



KHOSA ROAD RUNNERS

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Dear KHOSA Member

Welcome to the KHOSA Sports Club and in particular the KHOSA Road Running Club.

Registration takes place on 11th January at 18h00 – 19h00 at the club.

The following activities have been scheduled for the year: (All subject to date confirmation via email)

KHOSA RR 15km Night Race 1st February 2012

Every member is expected to help out on the day. This is our one and only fund raising event of the year. At time of registration please give details of which duty you are prepared to help with. We need Marshals, helpers at Registration tables etc etc.

Time Trials

These are run every Wednesday evening from the club starting at 18h00. Choose between 2Km, 4Km or 8Km. The runners with the top 10 accumulated time trial distances between October 2011 and September 2012 will receive a T shirt at prize giving. All times are recorded and there is a book made available at these evenings to map your progress.

Social Time Trials take place once a month and includes a lucky draw, something to eat and a general get together where one can meet fellow runners.

Inter Club Time Trials are run between various West Rand clubs. You will be notified of these events via email.

Hill Training

Hill training sessions take place every Tuesday night starting at the club at 18h00, normally consists of a 8 – 10km run.

Club Runs

Emails or sms's will be sent to notify you of club runs which normally leave from the club on a Saturday and/or Sunday at 6:00. You will be notified via email on a weekly basis.

Event Races

The KHOSA gazebo will be at these races and refreshments are provided for the runners and their supporters. We encourage all members to attend these event races and relax awhile before rushing home.

The following races have been identified as event races

- Deloittes 10/21/42km Comrades Qualifier
- Om Die Dam 21/50km Comrades Qualifier
- Rustenburg Mountain Race 25km good goal to have after Comrades
- Old Eds 10/21km
- RAC Tough One 32km

Club Weekends

The Running Club will make tent site booking arrangements on behalf of the members once deposit has been made. Runners are responsible for their accommodation, race entries, camping equipment, transport and meal costs for the weekend. These weekends are a lot of fun and it gives you a chance to run in different environments.

The following have been identified as club weekends dependant on interest received from members

- Ottosdal 10/21/42km Comrades Qualifier
- Loskop 21/50km Comrades Qualifier
- Sabie 21km – superb off road run amongst the forests and waterfalls.
- Kaapsehoop 10/21/42Km Comrades Qualifier for 2013!

Comrades

A pre Comrades run approximately 60km will be arranged at a suitable date before Comrades. This run is organised with other local West Rand Clubs in the area.

A function is held at the club, normally the Saturday before Comrades where we encourage all our members to gather so that we can wish our Comrades runners all the best.

At the finish of Comrades our gazebo(s) will be there and details of its whereabouts will be emailed out to our members.

We organise an “Aches & Pains” function after Comrades so that stories can be told and achievements celebrated.

Clothing

Plain navy blue shorts/skirts to be worn with club vests which can be purchased from the club on Wednesday evenings between 18:00 – 19:00 at a cost of R120.00

General

There will be further events taking place during the year, and you will be informed via email. Please make sure we have your details. Should you have any other suggestions or needs please don't hesitate to contact any of the committee members.

Attached to this newsletter is the Diary of events for 2012, for ease of reference and the Fee Structure for 2012.

We hope that you will find the year beneficial to your running and filled with enjoyment.

Yours in running

Shaun Ulyate

