



COMRADES 2018 THE FINAL COUNTDOWN!



A very big thank you to everyone who joined us last week for our Comrades Pasta Evening at The Talkhouse Café.

The evening was a great success, with guest speaker, **Dean Wight**, stealing the show with his laminated 'powerpoint slides' (*below left*) and a very entertaining rendition of "Like a Virgin" in honour of this year's Comrades novice runners!



COMRADES RACE SUPPORT

The two GETFIT AC gazebos will be in Gillitts and Westville on Comrades Day.

Shawn & Mandy Meyer and Ryan & Angie Meszaros will be in outside the Gillitts Nursery on that stretch of Old Main Road running parallel to the M13, between Winston Park BP and the Caltex garage. Parking will be restricted so we suggest you park at the Gillitts Centre in Clifton Road. It's about a 200-300m walk up the road from there.

Denver and Ali will set up the other gazebo on the M13 outside the Fire Station opposite GETFIT Westville. Access will be via Blair Atholl/Norfolk Terrace.

We will also set up a WhatsApp supporters group chat to update everyone on our runners are doing along the route. Please send your cell number of Ali (073) 741 0218 if you wish to be added to that group.



After Dean had finished his talk, he helped present the Club's Comrades runners with a GETFIT Roadrunners cooler bag to mark this year's race.

Herve Rougier-Lagane (*right*) showing off his GETFIT Roadrunner tattoo to commemorate his 11th Comrades and his first time running the race with his son, Robert, and grandson, Jarred.

Nice one, Herve!

GETFIT ATHLETIC CLUB – RACE INFORMATION



PLEASE “LIKE” THE **GETFIT AC** FACEBOOK PAGE AND VISIT OUR WEBSITE WWW.GETFITAC.CO.ZA FOR INFORMATION ON RACE ENTRIES AND CLUB EVENTS.

RACE ENTRY INFORMATION

Please don't forget that you can find links to some of the upcoming races on our website www.getfitac.co.za (click on Race Info). Online entries for most races close as soon as maximum numbers have been reached so please don't leave it to the last minute to enter popular races!

Full lists of KZN road races, Beloved Long Runs and Mixed Time Trial fixtures for 2018 are also available on the website.

RUNNING GROUPS IN KZN

Beloved Long Runs has a 15-30km run every Saturday morning. Route details are shared on our Facebook page every Wednesday and the runs usually start at 5am in the summer months. The **HiWay Just Run Group** does a 10km run from Oscars, Hillcrest, every Tuesday and Friday morning at 4.50am. Route info on their Facebook page.

There is a **GETFIT AC Morning Run** every Tuesday and Thursday at 7am along the Durban promenade (10km) from North Beach. Meet outside the Durban Surf Lifesaving Club.

There is also a **GETFIT AC Evening Run** at 5.30pm on Tuesdays from Winston Park garage and on Thursdays from GETFIT Hillcrest. These groups usually run 8-12km run, with options to turn earlier for shorter distances, if you prefer. The pace of both groups is 'average'.

Coach **JP Chelin** does a 10km run on Mondays from Virgin Active, Field Centre in Kloof at 4.50am. He also does a 14km run from the Caltex Garage, Winston Park on Wednesdays at 4.30am.

RACE CALENDAR – SELECTED KZN RACES ONLY

The full list of KZN road race fixtures can be found on the Club's website www.getfitac.co.za

Road Running

Cross Country / Trail Running

Mixed Time Trial League

Other Events

JUNE:

Sun 10 0530	Comrades Ultra Marathon (90km)	Comrades Marathon	Pietermaritzburg to Durban
Sat 16	KZNA Cross Country League # 7	Willie Mtolo AC	Underberg
Sun 17	WESSA Umgeni Valley (20km, 12km, 5km)	KZN Trail Running	WESSA, Howick
Sat 23	KZNA Cross Country League # 8	Yellowwood Park AC	Stainbank Nature Reserve
Sun 24 0800	Durban Spar Women's Challenge (10km)	KZN Athletics	Kings Park Stadium, Durban
Sun 24	PheZulu Trail Run (20km, 10km, 5km)	KZN Trail Running	PheZulu Safari Park, Botha's Hill
Thur 28 1800	Mixed Time Trial League # 5 (8km, 4km)	Hillcrest Villagers AC	Hillcrest
Sat 30	KZNA Cross Country League # 9	Phoenix Villagers AC	Gandi Luthuli Park, Phoenix

JULY:

Sat 7	KZNA Cross Country League # 10	Collegians AC	Collegians Club
Sun 15 0700	Forest 10 (10km)	Forest Hills AC	Forest Hills Sport Club, Krantzview
Sun 22 0800	Total Sports Women's Race (10km)	Total Sports	Kings Park Athletic Stadium

GETFIT ATHLETIC CLUB COMMITTEE

Denver Subramany (Chairman)	(083) 956 9192	denver@getfitchallenge.co.za
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Al Moor (Secretary)	(073) 741 0218	alison.s.moor@gmail.com
Liesel Phillips	(083) 400 2258	lieselp@live.co.za
Bev Sajoe (Honorary Treasurer)	(072) 204 0205	qpas@mweb.co.za

BANK DETAILS: GETFIT AC, Standard Bank Acc # 331966387 (Westville 045426)

GETFIT KIT

Mens race vests (S-2XL)	R220
Ladies race vests (XS-XL)	R220
Long-sleeved tops (S-L)	R200
Trail unisex shirts (M-XL)	R175
Trail ladies vests (XS-L)	R175
GETFIT peaks	R100
Red Sunflower buffs	R 25