

Longboat Executive Meeting  
Wednesday, June 7, 2017, 8 pm.  
Minutes

1) Roll Call (alphabetically, by position)

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

- continued to match new athletes to coaches
- discussed strength training session with kate Van Buskirk
- created survey/reviewed results on workouts
- planned final details with U of T for track dates - will bring cheque and contract to them next week
- organized a men's and women's team for the Ekiden - have passed off duties to Christine and Jimmy as team captains

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

- fielded club inquiries on Comms e-mail account
- attended a Race Committee meeting
- finalized medical coverage for the Sunset Shuffle and Island Run
- continued to post and engage on Instagram and Twitter. Our Instagram followers are at 789 compared to 350 a year ago.

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

Not much to report. Lots of travelling! Still trying to catch up on flying feathers and hope to be up to date shortly. Of course Tom Wilson makes keeping up to date a challenge.

**President's Report (Rob)**

- Participated in the club's Ragnar Niagara Relay Team, in which we came in second overall out of 209 teams. We were the fastest team from Toronto.
- Delegating Champion Systems singlets to Trevor. Information still to be transferred.
- Finalized singlet order from Sugoi. They extended an additional 15% discount to us. Delivery expected at Trevor's House in late June.

- Invited Runners' shop, UTTC and BRC to track events. Positive responses from all three. Re UTTC, Doug agreed with me that this year our track events lined up perfectly with the outdoor track championships.
- Asked for, received and distributed discount for the Oakville Marathon races.
- Asked for, received and distributed discounts for Longboat from BRC for both the Jazz and Tannenbaum races.
- All prep work for course certification with Peter Pimm is done, but final certification trip to island is delayed because of high water levels. The Course is inundated in several areas.
- With regard to Island flooding, I have taken the following steps: traveled to the island on May 26 for a personal inspection tour; found and disseminated the US Army Corps of Engineers report on project lake levels; sent a letter to the club arguing for cautious optimism; removed unnecessarily negative posts about the situation from our Facebook page.
- During my tour of the Island, Nicole and I were both interviewed about the flooding situation. As a result, the club got some exposure on both the English and French CBC evening TV news.
- I had the Hall of Fame window moved to a more prominent position on club's website so that it is suitably prominent (There is no point in having a Hall of Fame if it is hidden.) The HoF entries for Bert and Timo have been completed and posted ! Next up, the bios for Too Tall Tony and Val.
- Traveled to Six Nations on Tom Longboat day (June 4) with Stephen, Juliana and John M, where we represented the club for the 18th Annual Tom Longboat Memorial Run. Nancy lent us her car.
- Coordinated a photo op of the club with the West End YMCA, which went on their twitter feed, and delivered our annual \$1000 donation to them.
- Liaised between Dan Robson of Sportsnet and Will Winnie re a story on Tom for Tom Longboat Day (Thanks to Mike Moran for forwarding Robson's request to me). Altogether, there were at least 4-6 good stories about Tom in the media to mark Tom Longboat Day.
- Liaised with Nils about the forthcoming Team Unbreakable 5k ([June 11](#)).
- Liaised with Lindsay Boyd about the forthcoming Kids Run for Nature ([June 11](#)).
- Organizing Longboat volunteers to marshal at the Waterfront 10k in exchange for race discounts or free entries.

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

- written a piece on Ed Whitlock for the newsletter
- carried out results-gathering along with Richard Bailey
- maintained club records.

### **Notes of the Island Race Committee Meeting, May 5, 2017**

**Present:** Diane Marrow, Claire Prest, Sabrina Young, Mike Moran, Tony Fletcher, Nancy Wells, John MacMillan, Rob Hanks, Bill Prest, Mike Cho, Bob Nagle, Bert de Vries

**Regrets:** Tony Serwatak, Stephen Word

**1. Flooding:** The Island Race will likely go ahead, but the fate of the Sunset Shuffle is less clear. We have an alternative to Ward's Is. that could be implemented in the Beach area. We will reach out to the Beaches Running Club for advice, and ask Tony Serwatak to inquire about possible permits. Bert will accompany Peter Pimm to the Island when it becomes possible to certify the Island Race course. Current numbers: 10k - 255, 5k- 142, Kids event - 107, Total 505 This time last year registration was at 792, let it be noted that a price increase at the end of May had a large effect on registration numbers.

2. **Kids:** The same crew that starts the other races will start the Children's One Mile Race. The participants will be led by a lead cyclist and followed by a sweeper. The tots' 1 km run will proceed as usual.

3. **Lost Children:** We will have a volunteer stationed near the medical tent to deal with lost children. The participants in the tots' race will have ID information on the backs of their bibs. Sabrina is going to implement a wrist-band protocol for both parents and children.

4. **Duty Roster Update:** We identified some members who are not going to be available on race day, and made some progress clarifying the makeup of the truck crew(s) and their duties and schedules.

5. **Timing:** We decided to award the timing contract for the Island Race to Enfield Timing.

6. **Prizes:** Diane has undertaken to discuss with Lynn Bourque the issue of how to replace the \$2000. subtracted from our prize resources by New Balance's reductions.

7. **Keys:** The keys to the locker (2) will stay in the hands of Executive members and lent out on a case-by-case basis.

8. **Marketing:** The marketing strategies of our race have had to shift for various reasons. Henceforth we will rely more extensively on newer partners such as the Beaches Running Club and other smaller entities, in addition to a greater reliance on social media.

9. **Complimentary entries:** We will offer complimentary race entries to members of Tom Longboat's family, in addition to some elite runners who have expressed an interest in the race.

10. **Discounts:** We will offer 10% discounts on entry fees to members of the Burlington Runners and the Beaches running club.

11. **Next meeting:** Tuesday, July 4th at 6:30 p.m.

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

- participated in the June 4th Tom Longboat Run
- volunteered for the Walk of Life fun run in support of the Canadian Cardiac Health Foundation
- current membership is 141 (142 this time last year)

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

- organized and Raced Ragnar
- attended Tom Longboat Day at Six Nations

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

The club is collecting the HST. Registration for HST is proceeding. The bottleneck in the process is with the Ontario Government with the application to change names on record of Longboat directors with signing authority. The department concerned is backlogged. Estimated completion will be sometime in the second half of June. Once this process is complete, the Canada Revenue Agency can proceed with the club's registration.

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

- participated in the Longboat entry in the RAGNAR Niagara Relay

- ordered and took delivery of 2,000 Longboat logo's tattoos (temporary)
- connected new members with their complimentary Longboat singlet
- sold Longboat paraphernalia to members (primarily T-shirts and running caps)
- accumulated some cash for the Treasurer

## 5) Races

BIRT In spite of the spring flooding on the Toronto islands, BIRT that the club proceed with the planning and execution of both the Sunset Shuffle and the Longboat Toronto Island Run. Passed unanimously.

Context: the Race Committee voted on June 5 to proceed with both races, but a decision of this significance should be affirmed by the executive committee.

## 6) Executive absences and summer meetings

Rob June 16-July 16; Stephen June 7-12, 15-25; Trevor late Aug  
Bert suggested a joint Board and Race Committee meeting on July 4th.  
Board meeting on August 2nd.

## 7) Club track events on June 18 and July 9): Is everything in hand?

12-14 volunteers from Runners Shop.

No word from Doug Smith.

Checking into insurance, batons.

## 8) Hall of Fame Update

- Now posted on the web site for both Bert and Timo.
- Need writers for Tony Fletcher and Valerie Alston. 300 words. William volunteered for Tony's, to be ready for the AGM. Diane Marrow volunteered for Val's.

## 9) Coaching Survey: What are the results of the coaching survey?

Results online. 41 participated. Majority preferred workouts on Wed-Fri, over Tue-Thu. Running at Central Tech risks getting hit by a soccer ball.

## 10) Members Meeting

Possible Executive motion to present to the next membership meeting:

BIRT the club has official runs on three days per week (Wednesday evening, Saturday morning, and Sunday morning at the two locations), but that the Coaching Coordinator and coaches have the discretion to organize supplementary training runs at other times. Passed unanimously.

Rationale: This motion actually describes the club's actual practice for many years..

## 11) Other business and general discussion

BIRT that those people who do not wish to run the Sunset Shuffle in a different location should be offered the option of deferral to next year or donating their entry fee to our charity. Passed.

Bert would like the club to investigate a replacement for the Ckhromomix (?).

Roger agreed to update the race maps for the 5k and 10k Island races, following the remeasure and certification of this year's routes. (The grassy portion is no longer being used.)

12) Motion to Adjourn at 8:55 pm.