



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 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](#)

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

Committee

President – Bruce Davie – president@middaymilers.org

Vice President – Nick Turner

Secretary – Zeb Phoenix - secretary@middaymilers.org

Treasurer – Ingrid Morrison

Club Captain – Greg Roche

General Committee – Tony Hally, Dale Nardella (Rafa), Anne Martin, Michael Phillips, Mark Willets

Other

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

Training Programmer – Rob Jones

Complaints Handling Officer – Rory Heddles (Racer)

Member Experience Officer - Vacant

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 Secretary.
- [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 secretary@middaymilers.org.
- [Runner profiles](#) show you what you're up against. If you'd like to add your profile, contact the Secretary for a form and return it with a suitable photo.

2. Facebook

If you're on Facebook look up the Melbourne Middy Milers group (<https://www.facebook.com/groups/melbournemiddaymilers/>) and request to be added to the group. This is a handy place to find out who else is going to be attending a session, or to round up some company for a long run. A moderate amount of chatter and sharing of running information takes place, plus the occasional sledge...Check it out!

3. Team App

We are rolling out a free mobile app. It is our hope to use it to communicate updates to the club, register for events, etc. The more people who use it, the better it will work.

To get the full features of this app you can go to the App Store or Google Play and download "Stack Team App" onto your mobile device, then follow these simple steps:

1. Sign-up to Stack Team App. You'll be sent an e-mail to activate your account.
2. Log-in and search for Melbourne Middy Milers, then request to become a member. A committee member will approve your request.

Alternatively, go to https://www.teamapp.com/?_detail=v1 in your browser, create an account, and search for the Middy Milers.

Any problems, reach out to a committee member.

4. 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/Team App/other chats. If you can't see one which suits you then post your own option to see if anyone is interested in joining you.

5. Split Groups

As part of an effort to cater to all abilities we will sometimes split 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. We aim to make the sessions accessible to all.

6. 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 Middy Milers under the 'Explore – Clubs' tab to join.

7. MMM gear

When it comes to running gear, everyone has their own idea of 'comfortable'. So we've got two merchandise suppliers for you to choose from – SUB4 and Champion Systems. Take your pick, or get some of both, they are both good quality products.

2 to 3 times per year we will call for bulk orders of merchandise. You will be given plenty of notice of this (including details such as options and prices) via email and Facebook when an order is about to be placed.

If you have any questions about making an order, please contact us at secretary@middaymilers.org.

8. 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.

The premier event on the MMM calendar is the Melbourne Midday Milers March Madness (5M's) relay, which is to be held (probably) at the Tan in 2023. 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).

The following table indicates the tentative schedule of events and prizes for the 2022/23 financial year:

Event	Championship Event	Trophy	Prize
Mile handicap	✓	Perpetual	Sponsor or \$25*
Killer loop	✓		Sponsor or \$25*
Max Howard tan handicap	✓		Sponsor or \$25*
Peter Moor 2000m handicap	✓		Sponsor or \$25*
3000m handicap	✓		Sponsor or \$25*
5000m handicap	✓		Sponsor or \$25*
10km scratch	✓	Perpetual	
5M's relay (winning team)	✓		
5M's relay (runner of the day)		✓	Sponsor or \$25*
Two bridges relay	✓		
Best parkrun age grade	✓		Sponsor or \$25*
Club champion - 1 st - 2 nd - 3 rd		Perpetual	\$250 \$100 \$50
Chas Harcoan 50+ champion		Perpetual	\$50
Winter romp		Perpetual	Sponsor or \$25*
Fastest tan#		✓	
Fastest marathon^		✓	
Best marathon age grade			Sponsor or \$25*
Most Improved		✓	
Gary O'Dwyer best clubperson		Perpetual	

Notes:

*Prizes are to be confirmed by the committee based on financial position. Where no sponsors prize is available, prize will be \$25 cash

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

^ To be eligible to win fastest marathon award the member must have competed in at least one championship event

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

Whilst both male and female club champion is recognised, cash prizes are only awarded to the overall champion. The male and overall championships are calculated as "drop your worst 2 results, the female championship is calculated as "drop your worst 4 results".

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. MMM Code of Conduct

We have a [Code of Conduct](#) to maintain responsible behaviour and the making of informed decisions by members and other participants in our Club. It outlines our commitment to:

- welcome individuals of all abilities and backgrounds, allowing access to all persons within the community including individuals with a disability and socially isolated groups and individuals;
- respect the rights, dignity and worth of every member and other participant and treat all members and participants equally whilst valuing their diversity; and
- provide a safe and quality sporting/volunteer/spectator experience for our members and other participants endeavouring to ensure our members and other participants have the right to enjoy their running experience in a friendly and positive environment, free of harassment and intimidation and abuse.

This Code informs everyone involved in our Club of his or her legal and ethical rights and responsibilities and the standards of behaviour that are expected of them.

11. Complaints Handling Officer

This position is delegated to lead the handling of complaints of concerns raised by members and includes three primary functions:

- to receive and respond to complaints made to the club about the activities of the club, or the behaviour of its members;
- to ensure a timely, fair and robust complaints handling process for both the complainant and the respondent; and
- to provide advice to the club on how to enhance its procedures, policies and governance.

If you need to lodge a complaint, please contact us at secretary@middaymilers.org and the details will be provided to the Complaints Handling Officer (Rory Heddles) for immediate action. If necessary we can put you in contact with Rory directly.

12. Member Experience Officers (currently vacant)

This position includes two primary functions:

- to act as an impartial advisor on how the club can improve the way members perceive and feel about their membership experience; and
- to provide information and moral support to members raising concerns or complaints around inappropriate behaviour.

For the time being, please raise any concerns with a committee member.

13. 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.

There are other less formal catch ups including:

- mid-year dinner, followed by karaoke;
- post-parkrun breakfasts;
- the post Melbourne Marathon lunch, usually 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!

14. 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 and professional indemnity insurance.

In addition, from 2019 non-AV members who are members of the Milers will automatically be registered as AV recreational members which will cost an extra \$10 for their membership. The \$10 fee is waived for existing AV financial members.

15. 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.

16. 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 you parkrun times manually to our handicapper Michael Bialczak (aka Grunter).

17. 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), Dozer (Richard Does), and Grunter (Michael Bialczak) 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.

18. 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.