



Glasgow FrontRunners

Committee Meeting 02, 24th November 2014 – 7:30pm, Citizen M (Glasgow)

Present:

Eric Baster (EB), Jason Bohan (JB), Kevin Boyle (KB), Gordon Howie (GH)
 Claudia Fusaro (CF), Nicky Imrie (NI), Kevin Hanley (KH), James Watson (JW)
 David Cherry (DC)

Apologies:

None

Item		Action
1.0	Roll call / Apologies as above.	
2.0	Previous minutes. DC stated that some of the actions were not allocated in the last issued minutes. KB asked a GFR SurveyMonkey account was available. EB to make enquiries. In meantime JB stated that he has an account that can be used, however has limitations (up to 10 questions only).	EB/ JB
3.0	Race Calendar & Events Calendar: It was agreed that there should be two calendar for runs. Race Calendar to include public races that may be of interest to club members and ultimately should be visible on the GFR Website, and an Events Calendar that will include all the GFR organised events and will be available on DropBox. EB to send email to members to gauge interest in races (by 1.12.14). EB to make both calendars available on DropBox, so that all committee members can access and amend. Calendars will be used to: see members interest in individual races & events. highlight any training requirements for popular runs. show close of entry to public races.	EB EB
4.0	Comms Duties: To include Social Networking, Flyers, Posters, Press Releases, new members, events posting etc. EB stated that these duties would require more than one person. It was agreed by all that everyone should take responsibility for these on a given month, JB to continue for November, EB to cover December. 2015 rota to be	All
4.1		JB/EB

	confirmed.	
4.2	EB to set up a generic GFR Facebook account that the committee will have access to, and be used to invite friends to try and widen Facebook catchment.	EB
4.3	JB to initially draw up a list of contacts that GFR can issue news, events etc. This to be amended on an ongoing basis by all committee members.	JB
4.4	GFR has recently welcomed Adrian Heron as its second Achiever Of The Year from JogScotland. KB will draft up a press release and with the assistance of a personal journalist friend issue this to the press.	KB
4.5	GH Happy to amend existing information and artwork (currently available on DropBox) for use in promotional material.	GH
4.6	CF Suggested Tweeting Lip Service actors to help promote the club and try and draw more female members.	?
5.0	Christmas Social: DC to find out availability of Cafe Hula for December 18 th as this will be the last GFR run of 2014 (after the bleep test).	DC
6.0	Kit Restock: GH to receive existing stock from AB. Existing contact information, suppliers, artwork etc. is currently available on DropBox. Pre-order email to be sent to members to gauge interest in new tops.	GH
6.1	EB/JW to initially contact suppliers to see if a visit is possible and to get estimated costs (deadline – 8.12.14).	EB/JW
6.2	DC has taken ownership of the MH10K Tech Shirts. These to be distributed initially to the participants at the Red Run, then to other members over the next few weeks.	DC
7.0	Branded Event Clips: DC stated that for race runners, branded clips might be an idea to help promote the club. They are a method of attaching number panels to shirts and can be available for around £2/set. KH suggested that it may be an idea to give to new members as part of the membership package, and will check the finances to see if this is viable.	EH/DC
8.0	Red Run: JB stated that there are a number of volunteer bakers that are now willing to provide treats for the Red Run. JB also stated that The Terrence Higgins Trust will be attending and will give a short speech. JB to see if THT can supply the red ribbons on the day, and will organise alternative if this is not an option. Eamonn Butler has kindly offered to be photographer for the day. It was agreed that all Jog Leaders and committee members should help out by taking some candid photographs throughout the run also.	JB
8.1	JB, EB & DC will arrive early to the ARC to help set up prior to the run. This will include: Setting up the cake stand, décor etc. Set out Km Markers.	JB/EB/ DC
8.2	NI volunteered to supply some bamboo sticks for markers.	NI
8.3	The Red Run Brunch to be held in Cafe Hula after the run. Due to	DC
8.4	popular demand, DC to ensure that Cafe Hula is happy to accept the increased expected numbers of c40.	DC
8.5	DC to Supply bottled water, kindly supplied by Cameron Water.	DC
8.6	Warm-up and cool down is scheduled for Paul Traynor & Greg Crockart,	All

	but it was agreed that all Jog Leaders should be available for these, and should be grouped into max. 10 runners – to be assessed on the day.	
8.7	Jog Leaders should be available for any runners who wish to go further than the scheduled 5K if required.	All
9.0	Hairy Haggis Relay: JB to contact organiser to find out the likelihood of the race selling out earlier than the advertised date (past experience).	JB
9.1	EB to gauge interest by emailing members. (by 5.12.14).	EB
9.2	It was agreed that there should be 3 categories: Men, Women, Mixed. GFR to purchase all tickets, for re-sale to team members.	
10.0	Jog Leaders Meeting: It was agreed that the JLM should be postponed from December to January 2015.	-
11.0	Coaching & Additional JL Training: JB stated that he has contacted both Brian Donaldson (Scottish Athletics) and JogScotland regarding training to improve Jog Leaders skills, and stated that: Scottish Athletics has a more formal training programme that can be adapted to suit GFR needs, and can also include group training. This could provide a good basis for JL's who wish to progress into the coaching programme in future. Coaches charge around £10-£15 per hour.	JB
11.1	Mr Donaldson to supply JB with names of potential coaches. JB offered to collate names of suitable coaches from Glasgow University that may be suitable. JogScotland has a more informal approach and has stated that they would be happy to provide a group refresher course for existing JL's. Concern was raised as to the validity of insurance for runs and exercises that are performed off-road and may cause a problem with the training courses. EB to check.	JB EB
12.0	Couch to 5K (C25K): New January course to conclude in time for the annual Rainbow Run so that the run can be used as the first official 5K run for C25K runners. NI Suggested mentioning the C25K at Red Run 2014 talk to promote it to potential new members doing the Red Run.	
12.1	GH to draft up some Pre-Christmas promotional literature based on existing artwork. Emphasise that TWO JS Achievers Of The Year will be in attendance!! NI suggested promoting the Women's 10K to C25K members, as an achievable goal.	GH ?
13.0	AOB: DC stated that a discounted physiotherapist is available in the ARC at a reduced rate and promotion of this may be a benefit to members. Jim O'Donogue rates are normally £35 for initial assessment, and £30 for treatment thereafter, for members will be reduced to £25 & £15 on presentation of membership card. Promotion opportunity?	
13.1	In general it was agreed that discounts available to GFR members should be promoted more.	
13.2	NI enquired if there wouldn't be any runs between 18 th December & 7 th January 2015 that Park Runs be promoted for members wishing to	EB

14.0	continue running over the festive period. Next Meeting. By Doodle Poll	EB
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