

Information for new members

Welcome to Bayside Runners and Walkers. To get the most out of membership, we encourage you to participate in as many club training sessions, events and other activities as you can.

There is lots of information on the club web site <http://baysiderunners.com/index.html> please go through the information there. This handout though will provide you with some useful information to get you started.

Regular training sessions

Day	What	Where	Contact
Saturday 6:00 am	Club run or walk – nominal course 5km (there are usually people doing additional kms from an earlier time) 5km time trial on the last Saturday of each month	Les Moore Park, Wilson Esplanade, Victoria Point	Mick Gill Paula Kooyman Graham Smith Kelly Frost
Monday 6:30 pm	Strength and stretch coaching	Sel Outridge Park, Hamilton Street, Redland Bay	Gary Prickett
Tuesday 5:00 am	Training run – nominal course 10km	Lighthouse Restaurant, Cleveland Point	Barrie Carney Graham Smith
Thursday 5:00 am	Training run – nominal course 10km	Ray's Hot Bread, 420 Main Rd, Wellington Point	Peter Lisner Graham Smith

Facebook

Facebook is used extensively to involve members. There are two Facebook sites, one is for financial members only. The second, is open to the public, with a much wider circulation with many past members as well as friends and family able to access it.

The Members only Facebook page is where official club announcements and any announcements by members to organise runs are posted. It also features general social chit-chat and banter between members, as well as photographs. You need to initiate a request to join this page – “**Bayside Runners and Walkers (members only)**”. One of the administrators will then check that you are a financial member before accepting your request.

Our second Facebook page “**Bayside Runners and Walkers – Public Page**” is to promote our club to the wider public. You can easily join that page by selecting the **Like** and **Follow** buttons.

Club meetings

On the second Thursday of every second month (February, April, June, August, October, and December) we have a club meeting starting at 7:00 pm at the Sharks Sporting Club, Victoria Point. These meetings go for about an hour and is where we make the decisions about the club's activities. All members are invited and encouraged to attend. The minutes of each of the bi-monthly meetings are emailed to all members. Other more significant messages are also emailed out to members.

Uniforms and merchandise

The club offers a range of branded apparel and merchandise for sale, only available to financial members. The range includes shirts, singlets, visors, race bib belts, personalized jackets, and compression tights. To check on the items and stock currently available, contact Andrew Jagels.

Annual membership

Our annual memberships are renewable through the Queensland Athletics web-site. You will be sent an annual reminder to the latest email address you have entered into the registration system.

Non-training activities

The club also organizes a range of non-running activities throughout the year. There is an annual calendar of events on our web-site, plus heaps of ad hoc events mostly published on our Facebook page. Some of these are social, some fund-raising, some celebratory, all are fun. We would love to see you at as many of these as possible.

Who to ask for more information?

You can ask any member for information – if they don't know, they will point you in the right direction.

Our office-holders are currently:

Mick Gill	President	
Paula Kooyman	Vice-President	
Graham Smith	Secretary	0474 722 652
Kelly Frost	Treasurer	