

Summertime

President's Message November Vetranner 2008

Thursday 16 October saw the commencement of the Club's 2008-09 **Track and Field Competition, weekly each Thursday** to next April. Some 86 members participated, and some set new records. Could we have had better weather than the still, clear spring evening for the first night at track? The research and planning by the T&F Comp Subcommittee over the winter, including the member survey for preferences and views, paid off. Thursday 23 saw another good night at track, although the chill factor was a little more predominant than on 16 October. There were 106 athletes in competition. We saw several Bilby's Club (triathlon club) members come and try. It was good to see their enthusiasm, and their endurance also impressed me – some of them did not stop from 6 o'clock to the completion of the 3000m, including participation in the throws! Club Patron, Jack Pennington, was a keen spectator on both nights. The Lucky Gate prize of two movie tickets each to a competitor and an official are going a treat.

Sunday Pack run at Stromlo Forest Park: New start time from November to end February. The Sunday pack-run at Stromlo Forest Park starts at 8 am from the beginning of November until the end of February (dodge the heat). Start is under the awning on the concrete apron adjacent to the car park. Do you know the way to Stromlo Forest Park?

Uniforms: The Club seeks a volunteer, or volunteers, to take over the management of its uniforms. Uniforms are significant in the life of the club, and to compete in inter club events at all levels, a member can only do so in the approved uniform. After many years of assisting the club as the 'uniform maestros', Rosemary and Bob Parker have advised their desire to pursue other activities in the club, but have agreed to guide the new managers until they get the hang of it.

Club Sponsorship arrangements: The Committee is reviewing the Club's sponsorship/third party arrangements. Long term third party arrangements must benefit members as athletes, and so contribute to the vitality of the club. These arrangements include use of the Club's resources, for example, acknowledgement in Vetranner, on the website, and in flyers produced for specific occasions. The Club must have a fair and equitable arrangements in place to ensure they last. The Committee oversees and approves all sponsorship/third party arrangements. Please contact the Committee if you have any views about the Club's sponsorship/third party arrangements. **The Runner's Shop** advised in October that discounts are now 10% on non-sale items (previously 20%). Brian Wenn advised that the effect is +\$4 to -\$4 in relation to recommended retail prices. The Runner's Shop recently remitted more than \$400 to the Club due to members' purchases.

Membership payments: Please use **Register Now** to make your membership payments. Other methods are acceptable, but they put a big burden on our volunteer treasurer compared to Register Now.

Childcare at Handicaps: The Committee seeks your views on how the Club can best manage its child care at handicaps into the future. Essentially the options are: increase the number of carers to three (or more) or keep the number of carers at two, as the Club has for several years. Cost is an issue, but the Clubs has funds. Mary Poppins Nannies (the Club's contracted child carer) advised that at the September Run/Walk Handicap the number of children in care exceeded the legal number allowable per carer. There were 12 children in care. The maximum number for two (2) carers is 10, and is less if children are under three. In September there were children aged under three. The Club pays \$160 per handicap for two carers, which will increase to \$180 per handicap from January 2009. If we hire 3 nannies in the future to cover possible higher demand for child minding services, the cost would be \$270 per handicap. The Club arranged three carers for the October Handicap to avoid disappointment/inconvenience to parents wishing to use the service.

Vetranner Mailing Labels: Geoff Sims wishes to hand over the production of mailing labels for Vetranner to another volunteer. If you are interested, or better still, willing and able, please contact Geoff or the Committee asap.

Coming Events: There is a heap of running events (near and far) in the next month. Sat-Tue 1-4 Nov BRIGHT ALPINE FOUR PEAKS (VIC); Sat 8 Nov MT MAJURA VINEYARD THREE PEAKS 26KM, TWO PEAKS 20KM, ONE PEAK 7.3KM & 26KM RELAY RUNS PLUS 8Km and 20KM WALKS (ACT); Sat-Sun 8-9 Nov THE GREAT NORTH WALK 100S (NSW); Sat 8 Nov KEMBLA JOGGERS BROKERS NOSE GOAT RACE (NSW); Tue 11 Nov MT AINSLIE RUN-UP (ACT); Sun 16 Nov SRI CHINMOY TRIPLE TRIATHLON (ACT); Tue 18 Nov BLACK MOUNTAIN RUN-UP (ACT); Sat 22 Nov KEMBLA JOGGERS ROUND THE MOUNTAIN RUN (NSW); Sun 23 Nov DEEP SPACE MOUNTAIN MARATHON (ACT). See website (www.mountainrunning.coolrunning.com.au) for more details, including links to event websites and entry forms.

November Handicap: Last handicap for the year; awards; congratulations etc. Bring a picnic.

Christopher Lang
President
ACT Masters Athletics Club
24 October 2008