



## **NEW MEMBER INFORMATION**

“I run because long after my footprints fade away, maybe I will have inspired a few to reject the easy path, hit the trails, put one foot in front of the other, and come to the same conclusion I did: I run because it always takes me where I want to go.”

**Dean Karnazes**

“The more I run, the more I want to run, and the more I live a life conditioned and influenced and fashioned by my running. And the more I run, the more certain I am that I am heading for my real goal: to become the person I am.”

**George Sheehan**

# Contents

1.	Club Information.....	3
2.	The 2020 Captains.....	3
3.	Races & Club Kit.....	4
4.	Road / Club Runs and Sunday Long Runs .....	5
5.	Trail Runs.....	7
6.	Cross Country.....	9
7.	Activities and Events at Durbanville Athletic Club.....	11
8.	Other.....	12
9.	Durbanville Golf Club and DURBAC.....	14
10.	Safety on the roads:.....	16

# 1. Club Information

For all the latest information join the Durbanville Athletic Club Social Media platforms across all disciplines.

## **Facebook**

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

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

<https://www.facebook.com/groups/durbaccrosscountry>

<https://www.facebook.com/groups/120182161408859>

## **Instagram**

<https://www.instagram.com/durbactrail/?hl=en>

[https://www.instagram.com/durbac\\_road\\_running/?hl=en](https://www.instagram.com/durbac_road_running/?hl=en)

## **STRAVA**

<https://www.strava.com/clubs/durbac>

## **DURBAC Website:**

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

## **Twitter:**

@DurbacTrail

@DurbanvilleAC

## **WhatsApp:**

<http://chat.whatsapp.com/BbbHXgfc4KSAAh38q5RCEJ>

# 2. The 2020 Captains

(These are your 'go to' people)

## **Road Running**

Road Captain: Luzanne Le Roux

[luzanneben84@gmail.com](mailto:luzanneben84@gmail.com)

## **Trail Running**

Trail Captain: Conrad Meier

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

## **Cross Country**

Cross Country Captains: Christine Prokopiak and Gerhard Le Roux

[cannabarrow100@gmail.com](mailto:cannabarrow100@gmail.com)

### 3. Races & Club Kit

#### Important Race Information:

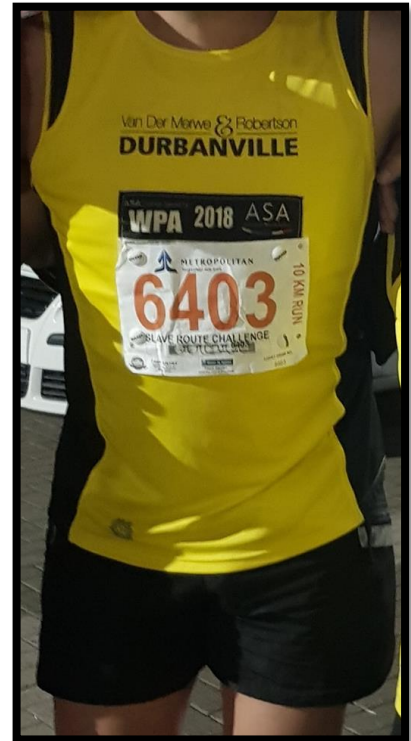
With regards to members taking part in official WPA races & events the following are applicable:

→ Durbac members must wear our yellow club shirt with your issued WPA licence numbers for the applicable year. (one at the back & one at the front)

→ Shorts/tights are welcome, **only black.**

→ Where races have their own licence number/s, it must be worn over the front WPA licence number with the WPA 2020 ASA logo visible or front and back where 2 numbers are issued, ie. at Comrades Marathon.

→ Only official race number substitution will be allowed and running illegally with another member's entry number will result in race disqualification and prosecution by DURBAC.



#### Our Club colours are available at: Kloppers Sport, Cape Gate.

1 Okavango Rd, Cape Gate,  
Cape Town, 7560  
021 982 1877

<https://goo.gl/maps/pszLqRaiBB42>

**Kloppers**  
**SPORT**

*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".*

*Reminder Please – Only one drink per member*

***We urge all new members to take part in Gazebo Duties at least once a calendar year!!***

# 4. Road / Club Runs & Sunday Long Runs

**\*Club runs start at Durbanville Golf Club:**

<b>Tuesdays/Thursdays</b>	18:00 <i>Options of 5km (Penguin Run) up to 12km</i>
<b>Sunday Long Runs *</b>	06:00am ( <i>September to March</i> ) 07:00am ( <i>April to August</i> )



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

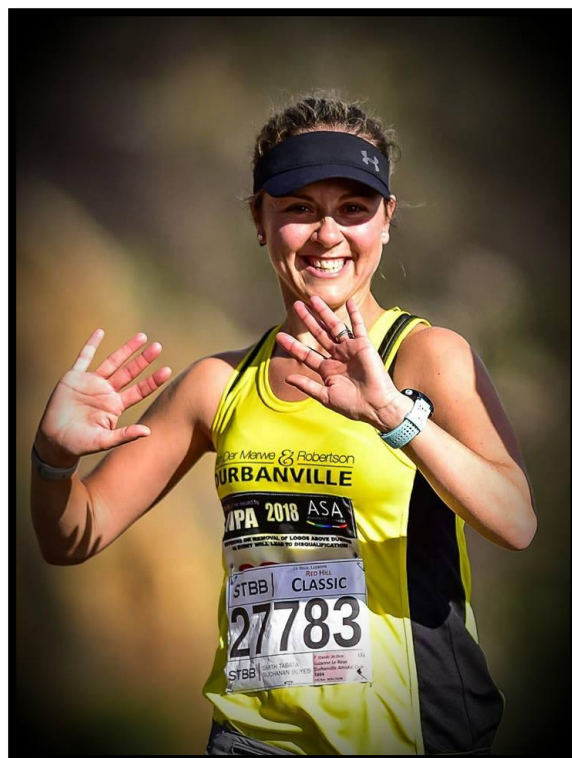
\*Sunday runs are long distance (20km – 30km). Distances vary from week to week. Look out for the weekly updates regarding the organised Sunday run on the Durbanville Athletic Club Facebook page or silent WHATSAPP group. There is a R10 seconding fee for drinks along the route.

### **Seconding list**

<https://durbac.org.za/runs/#sunday-runs>

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

<b>“Wietse se Run”</b>	05:30 28km, 20km, 12 km & 6km (R 30 Seconding; Bring money for Parking)  <i>Runs Start from Willowbridge in Belville</i>  <a href="https://www.facebook.com/groups/655252601263014/">https://www.facebook.com/groups/655252601263014/</a>
<b>Durbanville &amp; Belville Park Run</b>	08:00 5km (remember to register to participate) Meerendal Estate / Jack Muller Park <a href="https://www.facebook.com/Durbanvilleparkrun/">https://www.facebook.com/Durbanvilleparkrun/</a> <a href="http://www.parkrun.co.za/bellville/">http://www.parkrun.co.za/bellville/</a>



**Road Captain:**  
Luzanne Le Roux

## 5. Trail Runs

<p><b>Wednesday</b></p> <ul style="list-style-type: none"> <li>• Farm runs in conjunction with CMC.</li> <li>• Meerendal, Altydgedacht, Majik Forest</li> <li>• Distance 5-10Km</li> </ul>	<p>Summer: 17:45 for 18:00 start</p> <p>Winter: 17:30 for 17:45 start (headlights compulsory in winter)</p>
<p><b>Sundays</b></p> <ul style="list-style-type: none"> <li>• Organised pack runs across the Western Cape</li> <li>• Duration 3-4 hours</li> <li>• Distance 10 – 25km</li> </ul>	<p>07:00am <b>(October to March)</b></p> <p>07:30am <b>(April to September)</b></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, Durbac Members Facebook pages, and the Durbac silent WHATSAPP group. All runners, from beginners to trail goats, walkers 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 social media platforms. 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.

Afterwards we socialise with some recovery drinks, beer and good company!

## Trail Events

Durbac Trail supports selected trail events where we try and have the yellow goat pack there in numbers.

We encourage members to enter these events with other Durbies for an awesome trail running experience. We are usually also able to arrange for some sort of discount for our members.

For 2020, Durbac Trail is planning to support the following races (further details will be posted on social media):

- ❖ Dryland Traverse – 29<sup>th</sup> October – 1<sup>st</sup> November 2020



**Trail Captain:**  
Conrad Meier





## 6. Cross Country

The season will consist of 6 league meetings, 2/4 x 2km relays and the WPACC Championships.

### Saturday

- Cross Country League 1 - tbc
- Cross Country League 2 - tbc
- Cross Country League 6 - tbc

### Sundays

- Cross Country League 3 - tbc
- Cross Country League 4 - tbc
- Cross Country League 5 - tbc

### Cost per event

- ❖ Temporary Licence Numbers will be available at all meetings at R20 for seniors/masters and R10 for juniors (no temp licence required for children under 12 years of age)
- ❖ Juniors: All junior athletes are required to produce a certified copy of their birth certificates to be entitled for prize money and selection to WPA teams.

### Clothing

- ❖ Normal Club kit will be applicable for participating in the Cross Country league races.

## **Cross country Rules & Ethics**

For further information about the season ahead and what to expect please follow the below link to the WPA website for Cross Country.

<http://wpa.org.za/displaycustomlink.aspx?name=crossCountry>

## **Some important points to ponder**

The season will consist of 6 league meetings, 2/4 x 2km relays and the WPACC Championships

- All age groups are catered for including novice runners.
- Each course is completely different.
- Running "off-road" means fresh air.
- Cross Country complements road and track running.
- Remember all the top middle distance runners run Cross Country.



Cross Country Captains: Christine Prokopiak and Gerhard Le Roux

## 7. Activities and Events at DURBAC

### 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 in **May**. (Subject to date availability)

We all dress up, put our dancing shoes on and enjoy a good dinner. 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 2020**, 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.

**The Helper's Run takes place the following Sunday and will allow marshals to run and get an official time and medal for this event.**



## 8. Other

**Age tags** can be obtained when you register with Durbanville Athletic 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.  
Club Standards:

<https://durbac.org.za/club-standards/>

### **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**.

You can however receive a **MOM** without a prior receipt of a **NOA**, on discretion of the Captains team or Club Committee for outstanding achievements.

**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.

## **Captains Challenge**

The Road Captain's Challenge and Trail Captain's Challenge are 2 separate but similar initiatives through which Durbac encourages and rewards participation in some of the major road and trail running events.

Points are awarded for participation and completing these events, regardless of the position or finishing time. Depending on the points earned during the year by members, they will be awarded a bronze, silver or gold certificate at the annual awards function. Details of which races and events form part of the respective captain's challenges are published on the website and Facebook pages.

### Road Captains Challenge

<https://durbac.org.za/runs/#road-captains-challenge>

### Trail Captains Challenge

<https://durbac.org.za/runs/#trail-captains-challenge>

## **Races and rules**

A calendar with WPA races is available on WPA website

<http://www.wpa.org.za/calendar/dynamicevents.aspx>,

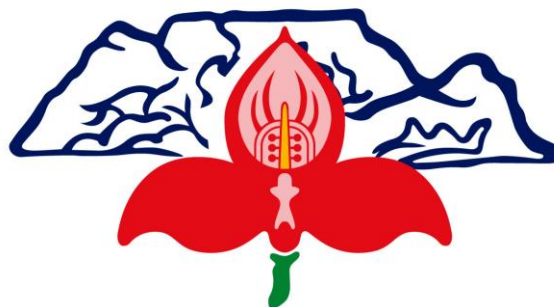
There are flyers available for all/most races. Also familiarize yourself with race rules – this is very important for your own safety.

## **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>



## 9. Durbanville Golf Club & 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 and vehicle members disc** displayed on your windscreen.

\*Please collect your membership card from Nici 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. (This is subject to date availability of course)
- Play golf and arrange golf days or fundraisers at reduced rates



## 10. 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!**