

Dear Members

A message from your Chairman & Executive Committee.

Imagine a sporting calendar without some of the events that make our club so special:-

- IOM Marathon / Half Marathon
- Spring & Autumn Handicap Races
- 20 Mile Road Race
- Veterans Mile
- No Rest for the Wicked
- End to End Walks
- Syd Quirk Half Marathon

These events *need* you! Without **new committee** and **subcommittee members**, we risk losing these beloved events. **No committee, no events, no club.** It's that simple.

We urgently need volunteers who are willing to dedicate **just an hour or so per month** to attend meetings and assist with event organisation. The more people who step up, the easier it will be to distribute the workload, ensuring that our events continue to run smoothly and successfully.

Getting involved is a gradual process—at first, you'll observe how the committee operates, then you'll be gradually integrated into supporting with events. And don't worry—organising an event doesn't mean you can't still participate in it! We have committee members who can support on event day.

Please also see our club benefits table below.

**The future of your club is in your hands. We need volunteers now before it's too late.** Please consider the role you can play in keeping these vital events alive.

To get involved or learn more, contact us at [iomvaclub@yahoo.co.uk](mailto:iomvaclub@yahoo.co.uk).

Thank you for your support.

<b>Benefit</b>	<b>Executive Committee Members</b>	<b>Club Members</b>
<b>Free Club Kit</b>	2 <b>Free</b> Items per Year (Running Vest, T-Shirts, Buff, Bobble Hat)	Subsidised Purchase of Club Kit (Running Vest, T-Shirts, Buff, Bobble Hat)
<b>Free Annual Membership</b>	Yes	No
<b>Free Sports Massages</b>	2 <b>Free</b> Sports Massages	No
<b>Discretionary Travel Grants</b>	Available for Masters events off-island	Available for Masters events off-island
<b>London Marathon Ballot</b>	Entry into the ballot (conditions apply)	Entry into the ballot (conditions apply)
<b>Annual Trophy Competitions</b>	Entry into Annual Trophy Competitions (Walking League, Fell Running League, etc.)	Entry into Annual Trophy Competitions (Walking League, Fell Running League, etc.)
<b>Syd Quirk Half Marathon</b>	<b>Free</b> Entry for subcommittee members or £5.00 discount for club members	<b>Free</b> Entry for subcommittee members or £5.00 discount for club members
<b>Handicap Races / 20 Mile Road Race / Veterans Mile</b>	<b>Free</b> Entry	<b>Free</b> Entry
<b>Easter Festival of Running</b>	First Claim members <b>reimbursed</b> for entry fee	First Claim members <b>reimbursed</b> for entry fee
<b>Christmas Hamper</b>	<b>Free</b> entry into the prize draw	<b>Free</b> entry into the prize draw
<b>UpandRunning Discount</b>	10% discount on goods bought from UpandRunning in Douglas	10% discount on goods bought from UpandRunning in Douglas
<b>All Members Are Registered with British Masters</b>		
<b>First Claim Members are Affiliated to England Athletics and Have Lower Race Entry Fees - at Least £2.00</b>		