



Meeting Minutes

Date	Thu 18 Mar 2021 19:00
Type	Committee Meeting
Location	Laura's House

Attendees

Binskin, Jon	Goodwin, Rachael	Grech, Sally
Kinsman, Lyndsey	Morris, Clarissa	Philp, Laura
Snow, Gary		

Meeting items

Item #1. Presidents Report (raised by Jon Binskin)

It's been an exciting month.

- We've finalised our (hopefully) forever supplier of uniform (2XU) and placed an order. 2XU are the premium supplier of athletic gear for the current ANSW and Australian squad. There is an increase in cost for the 2XU product, but that will be passed onto new members as part of their membership fees into the club. We anticipate new members fees will rise to \$95, which is still an outstanding price, considering you get a \$50 singlet, free access to our 4 club coaches, entry to all our events and runs, and to hang out with you legends and plan crazy running things!
- Speaking of planning crazy running things, the Gold Coast in July is seriously the place to be. We have over 25 members competing in the Gold Coast Marathon, with 12 first timers currently in training and on a program, a handful of second and third timers, and a solid crew of veterans. I'm also aware of a handful of people competing in the Half Marathon and similar numbers in the 10km. Come race day, it's anticipated that over 1/3 of the club will be competing in some manner on the Gold Coast! Running events are back!
- Which is a lovely segue into the Port Macquarie Running Festival. Another amazing year and achievements from our members. We had more people competing in the event than any other club, and quite a few helping out as volunteers. Congratulations to all, and thank you for supporting the local event and the club. Next year, lets all remember to make sure we have our registrations entered correctly. If someone reminds me, I'll chase Kev in the final weeks of rego and ensure all our members are correctly entered so we can win the coveted 'Largest Club' award and the spoils that come with it (free drinks at Settlers!)
- We are current 'Largest Club' winners at the South West Rocks running festival, so keep that on your radar for June 14. Its an excellent training run for those doing the Gold Coast, or just an excellent day out and after-party at the pub for anyone attending. What's more, you can collect a marathon medal for running 5kms! #winning!
- Our coaches are in full swing, and have set a training program for most of our Gold Coast marathon crew. They've also started a Plyometrics class, which (if popular enough) will be a weekly event. If there is something running related you're after, or want a program, or have a goal that you want help achieving and being accountable for, give them a yell. As with all the coaching stuff, only use the stuff you want the club to keep. If they offer their time to something and it gets no numbers, it'll be discontinued, to your detriment and the clubs.
- Speaking of our coaches, they will complete their level 2 coaching training this week, after which our club will have four Level 2 Athletics NSW Certified Coaches. I can't thank Cat Morris, Carina Gregory and Ryan Binskin enough for their giving of their time and effort to help us achieve our coaching goals. We really are very lucky to have access to free coaching - it's the only free coaching I'm aware of in the region, with most coaches charging up to \$70 an hour for their time.
- Lastly, I'd like to acknowledge Jo Ashton, Chel Bugledich and Bec Mendez who have taken on Run Director duties at their local

parkruns. Jo is now a Run Director at Port Macquarie (she's on the mic this week for the first time, also doing her 25th volllie role at Port - someone bake a waterproof cake!) and Chel and Bec have stepped up to be Run Directors at the new Henry Kendall Reserve parkrun. Which now means we have Jo, Chel, Bec, Sue Fitz, Cat, Pat, Sally, Trish, Natalia, and myself in Run Director capacities, and Sue and I as parkrun Event Directors. It is really exciting to see so many of our club members take on senior positions in the major running events in our community. And thankyou to you guys for continually filling our parkrun volllie roster - Jo put a call out this week, and 3 pacers answered almost immediately! parkrun Port Macquarie is very lucky to have you all.

Item #2. Treasurers Report (raised by Lyndsey Kinsman)

The fire sale of the old merchandise raised \$190, with an extra \$115 worth of current stock sold this month, giving us a total of \$305 for the month.

We received our reimbursement from the Office of Sport for the defibrillators of \$1197.

There was \$200 received in membership/registration fees.

Jon has paid out \$1753 for the order of 2XU singlets.

There are two outstanding invoices for merchandise of \$105 and \$20 has been paid for a visor but the money has not yet been deposited into our account.

Associated files

1. MARCH 2021.xlsx

Download: <https://cdn.revolutionise.com.au/meetings/ardjrvagp3bcj7wc.xlsx>

Item #3. Secretary's Report (raised by Laura Philp)

- Our club is slowly growing! Now we have 113 pacers!
- Welcome new members to the Pacers Family: Melissa Murphy, Tracey Crawford , Jack Caldwell , and returning junior Lucy Fitzgerald.
- All correspondence has been dealt with.
- Good luck to our pacers attending Canberra Marathon and Newcastle Run Fest on April 11!

Item #4. Run Director Report (raised by Clarissa Morris)

- 28/3 Social Sunday - Coastal Trail, coffee at sandbox after
- 4/4 Free Range
- 11/4 Pacer Pursuit
- 25/4 Super Series
- 2/5 Social Sunday - Googik Track, meet Crestwood Park area

Item #5. Partnership with Little Athletics and kids singlets (raised by Jon Binskin)

- I've spoken to the president of Little Athletics (Trudi) during the month, and I am excited to announce a partnership between us and them. Starting next Little Athletics Season (August), any interested Little Athletics member can join Pacers for free and will be provided a club 2XU singlet. This will enable all those juniors to compete for free in all Athletics NSW Senior/Age Group events (such as state champs, country champs, etc). In order to facilitate this, we're working to organise grant monies to cover the costs of

the club singlets. At this stage we don't envisage that these junior members will be invited into any of our clubs runs. There has been talk of potentially a coached juniors session once a week, but at the moment its just a brainstorming of ideas. We will need to organise flyers for both Little Athletics, and potentially schools to make the juniors aware of this offer.

- We also envisage, at the start of our next club season, to have the same offer available to our members children - ie discounted membership and 2XU singlet. Without Little Athletics membership though, club members children are unable to compete in ANSW events (they're only eligible for dual members of Little Athletics and a senior club). We'd also still need to charge the \$15 insurance fee for non-Little Athletics members (Little Athletics members are already insured). The best and cheapest way to get your kids into our club is to use your activekids voucher to sign-up to Little Athletics, and then receive automatic membership into Pacers for free.

- With the kids 2XU singlets, we plan to have them 'on loan' to the kids, which they can return for larger sizes for free as they outgrown them. We suspect we'll need about 100 singlets at \$50 each to make this a viable solution, forever. As mentioned, this is completely dependant on us securing funding, either from a grant, or from a fundraiser(s)

Item #6. Club Champions/ update on end of year medals (raised by Sally Grech)

- Sally have been speaking with Port Trophies and Badges regards our Pacers Champions medals. We want medals to be very special and individual, so once Sally will get hands on a few samples we will make a final decision on style and engraving.
- Get excited! We are planing a presentation night in August to celebrate our runners and their achievements.

Item #7. Plyometrics (raised by Jon Binskin)

- Plyometrics is strength and conditioning training. Every elite athlete includes it into their weekly program. You should too. Our first plyometrics session began on Wednesday. At this stage, it will continue on Wednesday afternoons, 5:30pm at Westport park, until further notice, while there is interest. Similar courses can cost up to \$100 for a ten week program, so we're grateful to offer these to members for free. If you want it permanently in the club, make an effort to attend. Once the Wednesday session is self-sustaining with consistent numbers, we may be able to offer this session on other days.

- Plyometrics is for everyone, of all abilities. Like all things running, you won't see results immediately, but a weekly plyometrics session, over the long term, will help you avoid injuries and make you a better runner.

Item #8. Merchandise (raised by Jon Binskin)

- We've finalised our (hopefully) forever supplier of uniform (2XU) and placed an order. 2XU are the premium supplier of athletic gear for the current ANSW and Australian squad.
- New singlets to existing members will be available up to twice a year via special order

Item #9. South West Rocks Running Festival (raised by Jon Binskin)

- We are current 'Largest Club' winners at the South West Rocks running festival, so keep that on your radar for June 14. Its an excellent training run for those doing the Gold Coast, or just an excellent day out and after-party at the pub for anyone attending. What's more, you can collect a marathon medal for running 5kms! #winning!

Item #10. ANSW coaching completion (raised by Clarissa Morris)

• Carina, Clarissa, Jon and Ryan are completing their level 2 coaching training this week. Our club will have 4 qualified coaches! So, pacers, take advantage and use FREE coached sessions: Tuesdays and newly introduced Plyometrics on Wednesday arvo. These guys are here to help us all to run better, come and join the fun!

Item #11. Tuesday afternoon speed session (raised by Jon Binskin)

• As part of the Gold Coast Marathon first timers training, we're offering a Tuesday afternoon interval session at Westport park, 5:30pm. This session will be designed and built for our first timers marathon crew. We strongly encourage everyone to attend the Tuesday morning session rather than this one, but anyone who can't make the morning session is welcome at the afternoon session. At this stage we anticipate it will only run for 16 weeks, in the leadup to Gold Coast Marathon.

Item #12. Defib location map (raised by Rachael Goodwin)

- Rachael will create defibrillator location map in public places based on our run locations.
- At the moment Pacers defibrillator lives in Jons car and will stay there till further notice.

Item #13. Kids run (raised by Sally Grech)

- Stay tuned, still in progress... Most likely we will start in September, 2021

Item #14. HKR parkrun/trails (raised by Jon Binskin)

• Lets hit the trails of Henry Kendall Reserve parkrun on May 8, as a club, with breakfast after.
• Perhaps it would be nice to fill their vollie roster and help Chel and Bec, as i suspect most of the event crew there won't have been able to have a run of their own parkrun by that stage.

Item #15. Next meeting (raised by Jon Binskin)

- Time and location of next months meeting will be announced closer to the day.

Item #16. Service NSW Vouchers/ Pacers social (raised by Jon Binskin)

• Dine and Discover NSW vouchers been introduced across the state in March. We thought, what a great opportunity to support local bssinsses across our region. We just don't want you guys to miss out on a good stuff. There is a link below:

https://www.service.nsw.gov.au/dine-discover-nsw-vouchers-address-check?fbclid=IwAR2lrBVTW9X_hKH8xRtlm7jTnSURtZBI8hHyuDjsgVfC3h2LTpDtV4veVM8

- Social committee is planning to organise a afternoon/night out too!!!! Woohooo! Watch this space! Hint: wave bowl :)