

## **Fit4life Running Leagues** **Additional Information**

### **Aims and Outcomes**

The overall aim of the fit4life running league programme is to provide regular participation focussed running opportunities for people of all ages throughout the country which will be self sustaining in the long term.

Additional aims are

1. Create a greater awareness of the sport of running throughout the country.
2. Improve the profile of the Athletic Association of Ireland (AAI) and the Irish University Athletic Association (IUAA).
3. Attract more members to both AAI and IUAA club.
4. Increase the number of volunteers who become trained coaches, administrators and/or officials.

The outcomes of this programme will be

1. Increased participation as the event provides a regular opportunity for people of all abilities to participate.
2. Wider access for all members of society as non club members can participate for a nominal fee of €15.
3. Improved health and well being as regular running gives benefits of muscle toning/strengthening, stress relief and “runners high” as endorphins are released.
4. Creates stronger and safer communities as senior citizens get to know younger neighbours through their stewarding roles.
5. Reduce numbers dropping out in first year in third level institutions as feelings of isolation /alienation /lack of friendships are removed.
6. Improved local economies as local clubs become regular purchasers of refreshments/advertisements etc.
7. A training programme for volunteers to ensure the leagues are well organised and operate in a safe environment.
8. A stream of income from entry fees for running clubs that operate these leagues.

### **Brief description of the project**

The fit4life running programme will be based on the very successful West Waterford Athletic Club winter league programme per appendix 2 and is designed to provide an opportunity for participants of all abilities to take part in a series of runs on a weekly basis. The runs are held over a short distance (approx 3 miles). The league will consist of 8 events staged each week between September and November 2006.

A campaign will be held in September to attract local volunteers to act in the roles identified in the West Waterford AC running league handbook namely

1. Chairperson
2. PRO
3. Chief Steward
4. Computer Team – entry, results, post run officials
5. Finishing line officials – time recorder, recorder of numbers, tunnel check
6. Hall manager
7. Parking officials

In all approx 30 volunteer officials will be needed to organise /administer/officiate the leagues. AAI development officers will also run a regional one day coaching seminar for prospective coaches of fun participatory athletes rather than the more traditional competitive athlete.

A section of the AAI website will be allocated for the Fit4life running league. Each location will enter their results onto the website. Training programmes will also be available on the web to allow runners improve their performance if they so wish.

Local sports partnerships and the IUAA will also assist in

- creating pre event awareness of the leagues
- providing facilities and equipment
- recruiting volunteers.
- post event celebrations

### **We recommend the following overall resource requirements some of which AAI will provide/ support**

Safety Equipment for start /finish and corners

- 50 Cones
- Safety lights for cones
- Bunting/ribbon on cones

Stewarding Equipment

- Visibility jackets and trousers
- Torches
- PA for start/finish

Runner Equipment

- 300 Runner visibility bands/bibs
- 300 reusable Vinyl numbers
- software

PR Campaign

- Advertisements in newspapers
- Local radio advertising
- Leaflet drops to houses
- Posters in shops/telegraph poles

Training of volunteers and coaches

- Venue
- Suitably qualified trainers
- Reference manuals

Timing Equipment

- Finish Clock
- Printing clock

Results Equipment Lap top and printers

- Microsoft office- excel spreadsheet software
- Race master results software

Event management costs– to be recovered from entry fees, raffles and sponsorships

- Hall for entry/results
- Insurance
- Volunteer meals at end of league
- Prizes
- Prize giving event