

Mossley AFC Running Club

Newsletter September 2016

Hello and Welcome

Welcome to September's newsletter, we welcome new members each week, so a big hello to all that have joined us in August, we hope you are liking running with us so far.

Runner of the month...

For September our runner of the month is, Walter. Walter shows great team work and commitment to the club not just through running with us but keeping us hydrated after our run. Even when he's not running he will come along on a Sunday to just help out with the brewing up. Walter also captured the moment well on the day of the Mossley 10k with his excellent camera skills, which actually made it into the local rag, in case he hadn't mentioned it to you! Well done Walter great team player, lucky to have you as part of the team.
Pin badge and certificate on its way to you shortly.

Technical expert required

Are you up to speed with technology and are able to maintain a website?

Can you donate a few hours here and there to keep things ticking along with our website and up to date and interesting.

Then this may be for you?

Personally I struggle with the amount of remote controls in my house these days.

Please drop me an email by Sunday 17th September if you are interested.

Nicola.steen@mossleyfc.com

Run Lead... are you interested?

Your ever expanding club is looking to expand their group of run leaders.

But what does this entail I hear you say?

- Organise and promote the group
- Provide a safe environment at the right level for the participants
- Encourage and maintain involvement in running and walking
- Signpost runners to development opportunities
- Ensure good sportsmanship
- Be individual centred leaders.
- Place the needs of each individual before the interests of the leader or the group
- All individuals are welcomed to participate, are valued and encouraged to explore their own potential
- Recognise the importance of providing a fun and safe environment
- Encouraging individuals to be involved in their own development and empowered to take greater responsibility for it.
- Commit to turning up to the club what could be three times a week

If you are interested please send us a written personal statement of why you would be perfect for the role by Sunday 17th September .

In return you will be sent on a days Leadership course paid by the club.

Head Coach... are you interested?

Your ever expanding club is also looking for a Head Coach to head up our run leadership team, by working together with the team we will ensure that club runs are organised, safe and enjoyable.

Again what does this entail?

- A leader who is looking to develop into head coach to be responsible for collaborating with the rest of the run leaders.
- Ensuring the leads are meeting the needs of their groups,
- Looking over and planning routes together and making sure leads are happy within their groups.

If you are interested please send us a written personal statement of why you would be perfect for the role by Sunday 17th September.

This person will also be sent on a coach course paid for by the club.

Kit Manager required

We are looking for an individual who may be interested in being our Kit Manager for the club. You will be the main point of contact for any kit orders for club runners, and maintain the relationship with our local printing company.

Basic stock control and a record of payments will need to be kept upto date also.

Please drop me an email if you would be interested in this, Nicola.steen@mossleyfc.com

Mummy's Star

We will be supporting a local group of fundraisers who have been raising money for Mummy's Star charity by running 9 half marathons in 9 weeks.

On Sunday 9th October our usual Sunday club run will be up at Dovestones with them.

There will be 5k, 10k and half marathon options, don't worry if these distances are more than what you usually run on a Sunday, you can still come along, run what you can, or support or walk.

We will donate our subs for this day to the charity.

They also have limited free places for the Oldham Half marathon on 16th October on the condition that a minimum of £99 is raised through sponsorship, if you

are interested in this please drop Nicola Steen an email or facebook inbox Nicola.steen@mossleyfc.com

Nicola's charity sponsorship

You will all be aware of the current half marathon training that has been happening over the past 7 weeks. It has been challenging for all the runners but we are confident that all our hard work training on the hills will pay off on the day, on the flat streets in Manchester.

Nicola Steen is running the race for a charity who support people and their families who have neurofibromatosis,

Please see Nicola's fundraising page to read a little more about the condition and the reason she is fundraising.

<https://www.sponsorme.co.uk/nicolasteen/im-running-the-manchester-half-marathon-for-the-neuro-foundation.aspx>

Kit and Membership Sunday

Please note that going forward, any kit requests or membership requests will be taken on a Sunday only.

The reason for this is just to ensure that we are running the club as efficiently as possible.

If you don't run with us on a Sunday at all we can accommodate your requests so please get in touch with us.

Personal responsibility

To ensure that we are meeting our runners needs, please can you make sure that you take personal responsibility to make your run leader aware of any medical issues or injuries at the beginning of each run.

We would also like you all to make sure you have your orange membership card on your person when you run with the club, and we ask that you write on the back of the card your **emergency contact number**

Social

Saturday 17th September, Mossley 10K pub crawl. Don't worry if you're a light weight or cant make the whole duration due to other commitments, in true running club style a route will be posted on the page so your welcome to join in along the route.

18th November, will be our 1st birthday celebration/presentation evening, book it in your diary it's not to be missed.

Final details for both events will be shared soon by our very own social secretary Mr Stephen Homer.

