



## Monthly Newsletter – January 2016

### Chairman's Chat

A committee meeting was held on Wednesday 13<sup>th</sup> January. Here is a summary of the meeting.

### Club Kit

Since the Devizes Running Club Shop went live, we have reached the minimum orders on Club T-Shirts and Vests, so the orders have been processed and sent to the factory to be produced.

The Leisure Wear products (jackets, training T-Shirts etc.) are starting to arrive, I am sure you agree the products look great.

To order your kit, please go to the following website. Fully paid up members qualify for a 40% discount.

<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.

### Membership

Membership renewals are now due. Please go to the following website to renew / join, please note membership renewal must be completed by 12<sup>th</sup> February

<http://www.entrycentral.com/DRC>

To find more about membership and benefits please visit our website

<http://www.devizesrunningclub.co.uk/home/club-membership/>

## **Sofa to 5K**

The Sofa to 5K has been a huge success. 72 people turned up in week one and 52 people in week 2. I would like to thank Cal Maw for organising the course and all of the members that have given up their time to help with the course so far.

I have had lots of positive feedback so far, keep up the good work. Thank you!!

## **Julia's House Children's Hospice**

I have been contacted by Julia's House Children's Hospice to help arrange a Santa Run in Devizes. A potential date of Sunday 11<sup>th</sup> December has been discussed. Julia's House is opening a Hospice in Devizes in 2017, so it is great that Devizes Running Club is associated with such an amazing charity. It would be great if our members would give up their time to make this event a huge success. I will issue more details about the event nearer the time.

To find out more information about the charity please visit their website <https://juliashouse.org/wiltshire> . If you have any questions, please let me know.

## **Meeting Place – Training Nights**

Training nights are getting very busy, so we have decided to move the meeting place on Tuesdays and Thursdays. The new meeting place is outside Southbroom Infant School, on the ring road by the green. The reason for this change means we don't obstruct the general public entering the Leisure Centre. I haven't been contacted by the Leisure Centre; this is a proactive decision by the committee.

## **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 20<sup>th</sup> March; please put this date in your diaries. We are lucky to have the race in the WAA Road race league again in 2016. We already have over 120 entries.

ZELF in Devizes have agreed to sponsor the event this year. Caroline Palmer is working hard to organise all aspects of marketing the Devizes 10K and liaising with ZELF.

We are also pleased to announce Julia's House Children's Hospice is associated with the event. They will market the event for us and in return we will offer a discounted place in the 10K for all Julia's House Sponsored runners. The Hospice will also be at the event promoting the charity. From the profits of the race, Devizes Running Club will make a donation to Julia's House.

Hayden's Bakery has agreed to supply the cakes for this year's event.

Simon Lathbury has recently sent out an email regarding marshalling, to remind you, here it is:

***There is no obligation, but it is usual for members to volunteer if they are able to do so. A number have expressed a desire to run in the race so we are giving 10 members an opportunity to run, whilst supporting the event as a volunteer by proxy if they can provide a substitute volunteer. The substitute volunteer must be an adult who is willing and able to stand in for the runner on the race day.***

*So, if you want to run, sign up to volunteer on the doodle poll [here](#) with your name and the word “run”. You will be entered into a ballot to be drawn on February 20<sup>th</sup>. There are 10 opportunities for 5 male and 5 female members.*

*If you make the draw you will be asked to provide contact details of your substitute marshal (including a valid email address). If drawn you will not be able to enter the ballot next year, but will be given an opportunity to do so in subsequent years.*

*If drawn, entry is in the normal way, details of which can be found [here](#).*

*If you do not make the draw you will be assigned a volunteer role.*

*For those of you who have already volunteered via the doodle poll [here](#) but would like the opportunity to run, you can edit your response with the word “run”.*

*Everybody else: if you can, and would like to help, then please volunteer via the doodle poll [here](#) as soon as possible if you have not done so already. All welcome: members, family, friends and children.*

## **Presentation Evening**

On Friday 1st April we are planning to hold our annual presentation evening for our members. Whilst this is a little way off, we want to give members enough notice and to get an idea of numbers early so we can decide on a suitable venue.

The evening is a chance for us to recognise your running achievements for 2015 and to have a bit of a social, although with Manchester Marathon, Reading and Devizes Half's just around the corner, it could be a bit of a tame one!

Please can you confirm your interest in doodle poll which can be found in the attached link

<http://doodle.com/poll/v9v9yrqy5b29vqqt>

More details will follow in due course

## **Roundway Rampage**

A possible date for this year's Roundway Rampage is Saturday 1<sup>st</sup> October. We will issue more details when they are available.

## **Captains Corner**

On Tuesday 12<sup>th</sup> January we held our first 5k time trial of the season and it was really encouraging to see the improvement made from our members since the last time trial held in October. Well done to everyone who achieved a PB.

You have all been training really well during our structured speed sessions. These recent results prove that training well will help to improve your speed and strength, and you will become a faster and more efficient runner, regardless of what distance you are training for.

I would like to encourage you to continue to train hard during our interval sessions, and I am confident we will see plenty more PB's throughout the 2016 season.

You are all running so well – please keep up the good work.

Dan Sault

## **A Word from the Coach**

Since taking on the coach role you may notice I am putting new things in place. I feel you are all training hard and starting to understand effort training. You also may notice that I pick out the good and bad in the session and I hope you understand this is for your benefit.

You will find that I have added a feedback form, as I need your feedback to see how my development is progressing.

I would also like to start warming up for each Tuesday session, so we would jog to session and then do a dynamic warm up, then start the session and after the session we will gentle jog back getting slower on approach to club ready to stretch off.

### **Why warm up?**

Once you're ready to run it's tempting to shoot out the door at top speed. But heading out of the door at full speed—without a proper warm-up—is when injury can occur.

If you start out too fast, you run the risk of pulling a muscle, tweaking a tendon, bone, or joint, or getting into a pace that you can't sustain. The result? You end up slowing down and burning out before you're done with your workout. The worst part is that you're likely to end your run feeling exhausted, discouraged, and dreading your next workout.

A smart warmup gives your muscles, bones, and joints a chance to loosen up; it gradually and gently brings up your heart rate and makes it easier to get into the rhythm you want to sustain so you can run—and finish—feeling exhilarated and energized enough to go longer, and excited to set out for your next workout.

### **Why cool down and stretch**

Cooling down after a run allows your heart rate to slow down gradually. Stretching your muscles not only helps prevent soreness and injury, it also gives you time to congratulate yourself for getting through run.

Occasionally I will be posting Coaching Tips on the website, please take a look at my page

<http://www.devizesrunningclub.co.uk/home/coaches-tips>

Keep up the hard work.

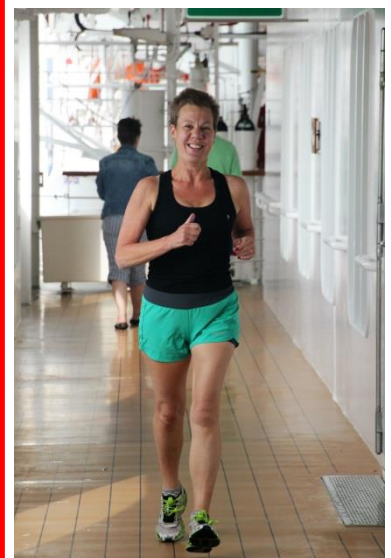
Coach Damo.

## Member Profile

Every month I will be inviting a member to write an article about themselves and share their experiences of running and the reason they joined Devizes Running Club.

**Kathryn Volkelt-Igoe** Has recently joined the committee, and will help Kate Wilkins with the administration of the membership, so here is Kathryn's story!

I have always enjoyed sport and exercise, but did not start running until 2010 when my daughter returned to live at home after travelling in Asia. I foolishly said that I would like to do a half marathon which prompted her to sign us both up for Bristol Half in September. Somehow I progressed from being unable to speak when running to completing the Bristol Half in just over 2 hours. I joined Devizes Running Club in 2013 as I wanted to run with other people and I haven't looked back. I was struck by the friendliness of the club members and I find that the support is hugely motivating. I love it that you can always find someone to run with outside of club nights and everyone is so encouraging. In October I completed the Bournemouth Marathon and the photo is me training on the Queen Victoria cruise ship - running my way into Barcelona! I have now joined the committee and I hope that I will be able to make a positive contribution to our lovely club.



**Simon Gilbert - Chairman**