



Nourish to Finish

Edition 3: Fuel Your Run

A Practical Guide to Nutrition Before, During and After Running

Whether you're walking your way towards your first 10 km, training for a marathon or preparing for your next ultra, nutrition can sometimes feel almost as complicated and overwhelming as the training itself. There are endless gels, drinks, powders, bars and opinions telling us what we should be eating, but good running nutrition doesn't have to be complicated.

At its core, it comes down to a few simple principles: eat enough to support your training, include carbohydrates regularly, get enough protein, stay appropriately hydrated and practise your race-day nutrition before race day.

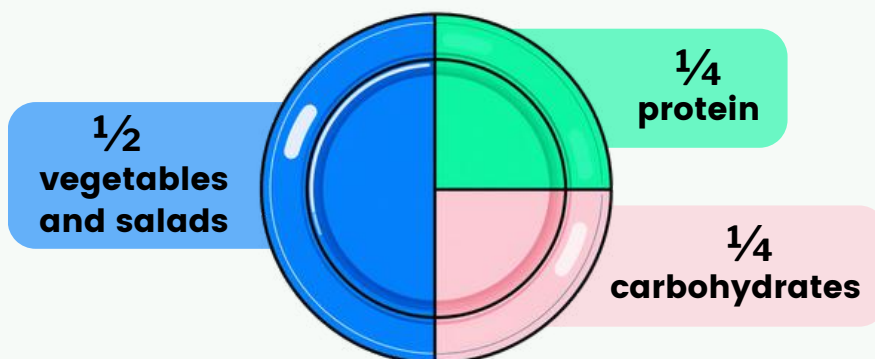
And perhaps most importantly:

Food is fuel, and sports nutrition is the tool that helps us deliver that fuel when we need it.

Start with your everyday nutrition

Before we worry about gels and sports drinks, we need to get the basics right.

Think about your everyday meals as the foundation of your training. A simple way to visualise this is the plate method:



This isn't a rule that every meal has to follow perfectly. On harder or longer training days, you may need more carbohydrate than this. The important thing is understanding that carbohydrates are an important source of fuel for running and it's not something runners need to avoid - Rice, potatoes, pasta, oats, bread, fruit and other carbohydrate-rich foods all have a place in a runner's diet.

A useful way to think about it is: **Eat for the work required**. A rest day, an easy 30-minute run and a 35 km long run don't necessarily require exactly the same amount of food.

Before the run: Do I actually need to eat?

If you're going for an easy 30– 45-minute run after eating your normal meals, you generally don't need to top up on fueling. Your body already has stored energy available. Running doesn't automatically mean you need a gel before you start.

However, as the session becomes longer, harder or more intense, having some carbohydrate before you run can help provide readily available fuel.

If you have a few hours before your run, a normal carbohydrate-rich meal works well. If you only have 30–60 minutes, a smaller, easily digested snack may be more comfortable. Some simple options include:

- Oats with banana and honey
- Toast with jam or honey
- Cereal with milk and a banana
- Yoghurt with fruit and granola
- A small rice or pasta-based meal

For longer or harder sessions, a commonly used guideline is approximately **1–4g of carbohydrates per kilogram of body weight in the 1–4 hours before exercise**. The exact amount depends on how much time you have, the size of the session and importantly, what your stomach can tolerate.



You don't need to calculate your carbohydrate intake before every run. Think about the session ahead: if you're going out for a longer or harder run, particularly one lasting more than an hour, you already know that fuelling needs to be part of the plan. That means having carbohydrates before you start and making sure you have enough fuel with you for the run.

The important factor is...

... understanding that there is no single 'perfect' race breakfast. The best pre-race meal is one that is familiar, carbohydrate-rich, easy to digest and something you've practised before. Race morning is not the time to experiment with a new breakfast.



During the run: When does fueling become important?

This is where duration starts to matter. For a shorter, easy run, particularly around 30–60 minutes, you generally don't need to fuel during the run.

As exercise becomes longer or more intense, carbohydrate during exercise becomes increasingly useful. There isn't a magical point at 90 minutes where you suddenly need a gel, but as you approach and exceed roughly 60–90 minutes, planned fueling becomes increasingly relevant - particularly for longer races and hard training sessions.

For prolonged endurance exercise, a practical starting point is around **30–60g of carbohydrates per hour**. **Experienced endurance athletes may work towards 60–90g per hour**, particularly for long events, but this should be practiced and gradually built up rather than suddenly attempted on race day.

Here's an often overlooked tip: *don't just count your gels - count your carbohydrates you're consuming on the run*. The number displayed on the front of a gel isn't always the amount of carbohydrate it contains. Some products advertise their total weight or another feature prominently, while the actual carbohydrate content is listed separately in the nutrition information.



TYPICAL NUTRITIONAL INFORMATION	Serving Size: 60 g (1 Sachet)	
	Per 100 g	Per Serving
Energy	1 120 kJ	672 kJ
Protein	0,0 g	0,0 g
Glycaemic Carbohydrate	67 g	40 g
of which Total Sugar	32,1 g	19,3 g
of which Fructose	29,6 g	17,8 g
Total Fat	0,0 g	0,0 g
of which Saturated Fat	0,0 g	0,0 g
Dietary Fibre	0,0 g	0,0 g
Total Sodium	99 mg	59 mg

So, when planning your fueling, check the carbohydrate grams per serving. For example, one gel might provide 20g of carbohydrates, while another provides 40g. Two gels, therefore, don't necessarily mean the same amount of fuel. A bottle of sports drink might contain another 30g. A banana or a few sweets contribute carbohydrates too. The goal is to get an appropriate amount of carbohydrates in a form that you can tolerate and practically consume, and that means that your fuel doesn't have to come from a gel necessarily. Gels are convenient, concentrated and easy to carry, but they're certainly not the only way to fuel a run.

Depending on the event and your personal preference, carbohydrates can come from:



Gels



**Sports drinks /
carbohydrate
drink mixes**



**Energy
chews**



**Energy
bars**



Bananas



Dates



Potatoes



Sweets



Sandwiches



**Croissants/hot
cross buns**



**Other familiar
carb-rich
foods**

A gel can be incredibly convenient during a marathon. A banana might be perfect on a long training run. A sports drink can provide both fluid and carbohydrates. Someone running a long ultra might prefer a mixture of commercial products and real food - What matters is how much carbohydrate you're getting, how practical the food is, and whether your stomach agrees with it.

Train your gut like you train your legs

Race nutrition should be trained too.

If you've never taken a gel during training, don't suddenly take several on race day. If you've never tried 60g of carbohydrate per hour, don't make your marathon the first time you attempt it. Your gastrointestinal system can adapt to carbohydrate intake, and practicing your fueling strategy helps you work out what you tolerate, when you need it and how you want to carry it.

Training is the time to experiment, race day is the time to repeat what you've already tested.

Hydration: More isn't always better

Hydration is another area where there is no single number that works for every runner. How much you need depends on factors such as your sweat rate, the temperature, humidity, intensity, duration and how much fluids are available to you.

For shorter runs in moderate conditions, drinking according to thirst is a reasonable strategy for many runners. For longer or hotter sessions, hydration becomes more important and may need to be planned alongside your carbohydrate and sodium intake.



However, more fluid isn't automatically better. Drinking excessively during prolonged exercise can dilute the sodium concentration in your blood and contribute to exercise-associated hyponatraemia (low sodium). The goal is therefore not to drink as much as possible, but to develop a sensible hydration strategy that matches your individual needs and the conditions.

Carbo-loading: Do you actually need it?

Carbo-loading has become almost synonymous with eating a giant bowl of pasta the night before a race, but that's not really what it is.

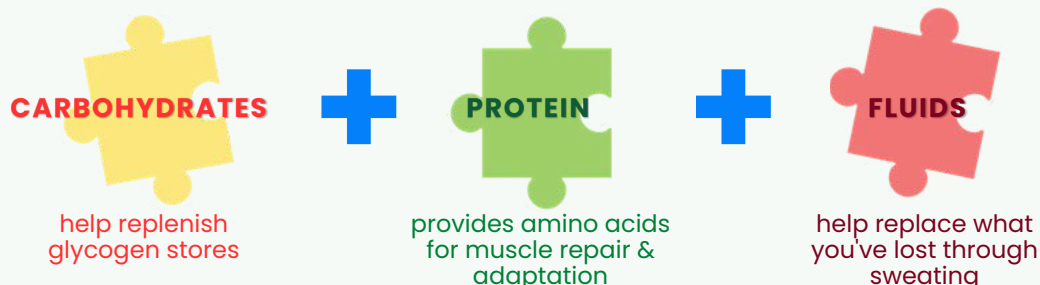
For prolonged endurance events such as marathons and ultras, carbohydrate loading is about increasing carbohydrate intake while reducing training in the final 1–2 days, allowing the muscles to maximise their glycogen stores. Traditional evidence-based protocols use approximately 10–12g of carbohydrate per kilogram of body weight per day during the final 36–48 hours, alongside reduced training. You don't need to do this before every race.

For a short 5km, or many 10 km races, formal carbohydrate loading generally isn't necessary. If you're running for several hours, however, it becomes a much more relevant strategy. And you don't need to eat one massive bowl of pasta the night before. Carb-loading is about getting more carbohydrates in across the day, using familiar foods that you know you tolerate well and that won't leave your stomach feeling heavy.

It is also worth noting that while carb-loading definitely helps top up your muscle glycogen stores, we're still learning exactly how much extra performance benefit it provides. A 2026 review of the research found that much of the existing evidence has limitations, particularly when it comes to athletes who are already taking in plenty of carbohydrates during the race. So, carb-loading can be a useful tool for longer endurance events, but it's not a magic formula — your overall fueling strategy still matters. So think of it as a tool for long-duration events, rather than a compulsory ritual before every race.

Recovery: what should I eat after my run?

Recovery nutrition doesn't need to be complicated either. Think:



Some easy recovery options include:

- Greek yoghurt + fruit + granola
- Chocolate milk + banana
- Eggs + toast + fruit
- Chicken + rice
- Tuna or chicken sandwich
- Smoothie made with milk or yoghurt, fruit and oats



Other 'convenient-to-pack' options include:

- Woolworths high protein milk
- USN x Super M high protein milk
- First Choice high protein milk
- Steri Stumpie flavoured milk
- Optimal protein milk (available from Dischem)

A recovery shake can be useful because it's convenient, particularly when you're not hungry after a hard session, but it's not automatically better than a normal meal.

You may also notice that you're not particularly hungry straight after a hard run and there's a reason for that. Exercise can temporarily suppress appetite, with changes in appetite-regulating hormones and, particularly in warmer conditions, an increase in core body temperature thought to contribute to this effect. This usually settles as your body cools down and recovers. So, if a big meal is the last thing you feel like eating immediately after a hard run, a recovery shake, smoothie or other easy-to-consume option can be a practical way to get some carbohydrate and protein in while you cool down.

Do I really need protein within 30 minutes?

You've probably heard of the famous 30-minute anabolic window - the idea that you need to get protein into your system immediately after exercise or you've somehow missed your opportunity.

The science is much less dramatic. Exercise increases the muscle's responsiveness to protein for a prolonged period and a 2025 systematic review and meta-analysis found that consuming protein before or after exercise did not meaningfully change gains in lean body mass. In other words, the research doesn't support the idea that you have to get your protein in within a strict 30-minute window.



Rather than stressing about getting a shake down within exactly 30 minutes, focus on your overall daily protein intake and regular protein-containing meals and snacks throughout the day. For many runners, somewhere around 20–40g of protein in a meal or snack is a useful practical range, depending on body size, the training session and total daily intake. If you've just finished a 5 km run and you're heading home for breakfast, you don't need to worry about getting a protein shake in immediately. Just have your usual breakfast when you get home.

The Takeaway: Five key points to remember

Good running nutrition isn't about finding the perfect product or following the latest trend - It's about building a strong nutritional foundation and then adapting it to the demands of your training.

For the runner just starting their journey, that might simply mean eating balanced meals and learning that carbohydrates are an important source of running fuel. For the marathoner or ultra-runner, it may mean carefully practicing carbohydrate intake, hydration and race-day fueling.



Start simple. Fuel the work. Practice your nutrition. Let your strategy evolve as your running does.

And remember: the best nutrition plan isn't necessarily the one that looks best on social media. It's the one that gives you the fuel you need, agrees with your stomach, fits your training and works for you.

A Word on Peptides...

You may have heard of peptides such as ipamorelin, BPC-157 or CJC-1295 being promoted online for recovery, muscle growth or performance enhancement. More recently, Retatrutide has also started appearing in conversations around weight loss and body composition.

The important thing to understand is that these aren't all the same, and the science behind them varies. Some, such as ipamorelin and BPC-157, are not approved medicines and are prohibited in sport. Ipamorelin, for example, is included on the WADA Prohibited List and is prohibited at all times.

Retatrutide is a little different. It is an experimental medicine currently being studied for weight loss and metabolic health. It has shown significant weight-loss results in clinical trials, but that doesn't mean it makes someone a better runner. Despite the impressive claims you may see online, the science doesn't currently support using these peptides to enhance your running performance. A recent review of peptides and related therapies in sport found that while some compounds have promising results in laboratory or early research, good-quality evidence that they actually improve athletic performance is still limited.

There are also real safety concerns. Because many of these products have not gone through the same approval process as established medicines, their purity, dose and long-term safety may be uncertain. Buying products online adds another layer of uncertainty — you can't always be sure that what's on the label is actually what's in the product.

So, if you're looking for an extra edge in your running, these peptides aren't a shortcut worth taking. The potential risks and long-term effects simply aren't well understood enough to justify using an unapproved product for a performance benefit that hasn't been demonstrated.

Your biggest performance gains are still going to come from the things we know work: consistent training, adequate food, enough carbohydrate, good recovery, sleep and a fuelling strategy that you've actually practised,

Hi everyone! I'm Marizanne,

a final-year medical student, qualified radiographer and Master's graduate in Sports Medicine with a passion for endurance sport and all things running.

When I'm not studying or in the hospital, you'll usually find me out on the road, training. Over the years, I've completed multiple marathons and ultra-marathons, including the iconic Two Oceans and Comrades Marathons - experiences that have deepened my interest in the science behind performance, nutrition and recovery.

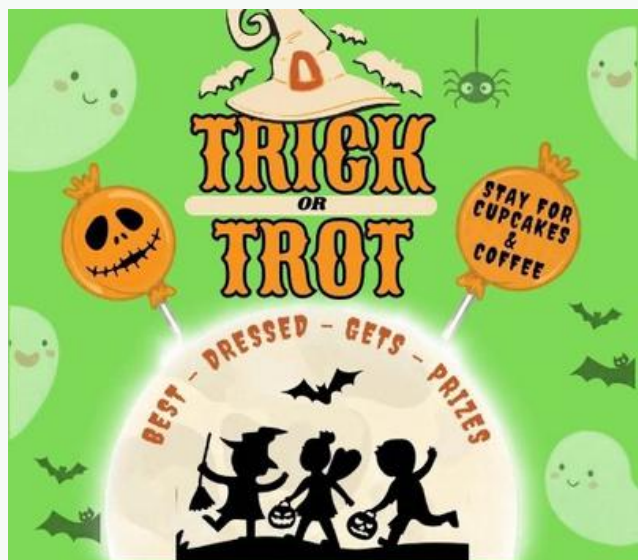
Whether I'm training for my next event, studying or working in the hospital, I'm fascinated by the connection between health, performance, and endurance. Through 'Nourish to Finish', I'll be sharing practical, evidence-based insights on topics such as sports nutrition, hydration, recovery, training and the latest research relevant to runners.

My goal is to translate the science into information that is easy to understand and useful for runners of all levels, helping you make informed decisions and get the most out of your running journey.

GOT A QUESTION FOR MARIZANNE? SUBMIT IT HERE!

*Nourish to
Finish hotline*

Save the Date



JOIN US ON

**SATURDAY,
31 OCTOBER**



FOR A SPOOKY SATURDAY
LONG RUN AT

**GRAND SLAM DINER,
DOWERGLEN**

STRUT YOUR STUFF IN YOUR SPOOKIEST
HALLOWEEN ATTIRE,
AND ENJOY CUPCAKES & COFFEE AFTER
YOUR RUN!

*Nedbank Running Club's
Year End Party*



DRESS UP THEME



RSVP



Members R290
Coach Society R320
Non-members R360
Friends & Family
Welcome!



Save the Date

5 EASTRAND RUNNING CLUBS COMPETING FOR THE TT TITLE



EVENT WINDOW:
16:00-18:00
RUNNERS MUST FINISH BY 18:30

**ONE REGISTERED RACE
NUMBER WITH TIMING
CHIP MUST BE USED FOR
THE ENTIRE SERIES**
NO NUMBER/CHIP = NO TIME
PIN YOUR RACE NUMBER TO
YOUR CLUB VEST BEFORE
EVERY TT

**RUN IN YOUR CLUB
KIT/COLOURS**

FREE ENTRY

SCHEDULE	
THURSDAY 1 OCT	NEDBANK
THURSDAY 22 OCT	GREENSTONE
THURSDAY 12 NOV	FIT2000
THURSDAY 3 DEC	RAND ROAD WARRIORS
EARLY 2027 - DATE TBC	BEDFORDVIEW

DATES SUBJECT TO CHANGE
UPDATES WILL BE COMMUNICATED ON
WHATSAPP GROUPS

Kudos Corner

Barry Chapman



**OLD EDS ROAD RACE 21.1KM:
2ND PLACE MASTER**

Domenica Smith



**NRC SANDTON:
CLUB SUPPORT & TT
CONSISTENCY**

David Tsoente



**RAND WATER VAAL CITY 42KM:
TWO OCEANS QUALIFIER
ACHIEVED**

Have you got something to brag about? Want to celebrate a fellow athlete?

Whether it's running your first race or finishing on a podium, we'd love to **SHOUT OUT** your - or your friends' - victories in our newsletter.

Please note:

- Submissions are exclusive to Nedbank CG members (full membership and social membership).
- You must provide a clear photograph of the athlete at the event in question.
- Your submission must be accompanied by a link to official results (Strava or official event timers) where your claim can be verified.
- Submissions made before the 25th of the month will be included in that month's newsletter. Any later submissions will be included the following month.

*Click here
to submit
your brag!*

Race Review



KARKLOOF TRAIL RUN

AFRICA'S FASTEST AND
FRIENDLIEST ULTRA

Founded 2017, the Karkloof Trail Run has just celebrated a decade in trail running through the breathtaking forests, hills and valleys of the KwaZul- Natal Midlands.

Run over the course of a weekend, the event features 5 distances to choose from, ranging from the fun 10 Miler, to the grueling 100 Miler.

KARKLOOF 100MILER

160KM
DISTANCE

3700M+
ELEVATION GAIN

KARKLOOF 50MILER

80KM
DISTANCE

1200M+
ELEVATION GAIN

KARKLOOF 30MILER

48KM
DISTANCE

590M+
ELEVATION GAIN

KARKLOOF 20MILER

32KM
DISTANCE

750M+
ELEVATION GAIN

KARKLOOF 10MILER

16KM
DISTANCE

180M+
ELEVATION GAIN

And, as with all legendary trail race events, Karkloof Trail Run is steeped in traditions and rituals - such as every 100 Miler finisher having their name engraved on The People's Trophy, and those finishing in less than 24 hours receiving an ornate silver belt buckle and joining the Silver Buckle Honour Roll.

Karkloof Trail Run 2026 saw two incredible feats - A new 100 Miler course record of 16 hours 51 minutes, set by Jaco Ebertsohn, and our own Nedbank CG member, Gail Elliot-Wilson, taking on the 100 Miler.

Karkloof is referred to as a fast and friendly 100 miler. I'll go with friendly, it really is. Fast, maybe on some downhill or if you are the front runner. For the rest of us, the route is a gruelling and spectacular mix of forests, fields, lakes and some serious hills which appear to turn into mountains after around 50km. The cumulative elevation is over 3000m, navigating a mix of jeep track, mountain bike trails, hiking trails, river crossings, muddy marshes, suspensions bridges and a little bundu bashing.

The 100 miler starts in the evening and runs through some beautiful scenery reduced to the beam of your headlamp, with the sound of running water and a deafening chorus of bullfrogs. After getting through the night, which is surprisingly calming and not at all scary, running into the sunrise is something quite special. The scenery suddenly opens up and seeing all the rolling green hills, lakes and forests is amazing. It's tough, but way more beautiful than pounding tar.

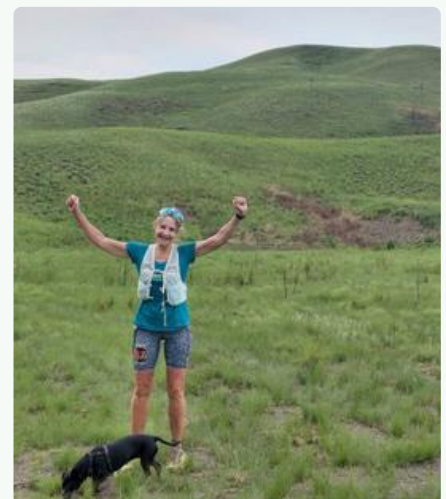
The aid stations give meaning to the friendly part, incredibly well stocked and manned by friendly, encouraging volunteers....though the real heroes were my amazing support crew, especially at 2 in the morning... on no sleep. (FYI.: Brad makes the best coffee and Bron has the most patience.)

The mandatory animal count, apart from lots of birds, was a buck in the shadows, porcupine, frogs, cows, a small snake (which fortunately Brad saw first) and some very strange noises in the dark.

Fellow runners were great, and having company at various points between the isolated running helped, but sharing what I did of the return journey with my pacers, just made it more doable.

I didn't finish the full 160km, and probably the last 2 loops which pass the finish point twice would have been the most challenging. It was a truly unforgettable experience and no matter what distance, a highly recommend adventure that leaves lasting memories long after the muddy, stinky running gear has been washed.

-Gail Elliot-Wilson





Join Nedbank Central Gauteng by either clicking the below link or scanning the QR code NOW:
www.nedbankrunningclub.co.za

Scan HERE

COME RUN
WITH US.



One Club
Two Venues

Modderfontein
& Sandton

Make the most of your membership by joining our weekly runs at both venues, or either, at your convenience!

1 CLUB 2 VENUES SANDTON WEEKLY SCHEDULE



WEDNESDAY

Weekly time trial

Poplar on Park, Sandton - 17:15

Meet in the parking area for registration & briefing.
Run starts at 17:30



THURSDAY

Hill/Speed sessions

Poplar on Park, Sandton - 17:15

Meet in the parking area for registration & briefing.
Run starts at 17:30



SUNDAY

Weekend long run

Poplar on Park, Sandton - 06:00

Routes, venues & distances shared on WhatsApp group the Friday before.
Meet at 06:15 for registration & briefing.
Run starts at 06:30



STRAVA ROUTES:

TAP TO OPEN

3KM

5KM

8KM



TAP TO OPEN

JOIN OUR
SOCIALS TO
KEEP UP WITH
UPDATES

1 CLUB 2 VENUES MODDERFONTEIN WEEKLY SCHEDULE



TUESDAY

Weekly time trial

Flamingo Shopping Centre - 17:15

Meet in the adjacent parking area for registration & briefing.
Run starts at 17:30



THURSDAY

Hill/Speed sessions

Bossa Modderfontein parking - 17:15

Meet in the parking area for registration & briefing.
Run starts at 17:30



SATURDAY

Weekend long run

Modderfontein and surrounds - 06:00

Routes, venues & distances shared on WhatsApp group the Friday before.
Meet at 06:15 for registration & briefing.
Run starts at 06:30



STRAVA ROUTES:

TAP TO OPEN

4KM

5KM

8KM



TAP TO OPEN

JOIN OUR
SOCIALS TO
KEEP UP WITH
UPDATES

NOTE
SEASON
TIME
CHANGE!

Thank you to our sponsors!



THIRSTI



Get your Membership for 2026!

We're always excited to welcome new members to the Green Team — enjoy all the benefits of running, racing and representing our amazing club with pride!



NEW

Family Discount:

Sign up two or more members from the same household and get **10% off** your total fees!

2026 Membership Fees:		Benefits
Full Membership:	R600	✓ ASA License – your official license to race throughout 2026. ✓ Discounted entry to all club events ✓ Gazebo access at selected races ✓ Coach led Hills / Speed Training on Thursdays ✓ Group Training runs on Saturdays ✓ Incredible club support and team spirit – you'll never run alone in green!
Nedbank Employee Membership:	R550	
Juniors (Under 20 yrs):	R350	
Seniors (Over 60 yrs):	R350	
Social Members:	R365	✓ Same as above except no ASA License! <i>Please note that you will need to purchase a temporary license at each race and may not run in Nedbank kit</i>

SIGN UP

How to Renew or Join:

1. Download and complete the [ASA 2026 Licence Form](#)
2. Make payment according to your membership category
3. Email your completed form and proof of payment (use your name as the reference) to: info@nedbankrunningclubcg.co.za

NRC CG Banking Details:

Nedbank Current Account
Account No : 1944 209 662
Branch Code : 194 405 00

Click here for the
2026 Race Calendar



An enormous thank-you to our
generous gazebo-hosting team:



Jenny &
Patrick!

Upcoming Gazebos at races

October, Sunday 4th

- Spar Women's Challenge Jozi - 5km | 10km

Please click here if you are keen to host a Gazebo

Like
& follow



<https://www.facebook.com/Nedbank-Running-Club-Central-Gauteng-Johannesburg-and-Soweto-150279161653752>



<https://www.instagram.com/nedbankrunningcg/>

Please click here
if you are keen
to assist with
time-keeping

MNHW Donations

Reminder: Support MNHW at Time Trials

Please remember to donate towards the incredible Modderfontein Neighbourhood Watch (MNHW) representatives who keep us safe at our weekly Time Trial events.

How to donate:

- Cash: Look out for the MNHW donation box at Time Trials.
- Card: Tap & go with the YOCO machine available at every TT.
- EFT: Transfer into the club account using 'MNHW' as your reference.



Every contribution—big or small—helps us give back to the team that looks after us week after week. Let's show our appreciation and keep their good work going!

Thank You!

Captain's Report

Special Couch Society edition



A Month of The Couch Society Four Weeks of Amazing Progress!



September saw the launch of our first Couch Society programme - The Class of 2026 has set the bar VERY HIGH!

With 27 registered members, we have built an amazing green presence on the roads around Modderfontein and Edenvale. The members are supported by 21 volunteer Run Buddies, guiding our team as they build confidence and fitness.

The programme kicked off with an orientation morning at Grand Slam Diner in Edenvale. Our Run Buddies gave the new members a warm welcome, explained the programme and shared some personal anecdotes on what being a runner – and a member of NRC CG – means to them. And of course, we had cupcakes to celebrate the moment!



Over the next four weeks, we tackled different topics to ensure our Couchies (as they've affectionately become known among the wider club) have all the information and tools they need to be successful in their running journeys.

Progress: Working it week-by-week

WEEK

1

was a gentle introduction to movement and the importance of strength exercises as part of the running journey.

WEEK

2

we focused on preventative practices for runners, including: warm up, cool down, stretching and injury prevention. The week ended with an informative session by our Green Team favourite physiotherapist, Nadia Groenewald, who shared a wealth of knowledge and tools with the Couchies to ensure they safely progress towards their 10km goals. Week 2 also saw the introduction of an Advanced Programme, geared towards Couchies who were ready to take their training to the next level. And boy, have they shown us exactly how ready they are, flying up the hills at TT!



WEEK

3

introduced the team to their first hills session with Coach Marco! While truly terrified in the lead up to the notorious' hills sessions, the Couchies did exceptionally well – tackling those pesky hills with gusto. There were even some whispers of, “That wasn’t so bad” and. “I loved it!” afterwards. Hopefully Coach didn’t hear any of that! The ladies also had the benefit of a talk by Tasha from The Bra Ladies, sharing important information and guidelines on the ‘right support’ for running. Here’s wishing all our ladies a comfortable running experience in the future!

WEEK

4

was all about nutrition and fuelling for performance. The incredible Marizanne facilitated a workshop on the various options for fuelling, and our Couchies did a taste test of some of the most common gels, drinks and whole foods. There were a couple of clear winners in the taste department... some expected winners, and definitely some surprises. Let’s see what they have to say after a full sachet of Gu on a long run!

Thank you to every NRC CG club member who has warmly welcomed our newest members, offering support and encouragement out on the roads. This really is the Dream Green Team at its best!

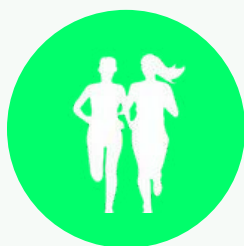
Running into October ... At a pace!

Looking ahead to October, our Couchies and their Run Buddies will continue to build towards a full 10km run/walk. If the first month is anything to go by, our regular members are going to have some stiff competition coming through in the next couple months. Perhaps they should join the Couch Society for some tips



The Class of 2026 will be graduating at the PPS Alberton 10km race on the 8th of November. **We’d love to see the whole NRC CG team join us on the day to celebrate this milestone and welcome the Couchies into a lifelong journey of movement.** How can you get involved?

RUN WITH THEM



enter the 10km and share the road on their big day.

CHEER THEM ON



join our roadside supporter zone and make some noise.

JOIN THE CELEBRATION



join the gazebo team welcoming our graduates home.

Enter PPS Alberton here!



Chat to Jenny or Chelsea for more information!

Regular lucky draws are held to celebrate the dedication and perseverance of the Couchies, as well as to thank the efforts of their Run Buddies. Week 3 lucky draw winners were Basil (Couchie) and Keagan (Run Buddy). Congratulations!

And lastly, thank you to our awesome expert panel who have shared their wisdom and insights with our Couch Society during the month of September:

- Nadia Groenewald of Groenewald Coetsee Physiotherapy (Edenvale)
- Tasha Jacobsohn of The Bra Ladies ([The Bra Ladies | Farrarmere](#) | [Facebook](#))
- Marizanne Pienaar Du Plessis (our very own Green Team)
- Coach Marco (our fearless leader)



A taste of running fuel

During week 4, the Couch Society was treated to a taste-test of various running gels and race-day supplements. Insights from our taste tester panel revealed just how personal the choice of race fueling is. There was little consensus on what our panel thought of the options we gave them, and no clear winner as to what a truly delicious fuel for your run is.

The Taste Experts:

Constance, Melvin, Marlene, Danielle, Nicky, Patricia, Michelle, Priyanka, Shaylen and Swade

Experts agreed on:

- Best tasting option for fueling your run: GU berry flavoured energy chews.
- Best liquid carb drink for your run: Biogen brand was a clear winner, although the panel was split on whether they preferred Biogen Cytogen, Biogen Carbogen or Biogen Pure Energy.
- Best post-run protein boost: First Choice High Protein Recovery Milk scored a 'Delicious!'.

Experts disagreed on:

- Gels were really polarising – you either love them or you hate them! Our panel thought that the USN Vooma gel was the least likable of the lot, while GU and 32Gi had both lovers and haters on our panel.
- Race bars – also no clear winner, with some loving the 32Gi Race Bar while others found the USN Vooma fuel bar more appetising.

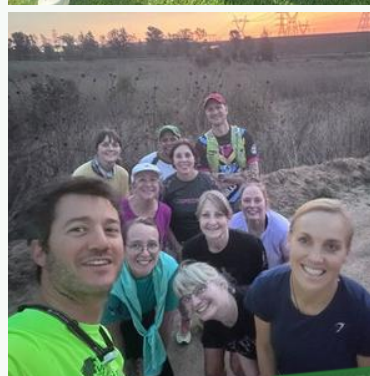
The Real Food Test

It's probably unfair to expect the plain old salty potato or a simple banana to win against the flashy superstars of modern race fueling among our novice panelists. Although ask any Comrades stalwart, and they'll tell you there's nothing better than the feel and taste of real food after hours of chugging down sticky goos.

And the winners are...

Overall, there seems to be a strong preference in fuel format among the panel. Although individual flavour and brand preferences varied highly, there seems to be consensus that the Class of 2026 love their jelly chews! So when you see a Couchie on the road, looking like they need a boost, now you know what will make them really happy.





Seen in Green

