



# H.A.C. NEWSLETTER

## NOVEMBER 2017

### OCTOBER IN SUMMARY

- ✓ **6<sup>th</sup> October 8km Time Trial** attended by 15 runners.
- ✓ **8th October Mt Pleasant Flat Run** - due to Mazowe not being available the HAC Committee devised a different run, we wish to thank everyone for their understanding.
- ✓ **20<sup>th</sup> October 4km Time Trial** attended by 30 runners.
- ✓ **22<sup>nd</sup> October 3 Bridges Run** - the run was well supported and after the challenge of the hills a burger was welcomed by all the runners.

### NOVEMBER EVENTS COMING UP

- ❖ **6<sup>3rd</sup> November 8km Time Trial 5.30pm**
- ❖ **5<sup>th</sup> November Greendale Half Marathon - 14 & 21km**
- ❖ **11<sup>th</sup> November Walk/Run Donnybrook 7, 14, 21, 28km**
- ❖ **17th November 4km Time Trial 5.30pm**
- ❖ **19<sup>th</sup> November - HAC Handicap - 21km**
- ❖ **25<sup>th</sup> November - HAC Awards Dinner**

#### LITTER



##### PLEASE DO NOT LITTER!!

There is an increasing amount of cups and water sachets cast along the course after our runs, PLEASE put your cups in the bins provided and if you carry the water sachet with you between water points please keep it for the next bin you see at the next water point. Failing this we will have to increase race fees to employ people to clean up after our runs.

#### PRE-OWNED RUNNING SHOES WANTED



Please remember that we're always on the search for your retired/pre-owned running shoes and any other running kit you no longer use. These items are always gratefully received and shared amongst our running community. Bring them to OGs the next time you come and register for a run or do a time trial. Amina and Julie are at OGs most Friday evenings to collect.



### **HAC THURSDAY STRENGTH AND CONDITIONING – by Aaron Whyte**

In February 2016 HAC approached me to help with some fitness training for their new members. The program started with 7 members (4 old members and 3 new members) membership has since grown to high totals of 23 on some days (just before Two Oceans and Comrades)

As a sports scientist, strength and conditioning is one of the areas I deal with on daily basis. This means that I am a fitness and physical performance professional who uses exercise prescription specifically, but not limited, to improve the performance of competitive and non-competitive athletes. This is achieved through the combination of strength training and aerobic conditioning, alongside a variety of further methods. As a Strength and conditioning coach, I also help athletes with injury prevention and proper mechanics within their sports performances.

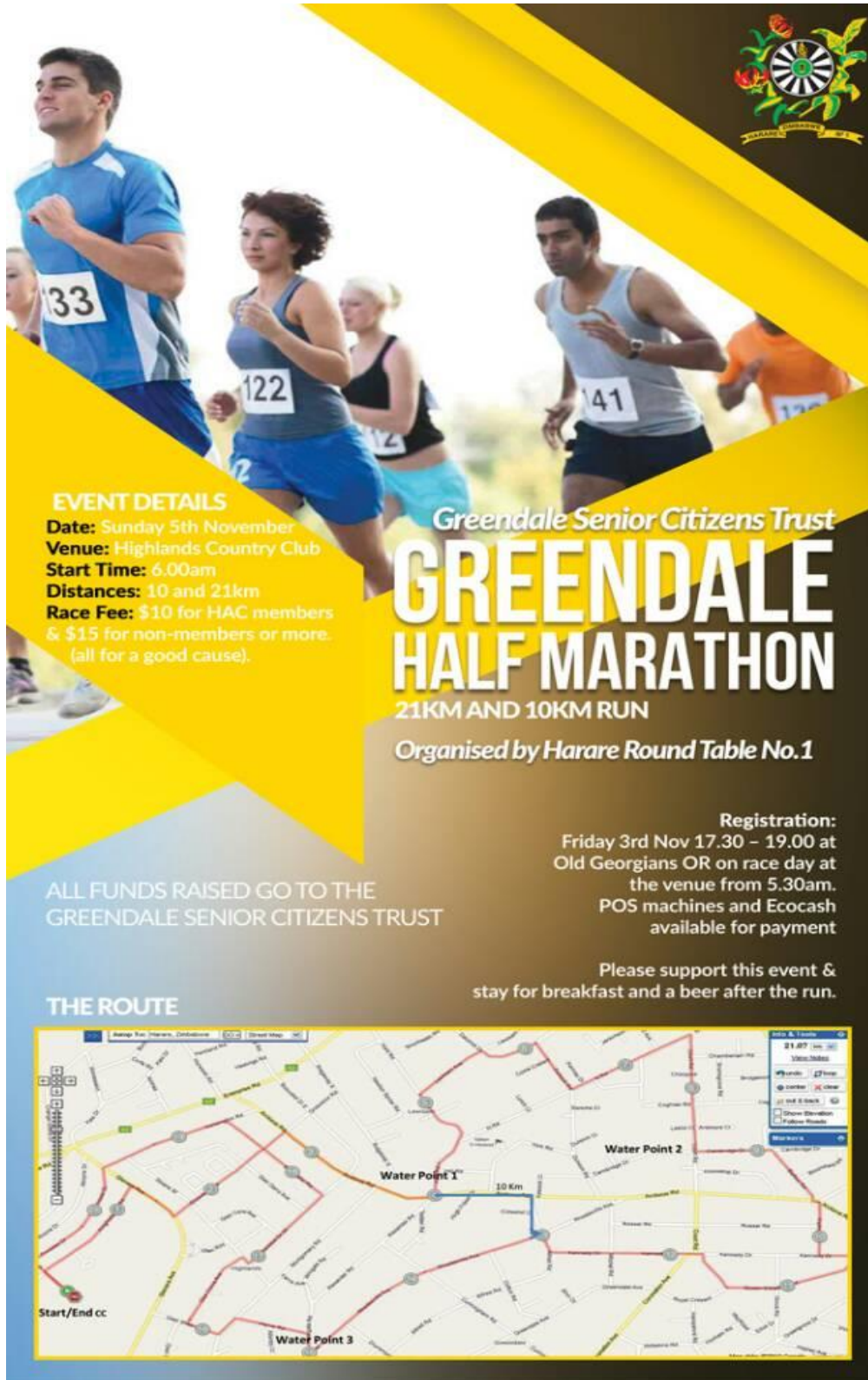

The implementation of the HAC Thursday strength and conditioning programs has led to an increase in improved core strength, injury prevention and rehabilitation, speed and strength in those who have been attending these sessions. Research has demonstrated that not only does training improve performance but incorrect training (distance running, a slow-twitch muscle fibre activity) can cause decrements to performance.

Using techniques such as plyometric, medicine ball exercises, basic core and leg exercises can improve physical function and athletic performance in runners. Our Thursday sessions cater for all these and many more. Thanks to those faithful's who have been following the program since inception and have hardly missed a session. Keep working smart and surely the reward shall be sweet.

*Aaron T.C Whyte is a Sports scientist who holds an honours degree in Sports Science and a Diploma in sports medicine and certified by The High Performance Centre of the University of Pretoria as a Strength and conditioning Coach and an IAAF Level II Athletics coach.*



Thursday Training | PHOTOGRID


**EVENT DETAILS**  
**Date:** Sunday 5th November  
**Venue:** Highlands Country Club  
**Start Time:** 6.00am  
**Distances:** 10 and 21km  
**Race Fee:** \$10 for HAC members & \$15 for non-members or more. (all for a good cause).

*Greendale Senior Citizens Trust*  
**GREENDALE HALF MARATHON**  
 21KM AND 10KM RUN  
*Organised by Harare Round Table No.1*

**Registration:**  
 Friday 3rd Nov 17.30 – 19.00 at  
 Old Georgians OR on race day at  
 the venue from 5.30am.  
 POS machines and Ecocash  
 available for payment

**ALL FUNDS RAISED GO TO THE  
 GREENDALE SENIOR CITIZENS TRUST**

**THE ROUTE**



Please support this event &  
 stay for breakfast and a beer after the run.





# HAC ANNUAL *Awards Dinner*



Date: 25th November 2017 | TIME 7 00PM  
Venue: Luigees's (formerly Millars), Borrowdale Village

PRICE: \$20.00 PER PERSON (Incls. Wine, welcome drink, dinner & disco)





# 32Km

## INDIVIDUAL & RELAY

2-8 people per relay team  
changeover points  
@ 4km intervals

# EY HAC 20 MILER

Sunday 3 December 2017

6.00am 11km peg Shamva Road

### Cash Prizes:

Open category: to 1st man & woman \$300 each, 2nd man & woman \$200 each & 3rd man & woman \$100 each. In each of the Veterans, Masters & Grand Masters categories: 1st man & woman \$150 each, 2nd man & woman \$100 each & 3rd man & woman \$50 each.



**Hotspot:** Prizes for the 1st man (\$100) & lady (\$100) overall, and 1st man (\$50) & lady (\$50) at the 21km mark (must complete the 32km to qualify!)

### Fun prizes:

will be awarded to the first all male, all female & mixed relay teams.

### Registration:

@ Old Georgians Sports Club on Friday 1 December 5pm to 7pm  
& Saturday 2 December 10am to 4pm.

### Race Fees

**Individuals**  
HAC members \$10  
Non HAC members \$15  
**Relay Teams**  
HAC members \$5 per person  
Non HAC members \$8 per person

### Relay Teams:

Last runner in the team  
to wear tag number  
and produce to  
time keepers

### Waterpoints:

Waterpoints will  
be situated at  
**4,8,12,16,20,21  
24,28 +30km**

### Cut Off:

The cut off time  
for this event  
is **5 hours**  
ie **11.00am**

Winners will be required to present national ID to collect their prizes.

Transport will be provided from Old Georgians Club, leaving at 5.00am for the start. A Bus will collect the runners from the relay points and take them back to the club.

Please note that no runners will be allowed to sleep over at the Club!

### Sponsors:

