



# MELKBOS ATHLETIC CLUB

## NEW MEMBER INFORMATION

**“Your race, your pace, our club”**

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# Introduction

A warm welcome from our passionate club to you, our newest member! At Melkbos Athletic Club we celebrate every runner. Here you are not just a member, you are a person with your own dreams and your own goals. Hopefully we can help you on this journey, all while meeting other members of our club and forming life-long bonds.

## Club information

For all the latest information, join our various social media platform!

Facebook page: <https://www.facebook.com/melkbosathleticclub>

Instagram: <https://www.instagram.com/melkbosac/>

Website: <https://www.melkbosathleticclub.co.za/>

Whatsapp groups: Melkbos Athletic Club (admin: Karlien van der Schyf)

MAC info (admin: Karlien van der Schyf)

MAC trail run(admin: Di Duggan)



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## 2022 Club committee

### CHAIRPERSON



Karlien vd Schyf

### SECRETARY



Gawie vd Schyf

### TREASURER



Heidi Scott-Hayward

### CLUB CAPTAIN



Diane Duggan

## VICE CAPTAIN



Gawie vd Schyf

## LICENSE/CLOTHING



Juanita Lambrechts

## TRAIL CAPTAIN



Charl du Plessis

## TRAIL CAPTAIN



Maryke Fourie

## SOCIAL SECRETARY



Juanita Lambrechts

## SOCIAL SECRETARY



Samantha vd Berg

## COMMUNICATIONS OFFICER



Keith Just

## 2022 Club captains

These are your “go-to” people for information!

Di Duggan                    082 897 4071

Gawie van der Schyf      083 556 5746

## Club kit

During our normal club runs you are most welcome to run in any kit you like, as long as it is not club kit for another club. Please remember that when running in a group or with your Melkbos Athletic Club kit, you represent the club.

### Important race information:

Melkbos Athletic Club members must wear our official club kit, with the current 2022 WPA license number on front and back. If you need these sewed – Di Duggan (club captain) will be more than willing to assist for a very small fee.

Running shorts (or longs or event **skorts!!!**) must be black.

For large races where WPA license is replaced by the race number, this must be placed over the WPA number.

Where can you get our (your) kit? Please contact Juanita Lambrecht on 079 491 3933 as she keeps stock of our kit. WE also have the most stunning hoodies, available from Riaan Pretorius.

### Example kit:



# Our scheduled runs

## General

We host various scheduled runs, where ALL members are welcome. We applaud and invite everyone, those that run 5kms, those that run 90km. Those that run a 4:30 pace and those that run/walk a 9:00 pace. Our club is for the enjoyment of running and celebration of every runner.

For our longer runs, we ensure there are support vehicles as well as generously stocked water tables mimicking race conditions. These longer (road) runs are often started from Capaia, providing an extremely safe but sufficiently challenging route!

Newer members need not worry about getting lost during their first runs. We have a sweeper on all our time trials and pack runs, with sweeper vehicles during longer runs. Here you are part of a community. Your accomplishment is our accomplishment.

For larger races we set up a gazebo where our finishers, supporters and members can all come together to celebrate each other with that king of post-race drinks, the Steri-Stumpi. Here we compare aches and pains, capture victorious smiles and pick up those that may have tripped on the day.



## Tuesday Time trial

### Time:

Winter – Tuesday 17:30

Summer – Tuesday 18:00

### Location:

Melkbos Country Club parking area

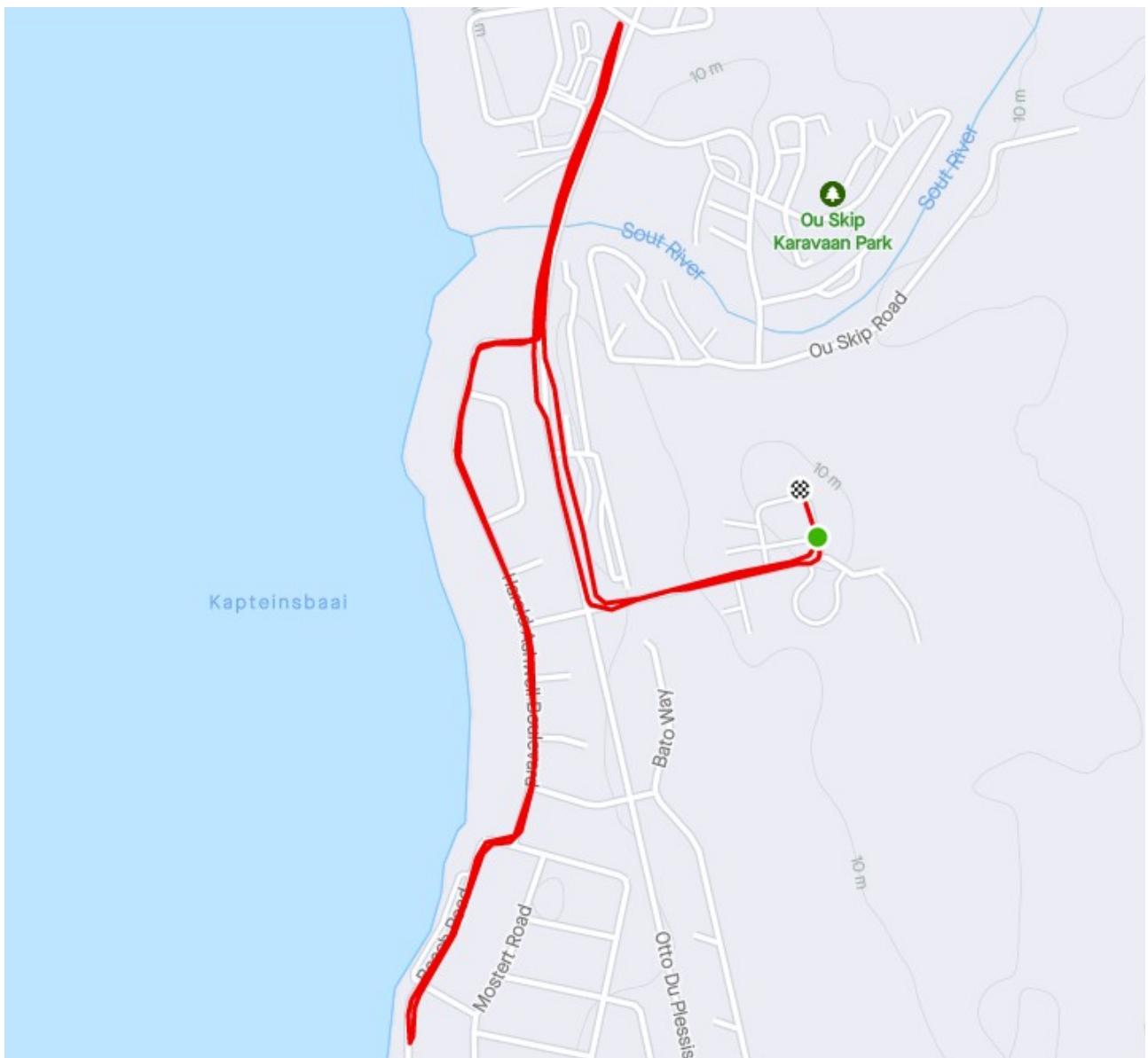
### Distance:

5km or 8km

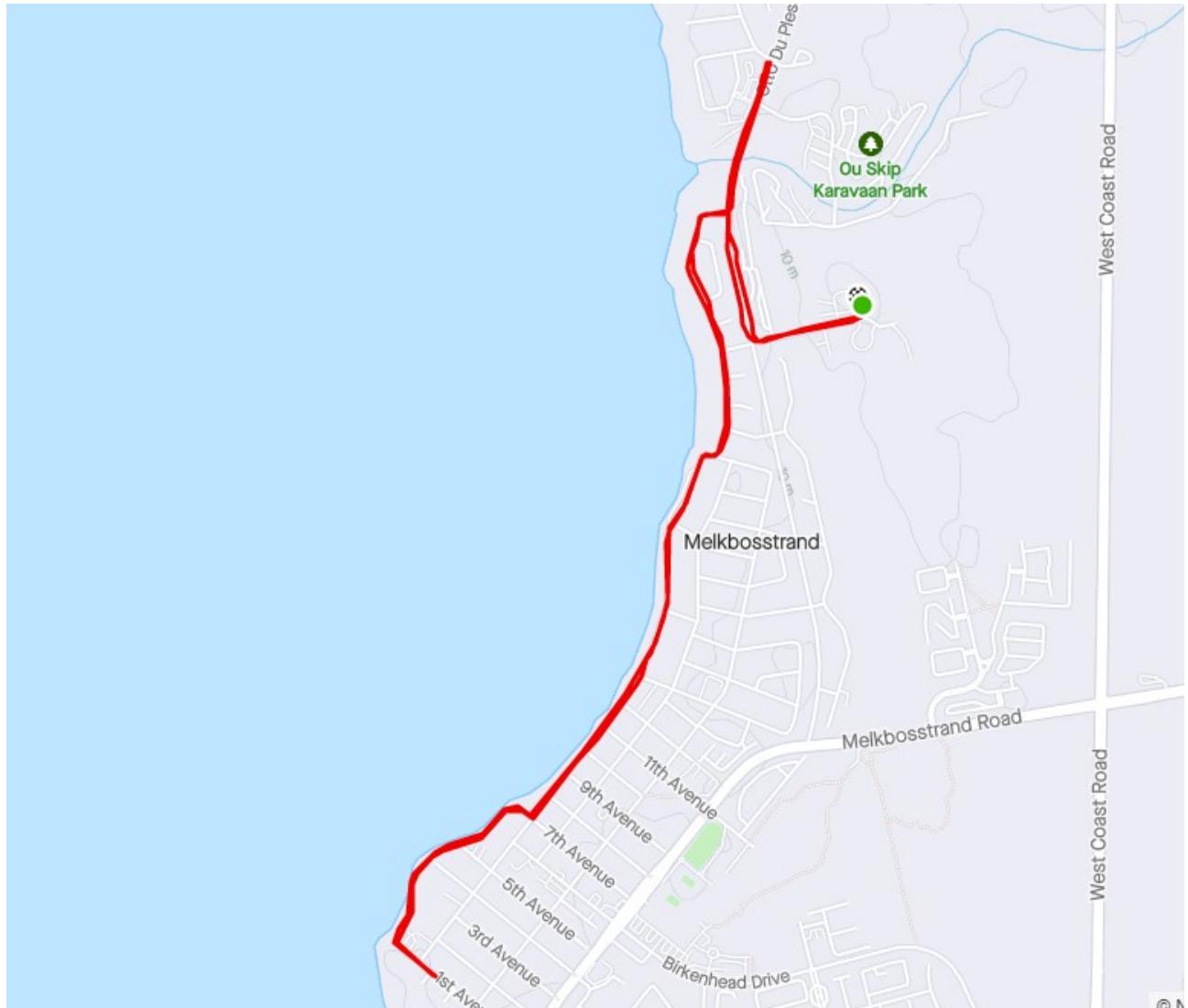
### Format:

Timed via electronic timing band.

### 5km loop:



**8km loop:**



# Saturday pack run

## Time:

Summer – Saturday 7:00

Winter – Saturday 7:30

## Location:

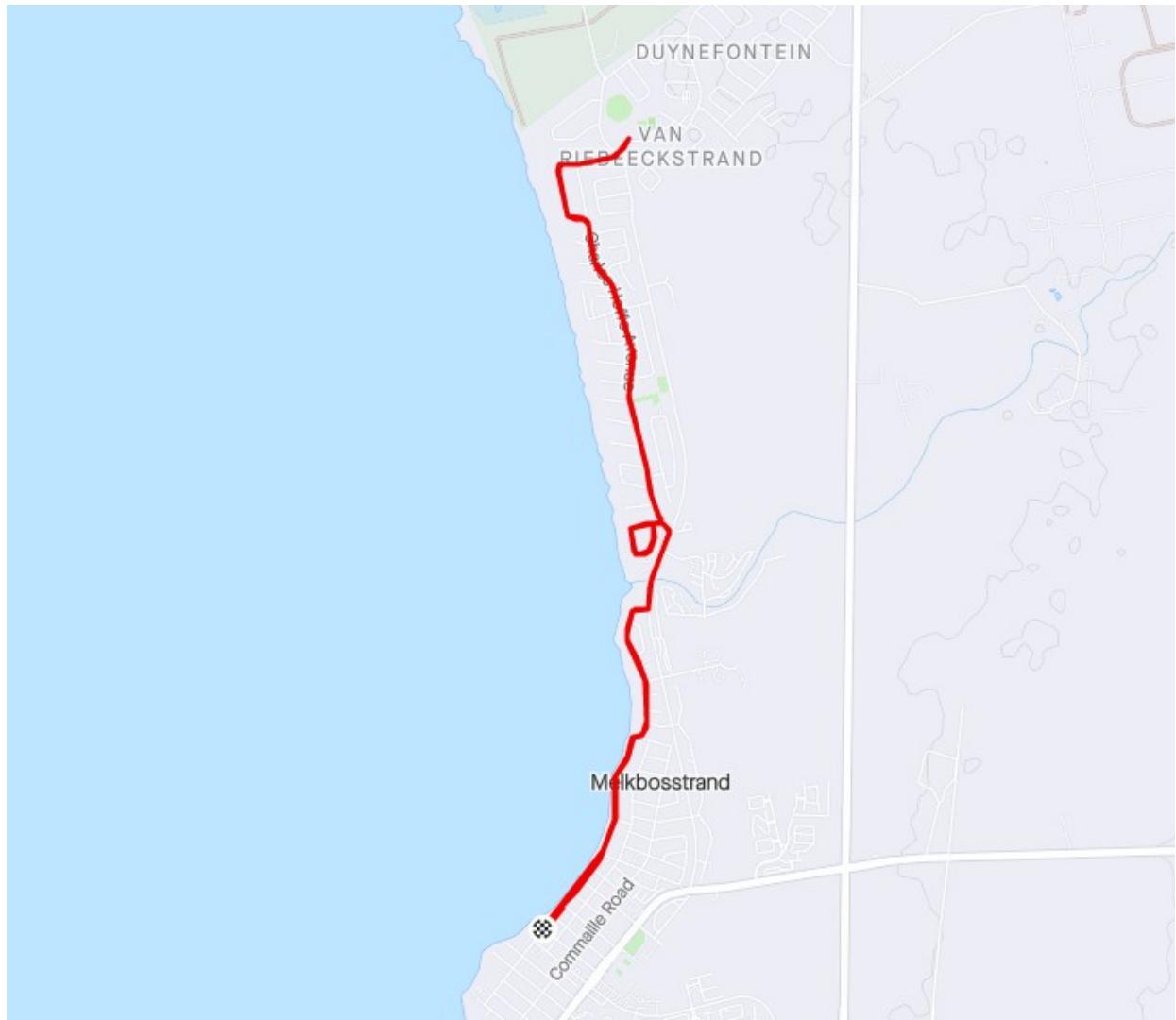
Parking area opposite Damhuis

## Distance:

Any distance you like – typically 10 or 15km. Turnaround at various points

## Format:

All start together, with groups formed based on pace. When the pack run coincides with another club event, such as our Capaia run, we will ensure a captain or designated person is available to lead the pack run.



# **Thursday Hillbillies**

## **Time:**

Summer – Thursday 17:30

Winter – Thursday 17:00

## **Location:**

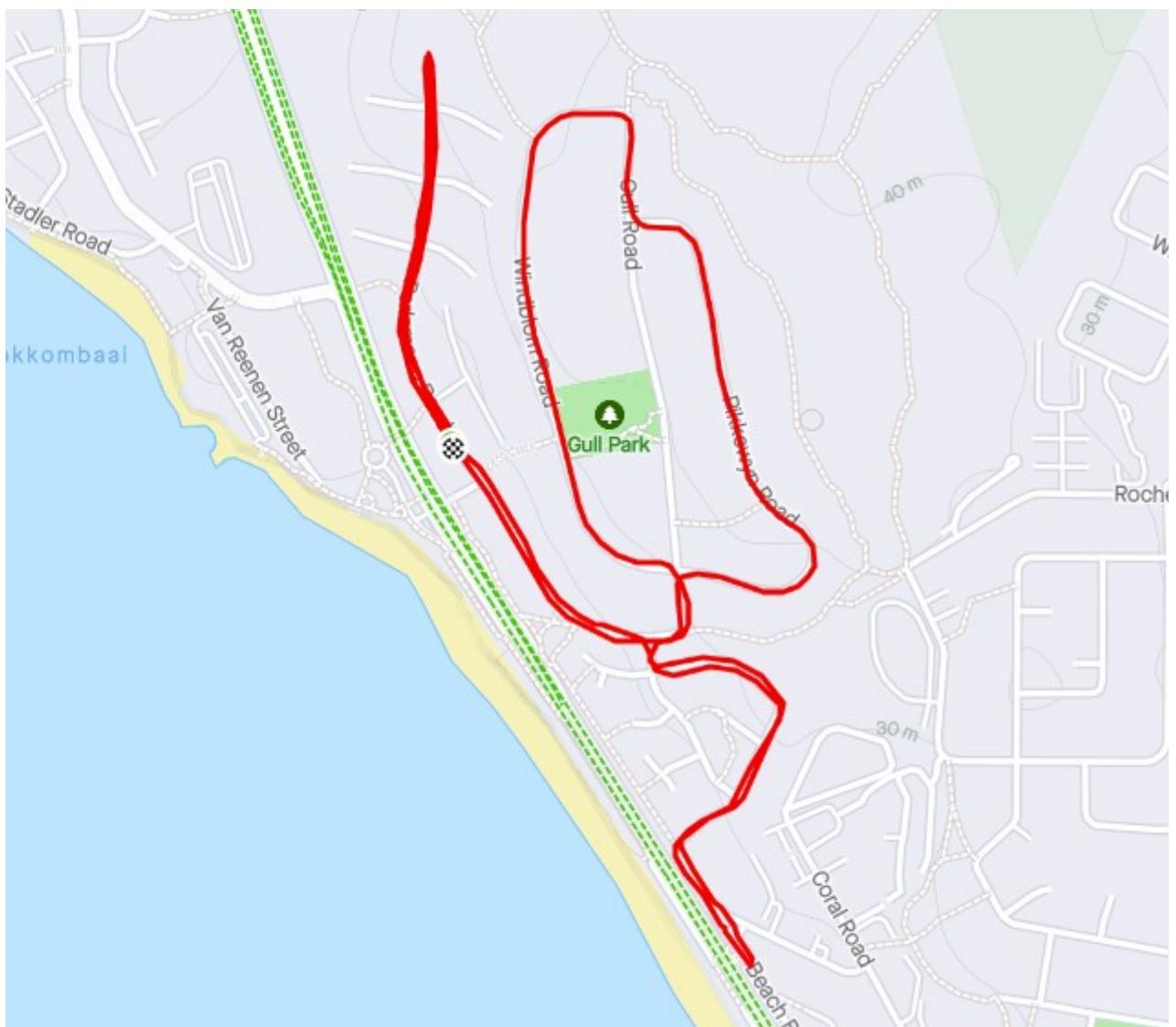
Bottom of Perlemoen drive steps, Blouberg

## **Distance:**

4km or 8km, as each loop constitutes 4km.

## **Format:**

All start together, with groups formed based on pace



# Activities and social events

## Monthly braai

We host a monthly braai after the Tuesday Time Trial. By the time you've completed the time trial, the fire will be lit and the ready for you!

Location: Melkbos Country Club

## Year-end function

We host a year-end function in December, celebrating YOU our runners, with various awards handed out during the evening. Watch our WhatsApp and social media platforms for information closer to the time.

## Big race pasta evenings

For the large races, we host a Pasta and Info evening, with guest speakers and great food. For Comrades runners, we also hand out special good-luck gifts to get them in the mood for the great race.

## Charity events

Our club is also very involved in the local community as well as assisting with charity events and organisations. Some recent events:

### Cancer awareness:



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**Run4Deaf:**



## Conclusion

Welcome. We hope you have a wonderful life long bond with our club and members. The bonds you will build will be just as great as your personal bests on our routes. Please do not hesitate to contact any of the committee members for any advice or information.



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