

AREC Board Meeting

January 8, 2025

In Attendance: Dona McBride, Amy Chambers, Russ Bowers, Anna Walker, Patti Coulombe, Nick Collica, and Tom McBride

Meeting called to order at 6:28

12/3/2024 Board Minutes accepted & approved by all members present

President's Report: Dona

- Couch to 5K Program
 - Begins Jan 25th and culminates at the Run Seal Beach 5K on April 5th
 - Seal Beach Discount Code: AREC2RSB
 - Training plan is on our website
 - Rebecca Jurado is lead coach, with board members to help coach each week when available
 - Flyers being printed to post throughout Long Beach sports stores and shopping complexes (Dona)
 - Have flyers to hand out to members on Wednesday & Saturday runs
 - Anna will post on Facebook and page and various FB groups
 - Nick is creating a Training Peaks Program (Fitness Software) to assist our runners with their training goals and achievements

- Long Beach Marathon Training Program
 - Researching possible changes in our weekly training schedule
 - Options:
 - Training Levels that would include the following:
 - Intervals
 - Intensity Variations
 - ABC Versions
 - Different Phases
 - Training Peaks App
 - Functionality to connect and load workouts to your watch
 - Will reevaluate after Couch to 5K Program

- Volunteers Needed
 - Actively seek members to help with the following:

- Water Station Coordinator
 - Club Ambassador
 - Other Committee Members
 - Patti will write a brief summary/description of a membership coordinator's responsibilities
- Renewal Shirts
 - Short Sleeve with our logo on front & back (Classic Royal Blue with White)
 - Research possible options by contacting Team Runners High (Dona)
 - Russ will follow up with a possible contact
 - Reach out to Emmett
 - Patti will contact Brittany about possible contacts
 - Have Male & Female versions
 - Ask members for size before ordering
- Sports Basement Connection
 - Encourage members to attend their 1st Thursday of the month fun runs for all LBC run clubs
 - Represent AREC by wearing club attire
- Membership Renewal
 - Check status of "payment pending" members and send reminders

VP Report: Amy

- Next fundraising event:
 - Earth Day Tuesday April 22nd
 - Amy received a 70% discount paying only \$3 for each medal

Treasure Report: Russ

- Club total as of Jan. 1st is \$8,000

Next Board Meeting: Thursday February 13th at 6:00pm

Meeting adjourned at 8:30