

BETHLEHEM MARATHON CLUB INFORMATION SHEET

Motivated, Passionate, and driven

Exerting yourself to the fullest within your individual limits: that's the essence of running, and a metaphor for life.

This is the essence of Bethlehem Marathon Club.

Here we are more than a running family. Yes, we love to run together, but we are life-long friends, bound together by challenges, commitments, blessings, laughter, tears, sweat and gratitude that running and participating in races bring.

Running together teaches us determination: focus and reminds us of our aspiration to go beyond our previous limitations.

As members of the club, we compete with ourselves and our previous achievements. And each time we surpass our previous achievements, we get joy. And we celebrate each other. Often runners, who love their sport, wonder if there is any advantage to joining a club. They tend to take part in the odd races with temporary licenses, participating in plain clothes. When deliberating whether to join a club – the points to consider are:

- You run with people, train with people, and make friends for life.
- You have official club colours to run in. Importantly, you BELONG and have an identity!
- If you are not a club member, you always have to purchase temporary licenses.
- As a club member you get a permanent license number (valid for a year) that entitles you to participate in any event in the country without having to buy temporary licenses.
- These temporary licenses could cost you more than annual club membership.
- Membership entitles you to participate in all club activities, e.g. time trials, club runs, social events, etc.

Having said that, we understand that you may not necessarily want to do any races but merely want to keep fit, so join us for our regular training sessions that occur every Monday, Wednesday, Friday, and Saturday mornings (see details below).

Our motto:

As we run, we become

CONTACT US:

Chair: Hettie Nieuwenhuizen (071 679 5212)

Treasurer: Linda (082 448 8997)

Secretary: Hanmarié Lombaard (082 872 7162)

Email: bhmmarathon@gmail.com



WE RUN TOGETHER ON...

Mondays, Wednesdays, Fridays, and Saturdays at 05:00, from our clubhouse (corner of Baartman and Paul Laesecke streets). Weekdays we usually run ± 10 km's, (our program also consists of: hills; speed work; and time trails). On Saturdays we do longer, slower distances in and around Bethlehem.

We regularly organise social runs and often drink coffee together after a run. At the beginning of September, we usually organise a fun-5k with a dress-up theme.

RACES

We present the Surrender Hill Marathon early in March every year. It starts and ends in Clarens, Free State.

Around October every year we also present a Business Relay in Bethlehem, where teams from various businesses enter to run 5km (per team) or 1km per runner.

CLOTHING and other MERCHANDISE

Club running vests (R250); T-shirts (R300); caps (R100) and buffs (R120) are available during weekday mornings (08:00 – 13:00) from Anette Wessels at Diesel Electric (corner of Church and High streets, Bethlehem). Contact nr: 058 303 5535.

Club socks, hoody tops and funky pants, are available by order. Contact Hettie.

WHATSAPP GROUPS

We have two groups – “Bhm Marathon Klub” and “Drafgroep”.

The “Marathon” group is the more formal group, only for communicating information important for the whole club, thus only running relating events and posts.

The “Drafgroep” is more informal, communicating arrangements regarding running in and around Bethlehem.

