

# BLITZ FLITZ

Keeping you in the know.



June 21, 2020



*"Don't dream of winning, train for it!"*

— Mo Farah

Hi Skillies

I hope you all had a great weekend and that you have recovered after your PB or comrades attempt last week.

With al ot of industries opening with the lockdown being eased in I can only ask that all of you stay sanitized and healthy, avoid large public areas where people go to get rid of their lockdown frustration.

Luckily we runners have the perfect environment for the circumstances that we have been led to over the last two months, where we can be in open fresh air with minimal crowding, although it has had a tremendous impact on the races our community had to offer.

Please be sure to support all the fund raising initiatives that support these vendors if you are in the position to do so.

We all are under severe stress and we will only get through this is we stand together.

On a high note the season is turning and we will be heading back into summer within the next month or two with a lot of high hope we will be able to get together in the Summer season with a "lekker" braai or something like that.

Other that that I can only wish you all a pleasant week ahead of you, stay strong with the running and cold, stay visible and be safe.



Hope to see you all soon.

Warmest regards

Dwight



HAPPY BIRTHDAY	
Liz Pienaar	21 June
Quentin Stewart	22 June
Christiaan de Jager	22 June
Alex Maree	22 June
Pieter Gers	23 June
Jumari Botha	23 June
Anton van der Merwe	23 June
Renier Louw	25 June
Jaco Botha	27 June
Wayne Morton	27 June

CLUB TRAINING

ALL CLUB ACTIVITIES ARE  
SUSPENDED UNTIL FURTHER  
NOTICE

CONNECT WITH US



JOIN THE  
WHATSAPP GROUP



FOLLOW US ON  
FACEBOOK



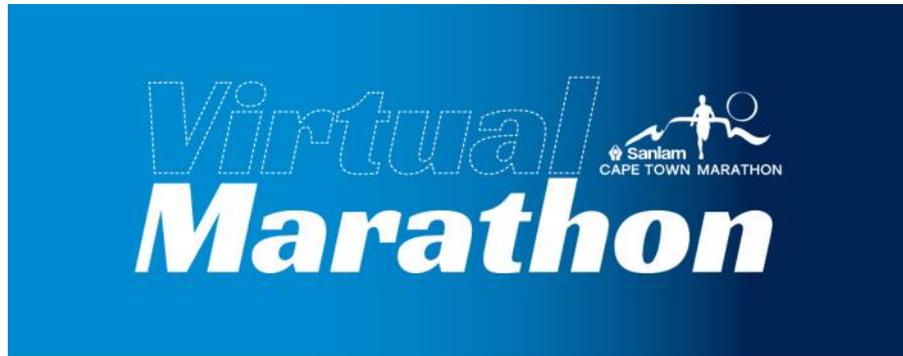
Chairman: Dwight Mulligan

072 907 3786  
dwightmulligan21@gmail.com

Club Captain: Dewald Rossouw

083 383 5708  
dewald.acrw@gmail.com

# UPCOMING RACES



## Sanlam Cape Town Virtual Marathon

In case you missed the exciting news... we recently added a Virtual Race to the Sanlam Cape Town Marathon events stable!

That's right, we're bringing our iconic race to your streets and open spaces on Sunday, 18 October, through an interactive and unique race experience powered by a Virtual Marathon App that will launch soon.

Through the addition of a Virtual Race to our event offering, you now have a goal to work towards, a race to train for, and a fantastic opportunity to be part of a race like no other. And whether you run in Bloem, Soweto, Durban or Upington, you'll be tracked as if you are running the actual race route. Now, that's something to get excited about!

The Virtual Marathon App (launching soon) will track your progress, and provide an immersive experience with distance markers and push messages with information about key landmarks as they are passed.

In addition to the Virtual Marathon (starting at 06h30 on 18 October), runners can also enter the 5km or 10km Virtual Peace Runs. All finishers will receive a digital medal and certificate.

**For more information:**

<https://capetownmarathon.us3.list-manage.com/track/click?u=d140c3fbce02412424ac50d21&id=20af6ef219&e=90bfcf41a8>

**Enter now:**

<https://capetownmarathon.us3.list-manage.com/track/click?u=d140c3fbce02412424ac50d21&id=2a3d7db260&e=90bfcf41a8>



# SKILLIES STORIES

STORIES FROM THE ROAD

## LONDON CALLING

**-ADELLE JOHNSTONE**

Hello to everyone at Alpha!

We are in London now for 6 months and all is going well . It has been interesting times during COVID lock down. Same as in SA but the only difference is that we could exercise outdoors throughout the time.

Too many people live in flats. I had to go in to the hospital every day as NHS brought the private beds to assist with COVID . I am working very hard and our hospital are full of patients.

I had to lease a car to get to hospital because it is too far with public transport due to the site change where I originally was supposed to be.

Megan is busy with online school for A levels. Schools will open again in September .

I run some afternoons—a quick 2km and on weekends I run around 16km on Saturday and Sunday again. I could not join a club yet due to COVID.

There is still lot to learn about London. Our family were supposed to visit and I had a ticket to visit in May but everything is on hold at the moment.

I miss the morning runs and all the races we did a lot. The whole alpha team is in my thoughts.

Below are some pictures from my running routes.



# LOCKDOWN LESSONS

Skillies, we want to hear from you. Share what you have learned or experienced from the "lockdown". It can be just one short paragraph or a page long. Please feel free to send some pictures as well.

We will share one per week.

## BERT VAN DEN RAAD

**What I have learned is that how awful and cruel it is to keep an animal in a cage, fish tank or on a leash!!!**

**And every human with a soul should refrain from this practice.**

When I look into the eyes of an animal I do not see an animal. I see a living being. I see a friend. I feel a soul.

A.D. Williams



facebook.com/adoptapetoom

# WORKOUT UPLOADING...



## STRAVA COMMUNITY

Join the Strava Skillie family!!

### Watch to Strava:

Step 1: Click on top link <https://support.strava.com/hc/en-us/articles/216918057-Garmin-and-Strava>

Step 2: Click on Record & Sync

Step 3: Select type of GPS watch to sync with Strava

Step 4: Follow instructions

Step 5: Enjoy Strava ;-)

### Last Week's Leaders

	Distance	Total Running Time	Climbing
🏆	 Philip B. 151.6 km	 Philip B. 17:44:56	 Chantel M. 1,810 m
🥈	 Magriet H. 126.4 km	 Magriet H. 14:54:47	 Philip B. 1,384 m
🥉	 Francois N. 124.4 km	 Yolanda D. 14:22:08	 Magriet H. 1,280 m

Check out the full results at: <https://www.strava.com/clubs/ACRW>

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## LOCKDOWN LEVEL 3 RULES

- Exercise between 6am and 6pm.
- Run with a mask or buff covering your mouth and nose.
- Do not arrange to run in groups with fellow clubmates.

## HOW TO STAY HEALTHY, FIT AND SAFE DURING THE WINTER SEASON

**Calm Your Carb Cravings.** The cold season tends to ignite our cravings for more carbs and comfort foods. To counter this, try eating a protein-packed breakfast to keep your energy levels up throughout the day. If by the time the afternoon rolls around you're still craving sweets or carbs, be sure to have low-fat and healthy snacks on hand.

**Add Omega 3 Fatty Acids.** Omega 3 fatty acids are a healthy type of fat that are naturally found in many food types including fish, plant seeds and nuts. Omega 3 fatty acids are great for reducing joint pain and stiffness as they are a natural anti-inflammatory.

**Cook with Mushrooms.** There are several species of mushrooms that have immune-boosting health benefits. That's because mushrooms have naturally occurring antibiotics. This gives them medicinal properties, which helps us to fight off many types of illnesses.

**Eat More Fibre.** Soluble fibre found in apples, oats and nuts is an important way to decrease inflammation and boost immune system function. Soluble fibre also helps reduce cholesterol levels in the body and aids in weight loss and protection against diabetes. This is an especially important winter health tip for seniors who require a high-fibre diet to protect their digestive systems.

**Eat more Green and Orange Vegetables.** Sticking primarily to vegetables and fruits that are dark green and orange is important in ensuring you are getting healthy nutrients, sugars and fats. Spinach, kale, Swiss chard, squash, carrots and oranges are all delicious during the winter.

**Cook with Spices.** Onions, garlic, ginger and cilantro are the perfect items to add flavour to your dishes. Not only do they make food taste great, but they are also shown to help improve immune function. Turmeric is a spice traditionally used in Chinese and Indian medicine. Its main active ingredient is called curcumin, which gives curry its yellow colour. This spice helps to combat several conditions including inflammation and heart disease, and it acts as a powerful antioxidant.

**Plan Your Exercises a Week in Advance.** Try to stick to a weekly exercise plan so you don't put off your regular exercise activities. On Sunday night, write down your exercise schedule for the next seven days. Choose your exact workout routines, activities or exercises for each day and how long they will be. Knowing what you are scheduled to do each day ahead of time makes it easier to stick to. If you can, line up your workout schedule with a friend to encourage each other to stick with it and stay motivated.

## WE'D LIKE TO HEAR FROM YOU

If you would like to share your running stories or news for the Blitz Flitz, please email:

[kellya.summerfield@gmail.com](mailto:kellya.summerfield@gmail.com)



## Don't just keep the body fit..... Train your brain



Two companies are looking for a new employee. The advertised positions are the same, but the salary is different. Company A will pay €100,000 a year and the salary will be increased annually by €20,000. Company B pays €50,000 every six months and increases the salary by €5,000 after every six months.

Which company should you choose when it comes to money?

### Last week's answer:

A patient has been prescribed ten pills. From now on, he has to swallow one of them every day – in a very specific order. Since the pills all look the same, the man decided to number them.

How many pills does the man have to at least number if he wants to take them in the right order?

#### ANSWER:

He has to number eight pills. He can take the first one immediately. He can tell the last one by the fact that it is the only one without a number.



# THE ZESTY ORANGE KITCHEN

The Zesty Orange Kitchen is a small homebased catering business.

The most important thing to think about is good, basic food of the highest quality and nutritional value.

Strict adherence to hygiene and inter-personal safety guidelines are followed, at all times

## **One menu is offered:**

- A daily homecooked meal for delivery or collection
- A variety of baked goods available as required

## **Contact Information**

 072 999 9224

 thezestyorangekitchen@gmail.com



# DAILY MEALS DELIVERED TO YOU

<b>Monday</b> 22 June	Lasagna, veg and Garlic roll Veggie Pie	R70/person R60/person
<b>Tuesday</b> 23 June	Crunchy Chicken Bake, rice & veg Mushroom Bake	R65/person R60/person
<b>Wednesday</b> 24 June	Pea & Ham soup with homemade bread Veggie Soup	R55/person R55/person
<b>Thursday</b> 25 June	Chicken Tikka Masala, Rice and Roti Chinese spiced brinjal & rice	R70/person R55/person
<b>Friday</b> 26 June	Crumbed Chicken Burger, Sauce and Potato bake Sweet potato & black bean burgers DESSERT Apple crumble	R68/person R60/person R30/person



Please phone/WhatsApp before 10am on the day.  
Food will be delivered after 5pm.

## **BANK DETAILS**

Account Holder: AC Morgan  
Bank: Nedbank  
Branch code: 106012  
Acc #: 1060094584  
Send Proof of Payment with your order



## Comrades 2020 is here!!

- not the real thing but we are doing our own thing!

The Hills, The Down's and then the END!

### 6 DAYS TO GO!

### Rebuild Endurance!!

Get your Rebuild Endurance this month for only R640!!!



Normal Price R760 –  
order now R 640!!!



- For use after aerobic exercise
- Protein and carbohydrate drink mix with added L-glutamine and L-carnitine
- 2000mg branched-chain amino acids, whey & casein proteins create a rapid and sustained protein-building state
- Source of dairy protein 10g and high in specially selected carbohydrate 36g per serving
- Carbohydrate blend replenishes muscle glycogen
- Provides vitamins B1 (Thiamine), B2 (Riboflavin), C and E, along with iron
- Artificial colouring free, artificial flavouring free and artificial sweetener free
- Mixes with water

Call me NOW!!

Cell: 083 282 6357 | e-mail: [Gerdie.2105@webmail.co.za](mailto:Gerdie.2105@webmail.co.za)





## BUSINESS BLITZ

# Chris De Jager Attorneys

Chris de Jager Attorneys offers tailor-made and effective solutions to solve any legal problem in a cost-effective manner. They always strive to render a professional service at all times for each individual client's particular needs.

### ON OFFER:

- Commercial litigation
- Family law
- Estates
- Trusts
- Wills
- Civil law
- Property and conveyancing law



### Visit us on Facebook:

<https://www.facebook.com/ChrisDeJagerAttorneys/>

### Contact Information



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**Chris de Jager**  
Attorneys



# AFSTEREO

We are the only independent Broadcast Media Monitoring company in South Africa. We record, process and report on all major TV-channels and radio stations in South Africa and Namibia.

## ON OFFER:

- Media Campaign Audits or Certification for TV-Channels, Radio Stations and/or Advertisers
- Advertising and Music Market Intelligence
- Music Royalty Reports for Musicians and/or Composers
- Airplay Charts
- Archiving of 24/7/365 Audio/Video of all our TV-Channels and Radio Stations we're recording for 2 years

For more information:

<https://online.anyflip.com/enio/tywp/mobile/index.html#p=22>



## Contact Information



quentin@afstereo.com



010 500 1111  
083 258 9680



www.afstereo.com  
www.gnosko.com

# AFSTEREO



# CARE CITY

Herbalife Nutrition is a global multi-level marketing corporation that develops and sell dietary supplements. Is a helpful way to lose weight or maintain weight.

## ON OFFER:

- Herbalife breakfast
- Healthy snacks
- Ernest and fitness
- Herbal skin care product and more and more products

*We supply this product straight to your door any time you need it.*



## Contact Information



ttlou.tebogo.tlou@gmail.com



083 290 7807



# MTEEx Laboratories

Explosion Protection Testing and Certification (SANS10108).

IP and IK Testing and Certification (SANS 60529 and SANS 62262).

## ON OFFER:

- SANS 10108 related product testing and certification.
- Water and dust ingress protection for electrical and mechanical equipment enclosures.
- Training on explosion protection.
- Hazardous Area Classification (if you handle flammable materials at your factory or plant you need this).



## Contact Information

 [info@mtexlab.co.za](mailto:info@mtexlab.co.za)

 012 030 1034

 [www.mtexlab.co.za](http://www.mtexlab.co.za)





# POPLAR LANE 33 SLUSH

Poplar Lane 33 Slush offers high quality great tasting slush powder, syrups and hot chocolate. This is perfect for not only yourself but for soup kitchens, food parcels and much more.

## HOT CHOCOLATE

- 500g R30
- 1Kg R60

*Just add hot water and enjoy!*



## Contact Information

 [vpaulo66@gmail.com](mailto:vpaulo66@gmail.com)

 076 992 8599





# CREATIVE COSTUMES

Practical joggers masks available to buy through Creative Costumes. These masks are single layer, lightweight and tie at the back. These masks are much more breathable which works well for running.



***Running Masks available in three sizes:***

- Small (Children)
- Medium (Ladies and Teenagers)
- Large (Men)

**Cost: R35**



## Contact Information

**Marlize**  
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