

MEDIA RELEASE

Thursday 13th August



Residents can get active, get involved and make connections in their community with a new recreational running club based in Nillumbik called Diamond Creek Runners.

Due to the continuing success of Diamond Creek parkrun and an increasing number of social runners within the area, a need was identified for organised, regular group runs across the week.

Diamond Creek Runners has been established to meet the needs of the local community. It is a not-for-profit, incorporated association run entirely by volunteers.

Diamond Creek Runners has 3 main goals:

1. to get more people running
2. to encourage people to lead groups and share their love of running
3. to increase social interaction in the community

Diamond Creek Runners has groups runs scheduled every Tuesday and Thursday evenings and Sunday mornings, with plans for more runs on different days as the club grows. Runs are led by volunteer run leaders who provide the structure, support and encouragement to help to keep people motivated and accountable.

In addition to weekly group runs, every Spring and Autumn the club offers 10-week *Start to Run* and *Run to 10km* programs. These programs are included in the \$25 annual membership fee. "We are not reinventing the wheel but using tried and tested programs like the 'Couch to 5K' program," says Diamond Creek Runners' Vice President, Michelle Esdale. "We know these programs work but often people start them and then stop halfway through as doing them on your own can be a challenge. Saying we'll be there and we'll run with you provides the motivation and incentive needed to keep people going," she said.

Diamond Creek Runners also provides an opportunity for people to meet others and make connections within their community. Michelle explains, "Meeting people can be difficult between work and family commitments and the daily routines of life. Running with others is a great way to meet people and develop connections within the club and the community." Diamond Creek Runners plans to have monthly breakfasts and other social activities and functions throughout the year.

Diamond Creek Runners' annual membership is \$25 for adults, \$0 for children.

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