



Newsletter March & April 2013



The 12th Derby 10k event is very nearly upon us 28th April 2013

This is an ideal race if you're wanting to set yourself a new PB or simply want to run through the beautiful city of Derby.

With approximately 4000 entrants there is always a great atmosphere at this event!

The Dynamos will have our bright orange gazebo stationed within the Race Village.

If you're not taking part in the event but would like to help out on the day we are looking for volunteers to staff our bag drop and promote the club throughout the morning and if anyone has a spare gazebo laying around we'd love to hear from you! If you can help just let us know.

Until 31st March Dynamo members can enter for just £18! So if you fancy a fast, flat course then why not sign up now.

www.sporting-futures.org.uk

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

"I did a run in north Cornwall years ago when I was visiting a friend there. She said her mate was running a 10k that weekend and did I want to enter. I had just got back into some running and so said yes. What I only found out was that it was a cliff run where you go up and down and up and down the cliff steps before looping round back into the coastal village. I held my own for a while before



tripping and gashing my knee. I carried on, declined a lift to the finish, took a wrong turning and ended up running away from the village.... However, I did get my only standing ovation for finishing a race.....LAST!"

ANON

Want to share your running stories? Send them along to the Dynamos

Greetings from the new Dynamos Chair



Welcome

everyone to the March/April newsletter.

As you may know a few things have changed since our last edition hit your inboxes.

As we rolled into a New Year, January brought us some rather interesting weather. What with snow storms and freezing conditions we all had to dig deep to stay motivated and put on our running shoes!

February saw our AGM, held at the lovely Breadsall Priory near Derby with a great turn out of our members.

Prior to the AGM Helen Purdy announced that she would be stepping down from the role of Chair at the beginning of 2013. She has worked so hard over the last couple of years and now deserves a well-earned rest. I'm sure you will all join me in thanking Helen for the tremendous job she has done over the last two years in steering the Dynamos forward and acting as Chair Person for the Dynamos.

All this means I was met with the unexpected honour of taking over the reins of Chairperson for 2013!

My goals and aspirations for the Dynamos in 2013 are simple. To increase membership by 10%, improve our online presence, increase awareness of the club and improve communication to our members.

I would also like us to attend more races & events as a group – So this is where you lovely members come in. We'll be in touch soon asking for your input into what events we should include in our race calendar for 2013. Tell us where you're racing and we'll be there to support you! As always we need help and support in attending races and increasing awareness of the club so any spare time you can give to the club would be much appreciated, whether it's handing out flyers, cheering our runners on or contacting local business to negotiate goodies, freebies and discounts we want to hear from you.

Please contact us at dynamos@jogderbyshire.co.uk telling us your talents and how you can help.

I hope that together we can make 2013 a more fun and sociable year for running and to continue with the development of the Dynamos!

Joy Power

If you're thinking of entering the **Derby 10k** this year then here's some nutrition advice for running your best time
courtesy of Erin Beresini at www.outsideonline.com

The Ultimate 10K Race Day Nutrition Guide

Race your heart out without spilling your guts

You'll most likely be racing for an hour or less, but that doesn't negate the need for proper nutrition. Presenting a simple strategy from New York City runner, registered dietician, and sports nutrition specialist, Lauren Antonucci.



Pre-Race Dinner

Don't overload on carbohydrates, or you'll risk feeling stuffed and sluggish in the morning. Eat as much as you normally would, substituting a few extra carbs for your usual fish or salad if you want. Try loading 50 to 75 percent of your plate with complex carbs like pasta, potatoes, quinoa, or, Antonucci's favourite, pancakes. Then fill in 25 percent with lean protein like chicken, turkey, fish, or eggs. A small amount of fat—olive oil on your pasta or the yolks from the eggs—should finish off your meal. If you must have your salad or veggies, keep the portion small, as this meal should be low in fibre.

Breakfast

Aim to take in 16 to 24 ounces of fluid. It's best to get in some carbs by drinking a sports drink, but at least drink water. If your stomach can handle solid food before a run, go for it. Solid breakfast ideas include toast with jam, a bagel with peanut butter, oatmeal with a banana, or even a salted baked potato. As for caffeine? Antonucci recommends decreasing your usual caffeine dose by 50 percent (unless you've honed your caffeine intake at previous races). Your pre-race excitement combined with excess caffeine could force an inopportune pit stop.

During

What you take in during the race depends entirely on race conditions. If it's hot or you're running at altitude, you may need fluid. Go by thirst. Otherwise, Antonucci says, you should be able to make it through without refuelling.

Post-Race

"Respect the 10K," Antonucci advises, especially if you're new to the distance. It is an endurance event, so you need to refuel properly to aid muscle recovery. Try to drink something within 30 minutes of finishing. A recovery drink with protein and carbohydrates, like Gatorade's G Series Pro 03 Recover shake or Endurox R4 powder dissolved in water, is a good place to start.

Recovery may take a week or so and lead to some hobbling across the office. If it does, don't worry. That medal prominently dangling from your bulletin board will eliminate any need for an explanation.

Sprint Sports & Leisure Ltd



Our official provider of race kit and training essentials.

All orders can be posted directly or alternatively why not pick it up at the next Dynamos meeting.

To order or for more information visit
www.sprintsports.co.uk





Rachel

Birks is now well on track with her training for her upcoming London marathon in April.

You'll remember that Rachel was the lucky Dynamo member who won the clubs place in the event at the AGM raffle draw.

She is doing very well and is now undertaking lots of long hilly runs to build more strength in her legs.

Her hope at the moment is to stay injury free and make it to the start line in one piece ready to race.

Although she does say that one fear she has is getting on the wrong Tube the morning of the race and missing it all!

We all wish you well Rachel with your continued training and when race day comes we're sure you will do yourself and us proud. Good Luck!

The Derby Runner Cross Country League

The Derbyshire Dynamos have completed all six races in the Derby Runner Cross Country League!

Here's what Steve had to say about the January race at Bagworth Heath

"I had a bad run due to ill health but credit to Gail Pickering who can hold her own and compete against some very good women club runners and finished not far behind me. This was the hardest one so far with mud 8inches deep on a three lap route."

The Dynamos would like to send their thanks to Steve Saunders and Gail Pickering for representing the club at these events throughout the cold winter months.

Club Focus

Continuing our look at what inspires and motivates leaders and members here Phil, of West Hallam Joggers shares his thoughts



"I have been running for a great number of years and I am afraid to say that I was having problems putting my trainers on to go out running. I was losing my enthusiasm or becoming lazy. I then read the article in the local paper regarding Jog Derbyshire and the possibility of becoming a coach. I replied and I have not looked back since I have got my mojo back.

Living in West Hallam, seeing a number of individuals running in the area I thought it would be good to set up a group in West Hallam for anyone who wanted to come along to be part of a group. Having undertaken the Coaching qualification I then set up the group, details were put on the village website and the literature issued to every source I could think of.

The first few weeks I was on my own but then along came Debbie and Sue. I have not looked back since. We are a small group but dedicated going out in all kinds of weather. Both Debbie and Sue had previously ran and wanted to get back into running. Well having been running for just under 2 years last year they both did the Nottingham Half Marathon in times that they were pleased with but want to be better. As for myself I have done several 10Ks and even a few sprint triathlons even my times are improving.

We meet on a Tuesday night at 6.30pm and have further unofficial runs during the week. I would like the group to grow it is not for the want of trying. I am passionate about what I do and my aim is to ensure Debbie and Sue enjoy our runs and improve their fitness and times.

I would like to thank Debbie and Sue for the effort they put in"

Phil was the winner of the free Dynamo membership at the AGM raffle at the Breadsall Priory.

To have your say in Club Focus in the next issue, contact us at dynamos@jogderbyshire.co.uk

IMPORTANT NEWS from England Athletics (Our affiliation body) and Membership Fee Increase

From the 1st April, annual individual membership fees paid to UKA will increase from £5 to £10. UKA have made the decision to do this due to changes in funding, how it is distributed and increasing participation UK wide.

As Dynamos is a small organisation, we unfortunately cannot absorb such an increase and therefore we have taken the decision to increase our annual membership to £20. We have researched other running clubs and their fees, and we feel this is in keeping with them.

If you require further information regarding your England Athletics membership, please visit www.englandathletics.org and log into your profile, with your membership number.

Annual Membership

As you know, Dynamos membership runs from 1st April to 31st March so although new members can join from January onwards and get the extra time for free on their first year's membership (tell your friends!) that doesn't apply to renewals. Existing members must renew on 1st April so make a note on your calendar!

For those who have set up a continual payment via PayPal during the year, we have suspended further payments from being taken. You will however be required to set up a new one off or continual payment on the 1st of April to renew your membership and ensure you are still covered by insurance and the UKA terms & conditions. If you require more information, please get in touch: dynamos@jogderbyshire.co.uk