

AREC Board Meeting

September 4th, 2024

- Meeting called to order at 7:45pm at Malainey's
- Reviewed and approved 8/20/24 minutes
- Attendance: Dona McBride, Amy Chambers, Russ Bowers, Patti Coulombe, Tom McBride and guests Monica Brunier & Emmet Rahl

President's Report: Dona

- **Action Items**
 - Need to announce final training run Potluck
 - Ask for MAP volunteers for set-up & clean up
 - Evite for the party

Century Club and ROTY (Emmett)

- Reviewing results for 7-8 CC participants
- Printing certificates with space for board member signatures
- Printing certificates for 10 ROTY nominees
 - Will acknowledge all 10 with certificates & the trophy going to the 2 (M/F) who received the most votes

Final Rubber Ducky Discussion...

Guest Speaker (Monica)

- Amy shared Monica's email with the board

- Members that run slow or at a pace by themselves need to feel safe on Wednesday night runs, especially when it gets dark
 - Some members stopped showing up because of this
 - Options:
 - Once a month have a destination run
 - New Sports Basement opening in Los Altos
 - Possible fun runs from their store running near CSULB
 - Test out other routes such as Seal Beach, Bike Path, etc..
 - Out & Back timed runs
 - Reminder that AREC is known to begin at Malainey's so we will always need some runners to begin at this location to greet old & new members
- **New Members**
 - Sometimes they don't return ~ a suggestion would be to have veteran runners sign up and run with new members as they join to make them feel comfortable and want to come back.
 - What could be other solutions?
 - Information for new runners
 - Create new postcard/business cards to hand out
 - Dona will ask Ara
 - Collaborate with other LB running clubs to promote & join

**Next meeting on September 24th at 6pm at Russ's house

**Meeting adjourned at 9:06