

Longboat Executive Meeting  
Wednesday, May 3, 2017, 8 pm.  
Minutes

1) Roll Call (alphabetically, by position)

- 1 Coaching Co-ordinator: Laura McLean
- 2 Communications Co-ordinator: Michael Moran (absent)
- 3 Past President: Roger Moss (absent)
- 4 President: Rob Hanks
- 5 Race Co-ordinator: Bert de Vries
- 6 Secretary: John MacMillan
- 7 Social Co-ordinator: Stephen Word
- 8 Treasurer: Bill Prest (absent)
- 9 Vice President: Trevor Kobe

2) Approval of Agenda. Passed.

3) Approval of minutes from previous executive meeting, with changes. Passed.

4) Executive Reports and matters arising

**Coaching Coordinator's Report (Laura)**

- Worked on questionnaire re: workout days
- Attended Run Ajax season opener
- Introduced Rachel Hannah at NMB
- Continued to assign new athletes to coaches

**Communications Coordinator's Report (Michael)**

No report.

**Past President's Report (Roger)**

No report.

**President's Report (Rob)**

My activities in the past month included:

- answering a LOT of e-mail reasonably promptly
- participating in and attending the New Member's Relay and Brunch
- arranging/publicizing sale for members at Runners' Shop
- attending the Race Committee meeting
- Organized volunteers for Race Roster Spring Runoff
- Declined sending longboat volunteers to GoodLife Marathon
- attending the Ragnar Team meeting
- attending the kickoff of Run Ajax's season (with Mike and Laura)
- working on course recertification for the island Run (with Peter Pimm, Bill and Bob N.)
- reaching out to Sugoi re singlet order (awaiting confirmation)
- Awaiting Bert's picture for the Hall of Fame
- reaching out to Six Nations re Tom Longboat Day (June 4) (awaiting answer)

**Race Coordinator's Report (Bert)**

- maintains WMA records for members

## **Notes of the Island Race Committee Meeting, April 24, 2017**

**Present:** Diane Marrow (via video link), Sabrina Young, Claire Prest, Bill Prest, Bob Nagle, Bert de Vries, Rob Hanks, Tony Serwatuk, Tony Fletcher, Mike Moran

**Regrets:** Lynn Bourque, Nancy Wells, Stephen Word

1. Lynn has expressed an interest in starting a training group focusing on the Island Race. We are happy to see her do that and offer her runners the Early Bird rate on entering, whenever that may be. Sabrina suggests that in our next E-blast we can refer prospective entrants to her training programme. Similarly, we are happy to set aside 30 entries for Runners Shop athletes.
2. Lynn mentions that New Balance has cut their contribution towards Island Race prizes from \$2,000 to \$400. The committee would like to know if she has a plan for making up this shortfall.
3. We have competing bids for timing from Enfield and Chiptime. We will make a decision at our next meeting pending further conversations with those companies.
4. Peter Pimm has been engaged at an attractive rate to certify our Island course. Rob and Bob are going to the Island to do measuring this week.
5. We will be offering complimentary entries to the Island Race to Rachel Hannah, Reid Coolsaet, and Eric Bang.
6. Mike Moran reports that our new medical tent has been purchased and awaits pickup at Canadian Tire (\$180.00). Odyssey Medical has been engaged for the Island Race with 2 bicycles (\$491.21). The paramedics team has also been engaged (\$1,461.00).
7. Mike and Bill will forward the medical plan and insurance requirements to Tony Serwatuk who has undertaken to shepherd the permit process with Stacey Babb, the City employee responsible for permits.
8. Diane will meet with Nancy Wells to discuss replacing team captains (Tara Lapstra and herself) on the duty Roster. Diane will start having conversations with team captains to familiarize herself with the mechanics of Race Day.
9. The committee decided that we will do away completely with race kits, replacing the normal race kit contents with product samples on site on Race Day.
10. As of April 24th, there are 292 total registrants, compared to this time last year at 365. The difference in registration numbers is mainly to do with a price increase last year at the beginning of April. This year the registration fee will increase on May 1st.
11. Our next meeting is on Monday, June 5, at 6:30 p.m. at Bert de Vries' place.

### **Secretary's Report (John)**

- Maintained membership databases. Our membership is 140 (at this time last year, it was 137).
- Sent various email messages to members.

- Volunteered at Spring Runoff 8k.
- Took Race photos at NMB relay race and Brunch, including a video of the guest speaker, Rachel Hannah.
- Provided homemade baked treats at the last members meeting.

### **Social Coordinator's Report (Stephen)**

- Organized the New Members' Brunch
- Took over as Ragnar Team Captain

### **Treasurer's Report (Bill)**

No report.

### **Vice-President's Report (Trevor)**

- Accompanied a Longboat contingent to a Boston Red Sox game at Fenway Park.
- Completed the Boston Marathon (heard many "go Longboat" chants).
- Attended LB's New Members Brunch – April 22nd.
- Continued to liaise with new members re: complimentary singlets.
- Continued clothing sales from Longboat Shoppe.
- Clothing inventory – collaborated with President to order new singlets to replenish popular sizes (Mens Medium; Womens Small) .
- Temporary tattoos ...

#### 5) Club gear and purchases

- Laura distributed designs for a Longboat tattoo
- No singlets being ordered from Champion by the club; members will order their own directly

#### 6) Coaching Survey

- Laura is working on it, with feedback from others
- Aiming for under 10 questions
- To come out by the end of May

#### 7) Summer Social Events

- Timing of Island Picnic? Saturday in August (Shuffle on 10th); run the 10k course for fun..Take Hanlans ferry.. to include a bake sale
- Movie night at Mike and Mary Lou's place.. Saturday, June 10.. potluck.. barbecue available for those who wish to grill
- July 14 is Buffalo Four Miler race.. about 10 members usually run

#### 8) Tom Longboat Day - Sunday, June 4

- It was agreed that the club will try to send a delegation to Six Nations to take part in the Tom Longboat Run on June 4. Club members who could not attend this would be encouraged to wear their Longboat uniforms on June 4 during their long runs. Rob also expressed interest in doing a Tom Longboat running tour next year during the Jane's Walks, in early May.

#### 9) Kids Run For Nature - Sunday, June 11

- Can we support this event, which is on the same day as Team Unbreakable's 5k (morning)
- Several members helped out last year, and the club donated \$250
- Can we support both? tents, tables, marshals, Tony as emcee
- Etienne Brule Park

- Starts at 4 pm
- Bert, John M. and Rob H, expressed their desire to help

10) Invitations to Club track events and cross country

- Who should we invite? (e.g., Runners Shop, UTTC, Beaches)
- Bert commented that runners from other club rarely show up when invited
- June 18 - Longboat Mile and 4x800
- July 9 - 2000 and 10000
- No charge to runners from other clubs
- Bert would like runners from other clubs to provide their seed time and commit to coming

11) Other business and general discussion

- Bert calling Jeff Enfield shortly (e.g., can they handle two start lines? 1900 runners? what is their backup for failing computers that runners access afterwards to find their results?)
- Strength training workshop? Laura suggested elite runner Kate Van Buskirk.

12) Motion to Adjourn at 9:05 pm