

Mossley AFC Running Club

Newsletter January 2017

Hello and Welcome

Welcome to the first newsletter of 2017!!
Welcome to all the new faces we have seen over the last few weeks, we look forward to running miles and miles with you all
Lots happening already from the new signing in stations and exciting news on our London Marathon place, read on for more.....

Runner of the month....

For January the runner of the month is **Julie Williamson**.

Julie joined us in September as a total new beginner on the Couch to 5k programme. She graduated the programme with flying colours and top of the class marks. Not long after the couch to 5k she completed her first official 10K race at Tatton park and gained a fantastic finish time of 1 hour 2mins! since then she has just pushed herself further and further getting out with her husband Stuart on none club day runs and recently increasing her mileage past 10K. Id imagine she will be front of the que for the half marathon group later this year.

Well done Julie your pin badge and certificate will be on its way to you shortly.

Runner of the month in 2016

If you are new to the club you may well be wondering what runner of the month is?

Every month the committee choose a runner of the club who has shone in some way, this could be supporting other members, doing something good for the club, making outstanding improvements in their own running achieving amazing personal bests and just standing out for some particular reason.
This runner will receive a certificate and a club crest pin badge.

Here is a snap shot of some of the winners from 2016 and a little reason they stood out.

- **Jane Braithwaite** for smashing her 10k time
- **Hazel Homer** and **Sophie Miller** for determination on completing the Mossley 10K only a few weeks after Couch to 5k graduation

- **Adam Battersby** for his supportiveness towards other runners and amazing personal progress
- **Dominique Burney** for amazing results in just 10 weeks from a none runner to a continuous runner
- **Stephen Homer** for determination and just not giving up no matter how hard it seemed at the time
- **Pam Morris** for 2 personal achievements , a distance ran and giving up smoking
- **Colin Edwards** for some amazing running and keeping up with the strong running group who are half his age

London Marathon

Congratulations to Jennifer Day who will be brightening the streets of London with her orange shirt on **Sunday 23rd April**. After applying the last 8 years herself unsuccessfully she saw the opportunity to get there and applies for our club place. I think its safety to say she is a teeny bit excited.

It's not just Jennifer who will need to keep 23rd April free in her diary. The committee have a few things up their sleeves for this date too so pencil it in your diaries now !

More to follow in due time.

For now though to we need a little bit of help from all our members.

Jennifer will be running the London Marathon to help raise money for a **LOCAL** charity and we would like you to help us choose just one.

There is a voting poll on our website, simply access the website and cast your vote. The voting poll will close in just 1 Week **Sunday 22nd January**.

Here is a little bit about the charities. Have a read look on their websites to see the amazing work they all do and cast your votes **NOW!**

www.mossleyafcrunningclub.com

Emmaus Mossley

Emmaus provides homeless people a home for as long as they need it and gives them meaningful work. Living in a stable environment with the opportunity to work helps the companions, (formerly homeless people) regain any lost self-esteem and the confidence to get back on their feet.

Mossley Emmaus can house up to 26 companions. They collect and sell donated goods, using the money generated to sustain the community and help with other charitable work they do with the homeless (called 'solidarity').

Can you believe our very Emmaus in Mossley will be 20 years old in March this year.

<http://www.emmaus.org.uk/mossley>

Willow Wood

Willow wood hospice aims to help everyone who passes through their doors attain the best possible quality of life. Their care whether it be physical, psychological, social also extends to families and partners. They offer a number of services including an Inpatient Unit, a well used Day Hospice, through to Dementia Support and Bereavement Counselling. They make no charge for any of their services for patients from across the Tameside and Glossop area as well as their families and carers, completely funded by charitable donations

<http://www.willowwood.info>

Tameside Oldham and Glossop Mind

Tameside, Oldham and Glossop Mind is an innovative and dynamic organisation that provides helpful services promoting the well-being and improvement of the mental health of our clients.

Do you know they have been around for over 30 years? Their mission in life is to simply offer a service that's best-in-class. By providing a regularly refreshed and diverse range of activities and services that promote psychological and physical well-being, stimulating recovery and leading to people returning to a positive and active life in society and generally feeling much better.

1 in 4 of us will need help and support with our mental health at some point in our lives.

<http://www.togmind.org>

Choose your station

Hopefully if you have ran with us this week you will have noticed our new signing in stations, we do hope you like these, please let us know if you have any further feedback on this new method of signing in? Simply turn up on the day locate your preferred distance station and sign your name on the relevant sheet. We also have included a space for any injuries

that your leads may need to know about. Once everyone has signed in your leads can check down the list of names as to who is in their groups and ensure that everyone is looked after and safe in their groups. You may also notice the leads disappear about 10 minutes before we head out for our runs? This is their pre run huddle, again to ensure you are all looked after and safe on our runs.

ATTENTION ALL MEMBERS

Membership renewal News

Social and Affiliated memberships run to March 31st and so the renewal process will start in February to collect in any changes of names/addresses/numbers/medical issues/emergency contacts.

For '2017-2018 we will be asking for your membership money as a bank transfer only.

Our membership cards are going to be much better too.

Perhaps this is the year you will become an Affiliated runner. If you intend to enter lots of races then this is worth the extra £14 on top of your social fee as most races offer a discount for affiliated members.

Maybe you'd rather let your affiliation go this year. That's fine.

All options are open.

The main thing is that you enjoy being a member of Mossley AFC Running club. It's our wonderful members that make us so great, friendly, supportive and welcoming.

Thank you all for being part of us.

Lets renew our running vows together!

Safety info for colder weather

With more hours of darkness, it is often difficult to find a time to run during daylight hours. Make it a priority to be "visible" by wearing light coloured and reflective materials so you stand out along the roads. Once the snow falls, switch to a dark, reflective running suit to contrast with the snow. Put a blinking light on your jacket in the front and back.

Carry your mobile phone for emergencies.

Dress in layers and avoid cotton in cold weather as it holds onto water and has little insulating value when wet. If you are really warm and comfortable at the start of your run, you will be too hot in mid and late run.

Wear a windproof, breathable, and “vent-able” shell to help regulate your heat loss. To keep your extremities warm, a hat can preserve heat and mittens are warmer than gloves.

Protect your sensitive areas with wind block underwear so you do not end up with frost bite in areas that really hurt. If you depend on your shoes for cushioning, remember that the cold stiffens the soles and the shoes will not be as forgiving as in the summer months. A mesh shoe that is comfortable in the summer will be cold in the winter.

Snow and ice have the better traction when it is cold (-20 to 25 degrees F) than when it is near or at the freezing mark, so your risk of falling is greatest when the temperatures seem best for running.

5 degrees F always feels colder in the black of night than in bright sunshine as there is no radiant heat, so dress accordingly.

Your goals for 2017

Following on from your feedback on our questionnaires at the tail end of 2016 and the races we see you all entering, the leads have pulled together a calendar of training programmes for 2017 from Marathon, Half Marathon, 5k – 10k, couch to 5k. Don't worry our normal distance groups will still be there for you to run in also.

More info coming soon so keep your eyes out.

Mossley Foodbank

As some of you may be aware Mossley has a very busy foodbank. Stephen Homer will be collecting tinned and non perishable foods for them on behalf of the running club. If members would like to support the foodbank they could bring in what they can on a Friday or Sunday and he will organise getting the supplies to the organisers of the foodbank. Thankyou for your support #TeamOrange.

