

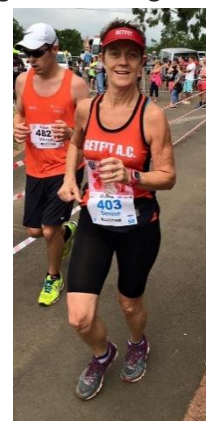
## COMRADES COUNTDOWN ... 30 DAYS!

It's less than one month to go until the world's oldest and largest Ultra Marathon. It's so exciting that this great race takes place on our doorstep, and such a privilege for all the runners taking part!

GETFIT AC runner, **Denise Towell** (right), will be running her 16th Comrades this year in support of Rainbows and Smiles, a community-based foundation dedicated to providing emotional, social and financial support to children diagnosed with cancer or a life-threatening illness, and their families and caregivers. Childhood cancer has touched most of us at some point in our lives and we'd like to encourage our other runners to also think about running for a purpose.

Rainbows and Smiles uses events like the Comrades Marathon to raise funds for children fighting cancer and to keep alive the memory of kids who've already succumbed to this awful disease.

If you'd like to help Denise support this very worthwhile cause, please read the attached flyer for information on how to support.



## GETFIT PODIUM FINISH

Well done to all our GETFIT trail runners who took part in the Ultra-Trail Drakensberg and Husqvarna trail events this past weekend.

**Mike Hind** earned himself another top ten finish in the 18km Husqvarna iNsingizi Trail Run event, with **Robyn Greyling** (below right) finishing just outside the top ten. She was the 2<sup>nd</sup> lady to finish, earning a very well-deserved podium finish for herself and the Club.



**Aaron Engelbrecht** and **Sam Nightingale** (left) also represented GETFIT on the trails this weekend.

They took part in the Ultra-Trail Drakensberg and DrakRockjumper events near Sani Pass.

Well done to all of you and good luck to those doing the Winter Trail Series which kicks off at Faulklands Farm this weekend.

## DELOITTE MARATHON AND HALF MARATHON ROUTES

Entries for this weekend's popular Deloitte Marathon, Half Marathon, 10km, 5km and cycling races have now closed and there are close to 90 GETFIT AC athletes and cyclists registered for the various events, many of whom will be running Deloitte for the first time.

The **Marathon** (6.30am) starts at the Lifestyle Centre, Ballito, looping around the Centre before turning right at Ashton College onto the M4, running south on the northbound carriage way.

The route dips gently from Ballito to the Umdloti lagoon and continues up the hill from the bridge over the Umdloti River. A gentle climb up to Umhlanga is followed by a very fast run into the city, where the race finishes at the Amphitheatre on Durban's promenade.

The **40km cycle** will also start at the Lifestyle Centre at 6am, going through Ballito and onto the M4, following the same route as the Marathon to the finish in Durban.

The **Half Marathon** runners start in the parking lot of Sibaya Casino (7.15am), looping around the car park before running down the hill and onto the M4 and is followed by a fast section down to the Umhlanga lagoon, following the same route as the Marathon to the finish. If you are catching the bus to the start, please remember to take something warm to wear as there is quite a long wait until your race starts at 7.15am.

The **Ten-K event** starts at Virginia Soccer Club at 7.30am and feeds onto the M4 at Virginia Airport, and continues into Durban to finish at the Amphitheatre on the Promenade, along with the Marathon and Half Marathon runners.

The GETFIT AC gazebo will be at the finish in Durban. Please join us there for a beer afterwards!

# GETFIT ATHLETIC CLUB – RACE INFORMATION



PLEASE "LIKE" THE **GETFIT AC** FACEBOOK PAGE AND VISIT OUR WEBSITE [WWW.GETFITAC.CO.ZA](http://WWW.GETFITAC.CO.ZA) FOR INFORMATION ON RACE ENTRIES AND CLUB ACTIVITIES.



ONLINE ENTRIES FOR THIS YEAR'S **SANI STAGGER MARATHON** ON 25 NOVEMBER 2017 OPEN ON **10 MAY @ 09:00**. ENTRIES FOR THIS VERY POPULAR RACE SELL OUT VERY QUICKLY SO PLEASE MAKE SURE YOU DON'T MISS OUT!

## 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. A full schedule of weekly trainings runs and Comrades route testers from January to May 2017 is available from Ali.

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 @ 7am along the Durban promenade (10km) from North Beach. Meet outside the Durban Surf Lifesaving Club. There is also a **GETFIT AC Evening Run** on Thursdays at 5.30pm from GETFIT Hillcrest. The group runs 8-12km run, with options to turn earlier for shorter distances.

A group from **GETFIT Umhlanga** have started running 5 to 8km twice a week. Meet at the Durban View car park (south end of the promenade) in Umhlanga at 5.30pm on Tuesday and Thursday afternoons if you wish to join them.

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.

### KZN SPORTS CALENDAR – SELECTED RACES/EVENTS ONLY

**Road Running**      **Cross Country / Trail Running**      **MTB / Cycling / Multi Sports**      **Non-KZN Races**

#### MAY:

<b>Sat 6</b>	<b>KZN X Country League #3</b>	<b>Savages</b>	<b>Burman Bush, Morningside, Dbn</b>
<b>Sat 6</b>	<b>Jackie Mekler (25km, 21km, 10km)</b>	<b>www.entrytime.com</b>	<b>Gauteng</b>
<b>Sun 7 0630</b>	<b>Deloitte Marathon (42km, 21km, 10km)</b>	<b>Dolphin Coast Striders</b>	<b>Ballito, Sibaya and La Lucia</b>
<b>Sun 7</b>	<b>Winter Trail Series – Faulklands (21km, 14km, 7km)</b>	<b>Spurgeon Flemington</b>	<b>Faulklands Farm, near PMB</b>
<b>Wed 10 1800</b>	<b>Ladies Time Trial League #3</b>	<b>Queensburgh Harriers</b>	<b>Queensburgh Sports Club</b>
<b>Sat 13</b>	<b>KZN X Country League #4</b>	<b>Matatiele AC</b>	<b>King Edward Park, Matatiele</b>
<b>Sun 14 0600</b>	<b>Starling Plumbers (21.1km, 10km)</b>	<b>Woodview AC</b>	<b>Mt Edgecombe Rec Grounds</b>
<b>Sun 21</b>	<b>Winter Trail Series – Hilton College (22km, 12km, 5km)</b>	<b>KZN Trail Running</b>	<b>Hilton College, Hilton</b>
<b>Sat 27</b>	<b>Sappi Karkloof Classic Trail Run (20km, 10km, 5km)</b>	<b>Impi Concept Events</b>	<b>Karkloof Country Club</b>
<b>Sat 27</b>	<b>KZN X Country League #5</b>	<b>Nongoma AC</b>	<b>Nongoma</b>

#### JUNE:

<b>Sun 4 0530</b>	<b>Comrades Marathon (86.73km)</b>	<b>Comrades Marathon</b>	<b>Durban City Hall to Pmburg</b>
<b>Sat 10</b>	<b>MTN Half Marathon (21km, 10km)</b>	<b>www.entrytime.com</b>	<b>Gauteng</b>
<b>Sat 10</b>	<b>KZN X Country League #6</b>	<b>Willie Mtolo AC</b>	<b>Underberg</b>
<b>Sun 11 0800</b>	<b>Spar Ladies 10km</b>	<b>Spar</b>	<b>Kings Park, Durban</b>
<b>Sun 11</b>	<b>Winter Trail Series – Table Mountain (20km, 14km, 7km)</b>	<b>KZN Trail Running</b>	<b>Table Mountain, near PMB</b>
<b>Sat 24</b>	<b>KZN X Country League #7</b>	<b>Yellowwood Park AC</b>	<b>Stainbank Reserve</b>

### GETFIT ATHLETIC CLUB COMMITTEE

<b>Denver Subramany</b> (Chairman)	(083) 956 9192	denver@getfitchallenge.co.za
<b>Alan Phillips</b> (Vice-Chairman)	(083) 400 2260	alanp@seaboardship.co.za
<b>Sam Gould</b>	(082) 898 2633	gould@scottnet.co.za
<b>Robyn Greyling</b> (Ladies Captain)	(082) 771 3626	carebearsplayland@gmail.com
<b>Shane Greyling</b> (Mens Captain)	(082) 574 6734	littlestrikerssoccer@gmail.com
<b>Al Moor</b> (Secretary)	(073) 741 0218	alison.s.moor@gmail.com
<b>Liesel Phillips</b>	(083) 400 2258	lieselp@live.co.za
<b>Bev Sajoe</b> (Honorary Treasurer)	(072) 204 0205	qpas@mweb.co.za

**BANK DETAILS: GETFIT AC, Standard Bank Acc # 251823768 (Kloof 04-55-26)**

## GETFIT KIT

<b>Mens race vests (S-2XL)</b>	<b>R200</b>
<b>Ladies race vests (XS-XL)</b>	<b>R200</b>
<b>Long-sleeved tops (S-L)</b>	<b>R160</b>
<b>GETFIT peaks</b>	<b>R100</b>
<b>Trail unisex shirts (M-XL)</b>	<b>R175</b>
<b>Trail ladies vests (XS-L)</b>	<b>R160</b>