



**TRARALGON
HARRIERS**

Est. 1967

**NEW MEMBERS
INFORMATION PACK**

December 2023

President's Message

Welcome

Welcome to the Traralgon Harriers, a long-established club with a proud history, with over 170 members. Amongst our proudest achievements is the organisation of the Traralgon Marathon - the oldest current marathon in Australia, first run in 1968.

The club aim is to bring athletics to the local community for people of all ages and abilities. We have a multitude of programs and events that would be of interest to anyone who enjoys walking, jogging or running as part of promoting a healthy lifestyle. There is no age or ability barrier.

An important aspect of the club is its focus on a friendly and social culture. We always welcome and acknowledge new members, encourage support for all, especially the young, and regularly schedule social events in our calendar.

All members of the community are welcome with two runs available before the need to commit to membership.

Membership

As part of your Athletics Victoria membership with the Traralgon Harriers your fees include for:

- significant discounted entry to major events, including the Traralgon Marathon,
- FREE entry to minor events across the year,
- a reflective running vest (winter season),
- invitation to clubs dinners, Christmas parties, trivia nights and other fun social events,
- lots of other freebies throughout the year,
- opportunities to volunteer with the club and our community events, and
- and most importantly, you'll be part of a friendly and inclusive social running club!

Regular Runs & Events

We run weekly on a Thursday night at different venues: predominately in or around Traralgon for winter runs, and summer runs venturing to other areas within the La Trobe Valley. At the end of each season champions, in several categories, are formally recognised at a club dinner / social occasion. In addition, social club dinners are held approximately every two months after a Thursday night run.

There is also the opportunity to participate in event runs, some of which are run by the club. These are always promoted in the weekly newsletter and results of participation shared. Traralgon Harriers branded running shirts are often seen at most local and major events.

The club also participates in AV (Athletics Victoria) events. You can participate as an individual or join a Traralgon Harriers team.

We also offer training groups and these are advertised in the weekly newsletter. Currently there is two groups running: Tuesday evening and Saturday morning.

Merchandise

We have club merchandise available to purchase including for:

- socks
- caps
- visors
- beanies
- running singlets
- hoodies

All merchandise is at a subsidised cost to members to assist members unify, identify and fly the club flag.

Phill Mayer – President

Run Requirements & Information

Season Rules

- SELF TIMING - please give time to duty member after you've finished the course.
- CHECK IN with duty members and get your name marked off the list before you take to the course (Very important for safety so we know who is on course). Walkers still start upon arrival.
- Look after junior runners and newbies.
- Watch for OBSTACLES on course. Summer runs are mainly on trails, which present multiple hazards; logs, holes, rocks, snakes, wildlife, dumped rubbish, slippery downhill sections, etc. Safety is the priority over times!
- ROADS & CROSSINGS - be careful on any public roads and at crossings. Give way to traffic, we do not have right-of-way. All runners are to run on footpaths as there is no insurance for runners who run on the road. If you run on the road – at your own risk (& not recommended or supported by the club), stick to the right-hand side gutter, so you can see oncoming traffic and move onto the nature strip if required. Please be aware of cars if you're running on the road. Every time we run we are representing the club and taking a calculated personal risk, so make sure you mitigate the risks and remain aware.
- HEADPHONES - For safety when running around built-up areas the club recommends that people do not wear headphones as it makes people less aware of the traffic around them.
- DOGS - must be on short leads, under owner's control, they can't obstruct other runners, and dogs attend Harriers at the responsibility of their owners. Dogs which have a capacity, potential, history or propensity to bite people should obviously not attend.
- WINTER ONLY - ALL RUNNERS MUST WEAR THE CLUB-APPROVED REFLECTIVE VEST. Guests and forgetful members will be issued a loaner to be returned. All new financial members receive a vest as part of their membership. This is part of an agreement made with Latrobe City and Vic Pol.
- WINTER ONLY – although routes are in built up areas with street lighting there is often areas of darkness, hence the club suggests wearing a head torch to help with visibility.
- WEATHER - If weather is seriously inclement in winter (severe rain, gale force winds, extreme heat, lightning etc.) we may cancel the Thursday run, but traditionally, Thursday Harriers is run despite the weather. If it is too bad to run, we'll notify cancellation via social media. If the weather is bad and we still run, we may just cancel doing lucky member draw and member's address after, to avoid standing around in the cold. In that case, members can arrive, run, lodge times and go, with no need to stand around freezing.

Handicap Guidelines

There are 5 starting groups for Thursday runs.

Group 1 (Walkers/Slower Runners) - Start Upon Arrival

Group 2- Start 5:50

Group 3- Start 6

Group 4- Start 6:05

Group 5- Start 6:10

Club Handicapper Andrew Legge group's members into fair handicaps based on times. If you feel you need to be re-handicapped, please have a chat to him. Handicaps are about members running in a group that is commensurate with the individual member's time, so we all run in a group with similar times and ability.

Handicaps are not a penalty. It spreads runners out at the start, so is safer, and means that members all finish around the same time. Handicaps are fluid and adjusted as required. Let those on duty know if there is a mistake so they can make note and can be rectified.

We also encourage all runners to try and start and run with their allocated group at Thursday runs. This creates a great race-like atmosphere and means that runners across all groups finish around the same time. This is the primary reason we have a handicap system - to see groups of similar ability runners take off together, to encourage everyone to do their best and hopefully have some safety in numbers, especially for newer members who may not know the courses.

There always reasons and exceptions why someone might not run with their group, and this is absolutely acceptable. If you're injured, returning from injury, recovering from a big run, have been ill, or just need to get away early but still want to do the Thursday course, it is fine to run in an earlier group, or even a few minutes before your handicap group.

Duty Roster Requirements

All members please check the duty roster, which is published in the newsletter, and make note of your rostered date. If you can't do your allocated duty, it's up to you to swap with someone or get a fill-in. If you're not on the roster it's because you're a course marker, you don't run Thursdays (only do AV or you're a social member), you're a junior member, late-in-the-season-joining new member, or you got lucky. That's the benefit of having good membership numbers; you get to run more and only must do one duty in a season. The idea is to make duty fun, it's not a chore. It's a great way to get to know other members and put names to faces. (NB: If you're on duty, you can run early, do the course and put in your time). Those who do duty or course marking get bonus points in the championships each season.

For those doing Thursday duty, please arrive by 5:40 at the start of the course. Club I pads are provided by Handicapper Andrew Legge for checking-in and recording results. You need to check-in all attending members before they set off on course and enter their times at the end. One person should be responsible for the Ipad list, the other should be on the clock and announcing start times for the groups (use your phone). Give each group a two minute, one minute and 10 second warning, and then a clear vocal start.

Course Marking

Course markers are responsible for marking out Thursday night run courses. Marking needs to be completed just prior to the run to ensure clear and fresh markings, especially since the markings are weather dependent. Routes are provided via plotaroute / strava in the newsletter, facebook page or insta. Some courses do not have an electronic reference, but other club members will be able to assist.

The course marker is responsible to:

- Mark the start line, finish line, direction of run.
- Mark / highlight any fall-risk areas on the course.
- Make note of any obstructions or obstacles and point them out at the start of the run and inform those on duty, who should communicate to each starting group.
- Use white marking chalk (winter / street or road courses) or pink marking paint (summer / bush or trail courses), this is available from Molly Irvine (preferably the week prior to your course at the Thursday run).
- WINTER: make sure arrows / directions are provided under street lighting where possible.
- Arrows should be provided at all intersections to avoid confusion.

Lucky Member Prize Draw

Lucky Member Prize Draw after each Thursday run - All financial members are on the list. Remember you must be there to collect your prize otherwise it is re-drawn (This happens a fair bit, so don't miss out - Don't be a winner who leaves and therefore loses). The value of the prizes has gone up so it's even more worth your while sticking around. Remember, the draw happens after the last runner is through and all times have been recorded. Thanks to Kaye Livingstone for organising the weekly prizes. Thanks to Kaye Livingstone for coordinating.

Summer & Winter Championships Guidelines

The Traralgon Harriers Athletics Club offer members the opportunity to compete each week for their chance of winning two annual champions:

- The Summer Championship (during daylight savings period from approximately October to April)
- The Winter Championship (during non-daylight savings period approximately April to September)

Prizes are awarded for the top 10 athletes with the highest number of points earned during the six-month season. The Championship Points are awarded after each weeks Thursday Night runs. Thursday night run groups are based on each athlete average 5km run time.

GROUP	DESCRIPTION	START TIME	HANDICAP TIME (HT)
Group 1	Walkers	Upon arrival	+ 0 mins
Group 2	32 minutes or greater	5.55 pm	+ 5 minutes
Group 3	26 – 31 minutes	6.00 pm	+ 10 minutes
Group 4	21 – 26 minutes	6.05 pm	+ 15 minutes
Group 5	Less than 21 minutes	6.10 pm	+ 20 minutes

If an athlete chooses to have No Time Recorded (NTR) = they are still awarded the lowest points on the night minus 1pt

How the points system works: Athletes Run Time (RT) is added to their handicap time (HT) = Total Run Time. (TRT). TRT are then ranked in a descending order. (See table below)

NEW FOR SUMMER 2023/24

Members who complete their duty night are awarded 50 points.

Members who mark a course are awarded a bonus of 20 points.

Example: Thursday Night Results Table

Athlete	Run Time (RT)	Handicap Time (HT)	Total Run Time (TRT)	Course Marker	Weekly Points
Dale Murphey	18:00	+ 20:00	38:00		100 pts
Ian Cornthwaite	18:30	+ 20:00	38:30		99 pts
Andrew Panayiotou	25:00	+ 15:00	40:00		98 pts
Johnny Rosco	25:30	+ 15:00	40:30		97 pts
Molly Irvine	21:00	+ 20:00	41:00		96 pts
Claire Macumber	35:00	+ 10:00	45:00	+ 20 pts	95 pts +20 pts =115pts
Marieka Reilly	NTR	+ 15:00	NTR		95 – 1 = 94 pts
Bjorn Luxmann	Duty				50 pts
Alysha Duncan	Duty				50 pts

Contact Information

Addresses

Web	traralgonharriers.org.au
Email	info@traralgonharriers.org.au
Post	Traralgon Harriers Athletic Club Inc. P.O. Box 1225 Traralgon VIC 3844
Clubrooms	Traralgon West Sports Complex Cnr. Grubb Ave & Douglas Parade Traralgon VIC 3844

Committee of Management

President	Phill Mayer (0409 878 688)
Vice President	Andrew Legge
Secretary	Alfie Warner
Treasurer	Ann Bomers (0410 330 237)
Ordinary Members	Greg Semmler (Club AV Captain) Molly Irvine Andrew Broberg Clinton Jolly Danelle Wright Dave Barr Giuseppe Marino Kaye Livingstone Trent Kooyman Tobiasz Grzmil Kate Mayer Marika Reilly Desley Tulloch Ron Verschuur Dale Murphy

Media & Promotions

Newsletter Editor	Glenn Crawford (0409 472 471)
Assistant Editor	Giuseppe Marino
Media	Ian Cornthwaite

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