



The Melbourne Midday Milers Welcome Pack

Come for the running, stay for the friends.

Welcome to the Melbourne Midday Milers! You've made a fantastic choice and I hope that you get the most out of your membership.

The Milers is a social or recreational running club which caters for all different running abilities. We see ourselves as being inclusive and supportive for anyone willing to give this great sport of ours a go.

The club continues to grow both in size and strength. In the past four years we have grown from around 130 members to over 260. That is a growth rate of 25 per cent year on year since 2015!

We are particularly proud of seeing stronger growth among our female runners, who now represent around 20 per cent of our membership. There is still more to achieve in that regard which is why we introduced a separate male and female championship for the first time in 2018. It was well received by the club and we will continue to strive to make the club the best it can be to retain existing members and attract new ones, particularly females.

The best way to get familiar with the club is to attend as many sessions as you like which generally start at the Pillars of Wisdom at the Tan Track from 12:30pm. Show up and then introduce yourself to as many red shirts as you can find. To help with the familiarisation process we have put together a list of things we feel are important parts of the Milers.

If you're keen to read up on the history of the club, then you'll enjoy reading these documents:

[MMM Event History](#)

[MMM Honour Board](#)

[January 2009 Run For Your Life 'Club of the Month' article](#)

I hope you find this document helpful, and if you have any questions or feedback please don't hesitate to contact me or any of the awesome people listed below who all provide amazing support to our great club.

Cheers

Rafa (MMM Secretary)

dalenardella@gmail.com

Committee

President – Shane Fielding (Slips) – president@middaymilers.org

Vice President – Ewen Vowels (Smurf) – ewen_aeiou@netspace.net.au

Treasurer – Richard Does (Dozer) – richard.does@mercer.com

Club Captain – Dave Alcock (Bermuda) – david.alcock@tal.com.au

General Committee – Elisa Mooren or Elmo (elisamooren@bigpond.com), Bella Richardson or Bella (bella.rose.brt@gmail.com), Glenn Goodman or GG (Glenn.Goodman@anz.com), Luke Goodman or LG (Luke_Goodman@telstra.com), James Chiriano or JC (James.Chiriano@hotmail.com), and Zoe Heath or Mojo (zoe_heath@hotmail.com)

Other

Handicapper – Michael Bialczak (Grunter) – mjbialczak@gmail.com

Merchandise – Scott Stacey (Malibu) – scott.stacey@incenta.com.au

PB Guy/Web Support Guy (Slips) – president@middaymilers.org

Events coordinator (Elmo) – elisamooren@bigpond.com

1. Website

www.middaymilers.org – you'll find lots of information including:

- [Training program](#).
- [PB lists](#), where you can see who used to be able to run well before becoming the broken down hacks you see today. Please send any PBs you want added to the PB guy.
- [Club Championship results](#) and leader board, only the finest win this competition so there's plenty of interest as the season progresses.
- Race reports allow you to learn from others' mistakes. Provided from runners with a range of abilities and styles they give an entertaining insight into previous races. Feel free to contribute a race report at any time by emailing a PDF to president@middaymilers.org.
- Runner profiles show you what you're up against. If you'd like to add your profile, contact J.C. (James.Chiriano@hotmail.com) for a form and return it with a suitable photo.

2. Facebook

If you're on Facebook look up the Melbourne Midday Milers group (<https://www.facebook.com/groups/melbournemiddaymilers/>) and request to be added to the group. A moderate amount of chatter and sharing of running information takes place, plus the occasional sledge...Check it out!

3. Training

There is no onus on people to attend sessions, so you can pick and choose which sessions suit your goals and availability.

There are also numerous weekend long run options which are organised informally on the MMM Facebook group. If you can't see one which suits you then post your own option to see if anyone is interested in joining you.

4. Split Groups

As part of an effort to cater to all abilities we split several sessions into a faster 'A group', a slower 'B group' and at some sessions, a 'C group', which have longer recoveries etc. See how you go and pick which group best suits your ability.

5. Strava

Many of the Milers are on Strava and it's a great place to offer Kudos or Comment on what other people are doing. Sign up for free at www.strava.com and search for Melbourne Midday Milers under the 'Explore – Clubs' tab to join.

6. MMM gear

We have club gear which looks pretty awesome, you'll look like a runner right up to the moment the starter's gun goes. As at January 2018 the costs are: singlets \$40, t-shirts \$45, shorts \$45, caps \$20 and visors \$20. If you want to order something, contact Scott/Malibu (details at the top of this document).

Occasionally during the year, we do a bulk order where Milers get the chance to add their nickname and/or allocated bib number (see bib number section below) to the top. We will give plenty of notice via email and Facebook when an order is about to be placed.

7. MMM Championship

The MMM Championship is a series of mainly handicap races over the course of the year. Points are awarded based upon your performance, with cash prizes up for grabs at seasons end. Most (but not all) events are held during our lunchtime sessions and are exclusive to members. They tend to be advertised on Facebook or via email with plenty of notice given so you can pre-register your interest. If in doubt on when and where our next event is, check out: <https://www.middaymilers.org/club-championship/>

If you do sign up to a championship event, you will typically be asked by the race organiser to send details of your running form to the handicapper (e.g. most recent race time, tan time or parkrun). There may also be opportunities for members to help with organising an event or helping on race day. Volunteering is highly appreciated by the club and can earn you lots of kudos as well as championship points (for one race only). If you would ever like to help the club with championship events, please email the Secretary (Rafa).

The premier event on the MMM calendar is the Melbourne Midday Milers March Madness (5M's) relay. Here's some links to 2018's 5M's results, form guide and race book which will give you a good understanding of what goes on.

[5M's results](#)

[5M's form guide](#)

[5M's race book](#)

If there's one event worth the cost of brownie points it's the 5M's, especially for new members, as it gives you a great chance to meet other runners.

Another popular event is the Athletics Victoria (AV) 10k road race which the club uses as its one of the championship events. This is a fast-flat course and ideal for members to target as a PB opportunity. Non-AV members are required to register for this event on the AV website at a cost of around \$40 (which you'll find is cheaper and better value than most commercial fun runs).

From 2018/19, the following events and awards are on offer:

Event	Championship Event	Trophy	Prize
Mile handicap	✓	Perpetual	Sponsor or \$50*
Killer loop	✓		Sponsor or \$50*
Max Howard tan handicap - Winner - Last place	✓	Perpetual	Sponsor or \$50*
Peter Moor 2000m handicap	✓		Sponsor or \$50*
3000m handicap	✓		Sponsor or \$50*
5000m handicap	✓		Sponsor or \$50*
10km scratch	✓	Perpetual	
5M's relay (winning team)	✓		

5M's relay (runner of the day)		✓	Sponsor or \$50*
Two bridges relay	✓		
Best parkrun age grade	✓		Sponsor or \$50*
Club champion		Perpetual	
- 1 st			\$350
- 2 nd			\$200
- 3 rd			\$100
Chas Harcoan 50+ champion		Perpetual	\$100
Winter romp		Perpetual	Sponsor or \$50*
Fastest tan#		✓	
Fastest marathon		✓	
Best marathon age grade			Sponsor or \$50*
Dirty sock		Perpetual	
Pink slipper		Perpetual	
Gary O'Dwyer best clubperson		Perpetual	

Notes:

* Where no sponsors prize is available, prize will be \$50 cash

Fastest tan must occur at a club organised event or time trial. AV tan relay is excluded.

Male and female awards will be presented for those highlighted in yellow. All other events have no gender category

8. Bib number for championship events

Background

As club membership and participation rates continue to grow, we have had to devise a way of easily identifying and recording times at our championship events (excluding relays, 10km scratch, time trials and parkrun). We have trialled a few different things and have found that wearing bib/racing numbers is the most efficient and cost-effective way to do this for our Club.

In April 2018, the Club allocated bib numbers to all life members and then current financial members based on the date they first joined the Milers i.e. lower numbers to longest serving Milers, with the lowest numbers reserved for life members. Members who join the club after this time are automatically allocated the next available bib number at that time.

Bib number requirements

At any given Miler event (excluding those mentioned above) all members must wear their allocated bib number. There are no exceptions to this rule: no bib number = no result.

Your allocated Miler bib number becomes yours for years to come. Thus, it will be your responsibility to bring your allocated bib number (once collected) to each event you race in and to ensure it is clearly visible on your front (BYO safety pins). If you lose your bib please let the Treasurer (Dozer) know and a replacement will be organised as soon as possible.

To avoid needing to bring your bib to races in future, it is also possible to order a Milers top with your bib number printed on it (see MMM gear section above). Note that no other exceptions to displaying your bib number apply (i.e. either you bring your allocated bib or have your bib number printed on your Miler top).

9. MMM Club Rules

We have [Club Rules](#) which govern the administrative management of the Milers. All new and renewing Miler members are required to agree to be bound by the Club Rules as a condition of membership.

10. Club Functions

There are a number of 'formal' club functions including:

- The Annual MMM Dinner, the highest profile function, usually held on the Friday night following the Melbourne Marathon. Recent years have seen massive turnouts with many kicking on afterwards. The night includes Club Championship presentations, a few speeches, and a review of the running year that was.
- The MMM Annual General Meeting, held at the end of November. All members are welcome to attend.
- The MMM Breakfast Run and Feast, held mid-December, and consists of an easy lap of the Tan followed by a massive breakfast feast by the Yarra. If you're unlucky, you'll have to endure the lap of the tan running with MilerMan.

There are other less formal catch ups including:

- mid-year dinner, followed by karaoke;
- post-parkrun breakfasts;
- the post Melbourne Marathon lunch at the Precinct Hotel in Richmond;
- post Melbourne Marathon breakfast (usually on the Wednesday – open only to those who ran);

Keep an eye on the Facebook page for details or feel free to organise anything yourself. Now that you've joined the Milers, you should never have to run or dine alone again!

11. Athletics Victoria

Many Milers are members of AV clubs and compete in the AV competitions, mainly the Winter cross-country and road racing (XCR) series. If you show even the slightest talent you will find yourself being aggressively recruited by half a dozen Milers trying to get you to their club. The Milers have no affiliation or alliance with any AV club and encourage members to choose a club of their choice based on individual preferences. Given so many Milers compete in the Winter AV comp we tailor the MMM Championship season to avoid clashes.

Since 2014/15, the Milers have been affiliated with AV as recreational running club. This doesn't entitle the Milers to officially participate as a club at AV events. Rather, it provides the club with access to AV services including group public liability insurance. In addition, non-AV members who are members of the Milers can join AV as recreational members for about \$60 which provides access to AV services and benefits including personal accident cover. For more information, visit:

<http://athsvic.org.au/generalnews/choose-your-own-course-join-experience-benefit-recreational-running/>

12. Melbourne Marathon

Recent years have seen consistently high numbers of our members racing the Melbourne Marathon with a similar number of non-running Milers providing support around the course. A local course with tons of club support, if you're thinking of running a Marathon it's hard to go past Melbourne. If you're not running, then get on down to support the others. Details will emerge as race date approaches.

13. parkrun

The Milers are regular runners at, and supporters of, parkrun with consistent numbers turning out on most weekends at Albert Park, Maribyrnong, Coburg, Frog Hollow, Berwick Springs, Westerfolds Park and Karkarook to name a few. The guys and girls also get together and organise post-parkrun coffee or breakfast. If you turn up to a parkrun with a red singlet you can't go wrong!

Make sure you register your club as Melbourne Midday Milers to get picked up in the weekly report, and to ensure your efforts are included in the parkrun club championship award which is open from from 1 January 2019 and finishes the week before Melbourne Marathon. **Note:** registering your club as Melbourne Midday Milers is preferable but not mandatory. If you choose not to do this simply submit your parkrun times manually to our handicapper Michael Bialczak (aka Grunter).

14. Nicknames

One of the traditions of the Milers is for members to have nicknames. So, don't be shocked when you get introduced to the likes of Slips (Shane Fielding – President), Dozer (Richard Does), and Grunter (Michael Bialczack) just to name a few. Many Milers have their nickname on their singlet so have a quick look if you are unsure and don't be scared to ask as there are plenty of funny stories to be heard about some of the nicknames. Many of us have forgotten each other's real names over time. Don't worry you will soon be given a nickname by the crew after a few weeks.

15. Medical / Physio

Rumour has it that runners occasionally get injured. You'll get lots of free and unsolicited advice from members, but for those occasions when a professional consult is required then pop into The Melbourne Sports Medicine Centre, Level 4, 250 Collins Street, Melbourne. These guys have been looking after many Milers for many years and generously sponsor many of our championship events.

They are genuinely a one stop shop for all your medical needs with the following services available: General and sports medicine, physiotherapy, podiatry, remedial massage and myotherapy, nutrition and dietetics and exercise physiology. Radiology and pathology are also located on site.

When it comes time to pay, mention to the receptionist that you are a Melbourne Midday Miler member and you'll receive a 10% discount.

Bookings can be made online at www.melbsportsmed.com.au or call 9650 9372.