



Monthly Newsletter – December 2015

Chairman's Chat

The committee thought it would be great idea to start a monthly newsletter. This will help communicate all club matters to Devizes Running Club members.

Firstly I would like to take this opportunity to welcome Jason Bain and Kathryn Volkelt-Igoe to the committee. Jason has taken on the Secretary role and Kathryn has kindly volunteered to take over the responsibility for club membership.

The club is in a great place. The club is in a strong financial position and for the first time, we have over 100 members.

Every month, a committee meeting is held to discuss current matters. Here is a summary of the meeting held on 9th December 2015.

Club Kit

The Devizes Running Club Shop is now live!!!

The committee has decided to subsidise 40% of the cost of all club kit to all our members. Please visit the following website

<http://www.pbteamwear.co.uk/athletics-clubs/devizes-rc.html>

You will need to create a log in, so you can qualify for the 40% discount. We have signed no contract with PB Teamwear, but we have to commit to 10 of each of the MTO (T-Shirt, Vests) range. This means they will not produce any of the MTO range until 10 orders of each item has been received. So please, go online and order your new club kit ASAP.

The discount code you require is DEVIZES40.

Please note, if you enter a race under the banner of being affiliated then you must run in your club colours otherwise you run the risk of being disqualified. This is another good reason to order your new club kit.

The New Committee

At the AGM in November, you voted in the new committee. Over the next few committees meeting we are defining each committee member's role. Here are the few of the roles defined:

Simon Gilbert – Chairman & Website Manager

Damion Godwin – Vice chairman, Club Coach

Dan Sault – Club Captain, Training co-ordinator
Jason Bain – Secretary
Kathryn Volkelt-Igoe – Membership Administrator
Kate Wilkins – Treasurer
Caroline Palmer – Marketing Officer

Club Coach

Damion Godwin has been employed as the new Coach. Even though Damion has been unofficially been doing this role for the last couple of years, it's important to make this role official. Damion is working towards his full coaching badges, and the club will fully support him to achieve his qualification.

Damion will work closely with Dan Sault, and will take control of Tuesday night speed sessions and 5K Time Trials

Dogs at Training Nights

It was discussed whether the club should allow members to bring their dogs to training nights. It was agreed that any member wishing to bring a dog to training nights must apply to the club for permission. Dogs must be well behaved, on a short lead and must be insured with accident cover.

No dogs will be allowed during the winter and only allowed on Thursday night runs.

Sofa to 5K

Cal Maw has kindly offered to run the Devizes Running Club Sofa to 5K course starting Monday 11th January 2016.

More details can be found on the website: <http://www.devizesrunningclub.co.uk/home/sofa-to-5k/>

Please can you recommend the course to your friends and family.

Social

Dan Sault is arranging a social night at the Southgate Inn, Devizes at 7.30pm on Saturday 30 January 2016. If you wish to attend, please reply on <http://doodle.com/poll/ndweysa82n5whavw>

Website

The website had a massive overhaul this year. There are still some areas which need some work, but we are getting there. If you would like anything adding to the website please let me know.

Devizes 10K

We have opened the entries for the Devizes 10K. This is an event hosted by Devizes Running Club, so we ask all our members to help marshal the event. The date is Sunday 20th March; please put this date in your diaries. We are lucky to have the race in the WAA Road race league again in 2016.

Membership

Membership is due again in January; we will post further information on the website shortly. Again we will be using Entry Central for online membership renewals, this will be available from the 8th January.

Captains Corner

Dan Sault has been appointed as club captain. His role will include the following:

- Publish training schedules on social media / website / e-mail so members are aware in advance of the proposed training.
- Be available at the Leisure Centre meeting point from 6:20pm on training nights to ensure members are aware of the proposed training, and at the end of the training session to discuss any training requirements or answer any questions etc.
- First point of contact to all existing and new members.
- Ensure new members are made welcome, discuss their ability and introduce them to runners of similar ability.
- Promote the WAA road league, off road league and other local runs to all members through e mail and social media

If there is anything related to your training or the running club that you feel you wish to discuss with Dan, please do not hesitate to ask him on a training night, or alternatively, you can contact him through Facebook or e mail [danielsault@btinternet.com]

A Word from the Coach

As previously mentioned, Damion Godwin has been employed as our Club Coach; he will be working with all members to help them achieve their goals.

Tuesday nights is **Speed Session** nights, and this is a good opportunity to explain why we do speed sessions.

Speed training is important if you want to run that 5k/10k faster and want to finish strong or even get that sprint finish. Speed training will get you fitter faster and increase movement in your joints, increase stride power and efficiency to allow you to learn to maintain speed and form when fatigued. Your body will increase ability to store oxygen which will help muscle function, you will even increase muscle power to start and stop, it is important to run each rep at the same pace, this is where it is important to recover properly. Speed work is not just for 5K and 10K distances, but is massively important when training for half marathons and marathons.

Lastly, I would like to wish everyone a Merry Christmas and a Happy New Year. I hope to see everyone back at the club in 2016.

Simon Gilbert - Chairman