

**MID-FLORIDA MILERS WALKING CLUB
ADDENDUM TO OCTOBER 15, 2020
BOARD OF DIRECTORS' MEETING**

November 1, 2020

E3H and AVA

As stated in the 10/15/2020 minutes, Vice President Dan Barnett indicated he would like to find out what AVA Clubs are currently participating in this program. Dan said he would reach out to SERD John McClellan to find out if any other Southeast region clubs were involved and to obtain further information.

This addendum includes Dan's report back to the Board and the Board's decision how to proceed at this time.

- 10/13/2020 Email from Dan Barnett to the Mid-Florida Milers BOD

Fellow Board Members,

I have been in communication with John McClellan, SE Regional Director. John is also our Regions point of contact for E3 and he is also the Happy Wanderers E3 leader. Mike Lanpher also contacted Carl Cordes, Pacific Regional Director who is knowledgeable on E3.

I have attached E3 AVA Program Guideline, Element3 Health FAQ, and AVA E3H Club List which is the most up to date information on E3.

Here are overarching thoughts on the program.

AVA:

- Manages the E3 program for volksmarching
- Emily was the E3 POC at AVA, but her internship has finished and it appears she is no longer at AVA. Per John, he believes Samantha will be the AVA E3 POC.
- AVA provides E3 participants a one year Associate membership, E3 Event Book to record their event accomplishment, and 20 walk vouchers.
- AVA will pay the participating E3 volksmarching club \$10 (two payments of \$5 towards club dues).

Volksmarching Clubs:

- Identify a dedicated Leader who manages group communication and calendar of organized club activities
- On a monthly basis, provide E3H with E3H participant activity report for organized Club activities (report form to be provided by Element3 Health)
- Work with E3H to generate partnership awareness through press announcement(s), social media posts, promotional / marketing videos, etc.

Once E3 Health identifies and vets an E3H participant, E3H will match the participant with the local E3 club. Our dedicated Leader then would contact the E3H participant. The E3H participant will be of varying walking capabilities (i.e., some may be able to walk 5 or 10K, but others may only be able to walk less distance). It is envisioned the E3H participant walk at least 2-3 times a month. Our dedicated Leader invites the E3H participant to our club sponsored events.

We greet the E3H participant at our walk and pair them up with a club member who might be of similar age/ability or just someone willing to sponsor/mentor someone new. Have the E3H participant register (they will pay with one of their 20 walk vouchers) and then have their event book stamped. They walk the distance they are capable of walking while being accompanied by our club member(s). If and when we are out of COVID 19, the intent is to have a social activity (go for coffee or lunch) after the walk.

Some E3H participants may not be able to make our club sponsored events. In that case the club member will need to be flexible in order to offer to meet the E3H participant at one of our YRE events at a date and time convenient for both walkers. Registration will be done by using the walk box. The E3H participant will pay by submitting one of their 20 walk vouchers.

If an E3H participant decides to purchase a distance book, the actual distance walked will be recorded (i.e., if they walk 1K, then 1K is recorded).

There are 31 AVA clubs registered in the E3 program (see attached). Three are in the SE Region. The Happy Wanderers, the Jacksonville Trailforgers and the South Carolina Upstate Pathfinders are signed up. Due to the ongoing COVID 19, the program has not executed according to plan. While 31 AVA clubs have registered, the matching up of E3H participants with the clubs has not occurred.

My recommendation is once the AVA and E3H have given the all clear (meaning, they agree to let E3H participants walk with our clubs), we look at registering and participate in the E3 program.

Dan

- After review of the documentation provided by Dan, The Board agreed to delay E3 implementation until E3H and AVA have had an opportunity to provide additional guidance.

Sharon Axelrod
Secretary, Mid-Florida Milers Walking Club