



New Member Welcome Pack

September 2020

Thanks for joining us

We are the leading inner-western suburbs recreational running club!

Our club offers runners of all abilities the chance to achieve their goal, whatever that goal may be. We hope you will find us like an extended family.

Guests and visitors are always welcome at our events and training sessions, which are always free. We only ask that if you like running or training with us, that you support the club and join as a financial member after 3 sessions.

Our 2023 membership is a low \$60/year, less than the cost of one fun run, and has many benefits. We also have family and concession rates.

Financial members qualify for a discount at our club sponsors:

John Ayton
SportsPower
83-85 Ferguson Street, Williamstown

Abby Speakman
Symmetry Physiotherapy
76 Douglas Parade, Williamstown



Contact us

Facebook:
"Hobsons Bay Running Club"

Instagram:
"hobsonsbayrunningclub"

Website:
www.hobos.org.au
www.hobbos.org.au

email:
enquires@hobbos.org.au

mail:
PO Box 152, Williamstown, 3016



Club Overview

Hobsons Bay Running Club was founded by Eero and Sara Keranen in 1994 as a social running club. We have a wide variety of members of all ages, from casual walkers and joggers through to serious competitors. One current member is a former World Champion at the Masters level, and others have finished in the top 100 places in the Melbourne Marathon.

We have athletes targeting all distances - from track events through to parkrun, trail runs, half marathons, full marathons, and beyond; as well as those focusing on general fitness, social and well-being running.

We hold regular training sessions over different days of the week, both track and road, and we have qualified run leaders and coaches to assist you.

We have a regular monthly 5km competition which counts towards a couple of annual trophies, and a number of additional evening events during the year.

We also have many social events during the year, such as pub nights, and Christmas and Christmas in July functions, and many other informal events including after training or parkruns.

We have a club website, and social media presence on Facebook and Instagram, and a monthly newsletter is published to coincide with the monthly Handicap.

We are co-tenants of the Hobsons Bay City Councils' Newport Park Athletics Track, along with our friends, Williamstown Athletics Club, and Williamstown Little Athletics Centre, with whom we share some members.

What we stand for

Being inclusive and welcoming
Promoting mental well-being
Encouraging all ages and abilities, Social, serious or both
Improving your fitness, fun-run, parkrun or marathon
Running with friends

Athletics Victoria affiliation

Our club, and each financial member is affiliated and insured with Athletics Victoria.

Coach and Run Leader training is provided by Athletics Victoria on behalf of Athletics Australia.

As part of this affiliation members are entitled to various discounts on event entries and other products, details of which are provided directly by Athletics Victoria.

We also have the opportunity to field Hobsons Bay Running Club invitational teams in some AV events during the winter cross-country season.

Coronavirus Statement

The club is committed to being Socially Responsible and caring for the health and well-being of our members and their families, particularly those with vulnerable family members. With this in mind the club acted proactively in cancelling training groups and events in advance of government restrictions.

Our published events, including those referred to in the document may be cancelled; always refer to our Facebook group page for latest information on whether events are to be held as scheduled.

We are acutely aware of the need for physical and social activity to maintain physical health and mental well-being, particularly in this time of uncertainty and anxiety.

We this in mind, we continually monitor the situation closely and seek opportunities to support our members, and to strike the right balance when re-introducing activities as restrictions are relaxed.

Our training plan is available for members to follow individually, and our coaches are always available for guidance and advice via enquiries@hobos.org.au

The club actively encourages all members to

- closely follow all current government restrictions and guidelines
- follow basic hygiene and social distancing practices
- always act with an abundance of caution
- consult DHHS website frequently, as the rules get updated and clarified
- make your own decisions when choosing whether and where you can run
- avoid paths or times where there are too many people
- be courteous when passing close to other path users
- be ready to pull up your face covering if you cannot give others a wide berth
- only return to club training sessions, events and activities when you are completely comfortable

The club provides these recommendations for the benefit of members, but it is not to be construed as medical advice.



Policies

The following club policies are available on our website:

Electronic & Social media policy - Concerning email, website, Facebook, Instagram, use of photos & videos, and inappropriate online behaviour

Juniors policy - Concerning Children under 11, children aged from 11 to 17, Working with Children checks, and the AV Child safe code of conduct

Privacy policy - Concerning members information, photos & videos

Dealing with an Incident - Concerning incident reporting, medical incidents, behavioural incidents, and near misses & incidents involving members and non-members

Bullying, Harassment, Inappropriate Behaviour & Complaints policy - Concerning how Bullying, Harassment, Inappropriate Behaviour and Complaints are handled

Running in the dark and on roads - Concerning safe running activities

Extreme Weather Policy - Concerning extreme heat, storms, UV and high fire danger

Code of Conduct - Summarises relevant sections of the AV Member Protection Policy

Medical Emergency Plan - Concerning first aid equipment, defibrillator, first aid officers and safety marshals, emergency contacts

Athletics Victoria Member Protection Policy - Which HBRC commits to

Infectious Diseases policy – Concerning response to Coronavirus (COVID-19)



The following club policies are under review:

Member Responsibilities (Disclaimer) - Concerning responsibilities accepted by members upon joining the club

Run Leader Responsibilities - Concerning expectations and responsibilities of our accredited Run Leaders and Coaches

Air Quality - Concerning Smoke or other pollutants

Calendar of Events (2023 TBA)

Where indicated, please pre-register at hobos.org.au




Hobsons Bay


running club

Est. 1994, Celebrating 25 years

January 2020	February	March	April
Saturday 25 th 7:45am Greenwich Reserve BBQ area Australia Day Handicap	Tuesday 11 th 6pm approx Newport Park Athletics Track The Summer Challenge 1000	Wednesday 18 th 6pm approx Newport Park Athletics Track Pre-register Hobbos5000 5km Track Time Trial	Sunday 15 th 8am-4pm Bunnings Altona Altona Bunnings BBQ Fundraiser
We are a recreational running club supporting physical and mental well-being in the community. We are an Inclusive Club	Saturday 29 th 7:45am Greenwich Reserve February Handicap	Saturday 28 th 7:45am Greenwich Reserve Pre-register March Handicap	Saturday 25 th 7:45am Greenwich Reserve Pre-register Anzac Day Handicap
All monthly handicaps are followed by shared morning tea, all welcome. Most other events are followed by a free BBQ; details on Facebook.	Our 2020 membership is a low \$50 per person or \$100 per family, and Concession \$20. Juniors welcome. All our events professionally timed.	Tuesday 31 st 6pm approx Newport Park Athletics Track Pre-register The Annual Easter Gift	Hobsons Bay Running Club Inc. is a non-profit community club run entirely by volunteers. All members participate in an event helper roster
May	June	July	August
Saturday 30 th 7:45am Greenwich Reserve May Handicap	Saturday 27 th 7:45am Greenwich Reserve June Handicap	Saturday 25 th 7:45am Greenwich Reserve July Handicap	Sunday 2 nd 7:45am TBC Newport Lakes The Annual Winter Cross Country handicap
All event times are correct at the time of printing, but we encourage you to check our Facebook page events for up to date details. Extreme weather policy may apply.	Where indicated, event pre-registration is requested; visit our website hobos.org.au Beginners welcome Visitors and guests welcome	All events and training sessions are free. We only ask that if you like running with us, that you support the club by becoming a financial member after 3 sessions.	Saturday 29 th 7:45am Greenwich Reserve May Handicap
September	October	November	December
Saturday 19 th 8am TBC The Tan, Pillars of Wisdom Athletics Victoria Tan Relay Teams (TBC) Limited numbers, members only	Tuesday 6 th 6pm approx Newport Park Athletics Track Pre-register The Annual Spring Gift	Monday 2 nd 6pm approx Altona Coastal Park Pre-register 5th Annual Phar Lap 2-mile Handicap	Tuesday 15 th 6pm (TBC) Newport Park Athletics Track Pre-register The Annual Christmas Gift with WAC & WLAC
Saturday 26 th 7:45am Greenwich Reserve September Handicap	Saturday 31 st 7:45am Greenwich Reserve October Handicap	Saturday 28 th 7:45am Greenwich Reserve November Handicap	Saturday 26 th 7:45am Greenwich Reserve December Handicap

The Hobbos support:



Every week (unless advised), track training sessions for all abilities with AA accredited run leaders:
Tuesdays 6:00am & Tuesdays 6:15pm
Newport Park Athletics Track
Check our Facebook page events.

Thank you to our sponsors:



SportsPower Williamstown, Corner Ferguson & Electra Streets



Symmetry Physiotherapy Williamstown, 76 Douglas Parade

2022 Committee Members:

John Gray	(President, Facebook Admin)
Bronwyn Rowleson	(Secretary, Member Protection Officer)
Peter Buissink	(Treasurer, Life Member)
Brian Armstrong (Coaching Co-ordinator / Website Admin) Andrea Mongan (Instagram Admin) Rob Falloon Tameka Day Daryl Sadgrove	Mick Beasley (Handicapper) Michael Slee (Newsletter Editor) Terry Pearce Matt Davis

Run Leaders/Coaches

For any Goal setting or running queries, feel free to run them by our team

Coaches / Level 2 Recreational Running Coaches	
Kate Milnes Sherrine McInerny Tameka Day	Brian Armstrong Daryl Sadgrove John Gray Kieran Leonard
Run Leaders / Level 1 Recreational Running Coaches	
Abby Ness Alison Sanders Andrea Mongan Jane Gibbons Laura Smethurst Melissa Rutze	Peter Buissink Luke Beck Matt Davis Rob Falloon

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Group Training Sessions & Social Runs

We have the following sessions which cater to all abilities, all led by our accredited Level 1 & Level 2 recreational running coaches.

- Track sessions every Tuesday morning (6:00am warm-up for 6:15am start)
- Track sessions every Tuesday evening (6:15pm warm-up for 6:30pm start)
- Track sessions every Thursday evening (6:15pm warm-up for 6:30pm start)
- Or alternate Thursday evening (6:30 start) activities such as Timeball Run
- Sunday Morning “Long Runs” for building endurance
- Sunday Morning Newport Lakes laps at a more leisurely pace
- Occasional Sunday morning Social Well-being runs outside the metro area

Members can attend as many or as few of these as they wish, and there is no obligation to commit to any form of regular attendance at either these or any of our competitive events.

Regular Competition

The primary competition is the month 5km Handicap, held at 8am on the last Saturday of every month, with sign-in at 7:45am for an 8am start.

Participating members also accumulate points towards our two annual competitions, the Greenwich Cup (open to all) and the Ted Joy Cup (restricted to members who have been with the club for several years).

A number of shorter events are also held, usual during weekday evenings. These include:

- 1500m track events held at or around Christmas, Easter and Spring
- A winter 3000m cross-country event at Newport Lakes
- A two mile “Phar Lap” event held the Monday before the Melbourne Cup at the site of the Williamstown Racecourse

Details of these and any other events are publicised in the newsletter, Facebook and our website.

In recent years several of these have been combined to form a “Summer Series”, with an overall winner for the series.

All events are held as Handicaps (open or sealed) to enable fair competition between members of all ages and abilities, and utilise a full electronic timing system and results reporting.

Some of our members also compete in the Athletics Victoria XCR cross-country season, under the banner of our co-tenant club, Williamstown Athletic Club. This requires separate membership of WAC at an additional cost.

Track training sessions

Conducted at the Newport Park Athletic Track

Corner North Road & The Strand, Newport

Tuesday mornings

6.00am formal warm up for 6.15am start

Tuesday & Thursday evenings

6.15pm formal warm up for 6.30pm start



The session consists of a variety of different distances and repetitions and is designed to improve your speed and overall cardio fitness.

With session totals close to 5km it provides great preparation to improve your parkrun 5k PB. This is one of our most popular sessions, and a great session to meet fellow members.

Each runner runs at his/her current ability while slowly improving over time. Group warm Up and cool downs are conducted before and after the main session to reduce the risk of injuries.

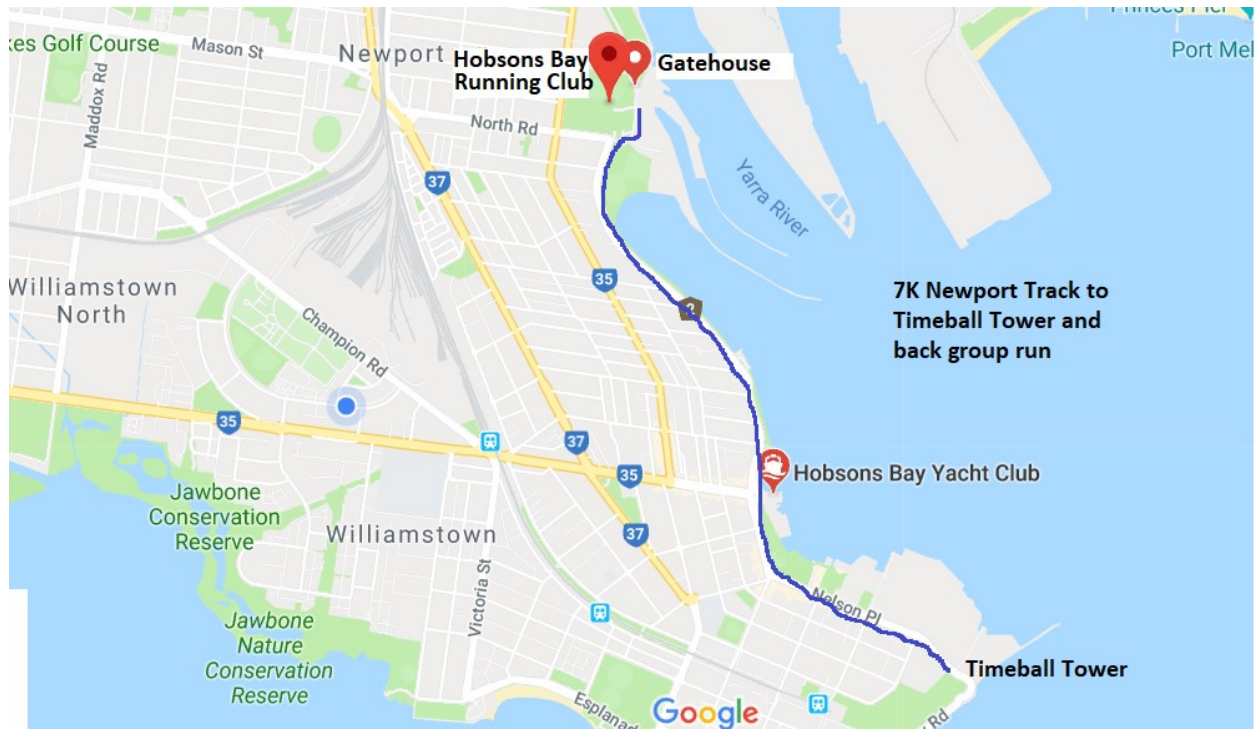
Participants are requested to attend from 15 minutes prior to start time for the group warm-up.

Alternate Thursday evening activities

These can occasionally include:

- Yoga or other strength, cardio or flexibility based indoor activities
- Timeball run, leaving from Newport Park Athletic Track at 6:30pm
- Hill training at 100 Steps

Corner North Road & The Strand, Newport



The Timeball runs are a good run to have a social chat with the group, while running along the strand to the historic Timeball tower and back. Paces can vary, and due to this the group can break off into packs, with most arriving back at different times. Some also take advantage of this, and use it as a solid tempo run, when building up towards races.

Monthly 5km Handicap

The Greenwich cup is a major club event which is the most popular with club members. It is a 5km flat bayside course, with two laps of 2.5km and turnarounds at each end. Afterwards we all go back to the clubhouse for morning tea, presentations, and a social chat.

The handicap is held at 8am on the last Saturday of every month (unless it coincides with Christmas Day).



Being a handicap, it is an event where you can equally compete with any level of speed and fitness and have the same opportunity to win the Monthly Kenyan Egg, together with its bragging rights. Each month points are accrued, which determine an overall winner at the end of the year who is presented with the Greenwich Cup.

Points are awarded for finishing position, and for running close to or exceeding an individual's Age Graded Personal Best. Full details of how this works can be found on our website, but briefly, to conform with handicap rules; financial membership, a certain number of qualifying runs to obtain a handicap, and the wearing of club uniform are required in order to receive points and official placings.

This is a fantastic social event, very popular with large numbers, and a good event to socialise.

In addition to the Greenwich Cup we have a variety of other handicap races shorter than 5km throughout the year, including a mid-winter cross country race, and a series of races during the daylight-saving period.

Saturday parkrun

The growth of parkrun since it came to Australia a decade or so ago has been incredible, and our members take full advantage of the opportunities it provides. We see parkrun as complementary to the aims of our club.

We have two nearby **parkruns** that many Hobsons Bay runners attend regularly, Newport Lakes and Altona Beach, with a third; Williamstown Breakwater on the way.

<http://www.parkrun.com.au/altonabeach/>

<http://www.parkrun.com.au/newportlakes/>

Both have hills – Altona Beach has one shortish hill at the halfway mark, while Newport Lakes is amongst the more challenging courses anywhere in Victoria.

The nearest flat courses are at Maribyrnong and Albert Park, both of which usually attract large fields.

<http://www.parkrun.com.au/maribyrnong/>

<http://www.parkrun.com.au/albert-melbourne/>

Club members also attend multiple other **parkrun** events, both local and interstate. We will often visit a nearby event as a group run, or to support a member who is coming up to a milestone event or chasing that PB and they want some encouragement or pacing.

From time to time we will provide all the volunteers at one of our local parkruns to raise the profile of our club. We have provided all the pacers at events such as Maribyrnong.

We have members who are also parkrun Run Directors, one of our members established the Newport Lakes parkrun, and another of our members is establishing the Williamstown Breakwater parkrun.

If you need information on how to register for parkrun or how to nominate The Hobbos as your running club in your parkrun setup, just ask us. Nominating us as your running club means Hobsons Bay Running Club will appear next to your name in parkrun results, and you will then appear in our summary reports of club member parkrun results.

We have many members with Garmin (and other brand GPS watches) linked to Strava. If you need information on how to link your Garmin account to your Strava account, or how to join The Hobbos as one of your Strava clubs, ask us that too.

Sunday Morning Long Runs

A group starts early, anywhere from 6:30 or 7:00am and will run from 15km to 36km, averaging 5:00min per km pace, dependent on upcoming events.

While this is more aligned to our runners targeting endurance runs such as half and full marathons, we often arrange to run back past the start during the run to allow some members to do a shorter distance. We also change the start location at times, where we can do a flat run one week and hills another. Most runs leave from the Newport Gatehouse. All are advertised on Facebook.

Newport Lakes

A group also runs at Newport Lakes and does multiple 1.5km clockwise loops, meeting at Lookout 1, around 8:00am. The pace is around 6:00 min per km but can be changed to accommodate new runners. Later runners can quickly link up with the group, by running anti-clockwise or by simply waiting at Lookout 1 as laps take less than ten minutes.



Social Well-being Runs

This run is organised with the goal being 'just for fun and a friendly chat'. We advertise these on Facebook and these are held on average once every 3-4 months. The run locations are changed each time. The pace is generally around 6:00 min per km but can drop down to 6:30 min per km pace or have brief rest stops. On the last couple of outings, there was a choice of 10km or 16km.

These runs can also be tailored for any runner who is unable to complete the full distance.

We also offer a children and parents Sunday session, coached by certified AA coaches, all with Working With Children Checks. Every Sunday, except School holidays.

Hobsons Bay running club



2023

Children and Parents Track Session

THIS SUNDAY 4PM

With Hobbos Coaches

We start with a warmup and a couple of games, then move on to some easier short track intervals, with some short relays, races, or a handicap.

This is an ideal session for parents to enhance the enjoyment of running with their children and even compete against each other. Parents bring your runners...

This is an easier session. All Welcome