



# Glasgow FrontRunners

Committee Meeting, 10<sup>th</sup> August 2015, Citizen M (Glasgow)

Present:

Eric Baster (EB), Jason Bohan (JB), Kevin Boyle (KB), Gordon Howie (GH), James Watson (JW)

Apologies: David Cherry (CD), Nicky Imrie (NI), Kevin Hanley (KH), Claudia Fusaro (CF)

		Action
1.0	<b>Apologies.</b>	
2.0	<b>Minutes of last meeting agreed.</b>	
3.0	<b>Finance Update:</b> <ul style="list-style-type: none"> <li>- Accounts in good shape. Club total is approximately £5000. £2k of this is going to fund OutRun. Sal fees (approx. £300 are due soon)</li> <li>- JB needs access to funds this week for expenses for OutRun.</li> </ul>	
4.0	<b>Membership Update:</b> <ul style="list-style-type: none"> <li>- Follow up on membership renewal. Send out a reminder to members to renew their membership at the start of September.</li> <li>- Some members aren't receiving emails – are the new emails being added to mailing list? EB to follow up with DC to ensure that all emails are in the mailing list.</li> <li>- Members sometimes want to pay in cash, but there is no change at the welcome desk – is it safe to store money in the locker at the Arc? EB suggested a money tin – to be discussed further.</li> </ul>	COMMS  EB/DC
5.0	<b>Run Update:</b> <ul style="list-style-type: none"> <li>- Noticing a decrease in female members. Survey results showed lots of positive with the runs. Still looking into how to address the pacing issues within larger groups and how to</li> </ul>	

<p><b>6.0</b></p>	<p>accommodate these with appropriate jog leaders.</p> <p><b>Coaching:</b></p> <ul style="list-style-type: none"> <li>- Course: 6 months (4days per week). Good thing for the club. Means we'll be able to do track runs and also we'll have qualified coaches to help with injury / recovery advice / assistance.</li> <li>- Course £400 standard price. There is a discount available (with conditions) – at £120. A few people have come forward to take part and are really keen.</li> <li>- Selection process: select course dates - ask applicants to submit a blurb detailing what their coaching will bring to the club – within two weeks. JB to ask the potential candidates this week.</li> <li>- If not enough people submit their interest – then we should open it up to the wider club.</li> </ul>	<p>JB</p>
<p><b>7.0</b></p>	<p><b>Jog Leaders:</b></p> <ul style="list-style-type: none"> <li>- How do we approach potential new members? If we open it to the wider club – could be potentially difficult selection process. We need diversity in our jog leaders – more female!</li> <li>- How many should we have? 4 more? Training costs £85 per person.</li> <li>- JB to approach potential candidates who have shown interest in the first instance.</li> </ul>	<p>JB</p>
<p><b>8.0</b></p>	<p><b>Social Nights (Aug-Sept)</b></p> <ul style="list-style-type: none"> <li>- Run4It night in. Could be arranged for September. We've got a lot on in August! Avoid a Thursday night. Try to organise early evening – on a weekend evening. JW to follow up with Run4It for potential dates.</li> <li>- AGM / Awards night – GH/CF to organise/coordinate. Ask Hula about dates toward end of October. Combine the AGM and Awards. Kick off evening about 7pm.</li> <li>- JW suggested inviting some representatives from our sponsors to come along. Nice idea. We need to give 30 days' notice before we announce the AGM. Start of September we need to announce committee nominations.</li> <li>- A small budget to be confirmed for the Awards night. Last year tickets cost £10 – this year, we'll make it £5. Award nomi-</li> </ul>	<p>JW GH/CF COMMS</p>

<p>9.0</p>	<p>nations also to be confirmed.</p> <p><b>Minutes:</b></p> <ul style="list-style-type: none"> <li>- Committee meeting minutes to be published on the website. NI could perhaps cast her good editorial eye over our previous minutes before they go live to the public.</li> </ul>	<p>GH</p> <p>NI</p>
<p>10.0</p>	<p><b>Trans Members:</b></p> <ul style="list-style-type: none"> <li>- GH to follow up with STA to find out what's happening with flyers for OutRun. Also to approach other trans organisations.</li> </ul>	<p>GH</p>
<p>11.0</p>	<p><b>Equality Awards Attendees:</b></p> <ul style="list-style-type: none"> <li>- KB to buy his own ticket so we have representation from committee. Club purchases 1 ticket (alongside the free ticket) – so we have 2 tickets to give away to 2 random club members.</li> <li>- Pull names out of a hat.</li> </ul>	
<p>12.0</p>	<p><b>Survey feedback:</b></p> <ul style="list-style-type: none"> <li>- KB supplied us with survey feedback. Very interesting. Possible solutions we need to introduce an informal 'welcome' process for new members to ensure they don't feel isolated. This should be part of jog leaders responsibility and not just committee. This could simply be; having a chat with the new member, find out what their running level is, introduce them to the jog leader they'll be with that night. Basically: make them feel extra special and de-brief with them.</li> <li>- Follow up with new member – either via email or through FB. A simple "hello, hope you enjoyed the run! How did you find it" etc will hopefully help integrate new members into club. We do already sort of do these things – so let's tighten up and make it more of an informal process/induction for new members. EB to send a reminder to all jog leaders via forum.</li> <li>- Introduce alternative place to eat/drink? On social nights? Two socials a month? One always at Hula (to keep our relationship) and one at a different location each month?</li> <li>- Email members to thank them for feedback and give a brief positive summary as to how we're tackling their feedback. KB to put together a summary table from feedback; identify common issues and propose possible solutions.</li> </ul>	<p>EB</p> <p>KB/com ms?</p>

13.0	<p><b>Pride Festival:</b></p> <ul style="list-style-type: none"> <li>- KB to follow up with Pride – as they have asked that a group of 10 should have 1 steward. Stewards needs trained, but no response from Pride yet.</li> <li>- NFR want to take part in pride – so members should be emailed about joining pride / the march. We need a presence there. If any member want to help at the LEAP table (where our flyers will be supplied) GFR will reimburse the cost of the ticket price.</li> <li>- KB to message jog leaders about Pride/Free Pride. This week, before Thursday.</li> </ul>	<p>KB</p> <p>KB/comms?</p> <p>KB</p>
14.0	<p><b>OutRun:</b></p> <ul style="list-style-type: none"> <li>- 244 entrants! Planning going very well. Kudos to JB and his project management! Action point: we need first aiders. St Andrews too busy and other first aid provider will cost money. While people can run at their own risk without first aid – we could be liable if anyone's hurt.</li> <li>- Party planning – ballons /cake etc. JB to post in OutRun page to get assistance. Budget of £100?</li> <li>- JW to contact coffee man.</li> <li>- Use excess GFR business cards as "drink tokens" for volunteers and coffee man?</li> <li>- T-shirts to be collected between 3<sup>rd</sup>-20<sup>th</sup> August! KB can possibly do this. KH to pay bill beforehand.</li> </ul>	<p>JB</p> <p>JW</p> <p>NI/comms</p> <p>KB?/KH</p>
15.0	<p><b>Feather Flags:</b></p> <ul style="list-style-type: none"> <li>- Do want these for OutRun. 5 day turn around... Follow up with DC to see if design is finalised.</li> </ul>	<p>DC/JB?</p>
16.0	<p><b>AOB:</b></p> <ul style="list-style-type: none"> <li>- KB wants big push to promote Equality Run (6<sup>th</sup> Sept). We could make it an away run/social event in Stirling.</li> <li>- All in agreement for big push. Comms to make event for this and then we can all really push and promote is after OutRun has finished in case Equality Run promo is lost.</li> </ul>	<p>comms</p>
<p><b>Next Meeting.</b> Monday 14<sup>th</sup> September 2015, 7pm, Citizen M</p>		