

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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Club Information

For all the latest information join the Durbanville Athletics Club
Facebook page: <https://www.facebook.com/durbanvilleac/> or
Facebook group

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

Durbanville AC trail please click here:

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

All club related information can be found on our
website: <http://www.durbac.org.za/>

1. The 2023 Captains

(These are your 'go to' people)

Road Running – Werner Van Vuuren 072 942 6787 and Louise
Boshoff 084 352 5601

Trail Running – Ruan Lamprecht 084 575 9947

1. Races & Club Kit

important Race Information (for when races resume):

- Durbanville 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.

We will be able to have our club gazebo at some races this 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?

You can buy our club shirts either by paying online at our website shop (<https://durbac.org.za/join/shop/>) or by EFT (details below) and then collect from The Sport Concept Store at Willowbridge mall.

Account Holder: Durbanville Athletic Club

Bank: Standard Bank

Acc No.: 071 987 800

Branch Code: 051001

Please remember to add: Name + Surname Kit, when making the purchase.

Shirts and vests are currently R250 each for members, so make your deposit and take the proof along to the store to collect your kit. You are able to try on shirts instore.

2. 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 updates regarding the organised Sunday run on the Durbanville Athletics Club Facebook page.

We cater for beginner runners too. On Tuesdays and Thursday at 6 pm there is the Penguins programme, a slower paced 5 km pack run \ walk that is supervised by a club member

We also support the Wietse Se Run organised run on **Saturdays** at 05.30. Runs start from Willowbridge in Bellville and there are options of 30km, 21km, 12 km & 6km (R 30 Seconding Fee). For more information follow this link:

<https://www.facebook.com/groups/655252601263014/>

3. Trail Runs

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

Wednesday Farm Runs

The Wednesday farm runs are held every Wednesday. They alternate between Majik Forest, Altydgedacht and Meerendal Wine Estate.

The venues are updated on the Durbanville AC Trail, Durban Members Facebook pages and WhatsApp. All runners, from beginners to trail goats 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 1 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, and we usually cater for short, medium and long groups to suit everyone's abilities. It is important to be self-sufficient on these runs as far as water, food, weather-appropriate clothing and kit are concerned.

4. Activities and Events at Durbanville

Athletic Club

Member of the Month (MOM) – Held once a month on a Thursday at 19:30 at the Durbanville Golf Club. The dates and details will be shared on all communication channels.

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. This year we plan to host this on Saturday 22nd April. Please look out for more information on Durbanville Athletic Club Facebook page closer to the time.

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. This will be late November/early December and more information will be posted on all communication channels closer to the time.

Annual Race – The Tyger Run: **21 March 2023**, 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.

5. Other

Age tags are available 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: Seconding is voluntary and by 2 club members every Sunday. We hope that you will 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 our Durbac webpage for more information.

Races and rules – A calendar with WPA races is available on our website. You can find it here - [Calendar](#) , 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>)

6. 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 Niki 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

7. 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. Also areas that there have been recent incidents with criminals.
- At odd hours be extra careful. Early mornings and 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.

Stay Safe and Happy Running!