



Newsletter November 2015



Welcome to the LATEST issue of the Derbyshire Dynamo newsletter.

Here is a new edition of the Derbyshire Dynamos newsletter, under new editorship. Let us introduce ourselves – we are Phill and Mike, new members of the Dynamos and we have volunteered to produce the newsletter you are now reading.

We do hope that you enjoy it but, we would be very pleased to receive your ideas, contributions and comments – good or bad – so that we can make this newsletter truly valuable. We are Jog Derbyshire leaders running (pardon the pun!) a number of groups in Buxton.

We both suffer from a chronic illness which is an additional reason for us to run, besides the love of the sport. Within our groups we also have some runners with their own special stories. One lady suffers from Alzheimer's and someone has to run alongside her at all times. However she loves running and in fact running has been proven to be of great benefit to all dementia sufferers.

Another lady is recovering from cancer and, once again, running is a proven aid to recovery, let alone prevention.

Let us know your reasons for running and please do send us any inspiring stories of your own about yourself or members of any of your groups.
(Email us at the DD email address)



The Song Of The Ungirt Runners

We swing ungirded hips,
And lightened are our eyes,
The rain is on our lips,
We do not run for prize.
We know not whom we trust
Nor whitherward we fare,
But we run because we must
 Through the great wide air.

The waters of the seas
Are troubled as by storm.
The tempest strips the trees
And does not leave them warm.
Does the tearing tempest pause?
Do the tree-tops ask it why?
So we run without a cause
 'Neath the big bare sky.

The rain is on our lips,
We do not run for prize.
But the storm the water whips
And the wave howls to the skies.
The winds arise and strike it
And scatter it like sand,
And we run because we like it
 Through the broad bright land.

Charles Hamilton Sorley

FUTURE EDITIONS

This is the first edition of the new Newsletter. In future editions we hope to include more information such as race results, race calendar, readers letters BUT we need your input. So all you Derbyshire Dynamos please email your news items, pics, letters, ideas, questions to the DD email address and we can, with your help, make this newsletter really useful!

Quotable Quotes!

Running does not enable you to live for ever
- it might not even enable you to live longer
- but it does enable you to live better!

(Anonymous).

You cannot run away from weakness you
must sometimes fight it out or perish and, if
that be so, why not now and where you stand?

Robert Louis Stevenson

At 63 I'm not sitting watching the ocean,
which I could do. Lots of people my age are
sitting by the sea right now but I feel I never
achieved what I could.

I haven't run as fast as I can, I haven't spoken
as well as I can and I haven't written as well
as I can. If you accept less than that view
you're finish.

Joe Henderson former editor
Running Magazine USA.

A larger view of the world might include the
possibility that runners are necessary.

That the runner who is burning with a tiny
flame on some lonely road is somehow
contributing to the world.

While a world composed solely of runners
would be unworkable, a world without them
would be unliveable.

Doctor George Sheehan. Famous United
States Doctor and distance runner.

My fitness program was never a fitness
program. It was a campaign.

I was determined to find myself. And in the
process, found my body and the soul that
went with it.

Doctor George Sheehan. Famous United
States Doctor and distance runner.

WHY DO YOU RUN?

There are a number of reasons why you might wish to run but
it is important to have a running objective otherwise you
might not improve which means that you may stagnate. There
are five general reasons for running for recreation :-

1. For the fun of it.
2. To keep fit - for health reasons.
3. To lose or control weight.
4. To prepare for a charity run.
5. To get fit by running and then to compete.

These are all valid reasons but how you go about the art of
running will be dictated by which objective is most relevant
to you.

In practice, however, we train to be able to run, and converse-
ly we run in order to be able to run better. Obviously we reach
a limit - either a physical one beyond which we cannot go, or
a psychological one beyond which we do not wish to go.
BUT - and here is the peculiarity about running (indeed this
is largely true for any endurance sport) if you rest on your
laurels and never try to improve - you will actually deteriorate.

So, what does this mean in practice? Well, put simply, it
means that you must constantly try to improve, not on each
run, but as an overall plan.

The point must be noted that running well, enjoyably, always
includes a competition of sorts - not a competition with
anyone else but rather a competition with yourself.

In this respect running is rather unique and one of it's nicest
features is the fact that you are constantly improving and then
not improving, then improving again.

To non-runners the activity often appears to be stressful,
almost a punishment, rather than the joy which it is.

Don't expect non-runners to understand, they simply will not
- to understand running you have to run - often and well (at
least well most of the time you WILL have bad runs as well
as good ones, but hopefully many good and very few bad).

Remember the lines from Sorley's poem....

We run because we like it - through the broad bright land.

What is your motivation for running?

Email us and share your motivation

TECHIE CORNER

Here we review some of the latest technical information relating to running, and exercise in general. Please note that we only report on these items we do not endorse them, but your views regarding any of them will be very welcome.

How much exercise do we really need?

It has been reported that UK Government advice regarding the amount of exercise which is necessary to keep us fit is far too low. Government guidelines state 150 minutes of moderate exercise or 75 minutes of vigorous exercise is necessary in each week.

Of course 75 minutes per week of running would be a warm-up for regular runners but it does little to encourage the public to exercise sufficiently.

The latest research indicates that 5 hours a week (and preferably 60 minutes each day) is necessary to reduce the risk of heart failure and other chronic illnesses.

Scientists from the USA Texas University examined data from 370,000 people. They found a 19% reduction in risk of heart failure if people did 5 hours per week vigorous exercise but this increased dramatically to a 35% reduction in the case of those who exercised for 10 hours per week.

Although the study only relates to the risk of heart failure it does indicate that current government guidelines are woefully inaccurate.

How much to pay for shoes.

The majority of runners have heard the term "pronation" over or under, and no doubt we've all read in the various running magazines of the importance of buying shoes from a "specialist" shop, complete with the latest high-tech gait analysis, all good stuff – but wait, evidence is accumulating fast that all this high-tech is actually a low-tech mistake.

It is likely that the current controversy started with press reports appearing over the past few years.

Especially relevant is the report from Professor Roger Kerry, Associate Professor of Physiotherapy at the University of Nottingham.

Professor Kerry reported on a large body of research, notably concerning the American Military supported by work in Canada, which indicated that attempts to correct gait with specific shoe types could actually do more harm than good

Many in the sports industry deny this which is no surprise as the industry is reported to be worth £5,000,000,000 a year!

Whether you believe the hype, or not, more and more evidence is indicating very strongly that the only thing that really matters is that shoes are comfortable to wear.

This could be very good news indeed considering the high cost of many running shoes. No doubt there will be those amongst you who still believe that your favourite, or even recommended, brand of shoes are best but, if the accumulating body of research is correct, then there is no difference between the cheap or expensive shoe brands.

Don't blame us if this runs contrary to your own belief, we only report the research.

If you are still not convinced consider the proven fact that about 80% of all runners will become injured each year (admittedly often mild) but despite a massive amount of shoe research and industry investment giving rise to ever more expensive footwear this rate of injury has not changed in 40 years.

According to the Prof it's all down to what we have all been told over and over, but how many of us have taken notice? You need to build your training gradually, condition and strengthen your body and take care of running technique – it seems that old-fashioned patience and common-sense beat high-tech every time.

And, as a postscript, does the Prof put his money where his mouth is? He certainly does. Admitting to be an avid runner he buys £19.99p supermarket brand running shoes - yes, that's right, shoes costing just one penny less than 20 pounds!

UK Athletics News.

Here we include some summaries of the latest from UK Athletics.

6 October – sight loss awareness workshop. This workshop was delivered by UKA Coach support officers and acted as a catalyst to encourage the partially sighted to take part in running.

10 October – was World Mental Health Day. It is reported that taking part in physical activities is highly beneficial to mental health. World Mental Health Day is intended to raise awareness and to recruit more people to help individuals with mental health problems in the benefits of running. Details from England Athletics Resources.

Any bargains?

If you have not already done so if you join Run England - free on line - you will get some good discounts including a £15 voucher for Sweatshop!

www.runengland.org

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, interesting and funny stories, photos and useful tips to further enjoy your running experience.

Just click here:

www.facebook.com/DerbyshireDynamos

We're also on Twitter @Jog_D_Dynamos



BOOK REVIEW -"Science of Running".
Steve Magness.

This book is accompanied by a website...
www.ScienceofRunning.com.

The book is available as a paperback or
Kindle e-book.

This is a scholarly book detailing many aspects of running. Although it contains quite a lot of theory it is a good read for anyone with or without a science background.

It is, however, a serious training book which is also based on proven research.

Perhaps the most interesting chapter of the book is entitled "The Brain, the Master Controller". This chapter explains the current research into how the brain controls running – in fact to a greater extent than anyone may think. It is reasonable to believe that fatigue is a physical effect and has often been reported as being due to a build-up of waste products or even a shortage of nutrients which limit our running.

A lot of the most recent research, however, shows clearly that it is actually the subconscious brain which controls fatigue literally making you feel that you are becoming more and more tired in order to protect the body from potential damage.

This is a fascinating theory with a lot to back it up and Magness explains it very well.

Another good chapter of the book deals with the "Theories of Training Adaption". Don't be put off by the title, however, as is the case with the whole of the book the ideas in this chapter are well explained and very informative.

Section 2 of the book then turns to the practicalities of training as a distance runner.

The author puts some new twists on the old theories of long runs, tempo and interval running. He rounds off the book with chapters on periodisation, strength training, and finally provides examples of how to plan training both middle and long distance events, providing excellent practical advice based on solid research.

Altogether this is an excellent practical guide and an all-round good read. The author is himself an accomplished long-distance runner, and scientist.

Got an interesting story?

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 the DD email address.

GROUP PROFILES

BUXTON EVENING JOGGERS

Buxton Evening Joggers was established in July 2015 by Mike Gray MBE after he had completed the UK Athletics LiRF Course. Mike had found Buxton Joggers via the Jog Derbyshire website and after running with them on Wednesday mornings during term time felt that he could establish his own group.

So the 64 year old retired military officer joined forces with Phill Alcock, who was to go on and establish the PeakFitness Buxton Group.

Buxton Evening Joggers has an Advanced 10 k plus running group organised by Mike and a Progressive 5-7 k jogging group organised by Phill – both meeting at 7 pm every Monday evening, and an Intermediate 5 k jogging Group meeting Thursday evenings at 7 pm.

Several of the joggers have already “upgraded” to the next level group but can go out with whichever group they feel comfortable with.

Mike also organises a regular fortnightly Friday afternoon run for his Advanced Group who regularly do 10-12k during each session. The Friday afternoon sessions are always designed so that the 5 k Group can run along and break off at an appropriate point for them.

Advanced runners also do at least one long monthly run on a Saturday or Sunday morning to suit – recently they have run from Buxton to Whaley Bridge (10 miles), Buxton to Furness Vale (12 miles), around Carsington Water (8 miles) and are aiming to run around Derwent Reservoir (10 miles) next month.

All of the Buxton Evening Jogger Groups are keen to support their local Blythe House Hospice and in 2016 aim to raise funds for them by running The Manchester Winter 10k in February, the Wilmslow Half Marathon in April and the Morrisons Great Manchester 10k in May – to name but a few events.

Their first outing as a “team” will be at the Buxton 5k Poppy Run at the end of October.

As Mike says “most of my runners had never ever run before the beginning of 2015, now look at them, we run for fun and friendship and if we can help others on the way what a bonus.”

PEAKFITNESS BUXTON

This is the sister group to the Buxton evening Joggers and is also run (pun!) By Phill and Mike. The ethos of this group is, however, slightly different.

Peakfitness organises runs for complete beginners, C25K (Couch to 5K). In addition our beginners will usually progress through to 10K in stages BUT only of course if they wish.

The emphasis in PF is on exercise and activity for health and well-being. The group is associated with the National "Walking for Health" scheme as well as Jog Derbyshire and Run England.

We therefore provide outdoor activity for anyone who wishes to lose weight, to be more active, to become fitter - people join either by seeing our adverts or after being referred by their doctor.

As well as the able-bodied we will take anyone who wishes to join, irrespective of physical or mental ill-health or debility - so long as they have medical clearance if necessary - and no matter what their age or experience.

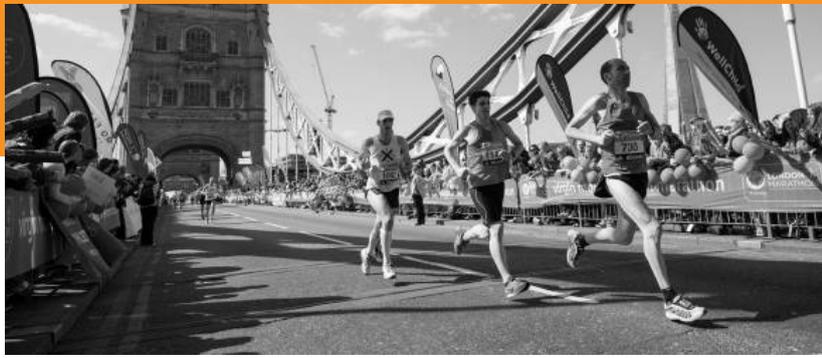
Not all PF activities therefore involve running, we organise health walking for those who do not wish to, or cannot, run.

It is hoped, however, that some of the walkers will proceed to take part in jogging activities. No-one is under pressure of course and our intention is to provide free exercise for all who want it and who can take part in our walks or runs.

PF is family friendly and we intend to organise family events - notably treasure hunts - in the summer school vacations.

We have a link with two GP practices in our area and have gained the support of a number of General Practitioners. It is early days yet but we hope that this will bear fruit and make outdoor exercise a fun and valuable community activity.

We are also interested in hearing from any of you who may wish to set up similar activities in your areas - together let us use our skills for the common good and do our part in fighting the terrible chronic illnesses of inactivity we hear so much about in the media!



London Marathon:

The Derbyshire Dynamos has again successfully gained a place in the 2016 London Marathon, Dynamo members who have tried to enter the event via the London ballot and have been unsuccessful, can now try via the Dynamos ballot, all you need to do is to have proof that you were unsuccessful in the main ballot, then email your name, address, contact numbers to:-

darren.ward@ne-derbyshire.gov.uk

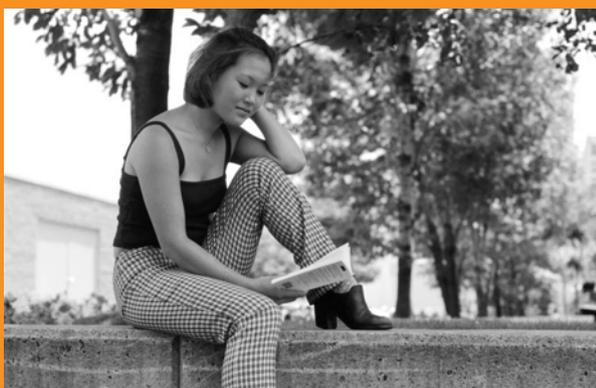
by Sunday 29th November, we will then draw our own ballot on Tuesday the 1st December and the winner will be notified that same day, if you choose to accept we will then forward on the link to complete your entry and payment. Good luck.



A.G.M.

The AGM will take place one evening during March (details to be confirmed), this is a great opportunity for the members to get together, have a chat and see how we can take the club forward, the setting is informal, but nominations for Chair, Treasurer & Secretary will be open for anyone interested, the current team have been leading the Dynamos from the outset and we would always

welcome some new nominations (don't worry we won't be offended LOL!). Refreshments will be available, it's a good opportunity to order your kit as we can bring it to the meeting as well, check out the kit page on our website.



Advice

Here we will answer some reader's queries and offer some advice. Please note that we try to obtain the best advice possible in response to queries but that we do not endorse the advice nor can we guarantee to be able to find answers to all queries - but we will certainly try! Email your questions to the DD email address.