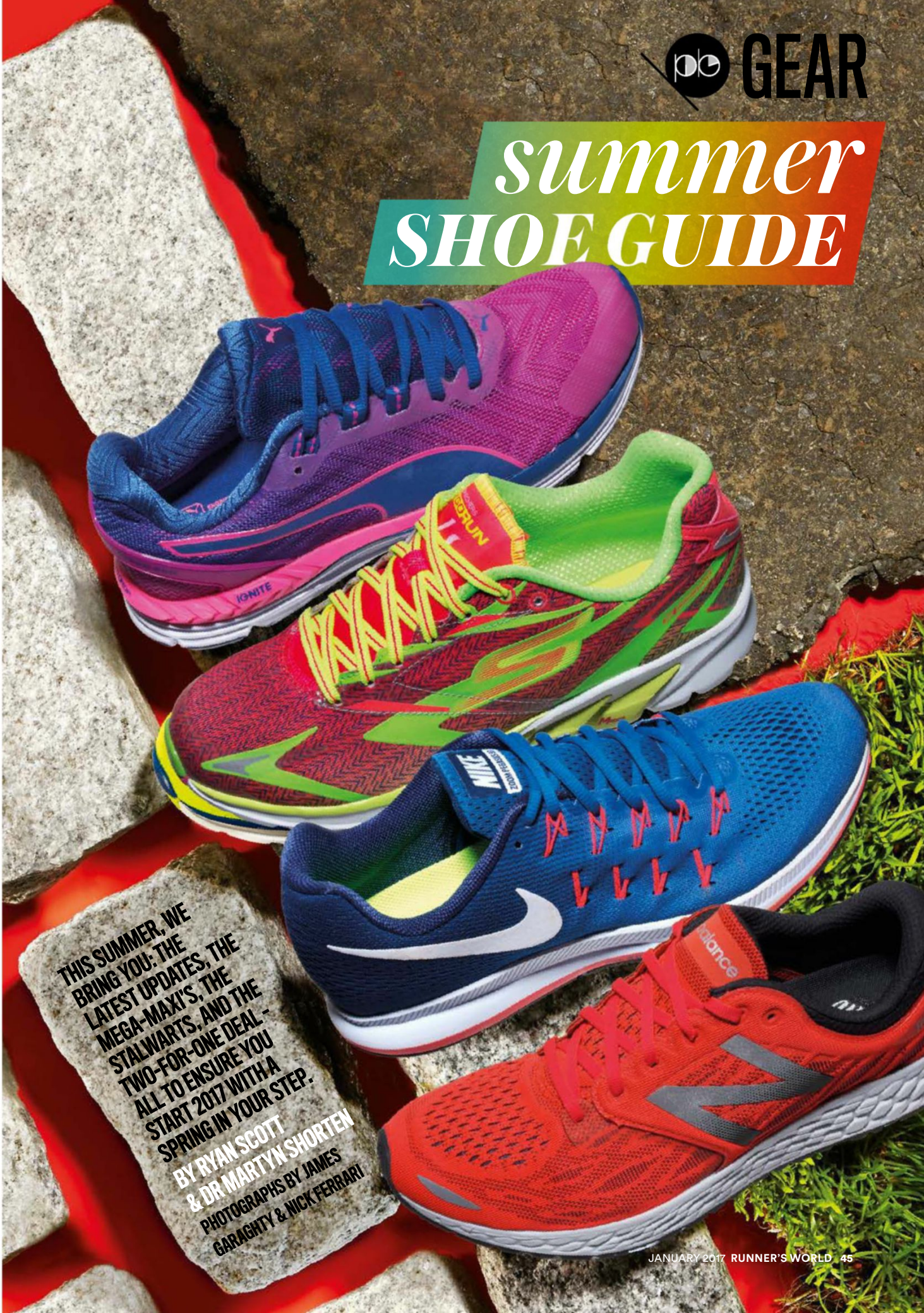


THIS SUMMER, WE BRING YOU: THE LATEST UPDATES, THE MEGA-MAXI'S, THE STALWARTS, AND THE TWO-FOR-ONE DEAL - ALL TO ENSURE YOU START 2017 WITH A SPRING IN YOUR STEP.

BY RYAN SCOTT & DR MARTYN SHORTEN

PHOTOGRAPHS BY JAMES GARAGHTY & NICK FERRARI

Puma Ignite V3 R1 999 (or free with Puma Speed 600 Ignite, Available February 2017.)
The Puma Speed 600 is a surprisingly light and zippy ride – but perhaps even more surprising is that it comes with a pair of Ignite V3, absolutely free! The V3 features the same outsole as the previous version, but the upper has received a few cosmetic updates. It's a heavily-perforated one-piece mesh upper, covering the entire shoe. Support and structure come from an overlay of hexagonal webbing (which is welded down, for extra strength) at the heel and around the laces – though the forefoot is exposed, in the absence of a toe-cap.
248 grams

Brooks Adrenaline GTS17 R2 100
Small tweaks have improved this proven winner. Runners who complained about fit issues with the previous model will be happy to know that new upper materials in the forefoot give a little more wiggle room. Another minor change: the midsole is slightly softer. The change will be imperceptible to most runners, though you may notice it when you first put it on.
309 grams

Package Deal: BUY THIS, GET THAT

PUMA SPEED 600 IGNITE R2 299

Tipping towards the more cushioned end of Puma's 0-to-1 000 cushioning scale. Testers expected a soft ride, and less response than from the likes of the Puma Speed 300. But a dual-layer midsole infused with Ignite foam, a more breathable mesh upper, and a forefoot tread designed for propulsion mean the Speed 600 continues to be a snappy ride. Women praised the fit of their version, which has a relatively wider forefoot than the men's, as well as a narrower heel and a higher-rebound sock liner. And did we mention that if you buy a pair of these, you'll receive the Puma Ignite V3, absolutely free? Available February 2017. ***240 grams (women's)***

Mizuno Wave Enigma 6 R2 999

Despite the fact that the Enigma has the thickest and least flexible sole of any shoe in this guide, wear-testers really responded to its ride. They gave it higher scores for cushioning and comfort than the previous version. A U-shaped Wave plate, sandwiched between two different foams, delivers a smooth, soft ride. That plate extends all the way forward to the toes, to help you through your gait cycle efficiently.

320 grams

Nike Air Zoom Structure 20 R1 999

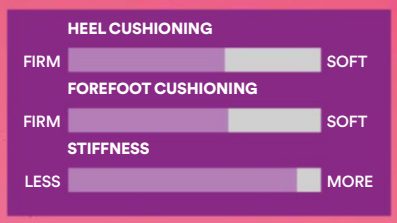
As Nike re-categorises its shoes, the Structure has found a home in the 'run fast' silo – maybe not the place you'd expect to find a stability shoe. When you need support, it uses a slanted block of foam that angles higher towards the medial (inner) edge of the shoe, and in the moulding process is fused with a softer foam that makes up the rest of the shoe. That compression-moulding eliminates glues and other joining materials that can make a shoe stiff. A Zoom Air unit in the forefoot provides a firm platform during toe-off. Boosting comfort, the upper features a 'waisted strobe' – a narrow junction where mesh meets foam – which cradles your foot.

303 grams

NIKE PEGASUS 27 R1 799

The phrase 'something old, something new' best describes the 33rd version of the Pegasus. For the first time, Zoom Air has been used in the forefoot, giving it better cushioning, without compromising its lively toe-off. The upper has been refined as well – the placement and integration of the Flywire cables are more precise, which wraps the midfoot in a secure hold. The rubber on the sole is more segmented to enhance flexibility. All this adds up to something old: Nike has returned to the fast, responsive ride of the original Pegasus, before it got thick and squishy in the mid-2000s. Testers liked nearly every aspect of this shoe. Specifically, they praised the soft-yet-secure wrap provided by the engineered mesh upper.

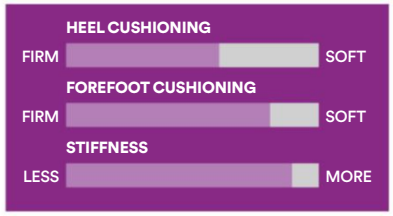
286 grams



adidas Supernova R1 999

Supernova fans now get added cushioning, and an extra 20% Boost foam in the heel. The heel cup remains super-supportive towards the outsole, with a softer spine and an extended tab to pull the shoe snugly into position. Another change is a slightly wider overall fit than the previous model. This, together with a lightweight mesh upper, gives the forefoot as much room to breathe as any other shoe tested. The toe-cap is slight, and has been placed inside the mesh rather than as added as an overlay.

306 grams



Saucony Triumph ISO 3 R2 800

A year ago Saucony added bouncy midsole foam to the Triumph, its premium daily trainer for neutral runners. This time round, they've added even more. The shoe now has a larger slab of material in the heel, which improves responsiveness on heel strike. Lab tests revealed a dramatic improvement in impact shock reduction. We also saw flexibility scores rise. Both qualities were well received by our testers, who also appreciated the spacious toe box. However, they agreed the shoe runs a little short. The upper has been refined, most notably with an engineered mesh that provides a sturdy hold through the forefoot, and a slimmed-down saddle that locks the midfoot down. ***306 grams***

NEW BALANCE ZANTE V3 FRESH FOAM R2 000

In our review of the Brooks Launch 4 we observed a trend – fast-performance shoes are moving towards a lower profile. Zante's 6mm drop from heel to toe is a great example: it features a flexible, hexagonal tread pattern, and a roomier, variable-density-weave upper. It feels delightfully zippy, rather like the first version of the Zante.

247 grams

Hoka One One Clifton (avail Feb 2017)

Those of you who've already begun bringing your own Hoka Cliftons into the country (available in SA directly from February) can attest to the fact that like Goldilocks' porridge, the fit of the Clifton 3 is just right. The first Clifton was light, soft, and fast, but the forefoot was far too roomy. The follow-up model overcorrected the problem, and felt tight as a consequence. But this version garnered high marks for its width from our testers. It's a new sensation for those who've not yet been exposed to minimalism in running.

261 grams

New Balance 860 V7 R2 300

Runners who enjoy support and a peppy ride were pleased with this shoe. A two-layer foam midsole provided a stable foundation for a wide range of testers, but proved a touch too firm for others, who reported the heel wasn't cushioned enough. Try before you buy: the 860 runs slightly short, and is best suited to faster efforts.

323 grams

ADIDAS ADIOS 3 R1 999

It's hard to improve upon the adiZero Adios 2 – the shoe worn by Dennis Kimetto, the fastest marathoner ever, when he ran 2:02.57 at the Berlin Marathon in 2014. But testers confirmed that this update of the popular racer is even better. The midsole remains consistent: a full-length slab of springy Boost foam is rimmed with firm foam around the top, to add a bit of stability and create a fast-rolling feel. adidas tweaked the outsole, wrapping the forefoot in a thin, waffle-cut layer of stretchy Continental rubber, improving flexibility, traction, and durability. Testers also reported that the mesh-and-suede-like upper feels softer, and fits larger feet than previous versions.

193 grams

Olympic Eclipse R600

A simple, lightweight shoe for the casual runner who rarely goes longer than 10km. The outsole, like that of many other shoes, is modelled on the Nike Free; but unlike the Free, the segments on the Eclipse are not as deep, so they function as lugs in the tread rather than individual cells that allow the outsole to adapt to movement. The upper is super-lightweight and well ventilated, but lacks a toe-cap and support in the upper.

210 grams

Skechers Go Run R1 700

The step-in comfort of such a lightweight and cushioned shoe was a hit with our testers, and lighter runners enjoyed the tactile and underfoot sensation as the foot transitions through the strike. The soft, small pods situated front and back are strengthened at specific high-wear points, and the sole is firmed up somewhat in the midfoot by M-strike technology – a slightly firmer EVA foam. The upper is thin and breathable, featuring a honeycombed toe-cap and flat laces, which have just a touch of stretch to help lock the shoe down. Heavier runners noticed some instability in the heel, and might be better off running in the Hoka One One.

201 grams

MIZUNO WAVE RIDER 20 R2 750

This lightweight, responsive shoe is reminiscent of earlier models launched two decades ago. A change in the waveplate geometry has made it more pliable and fast-feeling underfoot. The waveplate is also a little softer, which means better cushioning. Engineered mesh in the forefoot and toe, as well as some softer fabrics on the collar lining, contribute to all-round comfort.

272 grams

Staying traditional.

Altra Torin 2.5 R2 300

The half-number model designation means the Torin has kept the same midsole and outsole set-up of the previous model, but has received some minor adjustments. You do get the same extremely plush, zero-drop ride and roomy toe box. The vamp (the fabric over the toes) has been lifted, giving a little more space between the mesh and your toenails – a change testers welcomed. Many reported they liked both the style and the lightweight comfort.

261 grams

HEEL CUSHIONING
FIRM — SOFT
FOREFOOT CUSHIONING
FIRM — SOFT
STIFFNESS
LESS — MORE

Brooks Launch 4 R2 149

Fast, light shoes offered by big running-shoe brands typically have lower heel-to-toe offset heights. However, this high-performance, lightweight shoe has a 10mm profile, which testers agree is more traditional. Another thing that differentiates this shoe from other lightweights is that it never feels like it's compromising on support. Blown rubber on the outsole helps the shoe to withstand wear and tear. The overall geometry has changed since version 3, which makes it faster. Testers agreed it looked faster, and felt smooth during heel-to-midfoot transition.

255 grams

HEEL CUSHIONING
FIRM — SOFT
FOREFOOT CUSHIONING
FIRM — SOFT
STIFFNESS
LESS — MORE

Asics Gel Cumulus 18 R2 200

Runners with a heavy foot-strike need a big shoe like the Cumulus to help them handle the impact. But even 'smaller' testers enjoyed the soft ride. "As its name suggests, this shoe is like running on a cloud," says *Runner's World* staffer Tish Hamilton. "It's very comfortable for short run/walks, and longer runs too. And it didn't run 'heavy,' as do some more cushioned shoes I've trained in."

329 grams

HEEL CUSHIONING
FIRM — SOFT
FOREFOOT CUSHIONING
FIRM — SOFT
STIFFNESS
LESS — MORE

FOR A FULL LIST OF STOCKISTS, VISIT ***RUNNERSWORLD.CO.ZA/STOCKISTS.***

Best *in* SHOE

1966–1970
THE FIRST FLATS

In the beginning there were racing shoes. And runners saw that the shoes were good – for the few thin, athletic men who ran long distances at the time. Actually, they weren't very good at all, even for the young, fast set.

"Very few running shoes were available, if they could be called that," says running shoe collector Dave Kayser, who started running in 1966. "They were heavy and stiff, usually with leather or canvas uppers. All the choices were dreadful."

On the nascent road-running circuit of the mid-'60s, the New Balance Trackster had a virtual monopoly, at least in the US, says longtime *Runner's World* editor and writer Amby Burfoot. Introduced in 1960, it had a leather upper and rubber ripple-sole, came in widths, and was "ideal for practically any running surface", claimed ads of the time.

"When you got to the starting line of a road race, everybody was wearing the same shoe," Burfoot recalls. "It had a palpable amount of cushioning or springiness that the others did not have. The minute that somebody offered us a shoe with a little bit of cushioning from road shock, we all went in that direction, because it felt good."

By the 1968 Boston Marathon, which he won, Burfoot had switched to the Onitsuka Tiger Marathon, which many runners of the day remember fondly for its light weight and comfortable fit. Tiger's training shoe, the Road Runner, had a built-up heel and foam rubber 'midsole' – a new term at the time. "That was one of the first shoes that felt like a *real* road-running shoe," Burfoot says.

Burfoot bought his Tigers from Jeff Johnson, who was the first employee of a new company called Blue Ribbon Sports. The start-up, founded by Phil Knight and Bill Bowerman, track coach and advocate of jogging for the masses, was importing shoes from Japan and selling them out of the back of their vehicles at track and road races.

Tiger quickly became the brand of choice for road runners.

1960

New Balance Trackster debuts. It's one of the first shoes designed specifically for road running.

1962

Phil Knight visits Japan and sets up Blue Ribbon Sports to import Tiger shoes to the US.

THE GUIDES: WHAT DO RUNNERS LIKE?

Johnson wrote the first shoe guide in *Distance Running News,* the magazine that would become *Runner's World*. While he admits that he had a big conflict of interest, he was one of the few people at the time who knew enough about the running-shoe industry to write a guide. Johnson polled a large sample of runners, and, he says, "removed myself from the equation as much as I possibly could, and tried my best to keep it as neutral as possible."

PHOTOGRAPH COURTESY OF NEW BALANCE

ILLUSTRATIONS BY LOU PIMENTEL

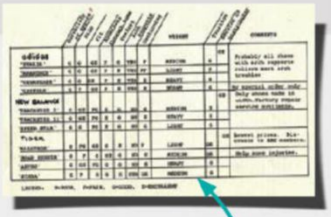
FROM LACES TO LASTS: 50 YEARS OF (MOSTLY) FANTASTIC **FOOTWEAR INNOVATION**

BY JONATHAN BEVERLY

1967
Tiger Marathon is named best racing shoe in *Distance Running News*.

The guide, in the April 1967 issue, featured 14 'flats'. Eleven of those models came from three brands: adidas, New Balance, and Tiger. The reviews spent as much time discussing each brand's overall reputation as it did detailing the differences in the fairly similar shoe offerings.

Each review included selected quotes, most being some variation of 'Absolutely the best racing shoe I've ever worn'. The guide listed 'best' shoes in two categories. The Tiger Road Runner topped the training category; Tiger's Marathon led the racing shoe list.



1967

The first shoe reviews appear in the April issue of *Distance Running News*, detailing 14 models. • Onitsuka Tiger Cortez is the first highly-cushioned running shoe, developed with guidance from Bill Bowerman.

1971–1981
ENTER CUSHIONING

Four years later, in July 1971, *Runner's World* released a 46-page booklet called 'All About Distance Running Shoes'. The guide gathered opinions from 800 readers. The average respondent was a 29-year-old, 1.8m, 66kg man who had been running 80km per week for six years.

Readers named a whopping 66 models from 32 brands that they trained or raced in. Most of those brands, however, were obscure – the vast majority wore Tiger, adidas, New Balance, and expensive shoes from EB Lydiard, a brand born out of a collaboration between famed New Zealand coach Arthur Lydiard and the German EB Brütting company. More than 60 per cent of the readers surveyed ran in Tiger shoes, and their models topped the popularity lists in both training and racing.

Tiger's Marathon won praise for its glove-like fit and flexible, 'barefoot' feel. But their top training model, the Cortez, offered something groundbreaking: cushioning. The first shoes designed for American runners by Bowerman, they had a sponge-rubber midsole with a wedge-shaped second layer of cushioning under the heel to absorb impact and reduce stress on the Achilles tendon. In 1972, the Cortez became the flagship shoe of the new company that Bowerman and Knight founded when they broke from Tiger: Nike.

The Cortez's popularity established that runners wanted cushioning. It wasn't long before shoe designers found a superior material to provide it. Jerry Turner, who was then president of Brooks, had been making athletic shoes for other sports for 20 years. Turner wasn't a runner, but he knew shoes and he knew how to listen.

As Turner tells it, "I received a phone call from a guy named Marty Liquori, who was a world-class runner at the time. Marty had seen some of our attempts at jogging shoes at a trade show and he said, 'Your stuff really looks interesting, but I'd like to sit down with you and discuss it.' He gave me an education."

Turner took Liquori's suggestions to a representative from the Monarch Rubber Company. "I wanted more rebound, better shock absorption, lighter weight – five or more specific things," Turner says. "The guy said, 'I think I've got just the thing for you. I'll be back tomorrow.' And the next day he comes back and shows me EVA."

EVA, or ethylene vinyl acetate, an air-infused foam, is still the primary ingredient in most running shoe midsoles. Brooks put the material in their 1975 Villanova, which quickly drew attention. Almost immediately, other companies started using the soft, bouncy foam, at the time cut from sheets and layered in the midsole. In 1981, Nike released the first shoe with a molded midsole made out of what they called Phylon, a compressed form of EVA developed by Mattel for bath toys.

In this era of explosive growth and innovation, companies were tinkering with other parts of the shoe as well. In Oregon, Bill Bowerman started melting rubber in the kitchen, and soon 'waffle' soles graced several Nike models. Similar designs covered the bottom of other brands, and the inspiration can still be seen in outsole design.

"I always think the outsole is a bit underdone in terms of the credit it should get," says Simon Bartold, podiatrist and shoe design consultant. "The waffle sole is a good example: it defined not only the grip but also the flex characteristics of the shoe – and to a large scale the cushioning, which it was quite effective in providing."

Nylon uppers had all but replaced leather by 1976, with mesh options starting to appear. And women began to find models that weren't just 'shrink-and-pink' versions of men's shoes. "By the early '80s, most larger brands were using women-specific lasts," says Dr Martyn R. Shorten, biomechanics researcher and director of the *Runner's World* Shoe Lab.

THE GUIDES: WE DEFINE THE BEST

As the number of options grew, Bob Anderson, *Runner's World*'s founder and publisher, felt the need to provide readers with an evaluation of those shoes from a reliable and trusted authority. Consulting podiatrists, runners, and shoe manufacturers, the staff created a list of criteria for what makes a good running shoe, and scored each shoe against that list. The ranking criteria favoured shoes with thick, durable soles and a high heel lift, while still being lightweight and with a flexible forefoot. It also gave points for a strong heel counter, arch and shank support, and pliable uppers.

Starting in 1975, *Runner's World* released an annual ranking of the best-selling shoes on the market. adidas's SL-72, a German response to early Tiger road shoes, took top honours in the first guide, which combined training and racing shoes. It garnered praise for its popularity, heel lift of nearly 12mm, rigid heel counter, soft nylon upper, and flexibility – although the forefoot was said to be cramped and inadequately cushioned.

Such a ranking assured the success of the top-rated shoe, while provoking controversy among runners and manufacturers.

To increase the reliability of the rankings, Anderson hired Peter Cavanaugh, director of the biomechanics laboratory at Penn State University in the US, to conduct the first objective measurements of cushioning, flexibility, and durability. Cavanaugh's data,

1972

Nike Cortez is the flagship shoe for the company Bowerman and Knight started when they split from Tiger. • Nike Waffle Racer is the first production shoe with Bowerman's studded rubber outsole.

1975

Runner's World publishes first annual Shoe Guide.

1976

New Balance 320 is named the top shoe in *Runner's World*'s expanded rankings.

1977

Brooks Vantage, with a 'varus wedge' (higher arch side for more support), ranks #1 in *RW*'s annual guide.

1978

Nike Air Tailwind is released. It's the first 'Air' shoe, and most agree it doesn't work well. • New Balance W320 is the first shoe 'designed exclusively for women', with a snugger-fitting heel and wider forefoot.

1982

New Balance 990, using every new technology available, is a plush stability shoe that sells for $100 (R1 400). Still available, it is the most persistent model in running-shoe history. • Brooks Chariot defines the motion-control category with a 'Diagonal Rollbar' midsole and a sturdy heel counter that extended to the ball of the foot.

1975
Brooks introduces the first shoe with an EVA midsole, the Villanova. The material becomes the standard midsole.

Bill Bowerman, co-founder of Nike, works on an early model at a lab in Eugene, Oregon, circa 1980.

which first appeared in 1977, represented an improvement over previous methodology such as measuring shoe thickness and assigning values of 'good', 'fair', and 'poor'.

A panel of 10 experts also ranked the shoes subjectively, and these marks were combined with the lab rankings. "The shoe that had the highest score was the winner," Anderson says. Brooks developed its Vantage with an eye on the *RW* criteria, and it topped the list in 1977, establishing the brand among runners.

The Vantage stood out because it was the first shoe to acknowledge the need to control the inward rotation of the foot, or pronation. Under advice from podiatrist Steven Subotnick, author of *Cures for Common Running Injuries,* Brooks inserted a wedge so that the whole foot slanted outward.

In 1978, with more quality models rapidly advancing, the magazine abandoned ordinal rankings and initiated a star system. Five stars represented 'A shoe that could be termed excellent. Highly recommended'. One star meant 'Better left in the box'.

The star system spread the wealth, but companies still objected, claiming the results were rigged. Nike pulled its advertising for several years, feeling they were being treated unfairly, but the magazine held its position.

Anderson has no regrets. "I think it was a very important part of the magazine, and very important to the whole running scene," he says. "There was a rapid change in the quality of the shoes. It helped companies understand what runners needed. We set the stage."

THIS SPREAD: PHOTOGRAPHS COURTESY OF NIKE (CORTEZ, BOWERMAN, SOCK RACER); COURTESY OF NEW BALANCE (990); KIRSTIN SINCLAIR/GETTY IMAGES (WOMAN IN NIKE SHOES)

1983

Nike Pegasus is the first air-cushioned shoe with a performance ride. Version 33 continues the line today. • The popular adidas Marathon Trainer, with its rugged, tri-foil studded sole and extended heel, is an early crossover shoe, well suited for both road and trail.

1984

Asics Tiger X-Caliber GT deploys the first plastic medial post to control pronation, the inward rotation of the foot.

1985

Nike Sock Racer is an early attempt at a shoe that cushions without controlling.

1986

Asics GT-II, the first Gel shoe, is released.

Everyday Attire

How running shoes became mainstream

Look around at people in the shopping centre, at a soccer match, or on the street. The majority of shoes on the feet of young and old are some sort of running shoe. That wasn't always the case. "Prior to 1972, nobody was wearing running shoes casually," says Nike DNA Product Heritage Director Rick Lower.

The shoe that initially crossed from sportswear to fashion was the Nike Cortez. "The original Cortez was quickly updated in the 1970s, and became adopted by different cultures," Lower says. Cheerleaders wore them, skateboarders wore them, musicians wore them. Runners wore them even when they weren't running.

They were attractive and comfortable. They made you look young and athletic. To the generation who came of age in the late '70s, running shoes all but replaced leather dress shoes as everyday wear. Keith Storey of Sports Marketing Surveys USA estimates that today, nearly 50 per cent of all technical running shoes – not counting 'classics' like today's Cortez, cross-trainers, or running-inspired casual shoes – are bought with no intention of ever being run in.

Shoe companies know this, of course. Models start as sketches, inspired by fashion trends as well as diverse spheres like automobile design, Japanese mythology, and animal biology. Designers sweat details like the width, shape, and colour of the laces – for fashion as much as function. While runners worry most about how a shoe performs, few can claim to be immune to caring how they look, too – on the run, at a café, or in the office.

1982–2003
THE AGE OF CONTROL

Following the earlier success of the Vantage, other brands began to incorporate more aggressive motion-control features.

In 1982, two shoes simultaneously introduced a new idea that would represent a 'sea change' in running-shoe design, says JD Denton, longtime *Shoe Guy* columnist and footwear reviewer for *Running Times*. The Tiger X-Caliber GT appeared with a 'stabilising pillar' under the arch side of the heel, while Brooks's new Chariot featured an angled wedge of harder-density foam in the midsole, thicker on the inside of the shoe and tapering towards the outside. Both devices were representative of the 'medial post' that is built into stability shoes even today.

Stability would quickly become the first consideration for runners. "People were making a strong link between pronation and injury," says Bartold.

Choosing shoes became similar to being fitted for corrective spectacles, a process of matching the level of support necessary for your pronation problem.

The Chariot would evolve into the Beast, and the X-Caliber GT morphed into the Asics Kayano – both of which live on today. New Balance's luxurious and stable 990, the first $100 (R1 400) model, also introduced in 1982, continues to be sold in 2016.

With the defining characteristic of shoes established, little of significance happened for the next two decades. Materials would improve, but none can point to any game-changing innovation. Instead, the focus changed to marketing.

Shorten points to the first visible Nike Air Max shoe, in 1989, as the turning point. Being able to see the cushioning tech "just rocked", Shorten says. "From then on, *everybody* had to have visible technology – whether it was gel, grid, hydro-flow – everybody had to have their little bit of goop, and it had to be visible."

More was more during the '90s. "The more bells and whistles you could put into the shoes, the better," says Shane Downey, global director of Brooks Heritage. Turner recalls the era as delivering "an awful lot of hype, but nothing functional that improved the ability to run".

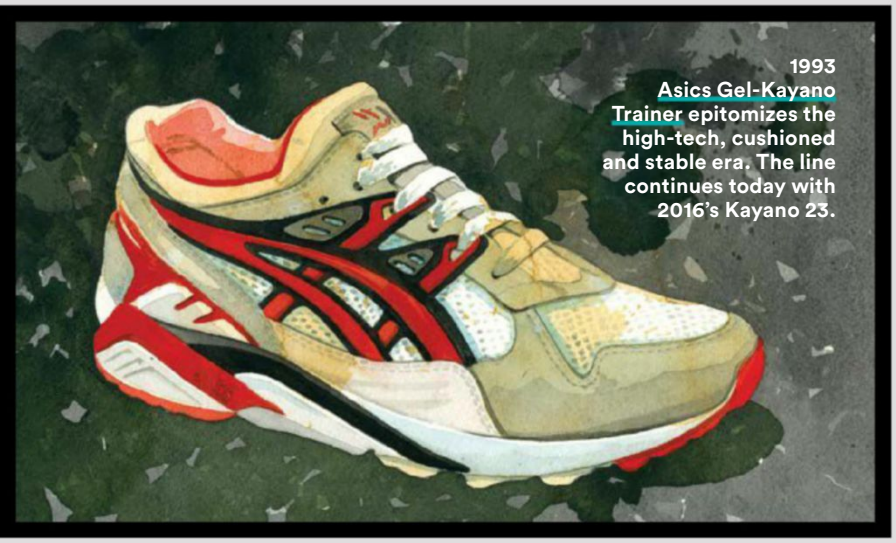
1987
New shoe company Ryka debuts, making fitness shoes exclusively to fit women's feet and stride.
• Asics Gel-Lyte debuts; the line will set the standard for lightweight performance stability shoes for the next decade.

1989
adidas ZX8000 introduces the brand's iconic Torsion system.

1995
Asics GT-2000 is released. The GT series, still running strong, will join the Brooks Adrenaline GTS as one of the best-selling running shoes in history.

1996
Nike Air Rift, with a split toebox and 'barefoot' feel, appears a decade too early to be popular.

1998
The *RW* Shoe Guide expands to the web, allowing us to review many more models, and readers to search for reviews.



1993
Asics Gel-Kayano Trainer epitomizes the high-tech, cushioned and stable era. The line continues today with 2016's Kayano 23.

THE GUIDES: NEW CATEGORIES

When Burfoot became Editor-in-Chief of *Runner's World* in the mid-1980s, he had enjoyed reading the rankings and loved the simplicity – as a consumer. "It took all the decision-making out of your hands and told you to just go to the shop and buy the number-one-rated shoe," he says. But Burfoot discovered that the industry was questioning the evaluation methods. "They pointed out that the shoe is an entire system with all of the pieces working together," Burfoot says. "On top of that, you throw in the individual characteristics of the runner."

Burfoot's deputy editor, Bob Wischnia, agreed. "I didn't believe in shoe testing," Wischnia says. "Machines don't wear shoes – people do." And he didn't want to use ordinal rankings. "How can a shoe be number one if it doesn't work for *everybody*?" The mechanical testing ended in 1982, and Burfoot and Wischnia beefed up the wear-testing process.

PHOTOGRAPH COURTESY OF ASICS (GEL LYTE)

2004
Vibram FiveFingers, a water shoe, soon becomes the symbol of minimalism.

Reflecting the industry emphasis on pronation, the new guides presented shoes in categories of 'Motion Control', 'Stability', 'Neutral-Cushioned', and 'Lightweight'. These categories were widely adopted by manufacturers, influencing how shoes were marketed and presented in running shops, and how runners talked about them.

In the late 1990s, the guides began calling out superior models with awards. The Asics GT-2020 won the first 'Editor's Choice' award in the April 1997 issue.

Burfoot admits that the reviews, like the shoes they reflected, got a bit similar; but the guides served a purpose. "Clearly, the greatest benefit of the shoe surveys through all those years is that it did weed out the bad shoes."

2004–2011
THE GREAT DISRUPTION

In the early years of the new millennium, rumblings began to be heard below the surface of the shoe industry. Researchers like Bartold and biomechanics researcher Benno Nigg reported that they had failed to find a connection between pronation and injury. Others, like Peter Brüggeman, were finding that feet get stronger when you remove highly supportive shoes. Harvard professor Daniel Lieberman published a widely read article in *Nature* that helped popularise the idea that running is natural, and that we need no additional support or correction.

At the same time, a longtime runner named Tony Post was trying to recover from knee surgery. Post was then president and CEO of the US branch of solemaker Vibram. On a trip to Italy, he saw a concept shoe that fit like a glove.

Post, who could no longer run more than five or six kilometres without pain in traditional shoes, took the FiveFingers out for a run. The shoe forced him to run more lightly, with a rapid stride. Soon he'd gone five kilometres and his knee hadn't hurt.

"I'm thinking to myself, *Was my form bad? Was all that cushioning interfering? Maybe this is my solution,*" Post recalls. "Then I started thinking, *Maybe there are other people like me.*" As he continued running, Post says, "It caused me to remember, *I've done this before*. When we were running cross country at varsity, my coach asked us to do strides across the soccer field barefoot."

Designers at Nike were also paying attention to those barefoot strides. Consulting with running coach Vin Lananna, they built a shoe that would simulate a 'free' feeling while still providing protection. Elsewhere in the world, runners were searching for solutions to persistent problems, and like the innovators of the '70s, began cobbling together solutions.

In the US, Golden Harper, a former high school cross-country champion, put shoes in a toaster so he could pull them apart and remove the built-up heel. In France, adventure-racer Jean-Luc Diard applied ideas he learned designing ski equipment and bike wheels to running shoes, coming up with a fat, tyre–like shoe that swallowed terrain. In Switzerland, world duathlon champion Olivier Bernhard, trying to combine cushioning and propulsion, glued rubber staple-like pods to the bottom of a racing flat and ran 20 kays uphill. Also in the US, Danny Abshire, ultra-runner, running form coach and custom orthotic specialist, set to work on a shoe that would reward a forefoot-oriented stride.

At the same time, consumers were desperately seeking something new in their shoes. "We were in a total innovation vacuum – basically, what companies were doing was just adding stuff and making $#!+ heavier," says Bartold. "Shoes had something like 22 different icons, representing technologies in that shoe. Everybody was sick and tired of very rigid shoes. It was the perfect storm."

That storm broke over the industry in the form of minimalism, which achieved the status of religion. *Born to Run,* the best-selling book by Chris McDougall, was its bible, and in it, overbuilt shoes and the shoe companies that made them were the devil.

Sales of FiveFingers skyrocketed. Every shoe

1999

Brooks Adrenaline GTS is introduced. It would quickly become the 'go-to' stability shoe for millions of runners. The 17th iteration continues the line today.

2001

In a paper submitted to the *Clinical Journal of Sports Medicine*, researcher Benno Nigg proposes that impact forces and excess pronation do not lead to injury in the way we have understood, and introduces the idea of a 'preferred movement path'.

2004

Nike Free is introduced as a training tool to strengthen your feet.

- *Nature* publishes Harvard professor Daniel Lieberman's article 'Born to Run', which argues for barefoot running as the way humans are meant to move.

2005

adidas 1 is released with a built-in computer and pressure sensor to change the cushioning to optimise your stride.

2006

Nike+ shoes debut, with a built-in mileage and pace-tracking pod.

2007

First Newton shoes sold at a triathlon.

PHOTOGRAPHS COURTESY OF BROOKS (ADRENALINE GTS); COURTESY OF NIKE (NIKE FREE); GETTY IMAGES (ADIDAS 1)

company scrambled to introduce their version of a minimalist shoe to meet the new demand.

The trend, however, wasn't just towards less shoe. The status quo had been disrupted. It was an opening of the mind as to how a running shoe could look and act. Those innovators around the world, struggling to build a better shoe, came up with Newtons, Hokas, and Altras – shoes with pods on the bottom, huge rockered soles, wide forefeet.

"Minimalism was a bit of a gift for the industry," says Bartold. "It made everybody sit up and pay attention, and made the big five [adidas, Asics, Brooks, New Balance, Nike] get up off their bums and stop being so lazy." Shorten points out that the real push for change within big companies also came when oil and labour prices peaked, so that making less-complex shoes with less material was financially attractive as well. Regardless of the forces that caused it, the result was a boon for runners.

THE GUIDES: SCIENTIFIC LAB TESTING

By the mid-2000s, the advent of the internet added to the barrage of content available to runners. When David Willey became Editor-in-Chief of *Runner's World* in 2003, he set about elevating the magazine's guides above the competitive field. "We had the opportunity to start doing some objective testing to improve the advice we could give people," Willey says. "And also to cement *Runner's World*'s authority as the place to go to learn about shoes."

Willey hired biomechanist Ray Fredericksen and set up the *Runner's World* Shoe Lab. Fredericksen had been part of a committee that standardised shoe measurements and was thrilled to be using them. "Now, we had an objective measure that fit like a spine to anchor the subjective comments of the wear-testers," Fredericksen says.

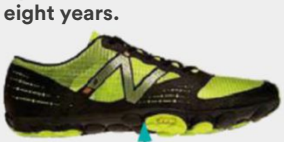
But subjective feedback still provided information that mechanical tests couldn't – details about nebulous characteristics like fit and ride. So Willey moved to make the program more ambitious. "We wanted to not lose sight of but to amplify the subjective, human feedback from actual runners," Willey says. "I felt that was the formula for the gold-standard shoe reviews: really comprehensive and trusted scientific testing, and also comprehensive and trusted human feedback."

This new data was presented using colour ranges, so as to not overwhelm the reader with numbers. "Even just adding the charts to our reviews; it sent the signal, especially to running geeks, that we were delivering a much higher level of service," Willey says.

2012
Nike releases its first shoe with a knit upper, the Flyknit Racer. A yellow version was worn on the podium at the London Olympics.

2009
Hoka One One releases highly-cushioned model.

2010
Saucony Kinvara debuts as a cushioned shoe with a low heel-toe drop, and it becomes an instant classic. • Asics GT-2160 wins Editor's Choice award, the sixth EC and ninth award in 10 years for the series. • Brooks Adrenaline wins Best Update, its sixth award in eight years.



2011
New Balance releases its Minimus trail and road models. • Vibram makes $100 million (around R1.4 billion) on sales of FiveFingers shoes. • Altra releases models with different names for the men's (Instinct)

2012-PRESENT
THE AGE OF COMFORT

If minimalism exploded like a supernova, it burned out just as fast. It promised too much and failed to deliver. People still got injured, in ways new and old. The shoes didn't turn users into smooth-running Kenyans.

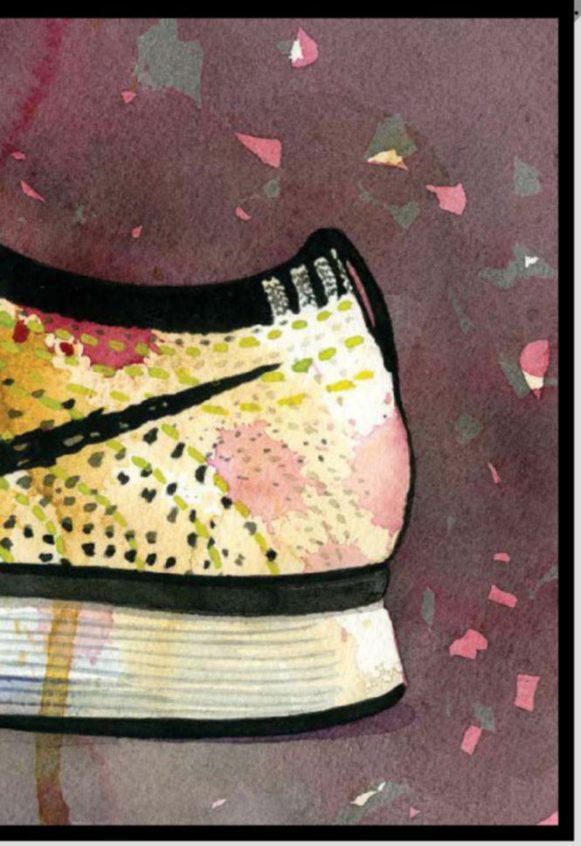
It ended badly. When Vibram was sued in 2012 for false advertising, the heel-striking masses gleefully dragged the cult's icon out of the city gates and stoned it. More than 150 000 claims were filed in the $3.75 million (around R53 million) class-action lawsuit.

But a funny thing happened on the way to the execution. The fanatical fervor died, but some of the ideas lived on. Shoes got lighter and simpler. Heel-toe drops came down, even as the pendulum swung back toward thicker, ultra-cushioned soles.

Many of the new companies that were born in the great disruption thrived. Even Tony Post moved on from Vibram, before the lawsuit, to found Topo, building shoes that combine minimalist philosophy with the reality that people need and want cushioning.

Companies are using new materials, like expanded thermoplastic polyurethane foam, in a race to improve rebound, creating a bouncy feel runners appreciate, as proven by the success of adidas's Boost models.

THIS SPREAD: PHOTOGRAPHS COURTESY OF HOKA (ONE ONE); COURTESY OF NEW BALANCE (MINIMUS); COURTESY OF MARTYN SHORTEN (SHOE LAB, 2); THOMAS MACDONALD (ADIDAS BOOST); MATT RAINEY (NIKE LUNAREPIC)



And designers are creating uppers with innovative knits, redefining shoe comfort and reducing waste.

Perhaps soon, companies will be able to print and knit shoes to account for asymmetries in each runner's anatomy and stride, as well as personal preferences. We're not there yet, but, in the current universe of models – from max-cushioned to minimal, soft, firm, or bouncy ride, traditional fit to high-top knit, and shapes for all sorts of feet – it's hard to imagine a runner couldn't find one that will take them on hundreds of happy kilometres.

Shoes undergo a battery of mechanical tests at the* Runner's World *Shoe Lab.

and women's (Intuition) models to highlight that while they share similar characteristics, the women's shoe was designed and built on entirely different specs.

2012

Vibram is sued for false claims in advertising that the shoes could reduce foot injuries and strengthen foot muscles. Vibram settled, with 150 000 filing claims to receive part of the settlement.

2013

adidas releases first models with Boost midsole foam, providing better cushioning and bounce-back responsiveness, according to the *Runner's World* Shoe Lab. • Hoka One One is purchased by Deckers, and sales of max-cushioned models continue to climb.

2015

Puma introduces the Ignite and enters the energy-return war. • Saucony introduces a layer of its energy-return foam, Everun, under the sockliner in a majority of its models.

2016

Nike LunarEpic Flyknit released, using an advanced knit upper and laser-cut grooves in the sole to create a unique ride. • New Balance Zante Generate is the first running shoe with a 3-D–printed midsole. The company sells all 44 pairs at $400 (around R5 600) a pair. • adidas PureBoost X, a women's-only model, is designed with the upper detached from the midsole under the arch.

THE GUIDES: A SPECTRUM OF SHOES

With minimalism disrupting traditional design and new materials changing how shoes performed, the categories that had served well for nearly three decades began to feel arbitrary and inappropriate.

"We found ourselves grouping shoes into categories that didn't feel right for what those shoes were actually doing," says Willey. "It was time for the system to evolve."

In 2009, Martyn Shorten, whose BioMechanica had served as the *Runner's World* Shoe Lab since 2008, began a study to group runners using easy-to-identify characteristics such as body-mass index, years of experience, or how prone they were to injury. At the same time, Shorten was sifting through his extensive database to arrive at more useful shoe sorts. Meanwhile, Willey and other editors were having discussions throughout the industry to take the pulse on what was deemed important.

The March 2012 issue featured a new layout, which opened with a flowchart asking runners questions about themselves and their running, and directed them to clusters of shoes arranged from "more shoe" to "less shoe." Online, Shorten's data powered a complex Shoe Finder that allowed for more questions and refined the recommendations.

In 2015, Shorten and the editors refined the questions that sort runners into groups and presented shoes on a two-dimensional grid. The grid still goes from less shoe to more shoe, but adds a cushioning dimension to tell more about the shoes at a glance and provide more-nuanced clusters of models with similar performance characteristics.

The reviews require more than two months to prepare. Every new shoe that companies send gets put on the feet of wear-testers in four locations around the country – more than 350 diverse runners put kilometres on shoes for at least one month. Meanwhile, at the *RW* Shoe Lab, the shoes are weighed, the tops get cut off, and they are pounded and flexed by an array of machines taking precise measurements.

This combination of objective data with subjective wear-testing feedback is the most effective way to help you find the best shoes for you today. After all the numbers are crunched and models are researched, you'll put on a pair of shoes and know that they are right. And they will become your friends and training partners, taking you on adventures through streets, trails, back roads, and urban racecourses – they're still the most important purchase a runner will ever make.

How fit are you – right now? Take these tests, and use the results to reach this year's goals.

By Kelly Bastone

Photograph by Sam Robles

YOU WOULDN'T TRY to book a plane ticket without first identifying your departure airport. Yet many runners make New Year's resolutions without first taking an honest look at their current fitness levels or health habits. "We live in a 'Keep up with the Joneses' culture, where everybody

Start Where You Are

NEW YEAR NEW YOU!

wants to get noticed and be the best," says licensed psychologist and certified sports psychology consultant Dr Christine Selby. When we see other people's workout data, healthy meals, and race-day triumphs posted on Instagram, we may think we should be running just as far, fuelling just as well, and finishing just as fast. Runners may crowd-source their goals instead of relying on motivation from within, an approach that can lead to training struggles, dashed hopes, and injury.

"Not being honest about where you are now sets you up for the 'Three Toos': too much, too fast, too soon," says Strength Running founder and coach Jason Fitzgerald. That's why you must take stock of the runner you *are* – not the one you were before you had kids, or started university, or gained a few kilos – before you can pinpoint an achievable goal for Current You.

It also makes running more fun, says exercise physiologist and coach Greg McMillan. "By being honest with yourself, you give yourself the chance to enjoy your running more," he says. Instead of failing at unachievable goals, you're conquering appropriate challenges. It all starts with these self-tests. ▶

YOUR GOAL

To Run Your First Race

YOUR TEST
After warming up with a 1km jog and a few 30-second pick-ups, **run 1km fast**.

YOUR RESULTS
Aiming for a 5-K? Add 21 seconds to your time to estimate your per-km pace. For a 10-K, multiply your time by 1.15.

YOUR MISSION
This "Magic Kilometre" test from Olympian and running coach Jeff Galloway helps you guess how long your first 5-K or 10-K might take, which helps you determine how to prepare. For example, a 7:30-minute Magic Kilometre equates to a 38:59 5-K or a 1:25:44 10-K. For these distances, you'll want to work up to a long run that keeps you on your feet for about as long as you will be on race day. So if your longest run to date has been 30 minutes, start with a 5-K. If you're already running more than an hour, you could target a 10-K.

To train, run for at least 20 minutes every other day, with a longer run at the weekend. Add a kilometre to your long run each week, until you're out there as long as you expect the race will take you, with your longest run a week before your 5-K or two weeks before your 10-K.

Repeat the Magic Kilometre every other week to track how you're improving. "How you complete it is just as telling as your time," says Elizabeth Corkum, a running coach. Starting like a hare and ending like a tortoise means you need to work on pacing; the next time you run the kilometre, try reining it in for the first lap and picking up your pace by a few seconds on each consecutive lap. "That teaches you how to push yourself when you're no longer fresh, but also how to be patient when you're feeling good," says Corkum.

Also note changes in breathing or form: ragged, irregular gasps and clenched muscles during your test kilometres indicate that you're pushing harder than you ought to be pushing. Aim for a challenging but sustainable effort.

YOUR GOAL

TO RUN CONSISTENTLY

YOUR TEST
Keep a training log for a month – and don't leave out missed or abbreviated runs.

YOUR RESULTS
Identify your problematic patterns: when you skipped runs, was it because you hit 'snooze' too many times, or because you often had to work later than planned? Did you bail on hard workouts more than easy jogs, or vice versa?

YOUR MISSION
Solve frequency issues first. For example, if you intended to get in four runs per week but usually only managed three, analyse the cause and build a fix for the rest of 2017. If schedule is the culprit, reassign your workouts to more reliable time slots (for most people, that means mornings). It helps to be honest about how many runs you can manage: "Ask yourself what you're likely to fit in during an average, busy week – not the 'best-case' week, when everything goes perfectly," says McMillan. Aim to run at least every other day, which maintains consistency and run-specific fitness. "If your week is going really well, you can add in a bonus run – which feels so much more positive, mentally, than constantly falling short," he says.

Then, if you notice you avoid running hard or long, you can analyse why – but unless you're already knee-deep in training for a race, don't worry about it. Those types of workouts aren't critical in the off-season, but consistent running is.

To maintain speed, throw in post-run pick-ups when you have the time, and save your drive to nail every planned workout for when you're actively preparing for an event.

PHOTOGRAPH BY LARSEN & TALBERT

Your Goal

To Clock a Fast 5-K or 10-K

YOUR TEST

▶ Look back on your last month or two of training to determine how long your longest runs tend to be.

YOUR RESULTS

▶ If your 'long' runs last between 45 and 90 minutes, ramp them up: the longer you go (within reason), the better you'll build the aerobic capacity and mental toughness you need to extend speedy running for more than a few minutes, Fitzgerald says.

YOUR MISSION

▶ You probably already know that speedwork is critical to running a short, fast race, and you need to continue to do it once or twice per week. That said, appropriately long, steady weekend efforts can make your performamce great. **Long runs** build slow-twitch muscle fibres while speedwork builds fast-twitch, and you'll use both types in a 5-K or 10-K – especially as you start to fatigue. A 10km long run indicates that you're ready to graduate from simply running a 5-K to racing one, but Fitzgerald recommends long runs of up to 25km for experienced runners with 5-K or 10-K time goals.

You can lengthen your long run while doing speedwork, as long as increases in both happen gradually, says Fitzgerald. Add two to three kays to your long run every other week, and build up to your longest run two weeks before race day.

Speedwork should be event-specific and happen once or twice per week (once when you're also adding to your long run, twice when you're holding steady). Runners targeting a 5-K might run 200m bursts at 1km pace, or intervals at race pace from 400m to 1km. Those aiming for a speedy 10-K might begin their season with 5km to 8km tempo runs, and shift toward 1km-long race-pace intervals as the season progresses.

YOUR GOAL
TO RACE A FAST HALF OR FULL MARATHON

YOUR TEST

Assess how your body responds to workouts.

YOUR RESULTS

If speedwork feels harder than hours of slow kays, you probably have more slow-twitch muscle fibres. If you feel energised by short, fast sessions – and drained by long, steady ones – you have more fast-twitch.

YOUR MISSION

Your body's unique ratio of muscle fibres affects how difficult certain workouts feel. And though it sounds counterintuitive, McMillan recommends tailoring your training to your strengths rather than your weaknesses. "A plan that suits you boosts your motivation and makes you feel excited," says McMillan. Endurance aces will want a programme with lots of steady-pace long runs and tempo workouts. Speedsters, however, will do more intervals, with shorter 'long' runs that they will start slow and finish fast. So, an endurance-focused runner might do a 30- to 40-minute tempo run and a 2.5-hour steady-effort long run one week, while a speed-focused runner will log 6km or 8km repeats (at 30-minute-race pace) and a two-hour long run that ends with 20 minutes of tempo running. Both athletes will do some running that doesn't come naturally, but by adapting most of their training to suit their 'type', they'll enjoy it more.

YOUR GOAL
TO FINISH YOUR FIRST FULL MARATHON

YOUR TEST

Add up your usual weekly mileage, and note how much of it comes from a long run.

YOUR RESULTS

If you're already running 40 to 48km per week, including a long run of at least 16km, you're ready to begin a marathon-training plan for a race 16 to 20 weeks out. (Find a plan at runnersworld.co.za/training.) If you're running less, you need a base-building phase first.

YOUR MISSION

Building to 40 to 48 weekly kilometres with a double-digit long run will allow you to complete the first few weeks of a 42.2 plan with relative ease. "Many marathon first-timers don't realise that their daily 5-K doesn't qualify them for marathon training," Fitzgerald says. These runners will struggle to build up mileage and long runs – and while they may complete the race, they probably won't enjoy it.

Instead of setting yourself up to finish limping and delirious, build a strong base before you even select a goal race. To do that, add 1km to your long run every two weeks, and add 1km to one or two midweek runs. That way, you'll increase by 16-plus weekly kilometres over the course of a couple of months – a gradual build that will strengthen your body without increasing injury risk.

When you're marathon-training ready, find a plan and choose an event at least 16 weeks away. Research before you register: check out online reviews and your intended race's elevation chart to know what to expect in terms of amenities, crowd support, and difficulty.

OPENING SPREAD: HAIR & MAKEUP BY STACY SKINNER FOR CELESTINE AGENCY; STYLING BY ARGY KOUTSOTHANASIS; CLOTHING: ASICS JACKET & SHOES; SPLITS59 CAPRIS; SUUNTO WATCH

PHOTOGRAPH BY GLEN MONTGOMERY

YOUR GOAL

To Eat Better

YOUR TEST
For one month, **log all your food and drink intake in real time**.

YOUR RESULTS
You'll know what, when, and how much you've consumed, which will help you identify unhealthy patterns.

YOUR MISSION
First, assess and improve what you routinely eat and drink at home. Fill your kitchen with perishables. "The healthiest foods tend to be found along the supermarket perimeter, where you'll find the poultry, fish, beef, dairy, fruits, and vegetables that should make up the bulk of our diet," says registered dietician Tara Gidus Collingwood. Eating these foods doesn't just promote optimal athletic performance; it also reduces your risk of heart disease, diabetes, stroke, and even cancer.

If your diet is fairly healthy, see if there's a pattern in your lapses. Do you stress-eat chocolate from a co-worker's jar of sweets? Do you overdose on almonds while you're preparing dinner? Do you dine out multiple times per week, and do your healthy-eating rules go out of the window at restaurants?

Simply identifying your times of weakness may help you do better in the future, especially if you continue to log your eating long-term. When you're tracking – with a smartphone app or just pen and paper – "everything you eat becomes real, so you can't pretend it didn't happen," says Corkum.

Once you've managed the damage of your worst dietary habits, examine the foods you eat regularly to see what you might trade for healthier options. For example, you might choose to dress your morning toast with natural peanut butter (with no added sugar) instead of the traditional kind, or to swop a side dish of white rice for brown.

HAIR & MAKEUP BY ELLE (THIS PAGE & NEXT); CLOTHING: GAP FIT SHIRT (THIS PAGE); C9 CHAMPION FOR TARGET CAPRIS, NIKE SHIRT & SHOES (NEXT PAGE)

PHOTOGRAPH BY **CHRIS SEMBROT**

Your Goal

To Lose Weight

YOUR TEST

Hop on the scale first thing in the morning. Repeat on a daily basis, and track your results.

YOUR RESULTS

"There's no optimal weight for everybody," says Dr Gary Foster, Weight Watchers' chief scientific officer. Chasing an idealised number – what you weighed when you finished high school or before you had kids – is more likely to end in frustration than success. However, if you're not happy with how your clothes fit or with your overall energy level, start with the goal of losing five per cent of your current body weight. "That's been scientifically proven to confer significant medical, psychological, and quality-of-life benefits, and it's achievable for most people," he says.

YOUR MISSION

While it's true that logging kays at any pace will help you shed kilos, logging kays at all kinds of paces is best: "A mix of various exercise intensities is most effective for weight loss," Fitzgerald says. Slow, steady runs – which should account for about 80 per cent of your weekly volume – help develop your fat-burning aerobic system and build up your bones, joints, and muscles so you can run harder without getting hurt. The other 20 per cent of your volume should include a variety of other paces: a few kays at comfortably hard 'tempo' pace, track intervals at 5-K or 10-K pace, or short uphill sprints at a hard effort. Such workouts burn a lot of kilojoules in a short amount of time, says exercise physiologist Dr Steve Bal. "The higher intensity also produces a higher after-burn effect, so you'll burn some extra kilojoules after the exercise bout," he adds.

Of course, the scale may not budge if you don't lay off foods and drinks that are high in kilojoules but low in nutrition. "Unused glucose gets stored as fat," says author and coach Phil Maffetone. So to burn flab, limit the quantities of refined carbohydrates you eat (including added sugars), and prioritise high-fibre fruits, veggies, and whole grains.

Once you've lost five per cent of your weight, re-evaluate: "Are you ready to lose more? And what do you expect to get from that?" asks Foster. Continue to monitor yourself: researchers found that study participants who adhered closely to a daily weigh-in protocol lost more weight – and kept it off better – than those who avoided the scale.

YOUR GOAL

To Develop Overall Health

YOUR TEST
Sitting cross-legged on the floor, try to stand up using your feet only – with no help from your knees or hands.

YOUR RESULTS
If you can't do it – or if it's difficult – that's a red flag. A 2012 study involving more than 2 000 subjects found that people who can stand from the floor using just their feet ultimately live longer, healthier lives.

YOUR MISSION
Cardiovascular fitness is just one measure of health: muscular strength and flexibility matter, too. "They lower our heart rate and blood pressure, allow us to perform our daily activities, and reduce the risk of developing common running injuries that can occur from the repetitive movement patterns," says coach Jenny Hadfield.

Dedicate at least 15 minutes after two easy runs per week to strength and flexibility work. Your programme should include foam-rolling, static and dynamic stretches, and strength moves such as planks, lunges, and squats. Making this post-run routine a habit won't just make the stand-up test feel easier: having stronger muscles and a better range of motion can reduce everyday aches and pains and "make you feel confident in your skin," says Hadfield.

PHOTOGRAPH BY CHRIS SEMBROT

YOUR GOAL

To Build an Injury-Proof Body

YOUR TEST
Watch your beltline while you run on a treadmill facing a mirror.

YOUR RESULTS
If your hips remain level as you run, congrats – your glutes are facilitating a strong, balanced stride, and you're likely to remain healthy. But a beltline that dips to one side or the other indicates weak or disengaged gluteal muscles, the culprit behind a host of running injuries, says Heather Milton, clinical exercise physiologist at New York University's Langone's Sports Performance Centre. Although some hip drop is expected in healthy runners, it's not discernible to the naked eye. "If you can see a significant drop without measuring it," says Milton, "it probably is outside of the norm."

YOUR MISSION
Invite your glutes to the running party – and don't take 'we can't make it' for an answer. If you think that means doing an infinite number of squats and lunges, think again: developing buns of steel doesn't necessarily make you less injury-prone, says Milton.

That's because even powerhouse glutes sometimes remain disengaged. Therefore, Milton says, "It's important that runners re-educate those muscles to access their gluteal strength."

Use the beltline test as training: once a week, run on a treadmill while trying to keep your waistband level. "That's been shown to improve glute activation," says Milton, who also recommends developing muscle engagement and strength with a weekly hill session. **Find a hill** that takes you 30 seconds to climb, and use it to log 10 to 15 minutes of hard-effort repeats: sprint uphill using short, glute-recruiting strides – think about pushing the ground away behind you with each push-off – then walk or jog downhill to fully recover. "You'll start to feel changes in strength and neuromuscular education fast – in just four to eight weeks," says Milton.

PHOTOGRAPH BY LARSEN & TALBERT

NEW YEAR, NEW GOALS, NEW SHOES

Supernova M

High Mileage everyday trainer for the athlete seeking a smooth heel to toe transition with energy return.
M 307g W257g

R1949

Supernova ST

High mileage every day trainer for the moderate to severe over-pronator seeking good energy return.
M 311g W 259g

R1949

Wave Rider 20

New 'Cloudwave' plate = more cushion and more lateral stability. U4ic midsole delivers lightweight cushioning
M272g W240g

R2899

Wave Diachi 2

Concave wave plate coupled with Michelin Rubber outsole provide both stability and traction in this versatile trail shoe
M320g W270g

R2599

Adrenaline GTS 17

A blend of cushioning and support makes this the 'Go To Shoe' for the serious runner seeking a high mileage trainer with medial support.
M 303g W252g

R2449

Cascadia 12

Workhorse trail shoe with updated pivot system for enhanced stability and more aggressive outsole lugs for improved traction on softer surfaces
M 340g W 284g

R2349

Fresh Foam 1080 V7

Maximum ground contact ensures Inherent stability coupled with fresh foam which provides a plush ride that remains responsive. The bootie construction midfoot, coupled with the engineered forefoot mesh accommodates the foot's natural splaying at the forefoot whilst still providing the requisite stability in midstance. M 307g W 264 g 8mm offset

R2499

Zante V3

Designed for the midfoot striker. A trainer that feels fast as you lace it on.
M247g W213g 6mm offset

R1949

Gel Nimbus 19

The cushioned shoe of choice just got better! FlyteFoam midsole with gradient mesh upper = lighter weight and even more comfort.
M 315g W255g

R2749

GT 2000 5

High mileage trainer with sufficient medial support for all but the most extreme over-pronators seeking a stable well cushioned shoe.
M 313g W255g

R2249

Hyper Tri 3

Sub Marathon distance racer. 6mm heel offset. For when seconds matter.
M 160g

R1649

Guide 10

Stable high mileage trainer offers great energy return and support without compromising on weight. Bootie construction ensures enhanced fit and comfort.
M283g W252g 8mm offset

R2449

Triumph Iso 3

High mileage trainer now **available in D and 2wE widths**. The new model boasts increased energy return and flexibility coupled with Iso fit construction for enhanced comfort.
M 298g W261 g 8mm offset

R2749

Zoom Vomero 12

This flagship cushioned trainer combines two zoom air units with a lunar foam core and cushion carrier to create a responsive ride without sacrificing the hallmark cushioning fans have come to expect in a Vomero. 12mm offset 334g

R1949

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Bedford Arcade	Shop 2, 55/59 Van Buuren Rd	Tel: 011 450-2421
Southdowns Shopping Centre	Shop 50, John Voster Ave, Irene	Tel: 012 665-0048
Dunkeld West Centre	Shop 38, Cnr Jan Smuts & Bompas Rd	Tel: 011 325-2567/8
Cape Town	29 Vineyard Road	Tel: 021 671-5457/7872
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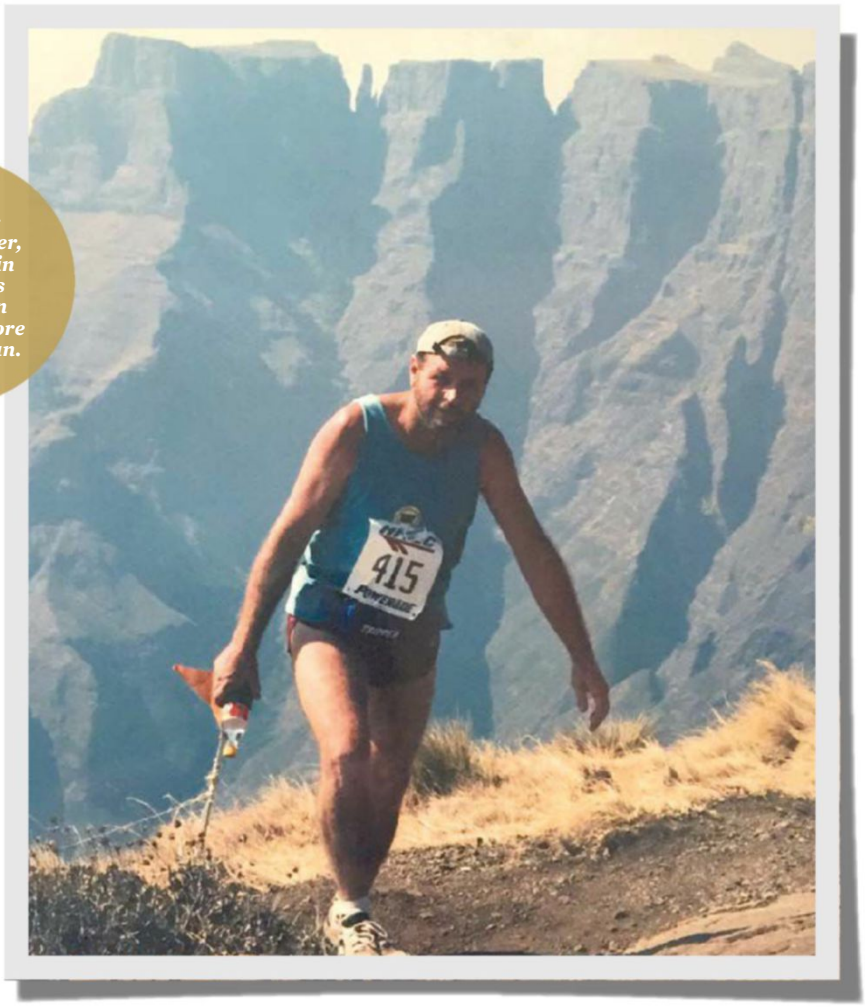
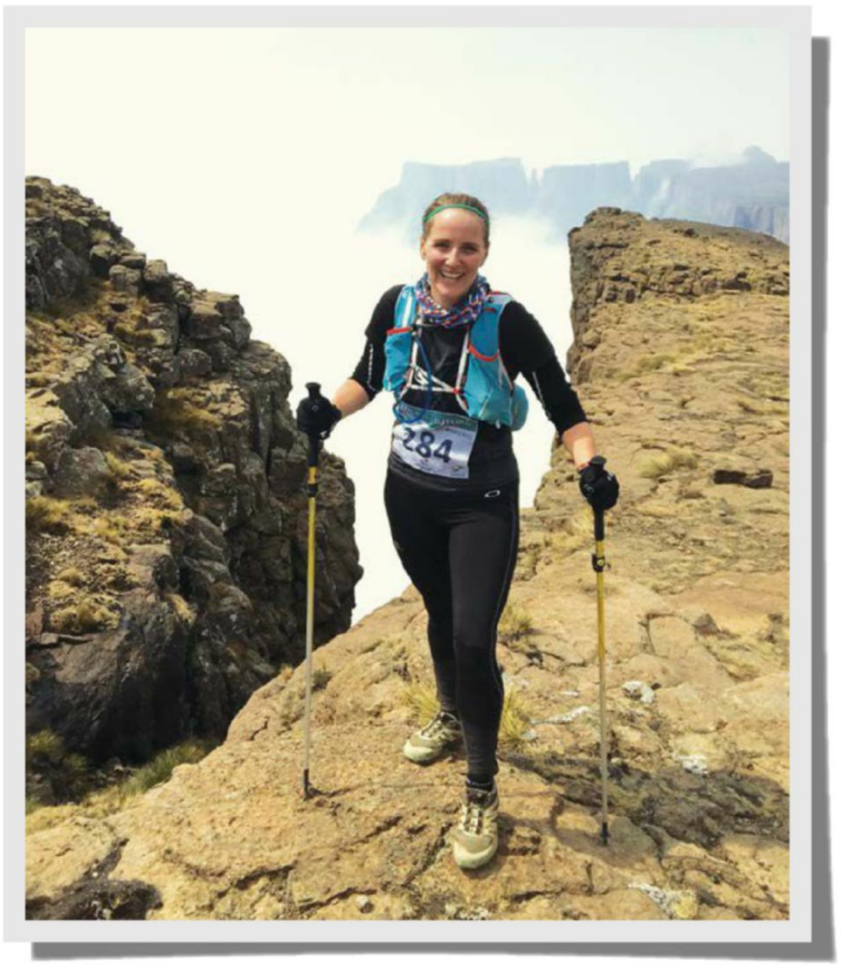
MOM Then



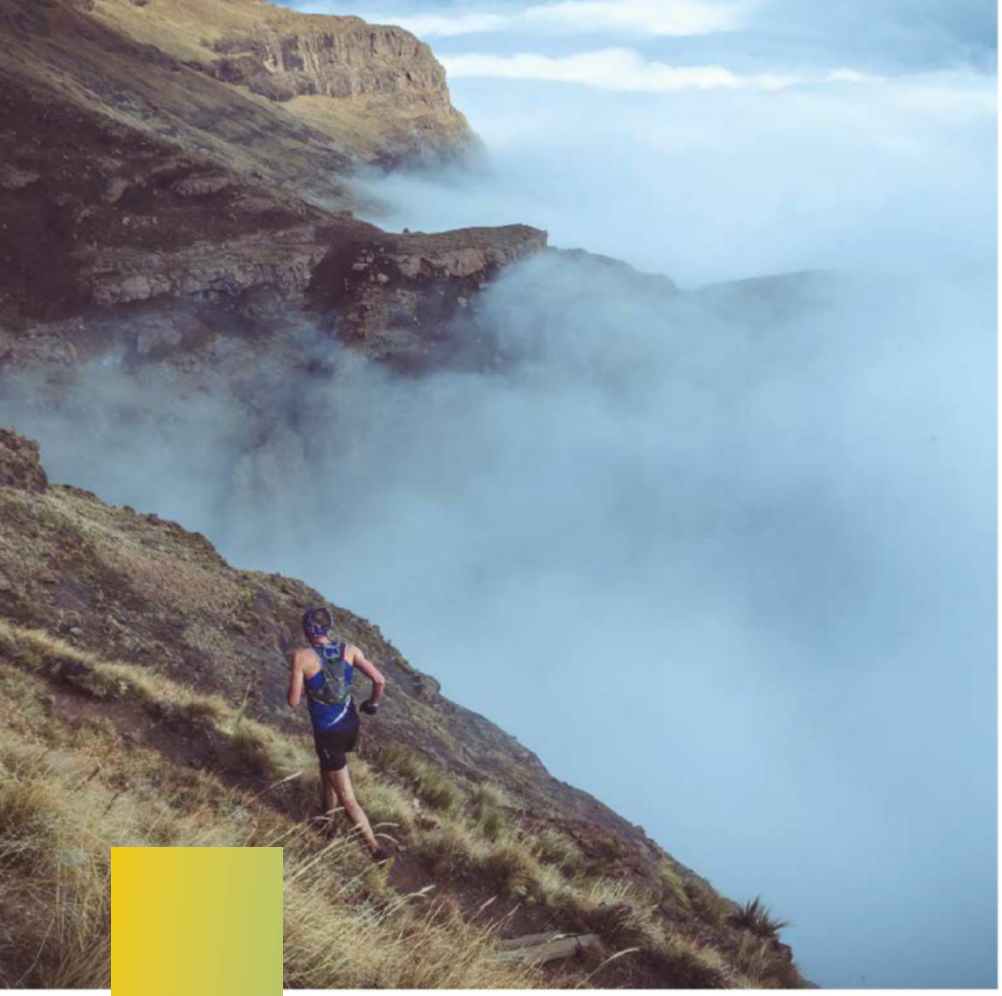
Dad, then: A road runner, decked out in poly shorts and thrown into a hardcore mountain run.

BY **BRYONY MCCORMICK** ▪ PHOTOGRAPHS BY **EM GATLAND**

TIES & Now



THIS YEAR, I HAD THE OPPORTUNITY TO FOLLOW IN MY DAD'S FOOTSTEPS: I TOOK ON THE **OLD MUTUAL WILD SERIES MONT AUX SOURCES CHALLENGE** ('MONTIES', FOR THE COOL KIDS), **SOME 18 YEARS AFTER HE TACKLED IT.** IN THAT TIME, A LOT HAS CHANGED - BUT THE IMPORTANT BITS ARE THE SAME AS THEY ALWAYS WERE. ▶▶▶



I'd been moving (slowly) in an upwards direction for the last 18km, and I knew it was nowhere near being over. Despite that, I was delighted to still be feeling good. So far it'd been a dreary year of running for me, spattered with injuries, DNSs, and a general lack of enthusiasm.

The build-up to the Old Mutual Wild Series Mont Aux Sources Challenge, a 50km mountain run in the Northern Drakensberg of KwaZulu-Natal, had been no different. Weeks plagued by dented self-esteem, constantly questioning my fitness and ability, put a dampener on my training, and an irritated hip put a pirate limp in my stride.

In fact, the only thing that kept me going was the sentimental fact that my Dad completed this event 18 years ago – and so, when the opportunity arose to do it myself, I simply couldn't say no.

I actually remember when my Dad did it, way back when. It was 1998, I was in high school, and if I recall correctly, us kids were farmed off to our granny for the weekend. It was the year of *Titanic*; everyone was in love with Leo DiCaprio, and Justin Timberlake was still in NSYNC.

It was also before the internet and cell phones, so the first update we got was post-race, on the Sunday evening – when my Dad was bundled out of the car, in a sitting position. I remember thinking he'd looked better at the end of Comrades. His immediate feedback wasn't exactly positive: he mumbled something about severe leg cramps, sore knees, a hard run and lack of sleep, before heading to bed with what, now, I can only compare to man-flu symptoms.

My Mom poured herself a large glass of wine, and settled in front of the TV, quiet and reflective. And that was that, mostly. My Dad never really mentioned it again, except after a few beers around the braai when the war stories would come out, and his tales of conquering the Amphitheatre were revered by his awestruck mates.

I loved hearing his stories, and used to listen intently – never realising that he was already inspiring a lifestyle that I too would lead one day.

THE GEAR: OLD VS NEW

So when my opportunity came around, guess who I went to for advice. Typical of my Dad's character, he had kept a running log of his experience on the day, and he dug it out – along with a race photo, the race 'brochure', and an old fax of his entry form. I must admit to laughing out loud when I had a look at the picture. In 1998, trail running wasn't a thing – road running was all the rage. Trail shoes, hydration packs and trail gear just didn't exist. Which is precisely why that picture was so funny.

My Dad had rocked up to the start line in classic poly shorts (so dangerously short, he could have been confused with wearing no pants at all), a Gotcha vest, his shiny road shoes, and a 'cool'-looking Tripper moonbag. His hydration pack was a 500ml plastic Coke bottle that he refilled when he got the chance, and he left a windbreaker in his tog bag in case the weather got really bad.

I was giggling, but also feeling a touch embarrassed at how much gear I was currently packing – trail shoes, technical pants, base layer, shirt, windbreaker, hydration pack, bladder with 1.5l water, running gloves, a buff... the list goes on. It made me realise just how hardcore and gung ho my Dad had been (and, I guess, still is). Imagine pitching at an extreme mountain event these days with a plastic water bottle and skimpy Fordyce-special poly shorts – people would think you'd lost it.

"He Was Already Inspiring A Lifestyle That I Too Would Lead One Day"

THE VIEW: THEN VS NOW

I'd started my morning conservatively, in chilly, misty and slightly drizzly conditions,

So much has changed over the last 18 years, but thankfully the spectacular view is still the same.

Other *Wild Series* Races

Golden Gate Challenge
Golden Gate Highlands National Park, Free State
A 3-day track and trail run through the rugged and scenic mountains of the Golden Gate Highlands National Park.
wildseries.co.za/events/golden-gate-challenge/about

Three Cranes
Karkloof Nature Reserve, KZN
A 3-day stage race in and around Karkloof Nature Reserve, through beautiful misty forests and scenic grasslands with magnificent views.
wildseries.co.za/events/three-cranes-challenge/about

which had hung around since. Thankfully, in my Dad's log book he mentioned wishing he'd started out more slowly, as he ran out of steam towards the end. I took his experience to heart, and really kept things chilled.

For a while, past Sentinel Parking aid station, the temperature dropped even further, and once again I thought of those poly shorts and was thankful for my long, technical tights and gloves. Another ten minutes on (and what felt like 5 000 metres higher), and the skies started to clear, offering a first glimpse of the view my Dad had spoken about.

The first thing I noticed was how high we had come – a fraction of a second before noticing, too, how much higher we still had to go to get the top. But the sunshine, the sweeping views of the Northern Drakensberg and Amphitheatre – plus the logbook extracts, bobbing around my head – powered me forwards. I reached the bottom of the infamous chain ladders in good time, and waited my turn.

Eighteen years ago, when my Dad ran, the route was exactly the same, except for the slight difference that the top section was run the other way round – so he came down the chain ladders, but went up the Gully. Either way, runners still get to the top of the Amphitheatre and are rewarded with that incredible view of the Northern Drakensberg. While my Dad kept his logbook quite factual, before my run he did take the time to tell me about the view (it must have made an impression), and I was looking forward to taking it all in once I got there.

The ladders themselves aren't too long, but there's a significant difference in altitude between the top and the bottom. I went from being relatively comfortable to not being able to walk for more than 10 steps without stopping to catch my breath. I went over my Dad's log in my head, and tried to remember the bit about altitude – but I drew a blank. The walking didn't faze me though, as the view was (literally) breathtaking, and every bit as impressive as he'd made it out to be. I soaked it all in, thankful that while so much has changed in 18 years, that spectacular view is still the same.

GOING UP VS GOING DOWN

My Dad has long since given running the boot – 'dodgy knees', he says – and sadly, we never got to a stage in our lives where we could enter this sort of thing together. We've done mountain-bike events, a few Dusi Canoe Marathons, the odd triathlon and

several other sporting adventures alongside each other; but never running, so this was as close as I was going to get to sharing my trail-running passion with him.

I couldn't believe how helpful his logbook was, too; it's one thing reading a route description on a race website, but totally different reading one by your Dad. I knew what to expect and when, and felt oddly comforted by my Dad's ramblings – even though he was in Cape Town, thousands of kays away.

I crossed the top of the Tugela Falls, and made my way up the last slog to the high point at 3 090m, passing a couple of patches of snow along the way. My Dad's colourful description of his experience of coming up the Gully prepared me for the steepness and technical terrain – and as I hopped across the rocks, clung onto the rope and moved slowly downwards, I must admit I would have shared his distaste if someone had made me climb it instead. Having gravity on my side certainly made it a lot easier; I would literally have been on my hands and knees if the route had been reversed.

We definitely had it easier than back in '98!

UPHILL MACHINE VS DOWNHILL QUEEN

My Dad's account of the second half of the race records that he started relatively well, but the wheels came off in the final 20km. As far as running strengths go, he's my opposite: an uphill machine, where I'm a downhill queen. So while I took his logbook entry to heart, I knew my experience would be different, and it really was. I basically skipped down the Gully and down the singletrack back to Sentinel Parking lot aid station, before hitting the road to the final aid station at Witsies.

I flew through Witsies – doing my drowned-rat impression, thanks to drizzly weather again – and hit the last 11km with reckless abandon: nothing was going to slow me down. The thick mist shrouded the views, and my MP3 player ran out of battery.

So I went inward for the last couple of kays, and gave some final consideration to my Dad and his race 18 years back – wondering if we would have been a good running match, or if our differing strengths and weaknesses would have caused tension.

I knew that finishing Comrades meant he had the mental capacity to get through this, but not having any mountain experience and then tackling something as brutal as Monties... that's a hell of a thing. Me, I've had three years of trail-running experience, and my body's conditioned to the demands of technical terrain; but here was my Dad, a road runner, decked out in poly shorts and 1998-tech road shoes, thrown into a hardcore

"I flew through Witsies, and hit the last 11km with reckless abandon."

Having gravity on my side certainly made things easier for me than they had been for my Dad – he ran the top section of the route in reverse.

Know Before You Go

Race info and entries:
For all race information, entry details, route maps and profiles, accommodation options, mandatory gear, etc, visit: ***wildseries.co.za/events/mont-aux-sources-challenge/about***

Trekking poles:
I can highly recommend trekking poles, especially for climbing. They offered unparalleled support, and helped me conserve energy for the return leg.

Conserve energy:
Thanks to my Dad, I took off conservatively, and it paid off. In the end I made good time, and passed a lot of runners on the way down who had already blown.

Warm gear:
The weather at high altitude is unpredictable, and can change in a matter of seconds. Pack warm gear – I'd recommend a buff, gloves, and a good wind-/rain-proof jacket.

Take a camera:
The view from the top of the Amphitheatre is outrageous. Take something to capture it with – one thing my Dad didn't (couldn't) do.

mountain run with nothing to compare it to but a regular 4:10 marathon.

And though all his feedback implied he found it tough, he still finished in a respectable time – a little over nine hours, in fact, putting him in the first half of the field these days. Pretty humbling, if you think about it – with all of my experience, I only managed to make half an hour on him. Imagine what he'd be like today, with hydration packs, trekking poles and trail shoes – a formidable force, I suspect!

HAPPY VS SAD (BUT ONLY BRIEFLY)

I reached the finish line relieved and happy – with a twinge of sadness, wondering what it would've been like to cross the line with my Dad; though in truth, I felt like he'd been with me the whole way. I was handed my trophy – an exact replica of the one he received 18 years ago – and clutched it tightly while I located the closest chair and dragged it to a brazier spewing out welcoming flames.

And I sat down, finally, after nine hours on the trot, and looked up into the mist in the direction of the Amphitheatre; and I smiled inwardly, taking a quiet moment to absorb the moment for my Dad. Who I knew would have left at least 57 messages on my phone by now, desperate to compare stories.

Once I'd warmed up a little, I dialled his number – and he answered with "How was that view?" Before I had a chance to answer, he continued, almost nervously: "And your knees?"

His excitement at sharing the beauty of Monties, while ensuring I was still in one piece, was enough to let me know that had we found a chance to run together, we would have been perfect running partners – despite our differences, and the strenuous demands of the Mont Aux Sources Challenge.

And while gear, route directions, sponsors and trail running itself have all changed over the last 18 years, the important things have not: the view, the thrill of a mountain experience, and the good fortune to be able to complete a brutal but beautiful event with someone like my Dad – even if it was many years apart.

"The secret start and bush bar was EPIC"

"We all felt like winners - so well organised"

ITEC

OXPECKER trail run

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Drakensberg Mountains, KZN

www.theoxpecker.co.za

SORRY THIS EVENT IS SOLD OUT

YELLOW- BILLED: 20 - 21 MAY 2017 | RED-BILLED: 27 - 28 MAY 2017

ENTRIES OPEN

Shuttles from King Shaka Durban Airport

PLAN *Your* RUNNING YEAR

CALENDAR 2017 SPECIAL

By Craig Duncan

Cape Town 12 ONE RUN: A fast-and-flat race that attracted 13 000 participants in 2016.

PHOTOGRAPH BY TOBIAS GINSBERG

This could be the year you: run your first 5-K or your fastest half marathon, or even conquer a technical trail-running race. Whatever your 2017 running goals are, we've got you covered. Here are our favourite (and most fun!) must-do races in SA.

1/ Fun Run

YEAR-ROUND / *Nationwide*

NEON RUN

A variety of cities; 5km: evening
Neon Run 0600 00 2525 / 082 640 5388
neonrun.co.za

Walk, run, skate, cycle, hop or jump – as long as you're wearing something neon and glowing, and you're having a *jol*, you've grasped the spirit of this event. Afterwards, there's music, light displays, food stalls and beer tents. Goodluck, Rubber Duc, iScream & the Chocolate Stix and Paul Almeida are among the artists who will perform at the after-party.

***NEON RUN:* Shine bright like a diamond – both during the race and at the after-party.**

LAST FRIDAY OF THE MONTH / *KwaZulu-Natal*

DURBANITE FUN RUN

WAHOOZ (on the promenade, close to uShaka Marine World), 1 King Shaka Avenue, Point, Durban; 5km: 7pm
Race enquiries 071 521 2546
durbaniterace.co.za

Entire families dress up in colourful or glow-in-the-dark gear, and enjoy a festive route lined with DJs and dancers.

YEAR-ROUND / *Nationwide*

THE COLOR RUN™

Cities nationwide; 5km: morning
Color Run™ hello@thecolorrun.co.za
thecolorrun.co.za

Dubbed 'the happiest 5-K on the planet', The Color Run™ is firmly established as one of the most popular fun runs in South Africa. Participants dressed in white are doused in colourful paint at stations dotted along the route. At the finish, a festival awaits.

RATE YOUR RACE

THE COLOR RUN™
"Reconnecting with your inner child enables you to have fun with your own children without feeling silly. The Color Run™ also encourages people to adopt a healthy lifestyle." *– Busiswe Mashepo*

ZOO TROT
"We ran past three young lionesses on a platform, overlooking the path. All I could think was *Who's watching who?*, as they observed all these crazy people, running and walking on a freezing winter's morning!" *– Ali Makepeace*

SECOND SUNDAY OF THE MONTH / *Gauteng*

ZOO TROT

Centenary Lawn at the Johannesburg Zoo, Johannesburg; 10km & 5km: 7:30am
Lebo Mathope 011 712 6817

Meandering through this wonderful environment presents participants with a unique opportunity to spot the animals that inhabit it. Medals are awarded to those who finish three events in a row.

PHOTOGRAPHS COURTESY OF RACE ORGANISERS

2/ Short Distance

WEDNESDAY 15 FEBRUARY / *Gauteng*

SPAR LANTERN 10KM

Agricultural Research Council, Nellmapius Drive, Irene; 10km & 5km: 6:30pm
Wynand Breytenbach 082 937 0733

Celebrate Valentine's Day by soaking up this romantic night-time route, lined with lanterns. The longer you take to finish, the more beautiful this race becomes.

SATURDAY 3 JUNE / *Western Province*

UWC 10KM FAST & FLAT

UWC Campus, Robert Sobukwe Road, Bellville; 10km; Run: 7:30am; Walk: 7:40am; 5km Fun Run: 7:50am
Hadley Volkwyn 074 800 1204

A blisteringly fast race around the UWC campus, and through the streets of Bellville. Best for: PBs and half-marathon preparation.

SUNDAY 12 NOVEMBER / *Border*

LIGHTNING FAST 10KM

Johnson & Johnson, Rattray Road, Dawn, East London; 10km: 7am
Dillon Pretorius 083 654 5999

As its name suggests, the downhill route makes for a super-fast race. Finishers are rewarded with a hotdog and a cup of coffee.

SATURDAY 18 FEBRUARY / *Eastern Province*

DISCOVERY SURFER'S CHALLENGE 17.5KM

Gonubie Hotel, 141 Main Road, East London; 10km: 1:30pm; Blue Lagoon Hotel (Beacon Bay side), 21 Blue Bend Place, East London; 5km Junior Run (U14): 2pm; Kwelera River mouth, Yellow Sands (north of East London); 17.5km; Run: 2:30pm; Walk: 2:45pm
Neville Wilkins 082 413 1150

Paddlers, walkers and runners compete against each other for the prestigious Winner's T-shirt. The rugged seaside route features loose boulders, gulleys, soft sand, and the refreshing waters of the Gonubie and Nahoon rivers.

RATE YOUR RACE

SPAR LANTERN 10KM
"Twinkling lanterns make it truly beautiful."
– Ingrid Hauger

FNB CAPE TOWN 12 ONERUN
"I didn't want the fun to end. Will organisers introduce a 21km route in 2017?" *– Izette Schouwstra Lubbe*

SUNDAY 21 MAY / *Western Province*

FNB CAPE TOWN 12 ONERUN

Woodbridge Island, corner of R27 and Loxton Road, Milnerton, Cape Town; 12km: 9am
Stillwater Sports
entries@thecapetown12.com
thecapetown12.com

Training for a half marathon? DJs, singers, dancers and drum majorettes line the route, which means you won't even notice you're running a little further than 10km. Celebrate the reason you run, by sharing who or what inspires you on your race number.

SUNDAY 16 JULY & WEDNESDAY 9 AUGUST / *KwaZulu-Natal, Gauteng & Western Province*

TOTALSPORTS WOMEN'S RACE

16 July: Berea Rovers Sports Club, 73 Jacko Jackson Drive, Durban; 10km & 5km: 8am.
9 August: Mary Fitzgerald Square, Newtown, Johannesburg; Grand Parade, Cape Town; 10km & 5km: 8am
Stillwater Sports entries@ stillwatersports.com
totalsportswomensrace.com

Triple trouble! This well-known women-only event returns to Durban in July, and Johannesburg and Cape Town on National Women's Day. Though it's marketed as women-only, men have been known to disguise themselves as women and slip under the radar! Wear your T-shirt with pride, and support worthy charities.

TOTALSPORTS WOMEN'S RACE: Three big cities unite to celebrate Women's Day in style.

SATURDAY 19 AUGUST / *Mpumalanga*

ROTARY GREATEST TRAIN RACE

Witbank Railway Station, Emalahleni (Witbank); 32km & 15km: 6am; Relay: 7am; Fun Run: 7:15am
Elsabe Dawson 086 118 7246

Race against the train leaving Witbank Station, and see if you can make it to Middelburg before it catches up with you. Race organisers support local Rotary Club projects, and empower and uplift the surrounding community.

PHOTOGRAPHS COURTESY OF RACE ORGANISERS (SPAR LANTERN) : : BY TOBIAS GINSBERG (TOTALSPORTS WOMEN'S RACE / FNB CAPE TOWN 12 ONE RUN)

3/ Half Marathon & Up

SUNDAY 14 MAY / *Western Province*
SLAVE ROUTE CHALLENGE

Darling Street (opposite City Hall), Cape Town; 21.1km: 7am; 10km Run: 7:15am; 5km Fun Run: 7:30am; 10km Big Walk: 8am
Farouk Meyer 083 460 6786

A well-organised race, showcasing landmarks associated with South Africa's slave-trade history. At the top of the testing Bo-Kaap climb, runners are rewarded with sticky koeksisters.

SLAVE ROUTE CHALLENGE: Kaboom! A cannon signals the start of every race.

RATE YOUR RACE

SLAVE ROUTE CHALLENGE
"Please change the date – because every year, I feel guilty about not spending time with the important women in my life on Mother's Day!" – *Warren101*

KING PRICE IRENE FARM RACE
"Lovely race. I had so much fun!" – *Jackie Watts*

SUNDAY 19 FEBRUARY
/ *Gauteng*
CREDO WEALTH PIRATES 21.1KM ROAD RACE

Pirates Club, 25 Braeside Road, Greenside; 21.1km: 6am
Ainsley Williams 083 235 2118

Up for a challenge? There are three hills in the first 14km of this circular route. But the views from the top of Northcliff Hill, by the Water Tower – which span as far as the Magaliesberg mountain range – are a welcome distraction.

SATURDAY 4 MARCH
/ *Gauteng*
MEDIHELP SUNRISE MONSTER, MINI AND BABY MONSTER

Harlequin Club, Totius Street, Groenkloof, Pretoria; Sunrise Monster (32km): 6:03am; Mini Monster (10km): 6:30am; Baby Monster (5km): 6:40am
Geoff Hesse 082 896 4377 / Piet Ackermann 082 337 6909

The 32-kilometre route will help you transition from the half to the full marathon. Test your legs, and you might find you're fitter than you think!

SATURDAY 15 JULY
/ *South Western Districts*
MOMENTUM CAPE TIMES KNYSNA FOREST MARATHON & HALF

The Glebe, in the forest, Knysna; 42.2km: 7am; 21.1km: 8am; 4.8km: 7:30am
Marianne Brown 076 195 4832
knysnamarathonclub.com

The route is mostly off-road, through the heart of the forest. It's always cold at the start of the race, and participants huddle under extra clothing and blankets to keep warm. Last year, six large trucks were filled to the brim with runners' cast-offs, which were donated to Youth For Christ.

SATURDAY 28 OCTOBER
/ *Gauteng*
KING PRICE IRENE FARM RACE

Agricultural Centre, Old Olifantsfontein Road, Irene, Centurion; 21.1km & 10km: 6am; 5km Fun Run: 6:10am
Wynand Breytenbach 082 937 0733
irenerunner.co.za

Run on gravel and tar roads through Irene Farm and surrounds. There's a best-dressed competition, and live music performed by a *boereorkes*.

PHOTOGRAPHS COURTESY OF RACE ORGANISERS (KING PRICE IRENE FARM); JETLINE ACTION PHOTO (SLAVE ROUTE)

4/ *Marathon*

SATURDAY 28 JANUARY
/ North West
OTTOSDAL NITE DRAF EN TRAP

Ottosdal Showgrounds, Ottosdal; 42.2km: 5:30pm; 21.1km: 6:30pm; 10km: 6:40pm; 5km Fun Run: 4:30pm
Willa Naude 073 526 4536 / Race Office 018 571 0049
ottosdaldrafentrap.co.za

All the running races take place at night. Run the marathon, and stand a chance to win a diamond in the lucky draw! The weekend of sporting festivities also includes MTB races.

SATURDAY 25 FEBRUARY
/ Border
BUFFALO MARATHON & HALF MARATHON

Buffalo Club, 4 Buffalo Park Drive, East London; 42.2km: 5:30am; 21.1km: 6am
Tracy Mackay 082 866 7544

A fast race, with scenic countryside and sea views. There's a wonderful, festive atmosphere – both at the prize-giving after, and at the pasta dinner held the night before at the Buffalo Club Restaurant.

SUNDAY 26 FEBRUARY
/ Gauteng
DELOITTE PRETORIA MARATHON

Pretoria High School Old Boys Club, Hofmeyr Park, corner of Kings Highway and Queens Crescent, Lynwood; 42.2km & 21.1km: 6am; 10km Run/Walk: 6:15am
Dimitri 082 773 3603
deloittechallenge.co.za

Any male runner who breaks 2:22.19 and woman runner who breaks 2:50.40 in the marathon will win R5 000. Pre-entries only – except for the 10-K, which you can enter on race day.

ALL PHOTOGRAPHS COURTESY OF RACE ORGANISERS

RATE YOUR RACE

OTTOSDAL NITE DRAF EN TRAP
"The camaraderie is awesome. Some runners do take the race seriously, but if you're looking for a great time out on the road, this race is a must!" – *Johan Stander*

SANLAM CAPE TOWN MARATHON
"The Mother City Marathon lived up to its billing in every aspect. Definitely in the diary for next year." – *Brian Robertson*

OLD MUTUAL SOWETO MARATHON
"We passed one witty gentleman who asked us, 'Are those running shoes?' To which we replied, 'Yes'. 'Then why are you walking?' he asked." – *Dee Fouche*

"Planning, water points and the website were on point. As for the community of Soweto... they rock!" – *Nonosi Makhanane Ngobeni*

SATURDAY 11 NOVEMBER */ Boland*
BLUEBOOST WINELANDS MARATHON

Eikestad Primary School, Krigeville, Stellenbosch; 42.2km: 5:30am; 21.1km: 5:50am; 10km: 6am; 5km Fun Run: 6:30am
Top Events 021 511 7130
topevents.co.za

A popular marathon. The undulating route passes pretty vineyards and strawberry fields around Stellenbosch.

WINELANDS MARATHON: Note: there will be no 10km race this year.

SUNDAY 17 SEPTEMBER
/ Western Province
SANLAM CAPE TOWN MARATHON

Corner of Granger Bay Blvd and Fritz Sonnenberg Road, Green Point; 10km Peace Run: 6:50am; corner of Helen Suzman Blvd and Vlei Road, Green Point; 42.2km: 7am
Top Events 021 511 7130
capetownmarathon.com

Cape Town's very own international marathon. A relatively flat route and a generous, seven-hour cut-off time are ideal for first-timers. The event also includes trail runs and fun runs.

NOVEMBER (date TBA)
/ Gauteng
OLD MUTUAL SOWETO MARATHON

Nasrec Expo Centre, corner of Nasrec and Rand Show, Johannesburg; 42.2km: 6:15am; 21.1km: 5:45am; 10km: 5:55am
Event Queries 061 917 1001 / 061 918 1002
sowetomarathon.com

Historic landmarks include the Walter Sisulu Square of Dedication in Kliptown, Chris Hani Baragwanath Hospital, the Hector Pieterson Memorial, Winnie Madikizela-Mandela's house, and the Jabulani Mall.

5/ *Ultra*

SATURDAY 11 MARCH
/ Mpumalanga
PWC KOSMOS 3-IN-1

Lake Umuzi Waterfront, 1 Kiewiet Street, Secunda; 42.2km: 6am; 21.1km: 1pm; 10km: 5pm; 3km fun run: 1:15pm
Race Office 076 285 8581 / 083 320 9119
kosmos3in1.co.za

A unique opportunity to participate in all three distances: a marathon in the morning, a half marathon at lunch time, and a 10km later in the afternoon – a whopping 73.3km in total. Entered all three, but not feeling up to the task on the day? Not to worry: you can downgrade to either one or two events.

SATURDAY 22 APRIL
/ Mpumalanga
THE FOREVER LOSKOP ULTRA MARATHON

Municipal Offices, Wanderers Avenue, Middelburg; 50km: 6am; Loskop Nature Reserve, Damwal Complex; 21.1km Loskop Wild Challenge: 6:30am; 4.9km Rhino Fun Run: 6:45am
Loskop Marathon Admin Office
060 358 8546 / 013 243 2683
loskopmarathon.co.za

A popular Comrades qualifier that is consistently rated one of the country's top five ultras. The route is through the streets of Middelburg, and then into a game reserve which features steep hills, including the Kranspoort Pass and Varaday's Hill.

RATE YOUR RACE

WASHIE 100-MILER
"The Washie is mind-blowing"
– Dena Phillips

OLD MUTUAL TWO OCEANS ULTRA AND HALF MARATHON
"A superb race. Well organised."
– Nic

SUNDAY 4 JUNE
/ KwaZulu-Natal
COMRADES MARATHON (DOWN RUN)

City Hall, Pietermaritzburg; 89.9km: 5:30am
Comrades Marathon Association
033 897 8650
comrades.com

A new finish venue, the Scottsville Racecourse, means the final 7km stretch from the top of Polly Shortts will change. Team prizes for elite clubs will be introduced, and the Gunga Din Team Prize will be awarded to a social or recreational club.

FRIDAY 7 - SATURDAY 8 JULY */ Eastern Cape*
WASHIE 100-MILER

Halyards Hotel, Port Alfred to Buffs Club, East London; 161km: 5pm
Meta Scott 071 074 8022 / Tracy Mackay 082 866 7544
washie100.co.za

The race starts with a 15km loop around Port Alfred, and then follows the main road to East London. All finishers will receive a beautiful, handmade Washie 100-Miler trophy. In addition, first-time finishers will be given a tracksuit top.

PHOTOGRAPHS COURTESY OF RACE ORGANISERS

SATURDAY 15 APRIL */ Western Province*
OLD MUTUAL TWO OCEANS ULTRA AND HALF MARATHON

Outside SA Breweries, Main Road, Newlands, Cape Town; 21.1km: 6am; 56km: 6:30am
Race Office 087 740 5260
twooceansmarathon.org.za

What is it about this race that attracts runners from all over South Africa – and the rest of the world, for that matter? The amazing views from both sides of the Peninsula, of course!

***TWO OCEANS:** Runners tackle the first of two major climbs – the iconic Chapman's Peak Drive.*

6/ *Trail*

SATURDAY 29 JULY / *Western Cape*

MERRELL WHALE OF TRAIL IN PARTNERSHIP WITH CAPE NATURE

De Hoop Collection, De Hoop Nature Reserve, Overberg; 53km: 7am
Tatum Prins 083 449 0760
whaleoftrail.co.za

The trail that runs from the Potberg Nature Reserve to Koppie Alleen in De Hoop Nature Reserve isn't usually open to the public. But once a year, 175 nature-loving athletes are permitted to run over its Fynbos-covered mountains, and witness the Breede River Valley and Noetzie Bay. Sometimes, they even spot a whale or two.

WHALE OF TRAIL: Feeling lucky? From high up in the mountains, you may spot a whale or two.

YEAR ROUND / *Gauteng*

TRAIL ADVENTURE TRAIL RUN SERIES

Various venues, Johannesburg and Pretoria; 10km & 5km: morning and night events.
Shane Gouldie 082 332 9552
trailadventure.co.za

There are three events per week, all over Gauteng. Typically, night-time events are held on Wednesdays and Fridays, and daytime events on Sunday mornings. Some include a 15km distance. Bring your kids along – under-13s will receive a medal for finishing either the 10km or 5km distance.

SATURDAY 1 AND SUNDAY 2 JULY / *Western Cape*

GROOTVADERSBOSCH TRAIL RUN

Reserve gate (2km from Honeywood Farm), Grootvadersbosch Nature Reserve (close to Swellendam/ Heidelberg); Day one: 33km: 8am; Day two: 15km: 8:30am
Ugene Nel 082 658 3078
quantumadventures.co.za

Run in the Boosmansbos section of Grootvadersbosch, a World Heritage Site. Day one features a steady climb, and views over valleys towards Barrydale and the Saagkuils Kloof. On the second day, you'll see nothing but tropical-tree canopies above, and forest floor below.

THURSDAY 7 – SATURDAY 9 SEPTEMBER / *Eastern Cape*

WILDCOAST WILDRUN®

Kei River ferry, Kei Mouth (between East London and Mthatha, on the R349); 112km: 7am
Wildrunner 021 821 9898 / 072 438 3242
wildrun.com

A truly wild run: untouched beaches, flowing grasslands and delicate coastal forests. At the end of each day, you'll be pleased to know you don't have to rough it – accommodation typically includes elegant and comfortable hotels and lodges.

SATURDAY 30 SEPTEMBER – SUNDAY 1 OCTOBER / *KwaZulu-Natal*

RUNTHEBERG TRAIL RUN

All Out Adventures, Northern Drakensberg (just off the R74, between Johannesburg and Durban); Extreme: 50km (25km per day); Challenge: 30km (15km per day)
Warren King 083 449 4113
runtheberg.co.za

Distance-wise, RunTheBerg is an ideal introduction to multi-stage trail running – but that doesn't mean to say it isn't technical. Challenge participants face climbing, descents, boulders and rivers, and those tackling the Extreme distance will overcome near-vertical ascents. Panoramic views are your reward.

FRIDAY 13 – SUNDAY 15 OCTOBER / *Western Cape*

CEDERBERG TRAVERSE 100

Sanddrif, Cederberg; 13 October: 100 Miles: 5am; 14 October: 100km: 5am
Caeli Manuel 021 424 4579
energyevents.co.za

Andy Wesson and Peter Purchase hold the record for the 100-mile event (51:13). Although it's not a team event, runners are strongly advised to run with a partner – the route is unmarked, the terrain is tough, the weather is unpredictable, and out on the course there tend to be large time gaps between participants.

RATE YOUR RACE

RUNTHEBERG TRAIL RUN
"I loved every minute, and then every hour. The views were worth the effort!" – *Fran Diesel*

WILDCOAST WILDRUN®
"An absolutely stunning coastal run." – *Fabrizio Venturi*

PHOTOGRAPHS COURTESY OF JETLINE ACTION PHOTO (RUTHERBERG); ANDREW KING (WHALE OF TRAIL); GOVAN BASSON/TOTALKAOS STUDIO (CEDEBERG TRAVERSE)

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RACING AHEAD

The best running, multi-sport and adventure races this January • Compiled by Craig Duncan, race editor (rwraceeditor@gmail.com)

***DIS-CHEM HALF:** Athletes weave through Bedfordview, in support of #RunClean.*

PHOTOGRAPHS COURTESY OF RACE ORGANISERS

ED'S CHOICE

GAUTENG

SUNDAY 15 JANUARY

5 21.1

Dis-Chem Half Marathon & 5km REHIDRAT Dash

Virgin Active, Riley Road, Bedfordview; 21.1km: 6am; 5km Fun Run: 6:30am

Event Enquiries 083 287 6792 dischem21.co.za

A replica cannon signals the start of the race. Backing the #RunClean campaign, organisers urge participants to keep the suburbs clean. Enter early: last year, 2 000 early-bird entries sold out within five days, and this year organisers predict an even bigger field of 6 500.

SUNDAY 8 JANUARY

15

Varsity Kudus 15km

Library Lawns, East Campus, Wits University, Yale Road, Braamfontein, Johannesburg; 15km: 7am

Grant Hayward 084 445 5010

SATURDAY 16 JANUARY

5 10 21.1

Athletics Club Eersterust (ACE) League Race

Eersterust Sports Stadium, corner of St Joseph and Hans Coverdale West, Eersterust; 21.1km & 10km: 6am; 5km Fun Run: 6:10am

Roewyn Danster 082 804 2923 / Gesten Rennie 082 467 1588 / Mervin Hattingh 082 887 4987 ace-club.org.za

SATURDAY 21 JANUARY

5 10 21.1

PwC George Claassen Memorial Road Race

Pick n Pay Hyper, corner of Atterbury Road and Selikats Causeway, Faerie Glen; 21.1km & 10km Walk: 5:30am; 21.1km & 10km Run: 6am; 5km Fun Run/ Walk: 6:15am

Bert van den Raad 082 922 6817

WEDNESDAY 25 JANUARY

5 15

Arwyp Medical Centre 15km Nite Race

Barnard Stadium, Green Avenue, Kempton Park, East Rand; 15km: 7pm; 5km Fun Run: 7:10pm

Elize Van Staden 082 521 4222 / Gail 082 859 0801

SATURDAY 28 JANUARY

5 10 21.1 42.2

Wonderpark Akasia Road Race

Wonderpark Shopping Centre, 344 Brits Road (corner of Heinrich Avenue), Akasia, Pretoria; 42.2km & 21.1km: 5:30am; 10km: 6am; 5km Fun Run: 6:10am

Danie Badenhorst 082 458 8495 / Gideon van den Berg 083 752 8422

DISTANCE ICONS: FIND EVENTS WITH YOUR FAVOURITE DISTANCES QUICKLY, USING THE FOLLOWING KEY: 0-9KM 10-19KM 20-29KM 30+KM

O&M CAPE TOWN 9096J/E

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RONNIE DAVEL 16KM: A beautiful trail run in Hilton Forest.

ED'S CHOICE

PHOTOGRAPHS COURTESY OF RACE ORGANISERS

KWAZULU-NATAL

SUNDAY 8 JANUARY

5 16

Hilton Harriers Ronnie Davel 16km Run or Walk

Laddsworth Primary School, 1 Winstead Road, Hilton, Pietermaritzburg; 16km Run or Walk: 7am; 5km Fun Run/Walk: 7:20am.

John Holliday 082 806 6749 / Kathy Boreham 072 374 7281

Welcome in the New Year by participating in the first running and walking event on the calendar. Follow either the beautiful 16-K, through Mondi's Mountain Home forest estate and Hilton's streets, or the 5-K, which features picturesque views of the wetlands in St Anne's school grounds. Your entry fee includes a light breakfast.

SEARCH THE COMPLETE LIST OF RACES IN SOUTH AFRICA: ***RUNNERSWORLD.CO.ZA/RACE-CALENDAR***

SUNDAY 22 JANUARY

10 21.1

NEW START TIME FOR THE 10KM.

Kearsney Striders Race

Kearsney College, Old Main Road, Botha's Hill; 21.1km: 6am; 10km Run & Walk: 6:10am

Belinda Padbury 082 885 0788

FRIDAY 27 JANUARY

5

Durbanite Race

uShaka Marine World, 1 King Shaka Avenue, Point, Durban; 5km Fun Run/Walk: 6:30pm

Enquiries 071 521 2546

durbaniterace.co.za

WESTERN CAPE

SATURDAY 21 JANUARY

5 36.2 42.2

STBB Red Hill Marathon and Classic 2017 #RunClean

Fish Hoek Athletic Club, corner of 20th Avenue and Nelson Road, Fish Hoek; 42.2km & 36.2km: 5:30am; 5km Fun Run: 7am

Race Office 021 785 2581 / 076 115 8285

The 36.2km event was first run in 1979. The record time of 1:58.18, set in 1982 by Clive Owen, and the women's record time of 2:22.29, set in 1986 by Monica Drogemoller, still stand. Will 2017 be the year these long-standing best times are smashed? Organisers have urged local residents living alongside the route to support the #RunClean campaign, by leaving out their wheelie bins on race day.

ED'S CHOICE

RED HILL MARATHON: Fresh ocean air will help you tackle the notorious climb.

PHOTOGRAPH BY SHANNON CAMPBELL

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SUNDAY 8 JANUARY

15 30

The Ocean Basket Bay to Bay
Maidens Cove, Victoria Road, Clifton; 30km: 6am; Hout Bay Harbour, Hout Bay; 15km: 7:30am
(Finish: Glen Country Club, Clifton)
Top Events 021 511 7130
topevents.co.za

SATURDAY 14 JANUARY

NEW NAME AND START TIME!

15

Fry's Foods Hohenort 15km
Alphen Community Centre, Constantia Main Road, (close to False Bay Rugby Club), Constantia; 15km: 6am
Jerome Merton 083 280 9798
topevents.co.za

SATURDAY 21 JANUARY

5 10 21.1

Nedbank Running Club SWD presents Schoemanshoek Race
Orchard Fine Foods Deli & Market, (close to Cango Ostrich Farm, on the R328), Oudtshoorn; 21.1km & 10km: 6am; Surval; 5km Parkrun (free): 7am
Thia Landsberg 083 261 5658 / Race Organiser 072 601 8189
nedbankrunningclub.co.za

WEDNESDAY 25 JANUARY

15

JOINTEze Dan Luyt 15km
Durbanville Bowling Club, Bowlers Avenue, Durbanville; 15km: 6:30pm
Carlo Zylstra 083 453 3433

SUNDAY 29 JANUARY

STARTS EARLIER.

21.1

Kloof Nek Classic 21km
Camps Bay High School, Camps Bay, Cape Town; 21.1km: 5:30am
Brenda Austin 082 561 7748

COEDMORE CASTLE TRAIL: A choice of three distances in this scenic reserve.

ED'S CHOICE

TRAIL RUNNING

SATURDAY 7 JANUARY

4 10 18

Kenneth Stainbank Coedmore Castle Trail
Kenneth Stainbank Nature Reserve, Coedmore, Durban; 18km: 7am; 10km & 4km: 7:30am
Lauren Booth 082 791 7069
kzntrailrunning.co.za

The first race on the 2017 KZN trail-running calendar. Run on beautiful trails within the Reserve that aren't usually accessible to the public, and pass Coedmore Castle, a historic building that dates back to 1875. The 15-K presents the ideal challenge for seasoned runners, and shorter distances are great for newbies.

SUNDAY 1 JANUARY

5 10

NSRI Beach Run
Diaz Beach, Mossel Bay; 10km & 5km: 8:30am
Dawie Zwiegelaar
082 419 2747 / Andre Fraser
082 990 5954

SUNDAY 15 JANUARY

6.8 13.4

Spur Cape Summer Trail Series® 1 of 4
Lebanon MTB Trails, Oak Lane Cottages, Elgin Valley Road, Elgin; 13.4km: 7:30am; 6.8km: 8:05am
Wildrunner 021 821 9898 / 072 438 3242
trailseries.co.za

SUNDAY 22 JANUARY

6 12

XTERRA Trail Run – Buffelspoort
Buffelspoort Dam, (close to the R104), Lekkerrus, Buffelspoort; 12km & 6km: 7am
Stillwater Sports
entries@stillwatersports.com
stillwatersports.com

SUNDAY 29 JANUARY

4-5 12 20

Valley View Trail – Umkomaas
Umkomaas Valley (close to Richmond); 20km: 7am; 12km & 4-5km: 7:30am
Lauren Booth 082 791 7071
kzntrailrunning.co.za

SEARCH THE COMPLETE LIST OF RACES IN SOUTH AFRICA: ***RUNNERSWORLD.CO.ZA/RACE-CALENDAR***

PHOTOGRAPH BY GRAHAM DANIEL

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EASTERN CAPE

BORDER

FRIDAY 13 JANUARY

5 10

PWC Old Selbornian Night Race
Old Selbornian Club, Pearce Street, East London; 10km: 6pm; 5km Fun Run: 6:15pm
Sharon Eldridge 083 284 3781

EASTERN PROVINCE

SATURDAY 7 JANUARY

6 15

Woodlands Dairy 15km, 6km Trail Run & Mini Moo Dash
Mentors Country Estate, corner of N2 and St Francis Drive, Jeffreys Bay; 15km: 6:30am; 6km Trail Run: 7am; Mini Moo Dash: 8:45am
Elize Fenwick 061 217 0825 / Chris Fenwick 082 577 1800

SATURDAY 14 JANUARY

5 15

The N2 City Bluewater Bay 15km Challenge
The N2 City Shopping Centre, Bluewater Bay, Port Elizabeth; 15km: 6am; 5km Fun Run: 6:30am
Colin Parkins 083 651 3836

SATURDAY 28 JANUARY

5 10 42.2

Die Burger Builders Warehouse Rafi's Friendly City Marathon & 10km
Vineyard Church (behind Builder's Warehouse), Buffelsfontein Road, Port Elizabeth; 42.2km: 5am; 10km: 6am; 5km Fun Run: 7:30am
Graham Channon 078 184 9723

FREE STATE

NEW 5-K EVENT.

SATURDAY 21 JANUARY

5 10 21.1 42.2

AEL Mielie Marathon
THS Sports Grounds, Volks Road, Welkom; 42.2km: 5:30am; 21.1km & 10km: 6am; 5km Colour Run: 7am
Philip McLaren 082 452 4569 / Louis Massyn 072 241 0505

NORTH WEST

CENTRAL NORTH WEST

SATURDAY 28 JANUARY

5 10 21.1 42.2

Ottosdal Nite Draf en Trap
Ottosdal Showgrounds, Ottosdal; 42.2km: 5:30pm; 21.1km: 6:30pm; 10km: 6:40pm; 5km Fun Run: 4:30pm
Willa Naude 018 571 0049 / 073 526 4536
ottosdaldrafentrap.co.za

NORTH WEST NORTH

No races scheduled for this period.

NORTHERN CAPE

GRIQUALAND WEST

FRIDAY 6 JANUARY

5 10

Mari Huyser Biokinetikus Fun Run
4 River Street (in front of the gym), Upington; 10km & 5km Fun Run: 6pm
Carel Burger 082 622 7109

SATURDAY 14 JANUARY

5 10 21.1 42.2

Finlime Flat One Marathon, Half Marathon & 10km
Lime Acres Recreational Club, Lime Acres; 42.2km & 21.1km: 6am; 10km & 5km Fun Run: 6:15am
Loyd Makie 082 906 4304

NORTH WEST CAPE

No races scheduled for this period.

SEARCH THE COMPLETE LIST OF RACES IN SOUTH AFRICA: ***RUNNERSWORLD.CO.ZA/RACE-CALENDAR***

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PHOTOGRAPH BY TOBIAS GINSBERG

MPUMALANGA

WEDNESDAY 18 JANUARY

4.9 10

Laerskool Klipfontein Nite Race
Laerskool Klipfontein, Pienaar Street, Klipfontein, Emalahleni; 10km & 4.9km Fun Run: 7pm
Paul Bester 082 966 7767

LIMPOPO

NEW START TIME.

SATURDAY 21 JANUARY

5 10 21.1

Seeff Properties 3-in-1
Thornhill Spar, corner of Munnik and Veldspaat Street, Polokwane; 21.1km & 10km: 6:30am; 5km Fun Run: 6:40am
Corrie Calitz 082 464 1963

ADVENTURE RACING & MULTISPORT

SATURDAY 14 JANUARY

Free State Triathlon/ Duathlon
TBA, Maselspoort
Triathlon:
Standard: 1 500m swim, 40km bike, 10km run: 8am
Sprint: 750m swim, 20km bike, 5km run: 9:30am
Super sprint: 400m swim, 10km bike, 2.5km run: 10:30am
8-12 years: 200m swim, 5km bike, 1.25km run: 10:30am
Duathlon:
Standard: 10km run, 40km bike, 5km run: 8am
Sprint: 5km run, 20km bike, 2.5km run: 9:30am
Super sprint: 2.5km run, 10km bike, 2.5km run: 10:30am
8-12 years: 1.25km run, 5km bike, 1.25km run: 10:30am
Christa 073 718 5427
fstriathlon.co.za

FRIDAY 20 – SUNDAY 22 JANUARY

Fedhealth XTERRA Buffelspoort
Buffelspoort Dam, near the R104, Lekkerrus, Buffelspoort
20 January (Fedhealth XTERRA Kids):
6-8 years: 50m swim, 1.5km cycle, 500m trail run: from 4pm onwards
9-11 years: 100m swim, 5km cycle, 2km trail run: from 4pm onwards
12-14 years: 200m swim, 10km cycle, 3km trail run: from 4pm onwards
21 January (Fedhealth XTERRA Full):
1.5km swim, 26km MTB, 12km trail run: 8:30am
22 January (Fedhealth XTERRA Lite):
400m swim, 17km MTB, 6km trail run: 9am
Stillwater Sports
entries@stillwatersports.com
stillwatersports.com

SUNDAY 29 JANUARY

The Standard Bank Ironman 70.3 South Africa
Orient Beach, Buffalo City, East London
1.9km swim, 90km cycle, 21.1km run: 7am
Enquiries ***southafrica@ironman.com*** or ***ironman.com***

SEARCH THE COMPLETE LIST OF RACES IN SOUTH AFRICA: ***RUNNERSWORLD.CO.ZA/RACE-CALENDAR***

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A MIDSUMMER RUNNER'S DREAM

Tony's 5-K of true love was running smooth – who were we to spoil it?

Running is a lady. Women consider her a best friend, from whom no secrets are kept. Though she can sometimes be downright nasty – catch her on a hot day climbing a hill, 28 kays in, and she can make PMS look like a holiday in Mauritius.

But women also understand that like housework, or the in-laws, *you* don't fit in with Running. *She* must fit in with you.

Men, on the other hand, can become so smitten with Running that they're prepared to give up everything for her – even beer. (Nah, just kidding!)

Once Running's entrapped a man in a torrid love affair, he'll behave like a giggling little boy at the movies, pretending to hide behind his hands during the mushy kissing scenes, and peeping through the gaps in his fingers.

That's why we watched with interest as Tony teetered on the edge of getting involved with Running. The first time he pitched up at the clubhouse, he wasn't wearing any sports gear. And on the surface, he behaved like any other non-runner – beer in hand, saying things like, "You guys are running *how* far?"

But the tinge of envy in Tony's eyes belied his blasé attitude. The real reason he had yet to hit the road was because to him, Running was still the pretty little girl who lived next door. She'd been sashaying past him every day, but instead of saying 'hello', he pulled her pigtails and ran away. (Reminds me of that oke – you know, the one who lived next door to Alice for 21 years, and never revealed his true feelings... though if you're under a certain age, you may be wondering, *Who the #*@& is Alice?*)

Unless Tony plucked up the courage soon, he'd end up lonely, loveless, and never having experienced the breathless joy of consummating a road race with the climax of reaching the finish line.

So we encouraged Tony to take Running on – and eventually reach the finish.

"She'd been sashaying past him every day..."

We helped him to plan a 'meeting'. Not a *date*, as such, we warned – he would *casually* bump into Running at a 5-K fun run.

When the big day arrived, Tony dressed to impress: in a subtle T-shirt (we advised him not to wear the one that said 'I suppose a shag is out of the question'), and a pair of brand-new running shoes that cost him an arm and a leg.

Shyly at first, Tony sidled up to Running at the starting line and introduced himself. But as the pair warmed up, it went surprisingly well. Tony found that as long as he took things slowly, Running smiled at him – and even batted her eyelashes.

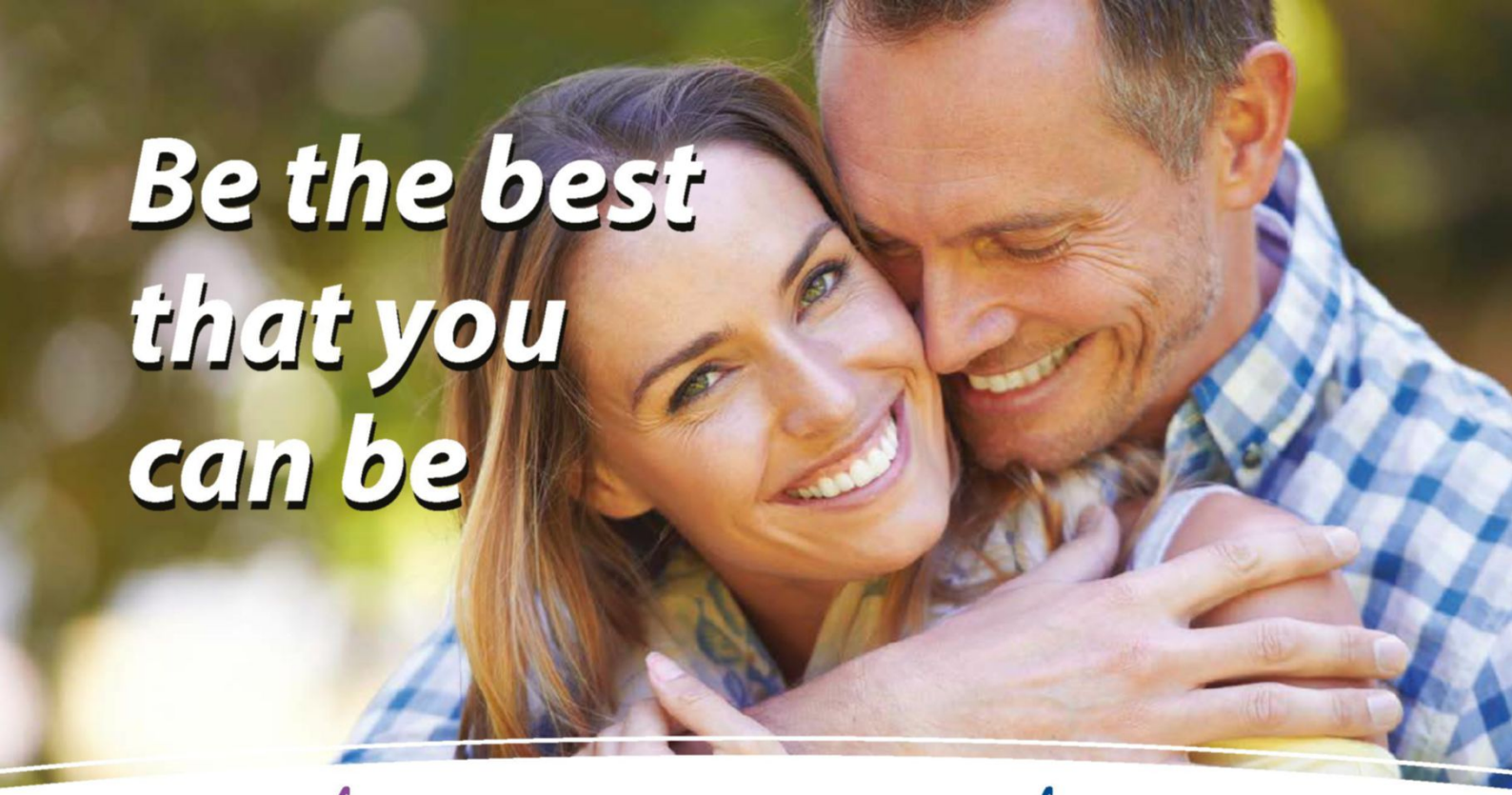
Seasoned runners know that finishing your first 5-K is the equivalent of nothing more than a peck on the cheek from your first infatuation. But Tony genuinely believed sparks had flown. He confessed that Running had made him feel so good about himself, the only reason he wasn't dancing around was because he was buggered from trying too hard towards the end of his parkrun.

From then on, it brought tears to our eyes seeing Tony out on the road, at all hours, boldly courting Running. After all, there's nothing more beautiful than young love.

But as Shakespeare (clearly a runner) once said: "The course of true love never did run smooth." There would be rainy days of ITB and runner's knee and shin splints, because Running wrote the book on unrequited love.

Still, we didn't have the heart to spoil the illusion. We decided to let Tony bathe in the heady joys of running romance, just a little while longer.

ILLUSTRATION BY GALLO IMAGES /GETTY IMAGES



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A healthy blood circulation system
Vascamen can contribute to healthy blood flow - vital in cardiovascular health and general well-being.

A strong immune system
Vascamem supplies the body with antioxidants – vital in helping the body ward off infections and combat ageing.

Increased sexual desire and performance
Vascamen could contribute to invigorating your sex life.

Can prevent blood clots
Vascamen can help to keep your blood thin.

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