

# **AREC Board Meeting**

4/23/2024 6:00pm

**Attendance:** Dona McBride, Amy Chambers, Anna Walker, Patti Coulombe, Nick Collica, & Tom McBride

Nick motioned to begin meeting at 6:10 with a 2<sup>nd</sup> motion by Dona

Dona motioned to accept 4/10/24 minutes with Anna's 2<sup>nd</sup> motion to approve

## **1. Marathon Training Program**

- a. Dona requested help for Saturday August 3<sup>rd</sup>
- b. All members will send Dona tentative availability for Saturday morning training sessions
  - i. Start, End, or Both
- c. Possible guidelines for new runners not training for either the Half or Full Marathon... 5K/10K runners wanting to join in the training runs.
- d. Water Station sign-up sheet will be sent to all members by Anna
- e. AREC provides cups, Gatorade, gels, napkins, hand sanitizer, & 1<sup>st</sup> Aid kits
- f. Nick working on organizing QR codes for website

## **2. AREC Newsletter**

- a. Anna is requesting all feedback by Monday afternoon for any revisions before sending out to members

## **3. Membership Coordinator Position**

- a. Still needing to fill position
- b. Christian offered to help with protocols for new members
- c. Remind members to join Facebook Page
  - i. Title: AREC Marathon/Half Marathon Training
- d. AREC Website is currently being updated with all information for members to access

## **4. Summer Solstice Fundraiser Event (Good Vibes)**

- a. June 20<sup>th</sup>
- b. Belmont Pier at 6:30
- c. Price: \$20

- d. Ask Barry Vince about access to the end of pier facility for after party
- e. Ask Belmont Brewery for any discount specials
- f. Funds will go towards our summer picnic, MAP, Saturday training supplies, & the Wrigley LB Neighborhood Foundation
- g. Amy will make a FB & IG Event

**5. AREC Coaches**

- a. Ask for volunteers to help with training or starting a Couch to 5K Program

**6. Griffith Park Marathon Relay June 2<sup>nd</sup>**

- a. Need Teams of 5 by May 19<sup>th</sup> (official practice run)

**7. Upcoming Newsletter**

- a. The Board will provide information regarding membership & renewal policies
- b. Events: Global Running Day June 5<sup>th</sup> & LB Classic June 9<sup>th</sup>

**8. Next Board Meeting**

- a. May 6<sup>th</sup> at 6:00pm
- b. Tentative location Agua Towers on Ocean (Amy's Complex)
- c. Review race results rules
- d. Summer Picnic: date, location, theme

**9. Board Meeting Adjourned at 8:00**