**Langwarrin Running Club**

**Meeting Agenda and Minutes**

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| Meeting Title: | General Meeting |
| Date:  | 05.09.23 |
| Time: | 7.45pm |
| Location: | Beretta’s Pub, Langwarrin. |
| Chair: | Luke |
| Minutes:  | Paige |
| Invited: | Luke Raymond, Cal Wade, Paige Jessulat, Andrew Moldrich, Ash Mills, EJ Tobias. |
| Attendees: | Luke Raymond, Cal Wade, Paige Jessulat, Andrew Moldrich, EJ Tobias. |
| Apologies: | Ash Mills. |

**Meeting open: 7.50pm.**

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| Item  | Subject | Speaker | Minutes |
| 1 | Welcome  | Luke | * Welcome
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| 2 | Business arising from previous minutes | Paige, Luke | * Guest speaker – Cal reported that we are waiting on a reply from Ash Bartholemew to speak at the Training Camp. Luke mentioned Deon F and Sarah K – for a guest speaker for a club event. Andrew mentioned Dane Verwey – he will enquire about this.
* Old bank account still to be closed. Luke still needs Mel to sign something to get it closed. Not causing any fees at moment so no issue.
* Increased social media posting – including birthdays and member achievements. Paige, EJ and Cal have been working on this so far.
* LRC member not attending Trail Camp to facilitate regular Sat Social Run that weekend. Can be organised later.
* Melbourne Mara Training Run to be organised – will be on 24th September. Cal to look at map – avoid final section on road. People tend to just do an out and back for how long they need. Social media post to be organised two weeks out from event.
* Halloween Run to be organised still.
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| 3 | Trail Camp Planning  | All  | * Thanks Cal and Andrew for work on itinerary and other organisation so far.
* Daniel’s wife Tash is available to do a session of pilates/stretching on the camp.
* Itinerary:
	+ FRIDAY: Arrival on Friday evening. Evening run 5 -10k, head torches suggested, then pizza dinner (provided by club).
	+ SATURDAY. Morning run is long run – with distance options. Need a leader for each one. Followed by a recovery session from either Tash or Morgan. Later, an easy run which will include trail info session – Luke to run this session. Can include nutrition, gear, trail tips, two bays tips, training etc etc. Then, optional visit to the waterfall. Dinner at local venue – earlier time to accommodate families. Dinner is at own expense.
	+ SUNDAY. Morning run. Followed by bacon & egg rolls (provided by the club) for when we get back from run. Followed by departure.
* LRC will create a packing list & list of local info– shopping etc.
* Cal is organising the first aid kit to take with us, will check that it is all up to date and stocked appropriately.
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| 4 | New members – coaching/ integration/ training/ retention | Andrew | * Andrew enquired as to the old coaching process and helping new members to integrate. Could we allocate someone/multiple people as a running coach for those new people that have questions/want additional support? We can suggest on social media who to ask relevant questions to for each post/event. Can also create social media group chats for each event once people say they are going to join. Andrew to add EJ, Cal, Luke, Andrew to the website listed as coaches.
* Paige and EJ to coordinate ‘what are you training for posts’ – offers another chance for members to reach out and ask for assistance.
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| 5 | Monthly social event | Andrew | * Another option for members to connect, more than just once a week. We could offer a run and dinner on a Thursday night, every month or two as an option. Don’t want to over commit, but want to provide the opportunity for people to connect.
* Paige suggested each committee member organise one social event per year – we would have an additional social event every 2 months in that case (6 per year).
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| 6 | Seaford Wetlands Run and Frankston Running Festival | Andrew  | * Andrew suggested a social event after one of these runs as they are close together and towards the end of the year. Seaford is the final weekend of November. This can double as our Christmas function.
* Social event after Seaford Wetlands Run to be organised. Humdinger’s last year worked well – to be booked again. Andrew to book.
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| 7 | Parkrun | Andrew | * Andrew suggested to do Frankston parkrun again soon.
* Andrew will be coordinating the Longest parkrun in South East area for 2024 – April/May EOIs – June implementation. Possible inclusions – local parkruns, from Berwick Springs – Frankston. We would need people who know each park run, people at each turnaround/course markers etc. Officially unofficial. Members can do as many or as few parkruns on the day as they like.
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| 8 | Two Bays Training Group | Andrew | * Luke happy to set it up and moderate group chat – this will take place the week after the Melbourne Marathon.
* Lots of people have signed up from LRC, most have qualified or have planned to qualify soon.
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| 9 | Running own club event to raise money for charity  | Andrew  | * Andrew suggested running an event to raise money for charity. Luke a keen supporter of Frankston Community Support – happy to organise this, but for after Melbourne Marathon.
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| 10 | Code of Conduct | Andrew | * Andrew has drafted a Code of Conduct. Luke enquired as to the purpose/goal. Andrew wants to set clear guidelines and standards for how people at LRC behave. Luke enquired as to whether enforcing a Code of Conduct could have positive or negative impact. Andrew suggested that members agree to it when they sign up. While agreeing to the idea behind it, Luke is concerned about the fact that people might like how unrestricted the club is and that enforcing these rules would have a detrimental effect on those members. EJ suggested having something basic like a tick box for next sign-up period. Code of Conduct to be sent to committee chat for research and consultation, alongside model rules. To be discussed at next meeting.
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| 11 | Any other business? | All | * EJ reported that our bank accounts have not changed. Money will be spent soon – Trail Camp & Xmas function etc.
* Cal enquired about merchandise – some issues with names etc, are we happy to stick with SUB4? All agreed it is easier to stick with the same provider. However, EJ needs more time to organise with them before we open the store. After Melbourne Mara the store will be opened again. We will also put out a call to ask if people have gear they don’t use which could be sold or swapped within the club. We will purchase some shirts to have on hand as a club this time for those members that join halfway through the year and shop is not open for a while.
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**Meeting closed: 9.10pm.** *Next meeting to be organised as AGM in December – 1st or 3rd week of December on the Saturday after the run. Meeting to be held at Langwarrin Fire House.*