

# BLITZ FLITZ

Keeping you in the know.



October 11, 2020



*"I don't run to add days to my life, I run to add life to my days."*

*– Ronald Rook .*

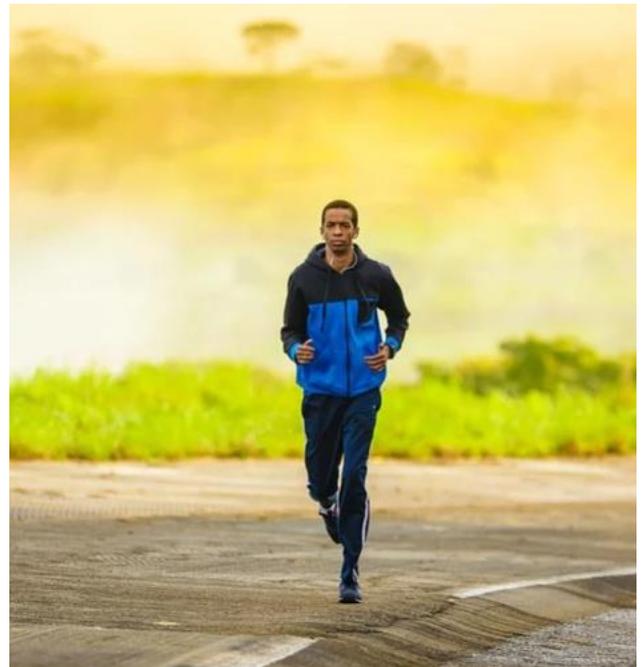
Hi Skillies

What a treat it was to be able to get together again at the club and have a social just like the good old days! I am sure you all enjoyed the catch up and getting to spend time with one another.

Don't forget about the Time Trial League—get your Time Trial in once a week and test yourself against not only your fellow Skillies, but yourself. Use it as a benchmark and see how you can improve your time.

It is almost time for our annual AGM . We will be communicating shortly and will share all the formalities with you about the upcoming evening.

Happy Running!



## EARLY MORNING TRAINING SESSIONS

Monday to Thursday @ 5h00

## HIPPO RUN (10, 12, 14 OR 16KM)

Mondays @ 17h30

## TIME TRIALS

Wednesdays from 17h00

CLUB TRAINING

CONNECT WITH US



JOIN THE  
WHATSAPP GROUP



FOLLOW US ON  
FACEBOOK



Chairman: Eugene Viviers

083 702 9341  
EugeneV@sbv.co.za

Club Captain: Dewald Rossouw

083 383 5708  
dewald.acrw@gmail.com



# COMMITTEE TRANSMITTING

FROM THE TORTOISES MOUTH



## HAPPY BIRTHDAY

Annie Minnaar	11 October
Lunette Kraamwinkel	12 October
Leon Jacobs	13 October
Leon van der Merwe	14 October
Vernon Tait	15 October
Zandi Mahlangu	19 October
Elsie Shroder	21 October
Catharina Mouton	23 October



### ACRW 8KM CLUB CHAMPS



#### ACRW 8km Club Champs 2020

- Please complete below form before 17 Oct 2020
- Relay Teams will be selected and will be announced 18 Oct 2020
- More Rules of 24 Oct will be announced 18 Oct 2020
- Best Skillie will still win Club champs
- Route will be ACRW TT route 8km
- Club Champs and Category winners can only be won by a Full member
- It's 2020 anything is possible :-)

Entry Link:

<https://forms.gle/byv1jKhLscEe3CPg7>

# WORKOUT UPLOADING...



## TRAINING PROGRAMME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12 1 hr E	13 15min WU 20 x 30 sec Hills 15min CD	14 1 hr E	15 10min WU 6 x 1km 10min CD	16 REST	17 25KM	18 REST
19 1 hr E	20 15min WU 10 x 1 min Hills 15min CD	21 1 hr E	22 10min WU, 6x90sec (5km pace), 90sec REC, 6x100m, 2min REC, 6x30 sec, 30sec REC, 10min CD	23 REST	24 32KM	25 REST

### TRAINING PACES:

Easy (E): 6:15-6:30/km

Long (L): 6:30/km

Recovery (R): 6:00-6:20/km

Hills: 4:20-4:28/km

WU: Warm-up Run: 6:30/km

CD: Cool-down Run: 6:30/km

TH: Threshold Pace (Half Marathon Pace)



Click image for full training programme

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>

### Last Week's Leaders

Distance	Total Running Time	Climbing
Brighton G. 74.3 km	Magriet H. 7:43:40	Mia V. 873 m
Magriet H. 71.6 km	Brighton G. 6:15:56	Francois N. 767 m
Francois N. 64.2 km	Susan R. 6:02:52	Brighton G. 763 m

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

## STRAVA COMMUNITY

# OVERTRAINING SYNDROME: HOW TO IDENTIFY & RECOVER FROM IT

**Mental.** One of the most common symptoms of overtraining syndrome is burnout. A runner who puts so much stress on his- or herself (think: poor sleep quality, caloric deficiency, and increased anxiety about an upcoming race) will feel spent. Mental fatigue is often overlooked, but it is an important part of training. A tired mind goes hand in hand with a tired body. When the energy is low, breakdown and injuries occur. To prevent mental burnout from getting the best of you, mind your mind. Get more sleep during long-mileage weeks – resting is when your mind and body have time to heal. Schedule activities that are relaxing, such as getting a massage or taking a “me” day. It’s OK to give yourself license to ease up. Skipping a long run to sleep in is more helpful than pushing yourself and ignoring your body’s cues.

**Hormonal.** Your body is a finely tuned machine. Hormones, produced by various glands, are responsible for maintaining homeostasis, the body’s delicate balance that controls many of our daily functions, from sleep cycles to hunger cues. When overtraining hits, the hormones get out of whack, some being produced too much and others not enough. This ends up causing problems including decreased immunity and abnormal hunger responses and cravings. It can even cause amenorrhea, the loss of menstruation in women. If you suspect a hormonal imbalance, it’s time to talk to your doctor and maybe see a sports nutritionist. Your doc can perform blood tests to check for hormonal irregularities and iron levels that give clues for a diagnosis. The most common issues are nutritional – like not taking in enough calories for athletic expenditure – and can be fixed with a smart nutrition plan.

**Physical.** The most obvious component of overtraining is physical injury. Runners limp into my office with injuries that worsen with higher mileage, including aches and pains in the feet, Achilles tendons, shins, knees, and hips. The severity of these injuries range from mild overuse injuries that resolve in weeks to stress fractures that can take several months to heal. As with mental and hormonal overload, physical overtraining means you’re pushing too hard for your body. Remember that a 16-kilometre run is a different experience for each runner, depending on body type, gait mechanics, and previous injury history. Pain that changes the way you run and alters your gait mechanics needs to be checked out by a doctor. Small aches and pains can quickly turn into more serious problems if they aren’t properly diagnosed.



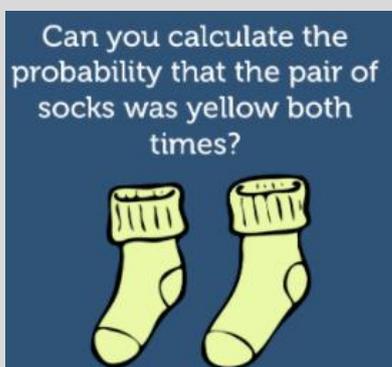
**WE'D LIKE TO HEAR FROM YOU**

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

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



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



There is a dressing drawer that contains the following colored socks in pairs: Purple, Magenta, Crimson, White, Yellow and Turquoise. Now, the socks are paired and each pair is together in the matching set. There is no light in the room and you open the drawer and pick up a pair. Then, without noticing any color, you keep them back and pick up again.

Can you calculate the probability that the pair of socks was Yellow both the times?

### Last week's answer:

Imagine, we are sitting together at a perfectly round table. We both have an infinite pile of coins. These are the rules of the game: "We'll take turns putting one coin down on the table, no overlapping allowed, and the coins must rest flat on the table surface. The first guy who can't put a coin down loses."

Who should start in order to win, why and how does your strategy work?

### ANSWER:

You have to start. You place a coin exactly in the center of the table. After that, whenever I put coin on the table, mimic my placement on the opposite side of the table. If I have a place to place a coin, so will you. I will run out of places to put a coin before you do.



# 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> 12 October	Caprese Chicken with Basil, Caper & Olive dressing & Cous cous Cous Cous Salad	R68/person R60/person
<b>Tuesday</b> 13 October	Rustic Beef Pie with Apple Chutney Spinach, Butternut & feta Pie	R70/person R65/person
<b>Wednesday</b> 14 October	Chicken Schnitzel, Wedges & Salad Avo & Corn salad with Pita's	R68/person R60/person
<b>Thursday</b> 15 October	Spaghetti Bolognese & Salad Mushroom Pasta	R70/person R60/person
<b>Friday</b> 16 October	Chicken Fillet Burgers & Potato Bake Veggie Burger Dessert: Fudge Bars	R70/person R60/person R20/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



## HEALTHY LIFESTYLE BY GERDA

“Be the Best Version of Yourself”

I introduce people to a healthy lifestyle. A healthy and active lifestyle is fueled by good nutrition. For optimum wellbeing, adopt a balanced nutrition plan and fitness regime that suits your needs and complements your lifestyle, no matter how busy you are.

### ON OFFER:

- Nutrition Healthy Meal Replacement Products
- Weight management
- Vitamins & Minerals
- Skin Care & Body
- Haircare

*Join me and dedicated Herbalife Independent Members around the world that are changing lives with a proven business opportunity.*



### Contact Information

 Gerdie.2105@webmail.co.za

 083 282 6357

 <https://www.GoHerbalife.com/gerdaj/en-ZA>





## **21 Day Challenge**

**Do you need to loose a kg's or 2? – Get into great shape?**

**I am looking for 5 people to join our 21 day Challenge starting 1 October!**

**Weight loss Challenge – using the # 1 Nutrition in the World.**

**You get the following:-**

- **Great Nutrition Meal Replacement Shakes (Breakfast & Lunch)**
- **Free online recipes and snack ideas**
- **Free support and coaching**
- **What do you have to loose? only cm's and a few kg's**

**Contact me asap so that we can discuss your needs and start this 21 day journey – Hey guys it is only 3 weeks!**

**Gerda: 083 282 6357**



# GARDEN FLAT TO RENT

Two-bedroom garden flat in Waterkloof Glen available to rent from 1 October 2020. The flat is 3km from Menlyn Maine and 1km from Constantia Laerskool.

- R7400 pm at special Covid price R7000 pm.
- Includes W&L
- Domestic cleaning and one bundle washing once per week
- Wifi (100 mbps, uncapped)

\*Rooms sharing also available in main house



**ANYONE INTERESTED CONTACT**

**Fred Clements**  
082 574 5090

\*Rent amount available on request



ANYONE INTERESTED CONTACT

Fred Clements  
082 574 5090

\*Rent amount available on request



BUSINESS  
BLITZ

# POPLAR LANE 33 SLUSH

Poplar Lane 33 Slush offers high quality great tasting slush powder and syrups. We also assist in technical support of your machines.

## SERVICES INCLUDE:

- Slush syrups and powder
- Service and repair of Bras and Ugolini Slush Machines



## Contact Information



vpaulo66@gmail.com



076 992 8599





# Xco Group PTY LTD

Your partner in brand customisation and brand expansion.

## ON OFFER:

- Work wear
- Corporate wear
- Gifting
- Exposure/branding
- Sport Equipment and clothing
- Technology
- Corporate video
- Video animation



## Contact Information

 [lourensd@xco.co.za](mailto:lourensd@xco.co.za)

 0829279357

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





# BODY INNOVATION

Physical Fitness Center and  
Biokinetics Practice

## 1. Group Sessions on Zoom

- ❖ BASI Pilates, Bootybarre and Triad Calisthenics
- ❖ A brand-new class starting 10 August called "RUNFIT"

\*RUNFIT is a combination of mobility, Pilates and strength designed for runners.



## 2. Sports Massage

### Contact Information

 [info@bodyi.co.za/](mailto:info@bodyi.co.za)

 0663056125

 <https://www.bodyinnovation.co.za>



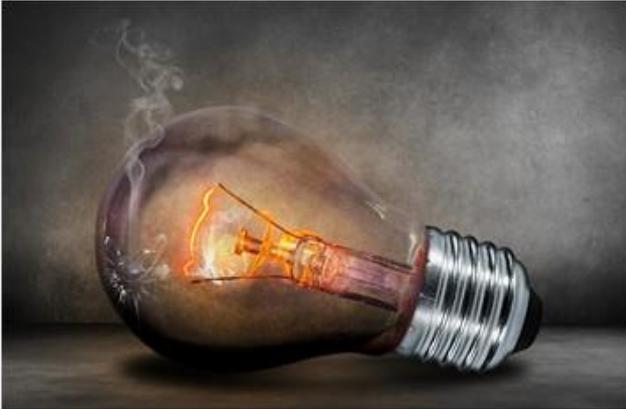


# DAR ALL ASPECTS

We are electrical contractors in Gauteng, offering a wide range of electrical services to the residential, commercial and industrial markets.

**SERVICES:**

- Electrical maintenance
- Fault finding
- Repairs
- New installations



**Contact Information**



dar.allaspects@gmail.com



+27 83 383 5708



## BUSINESS BLITZ

# August Aperture

We love small- and large-scale video production, we cover every format from social media to television production and corporate videos.

### ON OFFER:

- Social media videos
- Stills photography
- Video production



### Contact Information



raymond@autumnaperature.com



+27 82 465 1276





## 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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+27 81 212 2419



<http://chrisdejager-attorneys.co.za/>



**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)





# 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**  
 082 789 7236