



FOREST 10

WOW ... 69 GETFIT AC runners turned up for this year's very popular Forest 10 race last weekend!

Mitch Dufourq (*right*) led the GETFIT team home in a time of 35:30, a new Club Record! Mitch was 8th overall, followed by previous record holder, **Evidence Mwando** (24th), and **King Chipara** (31st).

Robyn Greyling (*below right*) was the 1st GETFIT lady to finish in 45:05 and placed 11th overall. **Kate Howitz** (19th overall) and **Terri Bossy** (53rd) were the Club's 2nd and 3rd lady finishers respectively.

Congratulations to everyone who ran PBs and a special mention must be made to all of our athletes who ran their first 10km. Well done to all of you!

The next time you'll see the GETFIT AC gazebo and trailer will be at the **Super Mama Savages Challenge 21km and 10km** which takes place in Durban on Sunday, 13th August. If you haven't already entered, please make sure you do so before the entries close (or sell out)!



RUNNING SHOE SAFETY LIGHTS

There have been a number of articles in the press and on social media recently regarding the safety of runners on the roads, especially during the early mornings and evenings.

In the interests of keeping our runners as safe as possible, we have placed an order for GETFIT-branded led running shoe lights. The clip-on lights (*right*) are battery-operated and clip onto the back of your running shoe so that you are visible to motorists behind you. It is not necessary to wear the lights on both shoes, just the one closest to the traffic.

We are hoping to receive the lights next week and will sell them for R60 each. If you'd like to purchase a light, please get in touch with Ali to place your order.



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.



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!

* **Super Mama Savages Challenge 21km & 10km** (13 August) – <http://www.eventtiming.info/entryonline.php?id=254>

* **Mandela Day Marathon, Half Marathon & 10km** (27 August) – <https://mandelamarathon.myactive.co.za/CaptureDetails/Registration.aspx>

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 @ 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 usually 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

JULY:

Sat 15	KZN X Country League #10	Sapphire Coast AC	Hutchison Park, Amanzimtoti
Sun 16 0800	Total Sports Women's Race (10km)	Total Sports	Moses Mabhida Stadium, Durban
Sun 16	PheZulu Trail Run (18km, 10km, 5km)	KZN Trail Running	PheZulu Safari Park Botha's Hill
Tues 18 1800	Mixed Time Trial League #6	Westville AC	WAC, Maryvale Road, Dawncliffe
Sun 23 0700	TinMan Series (10km Run, Sprint Tri, Challenge Tri)	B-Active.com	Suncoast, Durban beachfront
Sat 29	KZN X Country League #12	Phoenix Villagers AC	Gandhi Luthuli Park, Phoenix
Sun 30	1000 Hills Challenge (38km, 21km, 10km)	KZN Trail Running	Nagel Dam, Valley of 1000 Hills

AUGUST:

Thurs 10 1800	Ladies Time Trial League #5	PDAC	Lahee Park, Pinetown
Sun 13 0630	Supa Mama Savages Challenge (21km, 10km)	Savages AC	Morningside PS, Durban
Sun 20 0615	Durban Runner Challenge (21km, 10km)	Durban Runner AC	UKZN, Durban
Sun 20	Umgeni River Run (50km, 22km, 10km)	KZN Trail Running	Falklands Farm, nr Pmburg
Wed 23 1800	Mixed Time Trial League #7	Queensburgh Harriers	Queensburgh Sports Club
Sun 27 0630	Mandela Day Marathon (42km, 21km, 10km)	KZN Athletics	Mbali Township/Hilton to Howick

GETFIT ATHLETIC CLUB COMMITTEE

Denver Subramany (Chairman)	(083) 956 9192	denver@getfitchallenge.co.za
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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 # 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