

DURBANVILLE ATHLETIC CLUB

NEW MEMBER INFORMATION

“You have to wonder at times what you’re doing out there. Over the years, I’ve given myself a thousand reasons to keep running, but it always comes back to where it started. It comes down to self-satisfaction and a sense of achievement.” – Steve Prefontaine

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1. Club Information

For all the latest information join the Durbanville Athletics Club Facebook page:

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

For more information go to our website:

<http://www.durbac.org.za/>

2. The 2018 Captains

(These are your 'go to' people)

Road Running

Mens' Captain: Paul Kotze - pkotze@gmail.com

Ladies' Captain: Erica Maree - emaree66@telkomsa.net

Trail

Mens' Captain: Conrad Meier – conradmeier@gmail.com

3. Races & Club Kit

Important Race Information:

- Durbac members must wear the yellow club shirt with their WPA licence numbers (one at the back, one at the front).
- Shorts/tights/shirts must be plain black.
- Some races have their own licence numbers – it must be worn over your WPA licence at the front of the shirt - or front and back.

Look out for our club gazebo at certain races in the year – there will be a cooler box with cold beers, cool drinks and if you're lucky some Steri Stumpies. This is also a great opportunity to meet fellow club mates and to share your "war" stories

Where can you get your Yellow Club shirt?

Durbac club shirts are sold at Kloppers in the Cape Gate Shopping Centre and cost approximately R300.

4. Club Runs

Club runs start at Durbanville Golf club:

Tuesdays/Thursdays	18:00 <i>Options of 5km up to 15km & beginners group</i>
Sundays*	06:00am (<i>September to March</i>) 07:00am (<i>April to August</i>)

*Sunday runs are long distance (20km – 30km). Distances vary from week to week.

Look out for the weekly updated regarding the organised Sunday run on the Durbanville Athletics Club Facebook page. There is a R10 seconding fee for drinks along the route.

We cater for beginner runners too – the Penguins programme. On Tuesdays and Thursday at 6 pm along we encourage new runners to take part in a 5 km park run \ walk that is supervised by a club member

We also support the following organised runs on **Saturdays**:

“Wietse se Run”	05:30 28km, 20km, 12 km & 6km (R 30 Seconding Fee; R 6 parking) <i>Runs start from Willowbridge in Bellville</i> https://www.facebook.com/groups/655252601263014/
Durbanville Park Run	08:00 5km (remember to register to participate) Meerendal Estate https://www.facebook.com/Durbanville-parkrun-1631377097099448/?fref=ts

5. Trail Runs

<p>Wednesday</p> <ul style="list-style-type: none"> • Farm runs in conjunction with CMC • Meerendal, Altydgedacht, Majik Forest, Bellville Golfcourse, Bloemendal • Distance 5-10km 	<p>Summer: 17:45 for 18:00 start</p> <p>Winter: 17:30 for 17:45 start (headlights compulsory in winter)</p>
<p>Sundays</p> <ul style="list-style-type: none"> • Organised pack runs across the Western Cape • Duration 3-4 hours • Distance 10 – 25km 	<p>07:00am (October to March)</p> <p>07:30am (April to September)</p>

Wednesday Farm Runs

The Wednesday farm runs are held every Wednesday on alternating farms. The venues are published in the trail year program as well as on the Durbanville AC Trail and Durbanville Members Facebook pages. All runners, from beginners to trail goats and weird people are welcome to join us on the trails.

Weekend Pack Runs

Typically held on a Sunday, these runs explore the mountains of the Western Cape (Tafelberg, Jonkershoek, Paarl Rock, Helderberg, Tygerberg and more). We try to arrange at least 2 of these per month and the details will also be shared on the Durbanville AC Trail Facebook page. All runners are welcome – friends, family, road-runners and trail goats.

The runs normally last 3-4 hours (distance varies). It is important to be self-sufficient on these runs as far as water, food, weather-appropriate clothing and kit are concerned.

Multi-day Races

Durbac Trail supports multi-day trail events in 2018, and we encourage members to enter with other Durbies for a trail running experience:

Oorlogskloof – 21 April 2018

<http://www.ndorfin.co.za/events/oorlogskloof-trail-run-2018/#.WqDnjOhMS00>

6. Activities and Events at Durbanville

Athletic Club

Member of the Month (MOM) – Held on the last Thursday of every month at 19:30 at the Durbanville Golf Club:

Annual Awards Function – We reward the performers of the year and celebrate our achievements. We all dress up, put our dancing shoes on and enjoy a good dinner. (Month: 7 April, look out for more information on Durbanville Athletic Club Facebook page)

Pub Run – This is a fun run/walk event through the streets of Durbanville (all friends and family welcome to join), with a few stops at different pubs for beer/cool drink. The evening ends off with a MOM at the club house – getting into the holiday spirit. (Month: November, look out for more information on Durbanville Athletic Club Facebook page)

Annual Race – The Tyger Run: **21 March 2017**, we encourage members to help with the assistance, organisation and success of this event rather than participate. This is our club's way of giving back to the running community. There is a helpers run the following day – and your official time will be posted. Get involved, and be sure to give your details to any of the organisers.

7. Other

Age tags can be bought when you register with Durbanville Athletics Club and collect your WPA licence number. All athletes that wish to compete in a particular age category must wear a numerical age category tag on the front and back of their running vest. If an athlete does not have a numerical age group tag on his/her front and back he/she will count as a senior athlete for results and points purposes.

Club Standards is a reward system used by the Club to recognise and acknowledge outstanding running performance. There are three categories – bronze, silver and gold. Each category is defined by a pre-determined target time and if that time is achieved in a race either a bronze, silver or gold standard is obtained. There are different target times required for males and females, the different age categories and distances. These get measured over a 1 year period (Jan – Dec) and are awarded at the Annual Awards Function.

Notice of Anticipation (NOA) and Member of the Month (MOM): The Captains team in conjunction with all members in the club identify club members that need some motivation to reach certain goals. The motivation/encouragement comes in the form of a NOA – a certificate with a target time for a specific distance. Once this NOA is met, the member is rewarded with a MOM.

Sunday Run Seconding is voluntary seconding by 2 club members on Sunday runs. Please get involved – this will only mean giving up one Sunday a year to assist fellow club mates with refreshments (coke and water) along the route. Keep updated and see the Durbanville Athletic Club Facebook page as well as Sunday runs in our Durbac webpage for more information.

Races and rules – A calendar with WPA races is available on WPA website <http://www.wpa.org.za/calendar/dynamicevents.aspx>, there are flyers available for all/most races. Also familiarize yourself with race rules – this is very important for your own safety.

Trail Running: We have a growing community of trail runners in our club – Durbanville Athletic club members also rising on the podium in recent trail events. For more information regarding the trail runs/events check the Durbanville AC Trail Facebook page (<https://www.facebook.com/DurbanvilleACTrail>)

8. Durbanville Golf club and Durbac

Durbanville Athletic Club has a formal relationship with Durbanville Golf Club (DGC) by which we have full use of the DGC facility for Durbac Club events such as training runs, Member of the Month functions, meetings, prize giving functions and ad-hoc events.

Durbac members are social members of Durbanville Golf Club. This entitles Durbac members to full use all facilities at the golf club in the same way as golf playing members do.

Contact details and email addresses of Durbac members are shared with Durbanville Golf Club (DGC) for administrative use. The information is used to populate the DGC database. If anyone does not wish to receive communication from DGC, they can unsubscribe by using the link in the bottom of the DGC newsletter when it is received or notify DGC to remove their name from the mailing list.

Durbac Members please note:

- To gain access to the DGC parking lot and Clubhouse facility, buy drinks at the bar or play a round of golf, you must be in possession of a valid **DGC membership card**.
- Please collect your membership card from Rosa at the office in the clubhouse main foyer during office hours. She is often there a bit later - you can check if she is there if you arrive for the Tuesday/ Thursday club run.
- One of the benefits of using the card is a 15% discount on purchases at the bar. You can only receive the discount by swiping your DGC membership card.

You may as a social member of Durbanville Golf Club:

- use the shower facilities after Tuesday, Thursday and Sunday runs
- Utilize the clubhouse facility for private functions, conferencing, weddings and parties at no charge. The use of DGC in house catering and bar is mandatory.
- Play golf and arrange golf days or fundraisers at reduced rates

9. Safety on the roads:

- Tell somebody or leave a note at home about where you plan to run, and how long you will be out.
- Don't assume drivers can see you. In fact, imagine that they can't see you, and behave accordingly.
- Face traffic – it is easier to see and react to oncoming cars.
- If traffic gets heavy or the road narrows, be prepared to move to the sidewalk or shoulder of the road.
- Wear high-visibility, brightly coloured clothing. Before sunrise/after sunset, reflective materials are a must, use a headlamp or handheld light so you can see where you are going, and to ensure drivers can see you.
- Avoid using iPods or wearing earphones, you need to be able to hear approaching vehicles. If you do use headphones, run with volume low and just one earbud in.
- Watch the hills, when hill crest drivers' vision can suddenly be impaired by factors like sun glare or backdrops.
- Steer clear of potential problem areas – entrances to parking lots, bars and restaurants where there may be heavy traffic.
- At odd hours be extra careful. Early mornings and very late at night, drivers may be overtired and not as attentive.
- At a stop sign or light, wait for the driver to wave you through – then acknowledge with your own polite wave. That acknowledgement will make the driver feel more inclined to do it again for the next walker or runner. Use hand signals to show which way you plan to turn.

Happy Running!