

TAMING THE “BIG FIVE”

Lindsey Parry, Official coach for the CMA, has written an interesting article on the five hills our runners will tackle during this year's Comrades Up Run.

Cowies Hill

The first major climb of the up run comes early, roughly 20km into the race, with darkness giving way to light for the front runners. It isn't a massive climb, but it is long and steep enough to really let you know that the up run has started in earnest – and hopefully remind you of the advice to hold back in the first half.

Fields Hill

This is the “queen” of the up run. Hot on the heels of Cowies Hill, this is a long and, in places very steep, climb from Pinetown to Hillcrest, taking you to close to 30km into the race. You would be wise to take a few walk breaks here – as tough as Fields Hill feels, there is still plenty of climbing to come!

Botha's Hill

The steepest hill on the course comes just as you start to believe that there are no downhill sections on the up run. It is short, so most runners can afford to walk most of the hill and the wise ones will. The good news is that once you crest Botha's Hill, you will be rewarded with a good few kilometres of downhill into Drummond at halfway.

Inchanga

The “king” of the Comrades route, Inchanga, looms large at halfway, snaking into the sky with seemingly no end in sight. This is a long, steep hill – and not being able to see the top can make it feel like it will never end!

Break this climb into chunks, working to a corner and rewarding yourself with a short break. Once over Inchanga, you have broken the back of the up run. While there are still some minor undulations for a few more kilometres until roughly the 78km mark, the rest of the route profile is largely downhill – and if you have saved yourself, some good running can be had.

Polly Shortts

Few runners will actually run this hill, and you can tell how close a runner is to a time cut-off if they run part or most of it! It isn't so much about how hard or steep Polly Shortts is, but rather that it arrives with roughly 8km of the race left. The long day and the volume of climbing done already, leave you with just enough strength to get over the top.

The final kilometres of this year's up run will be new to most runners, with the finish going back to Scottsville for the first time since 2000. In keeping with tradition, the last few kilometres will be a gentle affair – giving all those who crest Polly Shortts a fighting chance of crossing the finish line.

IT TAKES ALL OF YOU - ZINIKELE!

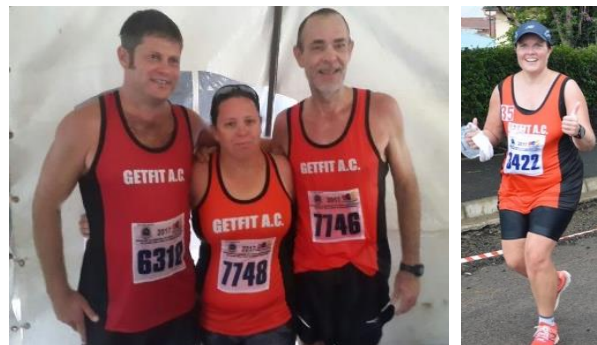


COMRADES SOCIAL

Please remember to RSVP to Ali if you're coming to the club social on Tuesday 30th May at Red Black Sports Cafe, Oxford Village, Hillcrest.

The evening will start at 6pm with a few of our Comrades runners sharing their race day experiences and advice with us, followed by the introduction of our 2017 Comrades runners and the presentation of a Comrades memento to each of them on behalf of the Club.

RED BLACK
Sports Café



Well done to the brave souls (above) who ran the Starling Plumbers 21km and 10km events in last weekend's torrential rain, and congratulations to **Vicki Hicken** (above right) who bettered her PB by 11 minutes in that awful weather!

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 ACTIVITIES.



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:

Sun 21	Winter Trail Series – Hilton College (22km, 12km, 5km)	KZN Trail Running	Hilton College, Hilton
Sat 27	Sappi Karkloof Classic Trail Run (20km, 10km, 5km)	Impi Concept Events	Karkloof Country Club
Sat 27	KZN X Country League #5	Nongoma AC	Nongoma
Tues 30	Comrades Social (no kms, but plenty of carbs!)	GETFIT AC Committee	Red Black Sports Café, Hillcrest

JUNE:

Sun 4 0530	Comrades Marathon (86.73km)	Comrades Marathon	Durban City Hall to Pmburg
Sat 10	MTN Half Marathon (21km, 10km)	www.entrytime.com	Gauteng
Sat 10	KZN X Country League #6	Willie Mtolo AC	Underberg
Sun 11 0800	Spar Ladies 10km	Spar	Kings Park, Durban
Sun 11	Winter Trail Series – Table Mountain (20km, 14km, 7km)	KZN Trail Running	Table Mountain, near PMB
Sat 24	KZN X Country League #7	Yellowwood Park AC	Stainbank Reserve
Sun 25 0700	Archie Gumede Half Marathon (21km, 10km)	KZNA	Sugar Ray Xulu Stadium, Clermont
Thurs 29 1800	Mixed Time Trial League #5	Durban Runner / MiWay	Stella Athletic Club

JULY:

Sat 1	KZN X Country League #8	Collegians Harriers	Collegians Club, Durban
Sun 2	Umhlanga Trail Run (18km, 9km, 5km)	Riverside Trail	Umhlanga
Thurs 6 1800	Ladies Time Trial League #4	Hillcrest Villagers AC	Hillcrest Villagers Sports Club
Sat 8	KZN X Country League #9	Mudeni AC	King Edward Park
Sun 9 0700	Forest Hills 10km	Forest Hills AC	Forest Hills Sports Club

GETFIT ATHLETIC CLUB COMMITTEE

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

GETFIT KIT

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