



**DYNAMIC
RUNNING LTD.**

Dynamic Running Limited

This booklet serves as a snapshot of Dynamic Running Ltd. You can find more details on our website at <http://www.dynamicrunning.com.au>.

Who are we?

Dynamic Running Ltd. is a NFP company limited by guarantee established in April 2014. The board consists of four directors, Lorraine Lawson, Larry Lawson, Shaun Muddock and Leigh Howser, and secretary, Petra Beck. Nadia Mead stepped down as a director in July 2016 after having served on the board since April 2014. Fiona Harper and Maddi Goldberg are past secretaries. The Dynamic Running Ltd. constitution, which provides details on our not-for-profit status, is available on our website. Any profit made goes back into the operation of Dynamic Running Ltd. and is not distributed to any of its members. We have an annual members' meeting that is held in July or August each.

Dynamic Running¹ was founded by Lorraine Lawson as a natural progression from a local coaching group to a running club. There was a dire need in the community for a running club that offers regular group training and affordable coaching options to its members, as well as well-organised, professionally run races and events. Dynamic Running offers all of this and much more.

Dynamic Running is focussed on its members and their needs. If you want something, just ask and we'll try to make it a reality! Despite being a young club, Dynamic Running has many of its procedures and policies in place. Our websites and Facebook pages provide details on what's on offer. Our Events Calendar reflects the Club's intention to provide group training sessions, races, training runs over race routes and coaching to its members and visitors alike. All ages and abilities are welcome to sign up for Dynamic Running club membership.

The history of running in Far North Queensland

Dynamic Running quickly grew to be one of the latest groups in the Cairns region to offer a service to runners. The first was the Cairns Road Runners and Triathlon Club (CRR), established in 1979, followed by breakaway groups, the Cairns Crocs Triathlon Club in 1994, and Adventure Sport NQ in 2008. Various trail races have been on offer through the CRR and Adventure Sport NQ since 2008. After negotiation with the CRR at the start of 2014, ownership of the 3 Marathons in 3 Day staged trail race, the Cairns Marathon, the 64km Kuranda to Port Douglas Ultra Trail Race and Relay, the 16km Bump to Beach and the Team Challenge events were handed over to race founder and event director, Lorraine Lawson. Dynamic Running Ltd. is currently hosting these events (with the exception of the Team Challenge). In recent years various other groups have been established that cater for runners in the region, including the Pace Project (established in 2010), Red Earth Running (2019) and the JCU Running Club.

¹ Dynamic Running Ltd. is our company name, Dynamic Running is our trading name.

ANQ

Dynamic Running is an affiliated club of Athletics North Queensland (ANQ). ANQ addresses the specific needs of regional athletic clubs and their members. This is achieved through regular competition events, specialist coaching clinics, officials, training sessions, technical and logistical support to member clubs.

ANQ caters for Track and Field clubs and Road Running clubs stretching all over North Queensland from Rockhampton in the south, Longreach and Mt. Isa in the west, and Cairns in the north. The ANQ office is located in Townsville.

All ANQ members have insurance cover for any events offered by ANQ clubs. As a member of Dynamic Running you can participate in track events offered by any ANQ club (800m and longer) without having to pay an additional fee for insurance. Dynamic Running pays a fee for insurance for any non- ANQ competitors that compete in our events. Visit the ANQ website for a calendar of events.

Go Clubs

Go Clubs is a Cairns Regional Council program aimed at providing a one-stop shop for club support within the Cairns region. Dynamic Running is registered with Go Clubs and we are currently working towards our Gold Member Accreditation.

Good Sports

Good Sports is the largest health initiative in Australian sport. It involves a three-step accreditation process for sporting clubs with resources and training to help clubs tackle alcohol-related issues as well as mental health, smoking and obesity. Good Sports is run by the Australian Drug Foundation.

Dynamic Running is a **Level 3 Good Sports Club**, which is the highest ranking possible.

Volunteers

Our ethos revolves around team camaraderie and mutual support. Dynamic Running relies on volunteers to help behind the scenes and at events.

Volunteers in significant roles

Apart from our board members and secretary, other volunteers who play a big part in the running of the club include:

- Lorraine & Larry Lawson – qualified Athletics Australia running coaches
- Colleen Harisson – financials
- David Elms – welfare officer
- Chrissy Warman and Leigh Howser – social media
- Anthony Ralph – administration (3M3D)
- Heidi Sweeting – K2PD co-race director
- Helpers at the events

Volunteer Reward Scheme

Since our establishment in April 2014, we have been able to supplement our club income slightly with race fees, fundraisers, grant money and sponsorships, yet we still rely mostly on money collected from memberships to survive.

In 2016 we trialled a volunteer reward scheme, and that system concluded on 7 December 2016. As of 8 December 2016 an updated version of this scheme took effect. There are four tiers in the scheme: (1) Life membership, (2) Dedicated Volunteers, (3) \$100 Volunteer Penalty and (4) Volunteer Rewards. You can view the full policy on our website under About Us – Club business.

Club policies

We have numerous our club policies, including the following:

- Code of conducts (Board of directors, coaches, competitors, members, volunteers)
- Sun safety and hot weather
- Child protection
- Internet and email
- Alcohol management
- Smoke free
- Safe transport
- Illegal drugs
- Risk assessment
- Coaching

Our websites and social media

Please help to share the word by liking us on Facebook and sharing our events with your friends. We have a few different pages, so visit them all to see what we are up to:

Facebook pages

Dynamic Running <https://www.facebook.com/dynamicrunningaustralia>

Tailwind Nutrition 3 Marathons in 3 Days <https://www.facebook.com/3marathonsin3days/>

Kuranda to Port Douglas Trail Race <https://www.facebook.com/kurandatoport/>

Websites

<http://www.dynamicrunning.com.au>

<http://www.3marathonsin3days.com>

<https://info014874.wixsite.com/kurandatopordouglas>

<http://pawsonthepath.com.au/>

Newsletter

You can sign up to our e-newsletter via the tab on our website.

Membership

There are currently two membership classes: Ordinary members and junior members (U18s). In 2017 we introduced Volunteer (FREE), Concession and Non-competitive membership options. We are not old enough yet to have Life members. Membership applications must be completed online and the membership fee must be paid within a month of submitting the application. The Dynamic Running Ltd. board considers applications at their board meetings.

Membership is valid for one year from the day you sign up and cannot be transferred to another person. At the end of the year's membership, the club member has one month's grace to renew their membership before it is terminated. You can cancel your membership at any time. The board may terminate a member's membership for various reasons, including if the member does not comply with any of the provisions of Dynamic Running's constitution, and in particular our Code of Conduct.

Code of Conduct

- The responsibility of members for the welfare, health and safety of the other members shall at all times take precedence.
- Members shall act with honesty and integrity.
- A member shall not make disparaging remarks or unwarranted comments about other members, verbally or in writing (including on social media, email, etc.). Comments made at any properly constituted meeting of Dynamic Running shall be privileged.
- Members shall give evidence, express opinions or make statements in an objective and truthful manner and on the basis of adequate knowledge.
- Members shall continue the development of their knowledge, skills and expertise and actively assist and encourage other members to do likewise. Members shall apply their knowledge, skills and expertise for the benefit of all members.
- Members shall at all times, consider a person's merit and standing over and above other characteristics, such as age, gender, race, religious belief, sexual preference, cultural or ethnic background, and shall encourage such behaviour in other members.

Membership Numbers

Membership numbers are allocated based on club members' commitment and involvement in the club. Membership numbers are periodically updated and reflects the length of time the member has been in the club and/or their loyalty and support as a volunteer.

Merchandise

Our highly recognisable blue and white singlets and shirts with the zebra stripes are a wonderful way to promote our club and foster team camaraderie. Wear your singlet/shirt with pride as often as you can, especially at the Tuesday and Thursday training sessions, at parkrun and at races.

Membership categories, fee and benefits are as follows (valid from 24 May 2017):

Membership category.	FEE	Merchandise
NEW INDIVIDUAL	\$100.00 (16 years and older)	FREE club singlet or shirt
RETURNING INDIVIDUAL	\$65.00 (16 years and older)	Club singlet or shirt for \$25.00
JUNIOR INDIVIDUAL	\$40.00 (U16)	FREE t-shirt
CONSESSION / SENIORS / STUDENTS, INDIVIDUAL	\$60	FREE club singlet or shirt
RETURNING CONSESSION / SENIORS / STUDENTS INDIVIDUAL	\$50	Club singlet or shirt for \$25.00
NEW FAMILY	Each adult pays \$100, juniors receive a \$10 discount off their membership fee i.e. \$90 if over 16 or \$30 if U16.	FREE club singlet or shirt (or T-shirt if U16) per family member.
RETURNING FAMILY	Each adult pays \$65, juniors receive a \$10 discount off their membership fee i.e. \$55 if over 16 or \$30 if U16.	Club singlet or shirt for \$25.00 or a t-shirt for U16 for \$10.00
RETURNING INDIVIDUAL NON-COMPETITOR	\$20. <i>This membership option applies to those who cannot compete but wish to retain their membership number until they return to competition.</i>	Club singlet or shirt for \$25.00
VOLUNTEER	Free	Club singlet or shirt for \$25.00

Adult club members who opt out of volunteering during their membership must pay a \$100 fee as well as the \$65 membership fee before their membership will be approved for the subsequent year.

What does your membership fee cover?

- ANQ fees, including Public Liability insurance.
- Club running costs.
- FREE club singlet, shirt or t-shirt (new club members only).
- 35% discount entry fee into Dynamic Running events.
- Special discounts to items/services from selected businesses.

What does Dynamic Running offer to ALL runners, including non-club members?

- An opportunity to meet running buddies, share experiences and support one another.
- Access to two qualified Athletics Australia coaches with over 40 years of experience.
- Group training sessions on Tuesdays and Thursdays. FREE for club members. Visitors are welcome to join in for a couple of sessions.
- Runners' clinics, including a booklet, for a fee of \$60 for five sessions, or \$10 if you are a club member.
- 6-month squad training for half marathon to ultra-distances, including workshops on selected topics at a fee of \$30 for club members.
- Long runs on Sunday mornings.
- Training programs for 5km to ultras. Free on our website.

- Lorraine's Squad Training Guide for \$10.
- Training runs over routes of upcoming events.
- Come-and-try trail runs.
- Invitations to social events and celebratory dinners.

New Members/Novices

We encourage new runners to join as soon as possible. Don't wait until you are fitter or stronger before you sign up as a member. We cater for beginner runners and would love to have you as part of our club from the start of your running journey.

Juniors (U18s)

A structured junior training program for Dynamic Running juniors are yet to get off the ground.

Due to safety concerns, children under the age of 11 are only allowed to participate in races under the direct supervision of an adult.

Parents Please Take Note: Adults in Dynamic Running are NOT required to have Blue Cards. It is your responsibility as a parent to supervise your child/ren at all times.

Age restrictions for road races

Age categories for club races are based on your age on race day.

In 2019 the Dynamic Running board agreed to abide to the minimum age recommendation(s) for participation and competitions as set out by Athletics Australia for road races

5km – Participation from 11-12 years onwards

10km – Participation from 13-14 years onwards

Half marathon – Participation from 16 years onwards

Marathon – Participation from 18 years onwards

Ultra – Participation from 18-20 years onwards

Health and Safety

The following guidelines are to be adhered to by everyone:

- Where possible wear light coloured clothing or reflective material when out on the road;
- Run maximum two abreast on the left-hand side of roads/tracks or stick to footpaths;
- Give way to traffic at all times and obey ALL road rules;
- Bring a torch if your session is going to end up in the dark;
- Show courtesy to ALL other road and path users;
- Be adequately hydrated – during and after each training session;
- Report any injuries, illnesses or other issues to the coaches/race directors;
- Be sun smart (sunscreen, hat, sunglasses, etc.).

Mosquitoes and midges

There are mosquitoes and midges year-round where we train in Edge Hill and on the Esplanade. Supply your own insect repellent to prevent insect bites.

WARNING

Participation in running carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. You should know that running is a potentially hazardous activity and you need to be in good health and physically fit to enter into a running regime. Your participation is voluntary and you knowingly assume these risks mentioned above.

What do we do?

Training: Our group training options are what attracts many runners to our club. We train most days and are open to suggestions for new options. At this stage training takes place at Edge Hill, but with the Club expanding across Cairns, there is a need for group sessions on the Southside and also at the Beaches. Morning sessions took place in 2019 and will continue in 2020, depending on demand and availability of the coaches. There are often long runs on weekends and come-and-try runs over the routes of upcoming events. We offer clinics in surrounding towns, and this is dependent on demand and participation numbers.

Races: Don't get hung up by the term 'race'! Our local club races aim to attracting club members and visitors or runners to come and have a go. Online registrations cut-off times apply and are usually 12 hours prior to a road race and a few days prior to a trail race. Signature Events require considerable organisation and financial input, so race fees are higher than the club runs. For independent runners there are also early bird fees available. Late fees for signature events (if applicable) applies to ALL competitors, including club members. DON'T get caught out on this one, as late fees can be up to double the club entry fee. Register early to avoid disappointment.

Coaching: Dynamic Running offers tailor-made group coaching for a wide range of runners and distances. You can select from Runners' Clinics and Squad training for half marathons, marathons and ultra-marathons. We also offer sessions for intermediate runners building up from 5km, 10km through to their first half marathon. A fee applies to participate in these coaching sessions.

Types of Events

Weekly Club Run: We are tagging our weekly club run onto the FREE, timed, 5km Cairns parkrun each Saturday morning at 7.00am, followed by a coffee at Muddy's Café. We also do long runs, mostly on Sunday mornings (8km-38km).

Training Runs: These are FREE runs over the routes of upcoming races. It gives club members and visitors the opportunity to try out the course.



Fun Runs: This is a great way to support your local community. We donate part of the proceeds of these events back to the community, for example YAPS, the Young Animal Protection Society, ZONTA Club of Cairns and Australian Quoll Conservancy.

Road Races: At this stage our main road races are the Dynamic in a Dress Running Festival in April and the Clifton Beach Series events. Our training from January to April builds up to the Dynamic in a Dress event. From August onwards we focus again on speed work for the Clifton Beach Series races.

Trail Runs and Races: Many Dynamic Running club members are avid trail runners. Between April and mid-August much of our focus is on trail running and training for the Tailwind Nutrition 3 Marathons in 3 Days races and the Kuranda to Port Douglas Ultra, Relay and 16km Bump to Beach. However, road running continues with our weekday training sessions. We have a Summer Trail Running Series consisting of three events around the region from September to November each year.

Socials and meetings: We enjoy our social events, and these are held throughout the year. We hold club meetings to get suggestions and ideas from club members. There are also a few times each year where our Dynamic Running members compete in events outside of Cairns, including the Townsville Running Festival, the Great Barrier Reef Marathon Festival, Melbourne Marathon and many others. Remember to share a photo of yourself at the finish line with your medal!

Virtual Dynamic Runner: In 2019 we introduced virtual running for those participants who cannot make it to our events or are helping out as volunteers, but want our great medals! Details on our website at

<http://www.dynamicrunning.com.au/virtualdynamicrunner/>

Cost of events

Training runs and group training are FREE for club members. As a member of Dynamic Running you receive discounts into our events. Please use the codes provided when you register online.

Fundraising and donations

Since April 2004, Dynamic Running has contributed nearly \$9,500 in donations to various charities and groups, including:

- YAPS
- Australian Quoll Conservancy
- ZONTA Club of Cairns
- SES
- Ronald McDonald Family Retreat Palm Cove
- Marilyn Mayo House
- Ruth's Women's Shelter
- Blue September
- Cairns to Karumba Bike Ride.

Dynamic Running also supports local charity events including the Rare Diseases Day Fun Run/Walk (2015 to 2020), the Blue September Foot Race (2015) and the Bendigo Bank Run for the Reef Community Challenge (2014).

Dynamic Running is providing support to the Weipa Running Festival from 2018 to 2020. We are also helping out at the Games Gallop of the Great Barrier Reef Masters Games in 2019.

Contact Information

Managing director (April 2014 to current): Lorraine Lawson

Mobile: 0417 798 444

Email: info@dynamicrunning.com.au

Web: www.dynamicrunning.com.au

Facebook: <https://www.facebook.com/dynamicrunningaustralia>

Twitter: @dynamicrunning

Postal address: 17 Hudson Street, Whitfield, Cairns, Qld 4870

ABN: 87 168 890 033

