



Newsletter July & August 2013

Welcome to the July & August issue of the Derbyshire Dynamo newsletter.

It's been a quiet couple of months since the last issue and we're now into summer but there's not much evidence of the sun!

But here at Dynamo HQ we're staying hopeful and keeping our fingers and running toes crossed that the weather will pick up soon so that we can all be out soaking up some rays as we're jogging along.

Having been away from running for a couple of months due to injury I've escaped some of the worst weather but I'm now back out pounding the streets (very gently Stefan at Seven Hills Physiotherapy, honest) and it's a great feeling!

In the next issue we plan to have the results from the survey many of you took part in. A big thank you to everyone who took the time to complete the survey and we hope that it will allow us to develop your club the way you would like it.

Enjoy the summer and happy days!

Ian



The next outing of our (in)famous "TangoTent" will be at the Wilne 10k 1st September 2013.

Just off Junction 25 or 24a of the M1.

The first Wilne 10k road race took place on Sunday 4th September 2011 and was a huge success. It was a fantastic morning and there were a lot of personal best times recorded. A grand total of £2,459.50 was raised for the official race charity, the Alzheimer's Society, and more was raised by runners taking part for other charities.

For UKA Affiliated runners (like us Dynamos) the price of entry is just £13 (increases to £15 after 15th August).

We hope to see you there.

To book your place in this event just go to <http://www.wilne.co.uk/site.html>



Race Results

Sheffield Half Marathon

Rachael Cotton – 2:14:16

Balinda Bal – 2:04:53

Ray King – 2:00:40

Darren Ward – 1:58:57

Ben Wild – 1:55:39

No Walk in the Park

Karen Unger – 28:22

Rob Stafford – 22:35

Carsington 7+

Karen Unger 1:19:18



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

Happy Birthday

to our July & August

members



Michael Broadhurst

Sandra Chalkley

Wayne Evison

Yvonne Hunt

Ray King

Bex Sims

Jane Clissold

Ian Chalkley

Gemma Davies

Debbie Gant

Yvonne Hunt

Shane Panter

Lorraine Phillips

Mary Shishefar

Karen Unger

Happy Birthday

Dynamos!



Seven Hills Physiotherapy is pleased to be able to offer you a 15% discount on our usual fees through our affiliation with Derbyshire Dynamos. We believe this to be the best value physiotherapy in the area. We are pleased to report we have already helped a Dynamo member to return to pain-free running with his Jog Derbyshire group.

Our vision is to help you lead a more comfortable and enjoyable life. We specialise in resolving unpleasant symptoms such as pain, electric shocks, pins and needles, numbness, burning, aching and tingling. We optimise body movement by mobilising stiff joints and rehabilitating tight and weak muscles. This will enable you to return to running and other lifestyle activities.

With over a decade of clinical experience and constantly advancing clinical skills, we are able to resolve your problems by applying the most recent scientific evidence-based treatments. Common treatments used in the clinic are acupuncture, kinesio taping, joint and soft tissue manipulation, specific exercise rehabilitation, biomechanical correction, sports massage and nerve mobilisation treatments amongst others.

Our physiotherapists have experience in running races from five kilometres to marathon distance so therefore understand the demands our sport has on our bodies. We don't want you to make your problems worse by running injured so are always happy to respond to any queries and offer advice whether these are running related or not.

Please feel free to contact us for advice at sevenhillsphysiotherapy@gmail.com. You can find out more about us by visiting www.sevenhillsphysiotherapy.co.uk. Please follow us on **Twitter @7HillsPhysio** or like our page on Facebook at www.facebook.com/SevenHillsPhysio to hear about our further discounts and future promotions.

We look forward to the opportunity to work with you and help you in the future.

A day in the life of the runner.....

1. "No doubt a brain and some shoes are essential for marathon success, although if it comes down to a choice, pick the shoes. More people finish marathons with no brains than with no shoes."
-- Don Kardong
2. "Start slow, then taper off."
-- Walt Stack
3. "Remember, the second most important thing to choosing the right shoe, is choosing the left one."
-- High school coach to his runners
4. "The trouble with jogging is that the ice falls out of your glass."
--Martin Mull
5. "Jogging is very beneficial. It's good for your legs and your feet. It's also very good for the ground. It makes it feel needed."
--Charles Schulz, "Peanuts"
6. "Long distance running is 90% mental and the other half is physical."
-- Rich Davis
7. "My doctor told me that jogging could add years to my life. I think he was right. I feel ten years older already."
--Milton Berle
8. "To a runner, a side stitch is like a car alarm. It signifies something is wrong, but you ignore it until it goes away."
-- Anonymous
9. "If found on ground, please drag to finish line."
--Seen on the back of runner's T-shirt
10. "It's rude to count people as you pass them. Out loud."
-Adidas

By Christine Luff, About.com Guide

Useful websites and apps to help you on your run

www.gb.mapometer.com – Great tool for planning your route before you set out
www.my.asics.co.uk – Online training plans adaptable to suit you.
www.mcmillanrunning.com/calculator - calculate your training pace

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

dynamos@jogderbyshire.co.uk



www.sprintsports.co.uk

