



REMAINING FIT DURING THE CORONA VIRUS PANDEMIC

By Winnie Koekemoer

2020 is a year that might never be forgotten. The year of the novel Corona Virus: Covid19! The year that gave us a “New Normal” without us asking for it! 2020 was supposed to be “The Year of Plenty.” Instead we had to adapt to “Lockdown,” a term we had never used before, but is now being used worldwide!

HOW DO WE STAY FIT DURING THIS TIME?

The stage 5 of Lockdown was the most challenging, but introduced a number of novel ideas, including the introduction of Virtual Races, which had to be done in your garden, or navigating in and around one’s immediate cluster-housing complex, as we weren’t allowed to put our faces, or even a foot, outside our garden gate, hence the paths that were engraved on our lawns.

A variety of races were run, or walked. Even the Comrades

Marathon of sorts was accomplished by people who never dreamed of undertaking such a mammoth task! I for one, ran/walked the Mzansi Ultra Marathon Lockdown Challenge, accomplishing this on a route in the garden around my home. I managed to do 106 km during the first stage 5 of Lockdown. Added to this, I did burpees! 3 sets daily, with a 3-minute rest between each set, increasing the number of burpees per set every day. I started off with 5 burpees per set, and ended, just managing to do 30 burpees per set = 90 burpees!

When Lockdown 4 level was introduced, we were allowed to venture out our garden gate for 3 hours, or part thereof, between 6am and 9am, thus giving us a chance to up our daily kilometres. With gyms still closed, everyone grabbed this opportunity to walk, run or cycle...the big debate was “mask on, or off?” Well, this was

alleviated by government itself when introducing Lockdown level 3, stipulating that strenuous exercise could be done without a mask. With level 2 lockdown now upon us, we

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can venture into gyms, at our own discretion. So, armed with sanitiser, masks and keeping social distancing, we can do our body-workouts and swims at the gym again.

WHY IS IT IMPORTANT TO TRY TO MAINTAIN A CERTAIN LEVEL OF FITNESS DURING THIS PANDEMIC?

My answer would be the following:

- Active/fit people are generally healthy people.
- Active people produce endorphins, which are the happy, feel-good "drug" that people say road runners get, with a certain level of addiction to exercise taking root.

- Being active makes you fitter & stronger, and is known to enhance brain power and gives you more energy to complete your daily tasks.
- It also helps put old-age at bay and helps combat the inevitable decrease of muscle mass as one gets older.
- It helps prevent heart disease and increases lung capacity.
- Maintaining a certain fitness level boosts your immune system, thus helping you to veer

off that dreaded Covid 19 virus!

- If one includes stretching in your fitness routine, specifically Active Isolated Stretching (AIS), it helps prevent injuries, boosts circulation, increases elasticity of muscle, joints and fascia and full range of motion and flexibility can be successfully achieved.

So, to conclude, I would say...just keep moving. You'll feel all the better for it!

GETTING TO KNOW OUR MEMBERS

Interviewing Phuti Chelopo-Mgobozi



When did you join the club and what made you join our club? I joined in January 2019, this was the when I needed to start being serious about my running and to run marathons. I always enjoy the Love Run races and this club always stood out when I did 10km and 21km races. I resonated with the name Love Running as it's my motto for all the years that I have been running without a club. I also love that the club was associated with a Christian church, which validates my values and faith.

What are your most beautiful memories with the club? The hosting of the gazebo at the MiWay Wally Hayward Marathon.

What has been the funniest experience you had when running a race and/or training? Nothing comes to mind for the race. Sometimes back when training after it had rained. I tripped and fell down... Embarrassed at who saw and there in my face down, I saw a coin, which I picked up, low and behold... I collected many coins on that very place I fell. Rather a fortune situation than funny.

Who or what inspires you to run? The relaxation that it brings me to mental stability. I pray to God and I strategize better.

Do you set a yearly running goal for yourself and what is it? Yes, the Nike Running Club has been helping. 1000 km/year. I exceeded that by a huge margin last year.

Has our club assisted in you accomplishing that goal? I struggle to make to time trials runs set up by our club. However, the inspiration that come along from fellow club mates, when they make the time trials and support at races. This pushes me towards my goals.

What are your expectations from the club going forward? To make running more exciting, by keeping on encouraging each other. Get more promotional merchandise, for our club. Let us support, celebrate and recognize each other.

What would you like to say to other runners? To runners, I know we have been through a challenging season, which may have affected our running momentum, but we are still runners no matter if we have stayed active or not. We are stronger than we think.

LOVE RUNNING AND ME!

By Chris Callahan

I have been a member of the Love Running Club for about 6 years. I joined because another walker invited me to help bolster the racewalking group in the Club to ensure that it stayed up in the top racewalking league. The Club has had a few ups and downs since then, but I believe that under its current leadership it has the opportunity to grow and become the Club that we have all dreamed of. I see the Club as a beacon, a place of camaraderie, and security. A place where you are welcomed early on race day and can chat about the joys and tribulations of the race after it is done. But it is more than that too. It is a home away from home and that means that it is a place where (as in the home) we should also look to support and nurture the group as a whole.



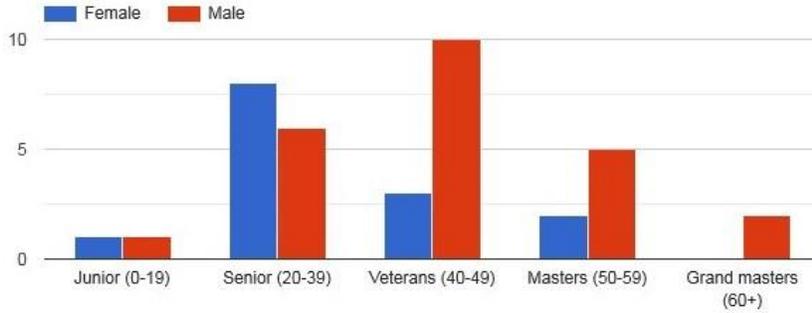
Lockdown has been a difficult time for all of us. For some the ending of lockdown may well prove equally difficult. In my case both my wife and I are immune compromised and so it will be a long time before we are ready to face the challenge of exposing ourselves to risk. In the meantime, the question is how can I offer support to my Club members?

Since May this year, I have been organising National virtual racewalking challenges under the Love Running banner (although few Love Running walkers have taken part) these have worked very well and have varied from having a couple of hundred entrants, to nearly a thousand. I feel that a great way to prepare our club members to face the world again would be to have similar virtual running time trials and races. Perhaps start with a time trial in September and try to get all members to part to get the feel for it. Then in October lets challenge another club (it could be anywhere in the world!) to compete with us. ASA has stipulated that there should be no actual events this year, so each month until the end of the year we could choose a different club to compete against. I would be quite happy to organise this for my club. Then in 2021 we will be strong, fit and healthy as we move back onto the roads in actual competition with our peers.

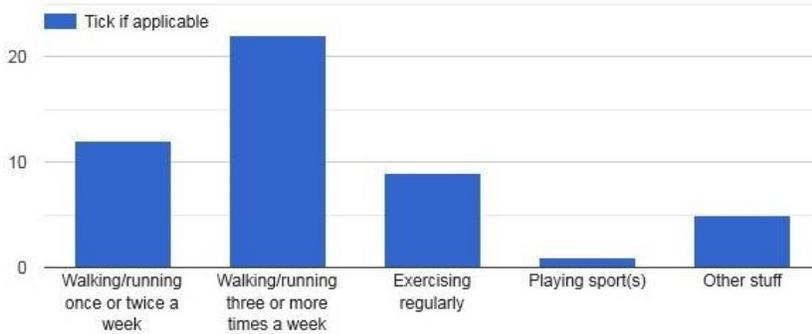
FUN FACTS SURVEY

Love Runners revealed

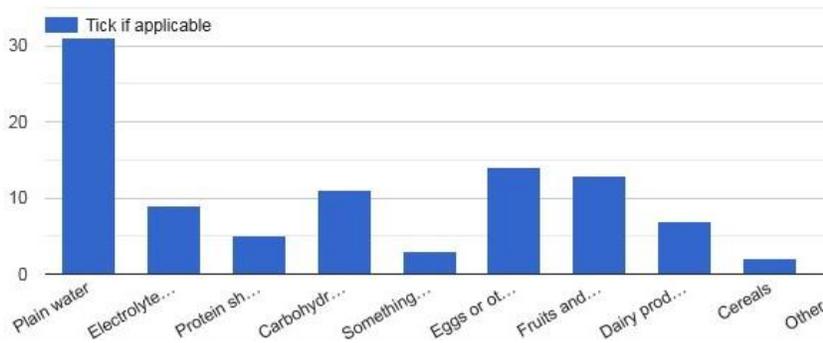
What is your gender and running category?



What are you doing to keep yourself fit?

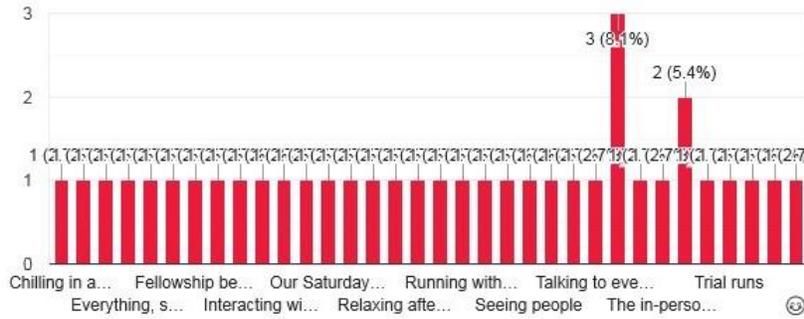


What do you eat and drink after running?

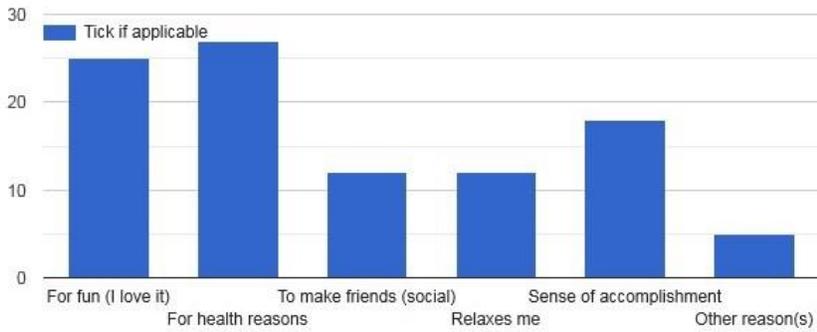


What do you miss most of your Love Running club?

37 responses

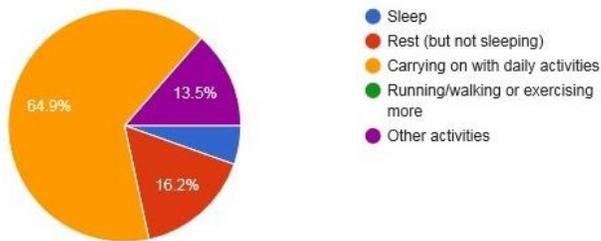


Why do you walk/run?



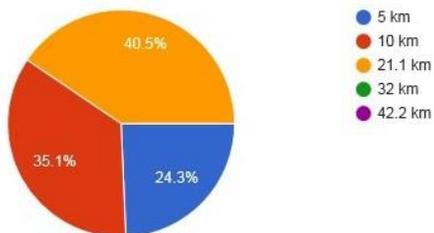
What was your normal routine after an AGN Saturday morning race?

37 responses



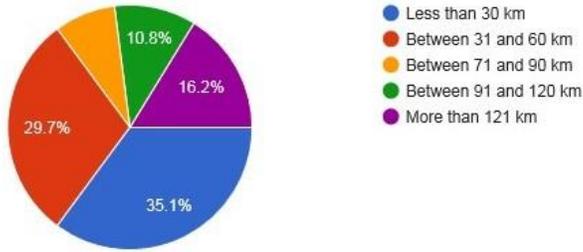
What is your preferred running distance?

37 responses



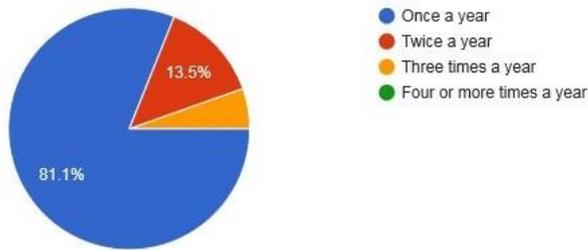
How many kilometres have you run in the last month?

37 responses



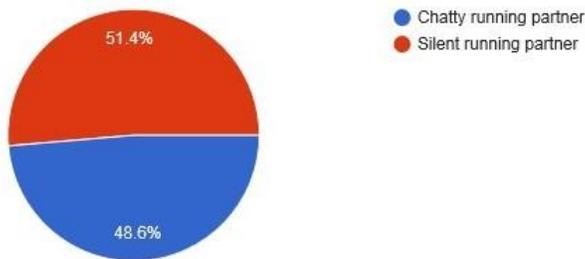
How often do you buy running shoes?

37 responses



Which type of running partner do you prefer?

37 responses



Do you have a favourite outfit or do you run in different clothes every time?

37 responses

