



Newsletter March 2016



Never be afraid of moving slowly, be only afraid of standing still.

(Chinese proverb)

Welcome
to the March issue of the...

Derbyshire Dynamos Newsletter

A.G.M



Dynamos Annual General Meeting.

Reminder.

Our A.G.M. will be held on :-

Tuesday 12th April. Time - 7pm

At: Chesterfield Fire Station Community Room.

Spire Walk Business Park,
Braidwood Way
Chesterfield, S40 2WH.
Hope to see you there.

Your's in running - Phill and Mike.

NIGHT RUN ALONGSIDE BLACKPOOL
ILLUMINATIONS IN AUGUST.

SEE INSIDE FOR THIS AND MORE
EVENTS TO ENTER !



It's not the critic.....

Ladies when reading the below please substitute "woman" for man, "she" for he, "her" for him etc.

It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better.

The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming;

he who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause;

who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

Theodore Roosevelt.

Want to keep more up to date with what's happening with your club?

Why not join us on Facebook for regular updates including upcoming events. to further enjoy your running experience.

Just click here www.facebook.com/DerbyshireDynamos

We're also on Twitter @Jog_D_Dynamos



Derbyshire Dynamos Satellite Clubs. - concept draft.

URGENT - HERE IS A SUGGESTION ABOUT WHICH WE NEED YOUR OPINION !

Concept: to extend the operation and influence of Derbyshire Dynamos to benefit members and to attract new members. One problem with traditional clubs is their location and they can be a distance from rural locations.

However Jog Derbyshire has groups in many rural areas so DD could reach out to them thereby enabling participation in competitive sport and activity in such areas. We can also appeal to people who would like some involvement in an Athletics Club but without the demands of a traditional one. Derbyshire Dynamos are a different kind of Athletics / Running club. We are a *virtual club*, existing on the Internet but with no fixed location or club house. We are, however, fully affiliated to U.K. Athletics and provide all the benefits of such affiliation for our members.

We could have satellite club groups in many parts of Derbyshire, usually wherever there is a Jog Derbyshire group. This means that the majority of people will be in easy reach of a "club meet", organised outing or "clubfest". We would not, however, wish to interfere with any traditional club activities where these are available locally. However, members of Jog Derbyshire groups, or other runners, could use us a "Stepping Stone" before they commit to a fixed club, or they could stay with us if they so wished. **In this way we would not be in competition with "fixed" local clubs at all but would actually benefit them.**

Members could enter races as members of Derbyshire Dynamos if they wish, sporting our club kit, but there is no pressure for anyone to do so. Enter fun runs if they wish, or none at all. We are the fun Athletics Club. No pressure but bucketfuls of support.

Club meets could be organised and led by Leaders in Running Fitness (U.K. Athletics licensed). Members would be helped to achieve their goals no matter how lofty or simple these may be. There is no pressure to run at any particular speed or distance and no-one is "too slow" and never left behind.

We could achieve this by having different club meets for different runners. So they could run with "fast" or slower runners, veterans or novices.

Dynamos organised races.

Concept: to organise some races, perhaps quarterly, within major centres in Derbyshire so that members may gain the benefit of racing without the need to enter highly competitive events.

This will provide a "taster" for members without them being exposed to large and highly competitive events which can be off-putting to beginners. Also provides an opportunity for members from different areas to socialise.

Events could be separated into 5K and 10K distances and runners grouped into those who wish to run faster – they start off first - and those who wish to run less fast – they start a little later so that the "competition" is more evenly spread.

The races could be organised on trails, forest areas, even parks so that there will be no need to consider potential problems with traffic. Mike is already exploring possible central venues.

WHAT DO YOU THINK? Please send your views to paa123@btinternet.com



Event - Central Health Derby 10k
Organised by Sporting Futures
Sunday 17th April 2016

Venue - iPro Stadium, Pride Park, Derby, DE24 8XL - WCR

Derby 10k Start 0850 - inc Team Challenge - From 09:00

Due to the number of runners participating we are introducing three waves. This will be indicated on your final race information email.

Time Limit - You have 90 minutes from the start of your wave to complete the race. This is so that we can open roads in a timely fashion to allow the general public access to the city centre.

Entry Costs - (Online) - £20 UKA Affiliated, £22 individual runners, £27 Business Team Challenge Entries

Derby 10k Route – see website – www.sporting-futures.org.uk

Race Packs - Following feedback from 2015, you will be given the option of collecting your pack or for a postal contribution of £2.00 your pack will be posted to the address you enter on our online entry system.

Transport & Travel - Please read the information on Car Parking carefully. We have the use of 4 car parks and they will open and close at different times during race morning.

Prizes - The prize structure will be similar to that of 2015.



Got an interesting story, news of a race?

Why not share it with other Dynamos here in the Newsletter.

Just let us know, we'd love to hear from you!

Email us at

paa123@btinternet.com



8th May 2016

Welcome to the 7th annual Holymoorside 10k Road Race and Fun Run.

The 2016 event will take place on Sunday 8th May in the picturesque Derbyshire village of Holymoorside.

The 10k course passes through scenic Derbyshire countryside, along quiet country lanes. Starting at the Village Hall, the course runs uphill for 4km and then winds across the moor with a fast, downhill finish into the village. The course is run entirely on the road with a lap of the village playing fields at the finish. The race starts at 10.30am and is open to runners aged 15 and over.

The 10k race is run under UKA rules and is accurately measured. Parking, First Aid facilities, drinks stations, km markers, changing facilities and supervised baggage storage are provided. The route is fully marshalled.

T-shirts will be awarded to all 10K finishers who enter by 24 April 2016 and after this date subject to availability and prizes will be awarded to category winners.

The Fun Run starts at the Village Hall at 10am and is a 2k route around the lovely village playing fields. Entry is open to all and everyone who takes part will receive a medal.

The Holymoorside 10k and Fun Run are organised by 1st Holymoorside Scout Group as part of their fundraising activities. Scouts will be on hand to provide refreshments, cakes, bacon butties and assistance to runners and their friends and families.

Postal entries are now available email for entry form. **Online entry** via Runner's World or RunBritain on line. Entry Fees - 10k – UKA affiliated £11 in advance or £13 on the day. Unaffiliated £13 in advance or £15 on the day. **Fun Run** - £2 in advance or on the day.

The Holymoorside 10k welcomes entries from disabled athletes. To discuss your needs contact holymoorside10k@gmail.com.

If you need any further information please contact us by email at -
holymoorside10k@gmail.com.

We look forward to another fantastic day. Please tell your friends about the race. Thank you for supporting our event and we all look forward to seeing you on 8th May.

The Holymoorside 10k Race Team

Walking v. Running



How
It
Works!

It is useful, as well as interesting, to know something about the mechanisms which allow us to walk and run and the differences between these two forms of locomotion from a physiological viewpoint.

Running.

It would be reasonable to presume that the leg muscles are mostly, if not exclusively, involved in running. In fact nothing could be further from the truth.

Virtually all the muscles of the leg, foot, hip, buttocks and even more muscles of the body are involved to a greater or lesser extent not to mention the "core" muscles, forming effectively a girdle around the body, all are involved in the running process.

Running is effectively a series of leaps into the air, at some point in the running cycle you are airborne with both feet off the ground. When you land the body must balance, in a split second, and if the core is not rigidly controlled you would be a running jelly!

But muscle involvement doesn't stop below the waist either. Try running without counterbalancing with an arm swing – it's very hard.

Your arms counterbalance leg movements, they help you to accelerate and drive uphill (or at least they do if you use them properly). So muscles of the arms, shoulders, chest and even parts of the back are all involved.

Many runners will experience lower back pain at some time or other, this is because the muscles of the back, mostly lower back, help to stiffen the body and absorb landing shock.

In practice it is hard to think of any major muscle groups which are not involved in running.

Despite this fact leg muscles and the gluteal muscles (buttocks) are the prime drivers, but not only in the way you may think.

The fundamental advantage running has over walking is that you can accelerate when running and the energy demand remains constant. In contrast once you exceed about 12 or 13 minute mile (minutes per mile) pace walking energy demand increases

tremendously for each minute per mile you walk faster.

The relative economy of running lies in the elastic spring capabilities of muscles and tendons, especially the Achilles tendon.

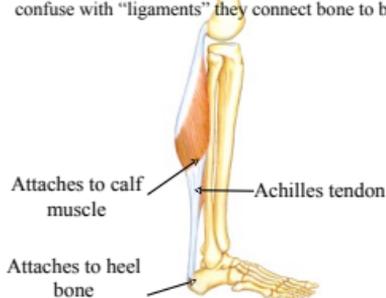
The tendons are essentially elastic

and are bundles of a substance called "collagen".

They are extremely tough and they connect muscles to bone.

Just before the foot touches the ground the Achilles tendon is tensioned which process continues upon ground contact, then it is the "spring recoil" from the Achilles which primarily propels the body into the air.

The Achilles tendon is the strongest in the body. It connects the calf muscle to the heel bone. Do not confuse with "ligaments" they connect bone to bone.



Continued...

Walking.

During walking we do not have the considerable spring advantage which is present during running.

This is primarily because when walking there is little pre or post-tensioning, the body strikes only with approximately 1.5 times body weight as distinct from running in which the impact force is approximately 3.5 times body weight.

So, there simply isn't enough force when walking to "fully tension the springs".

In addition when walking at least one foot is on the ground at all times but during running the body is airborne at some time with no foot contact at all.

A considerable amount of tensioning occurs when your feet return to the ground. During walking the Achilles (and leg muscles) do tension but nowhere near as much as when running.

However essentially the same muscles are used during walking as when running but some of them must work harder because of the lack of spring assistance.

Interestingly because there is a major lack of spring assistance during walking it requires a greater import of energy to walk fast than to run fast.

If we walk faster and faster we eventually will start to run unless we try really hard not to, simply because it requires less energy to run them to walk.

This "transition point" is about 13 to 12 minute miling (minutes per mile). If you try to walk faster you will expend more and more energy - a lot more than running - presuming that you can walk faster as to do so requires a lot of practice.



Neither form of locomotion is "best" so far as exercise benefit is concerned, each has advantages and disadvantages. In the end it comes down to a matter of personal choice, but always remember that this is not an either/or decision - you can always use a mixture of both.

Fast walking (greater than 14 minute miling) is a great compliment to running and can be done on "easy" days when not running.

Likewise running can be a great supplement to a walking program, for instance run for a short while then walk fast, then run etc. using a Walk/Run or Run/Walk protocol, and do this a few times per week, or alternate between Run/Walk or Walk/Run etc. from day to day.

There are many possible variations and ways to keep the exercises / training fresh by adding such variety.

Walk/Run protocol.

Uses a mixture of walking and running the walking predominates e.g. walk 3 minutes then run 1 minute.

Run/Walk protocol.

....is the other way round, e.g. run 3 minutes then walk 1 minute. There are many possible variations on these themes.

Which will you choose?



Quotable Quote !

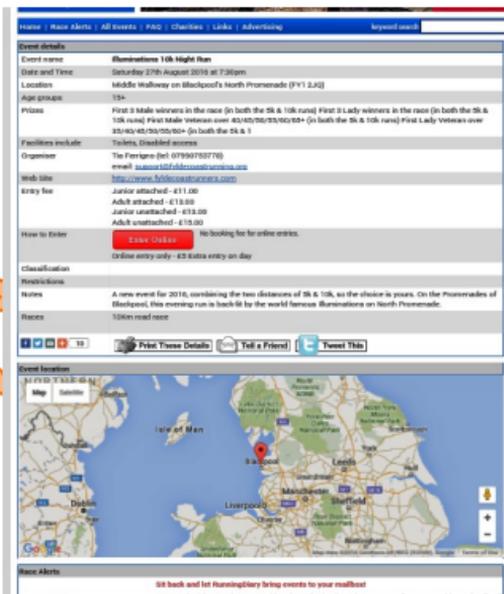
The only reason I would take up jogging is so I could hear heavy breathing again.

Erma Bombeck. (American journalist).

LOOK AT THIS !!!

HERE IS AN UNUSUAL RACE - NIGHT RUN ON BLACKPOOL PROM ALONGSIDE THE ILLUMINATIONS !

SATURDAY 27th August 2016.



The screenshot shows a website page for an event. At the top, there are navigation links: Home, Race Alerts, All Events, FAQ, Clusters, Links, Advertising, and a search bar. The main content is titled 'Event details' and includes the following information:

- Event name:** Illuminations 10k Night Run
- Date and Time:** Saturday 27th August 2016 at 7:30pm
- Location:** Middle Walkway on Blackpool's North Promenade (P11, J12)
- Age groups:** 15+
- Prizes:** First 3 male winners in the race (in both the 5k & 10k runs) First 3 lady winners in the race (in both the 5k & 10k runs) First male winners over 35 (40/45/50/60+) (in both the 5k & 10k runs)
- Facilities include:** Toilets, Disabled access
- Organiser:** The Fylde Runners (tel: 01793 710377) (email: runner101@fyldecoastrunners.com)
- Web site:** <http://www.fyldecoastrunners.com>
- Entry fee:** Junior attached - £11.00, Adult attached - £18.00, Junior unattached - £13.00, Adult unattached - £18.00
- How to enter:** A red button labeled 'Enter Event' and a note: 'No booking for on-line entries. Online entry only - £3 extra entry on day.'
- Classification:** Street/road
- Notes:** A new event for 2016, combining the two distances of 5k & 10k, so the choice is yours. On the Promenades of Blackpool, this evening run is back to be the world famous Illuminations on North Promenade.
- Placers:** 10km road race

Below the text are social media sharing icons for Facebook, Twitter, and LinkedIn, along with buttons for 'Print These Details', 'Tell a Friend!', and 'Tweet This'. A map titled 'Event location' shows the race route in Blackpool, with a red pin marking the start/finish area on the North Promenade. At the bottom, there is a 'Race Alerts' section with a note: 'Use back and left handsignatory bring events to your mailbox'.

To book on line see website...

www.fyldecoastrunners.com



Do email us if you are going as our local JD club has a number of runners attending and we would love to meet you!

BUT we are running for Alzheimer's so will be wearing their shirts not DD !

Perhaps see u there !

paa123@btinternet.com

MODERATION IN EVERYTHING....WELL....ALMOST.



In a previous Newsletter article we broached the subject of how much aerobic exercise is "enough" by means of using the very useful measure of METs. But just this week, a newly published piece of research has come to light on this topic.

Specifically the research is concerned with the use of exercise in the fight against Obesity but it is very relevant to running / walking fitness activities. It has some very important lessons for competitive runners also.

There have been a few reports regarding this research in popular magazines which have essentially misinterpreted the whole point.

Some of these articles interpret the research as indicating that the harder you exercise the less total calories were consumed.

Some then go on to suggest that such a conclusion will be detrimental to efforts to encourage people to exercise. The idea is that anything above a "moderate" level of exercise can become counter-productive.

In fact the interpretation of the research is both incorrect and potentially problematic. The research actually indicates that energy expenditure slows down as exercise intensity increases.

This is not actually all that surprising from a physiological viewpoint as it is quite reasonable to presume that the body regulates itself – using a limiting regulator that prevents it being over-exerted which could be harmful.

However, there is absolutely no doubt that walking/running one hour will "use" more energy and "burn" more calories than would a half-hour session..

It is the rate of energy expenditure which changes according to the reasearch.

Essentially the conclusion is that above a certain level of exercise, if you do more, then the body tries to preserve its maximum energy store and the total energy expenditure over a period of weeks or months is actually reduced at a higher intensity exercise rate.

Once again, this is quite reasonable. The researchers presume that there are two possible reasons for such an effect. The first one is if we perform a higher level of exercise over a prolonged period of time the body becomes more tired and therefore is less active when it isn't actually exercising. This would, effectively, reduce the total energy consumption over time.

Although you might be consuming more calories per minute during high-intensity exercise, if you actually do less total exercise or any activity per week then you will obviously consume less total energy.

Another possibility is that the metabolic rate decreases the moment a certain minimum level of exercise over a period of time is performed.

This is very similar to the "Set Point" theory which appears often in research relating to weight management. In weight management the theory is that everyone has a particular "Set Point" with respect to their weight, and no matter how much they may try to reduce their weight below that point they generally will not succeed.

Once again this is intuitively reasonable, as I'm sure we all know people who can eat large quantities of every kind of food without increasing in weight. We also, I'm sure, know of individuals who put on weight very easily even when attempting to diet.

If the latest research relating to energy expenditure at higher levels of exercise is correct, and it was research using 332 people so that is a large and significant sample size, then this will be the first time that a "Set Point" has been suggested for exercise intensities.

Of course, there are a large number of texts and articles which indicate very strongly that excessive exercise is never a good idea and that moderation in exercise, as in all things, is a sensible way to go.

Once again, of course, much depends upon individual differences. There are those runners / walkers who are capable of attaining and maintaining very high weekly mileages, and there are those whose bodies simply break down at anything other than fairly low weekly mileage rates.

It remains to be seen how the latest research advances and how useful it will be in practical terms.

Quotable Quote !

If you want to change your body, exercise.

If you want to change your life become a runner.



The 10K hour rule (or why bother?).

Avid readers of "The Newsletter" will no doubt remember my exposition of "Rule 23", a rule which did not actually exist.

Now within this article I consider, among some other interesting points, a rule which does actually exist but which has no validity whatsoever.

The "10,000 hour" rule first appeared in a piece of scientific research in the nineties but was made popular in a book by Malcolm Gladwell called "Outliers".

However, the original research has become distorted and the popular tenant of the original work has found its way into popular culture.

The common rendering of the "rule" is that if you practice something from a young age and for 10,000 hours you will become proficient at it. Being fair to the original research and popular book, the "rule" does not exclude innate talent and in fact to exclude at least some natural ability, would be crazy.

This brings us, however, to another book popular in its own way called the "Sports Gene" (David Epstein). In this book the author discusses the "nature versus nurture" argument regarding whether talent is inherent or can it be developed with practice. This applies equally to athletics ability as anything else.

This is mixed in with the current theory relating to be Central Governor Theory, which Noakes developed as an explanation for differences in athletic performance, this said to be controlled by the brain.

Quoting from a book by John Bryant (entitled "3:59.4") which relates the true story of Roger Bannister and the first to run the four-minute mile, quoting directly from Bannister's words the author says,

"Bannister knew well that of all the factors which make a runner, mental strength is the most important. Quoting Bannister he said " *If you lose that, you might as well lose a leg. The body is there for the ride, it's the will that does the driving*".

So, we therefore have three suggested possibilities to explain athletic performance.

- it is possible that such ability is inherent and is actually controlled by genes.
- there is also the possibility that everyone has a similar potential and it is simply training which makes a difference
- and according to the Central Governor Theory it is actually the brain which does the controlling, which was Bannister's concept.

There is little doubt that genetic inheritance plays a very big part in athletic ability, in particular with respect to running. If we consider the classical physique of a long-distance runner, he or she is usually small and light. The sprinter on the other hand is usually neither of these things but is often very muscular in body development.

These are distinct genetic types but the question remains to what extent can genetic advantage or disadvantage be changed by training?

Alan Williams (a geneticist from Manchester University) recently gathered information regarding variations in genetic make up and found that 23 genes are most strongly associated with endurance. Some of these can be found in 80% of all people while others in only 5%.

However this relates to an inherent ability, whether or not that ability is expressed depends upon other factors.

This brings us to a comparatively new concept studied in the field of Epigenetics.

Originally this was linked to the study of evolution but has now developed into the study of the molecular mechanisms underlying the ways in which genes work.

A "gene" is a complex chemical which tells the body how to build itself, they are the blueprints for every single organ, piece of tissue and biochemical process which make up life itself.

Epigenetics is actually not really that new, it was originally studied from about the 1940's but such study has accelerated since early 2000.

The idea is that our external environment and factors such as training can turn genes on or off and directly affect the way in which the genetic blueprint code is interpreted by cells.

It seems highly likely that, according to convincing amounts of well structured research, "athleticism" is dictated primarily by inherited genes but, if that is the case, what is the point of medals, what is the point of talking of "champions" and "elite runners" ?

If such ability is purely due to genetic inheritance then we might as well provide gold medals for "champions" or "elites" who have blonde hair, brown eyes or a "Roman nose" all of which are also merely accidental genetic traits.

But if, as seems likely in common sense and also from the evidence of research, that we need a combination of an inherent genetic ability combined with training in order to produce a "champion" then we must consider both inherent ability and effort.

Perhaps the bottom line, which is more important, is that effort should be recognised not just results. This then would apply to us all - okay we may not be able to run as far or as fast as an "elite" runner, but we can try as hard. It may be, perhaps, that the ability to train and even to try hard is also determined by genetic inheritance

Perhaps we should all remember the Olympic motto :

" Citius, Altius, Fortius"

In translation it means "Swifter, Higher, Stronger".

In other words it emphasises effort rather than any innate, nature given, ability. It does not say "swiftest, highest, strongest".

The Olympic Creed, of the Modern Games, also reflects this point:-

"The most important thing is not to win but to take part – it is not the triumph but the struggle – the essential thing is not to have conquered but to have fought well"

So, what has all this to do with athletic performance? In the end it may be more of a philosophical than scientific point point if, as seems most likely, the ability of any individual to run far, or fast, or a combination of the two, is the function of genetic inheritance combined with training combined with mental attitude.

This, inevitably, means that if an individual does not possess the appropriate genetic make-up, no amount of effort will turn them into "elite runners". But, by the same token, even if someone does possess such genetic make-up, if they do not train appropriately then again their performance will never reach the highest possible standards.

So far as our running groups are concerned, of course, all of this may simply be of theoretical interest. It is highly unlikely that we are ever going to come across future Olympic champions in our groups. However, this does not mean that we do not have, or cannot have, individuals who exhibit "Olympic" effort. Perhaps, in the final analysis, this is all that really matters and is all that should really ever be rewarded or recognised.

Recalling the main theme song from the Seoul Olympics of 1988 ("One moment in time") ;

**Each day I live I want to be,
a day to give the best of me.
I'm only one but not alone.
My finest day is yet unknown.**

Quotable Quote !

The body is there for the ride, it's the will that does the driving. (Roger Bannister).

My mascara runs faster than you do. (Seen on a T-shirt).



No
Pedestrians

Coming out !

O.K. I've made my mind up. I've decided. I'm coming out of the closet, I think that's the correct term, I'm ready to face up to who I really am. After all there's no shame in it, it's perfectly legal and lots of people are the same as me. My family already know so there's no problem there.

It was my neighbour who finally convinced me.

"Saw you last night" he proclaimed as I glanced at him over the fence. Well not easy to miss really with a florescent yellow jacket and shoes that glow in car headlights.

"Running you were, often see you running", very observant of him. "I was only saying to the wife that I often see you". Not sure how interested his wife is but I'll let that one alone. "Like it do you...running? No I do it as a penance. "Wouldn't do for me, I'm not a "runner". O.K. don't rub it in.

Anyway that's it...I admit it...I'm a **Runner!** Well to be honest I could give up anytime...just don't want to that's all. I'm not an addict...just not ready to quit just yet. It's not as it I haven't tried. I even joined the R.A. (Runners Anonymous) and went to a few meetings.

You may know the score ...I had to stand up amongst a whole room of people and make the dreaded declaration....."My name is Phill and I'm a **Runner**". Actually it's not all that bad once you get it out in the open, it's just admitting it to yourself that's the hardest part.

I even went cold turkey one time, but that didn't last. I've tried the substitutes, watching DVD's of the European Games, that didn't help at all.

I even, I can only just bring myself to admit it, tried the treadmill at the local gym, but that just resulted in me getting a respiratory infection by breathing everyone else's germs via the so-called air conditioning system.

No, nothing else for it I'll just have to admit it.

"Saw you out again yesterday", the neighbour again, "what happens when it's raining?" well usually I get wet, "Can't be good for your health". Now that did it for me....here's a man who smokes like a chimney, puts goodness knows how many empty bottles into the recycling bins every week and who uses his car to go to the newspaper shop which is a paltry mile and a half run away...I mean I ask you, not far enough for a decent warm up.

However returning to the "addiction" problem, as I said I'm not actually addicted I can quit anytime I want to. It's the same as my buying habits, only the other day my better half was pointing that out to me.

"You haven't bought another pair if shoes have you?" No chance of sneaking them in then?

"Don't put them on the table it's bad luck". Already had today's share of that when you saw me trying to get them into the house unnoticed.

"How many pairs have you got now?" Don't know.

"How many do you need anyway?" Let me think about that. I'll just nip out for swift 5K while I ponder on it.

"It must have been tricky in that snow yesterday". Not him again, I really must start coming home by a different route. "Don't you slip on the ice?" No I glide over it like Superman. "Don't you ever get injured?" At last a topic we can discuss on equal terms....well actually now you mention it.....

So here I am then. I've "come out".

I'm a Runner.

I'm not harming anyone, I'm not polluting the atmosphere, I'm not even making a noise.

No I'm a **Runner** and that's all there is to it. I simply have to live with it, so do my neighbours, my better half..oh..and my physiotherapist!

Finally to paraphrase Robert Burns...

Give fools their silks and knaves their wine
A runner's a runner for all that!