



## ORANGE RUNNERS CLUB FEBRUARY 2011 GENERAL MEETING MINUTES

Location: Old Erie Pub & Grill – Middletown, NY  
Date & Time: February 2, 2011 7:30 p.m.

The business meeting began at 8 p.m. Ed O'Connell greeted the group at his first meeting, and advised that his view of the president's position is that he is part of the group, but that many of the responsibilities would be shared by the rest of the board, three VP's and other members, according to their interest and what they are passionate about.

Vice Presidents Dave Madden & Kristin Matson have taken on the ORC Facebook site & updates.

Joe Marchesano & Carolyn Negrycz will be undertaking an outreach to the walkers of the area to generate interest and membership for our club.

Each VP will take a meeting during the year. We will feature a race every month at the meeting during the month prior to the race date, with a race representative invited to talk about it.

### **FEATURED RACE: CELEBRATE LIFE HALF MARATHON, March 13, 2011 – Rock Hill, NY**

Myriam Loor, Co Race Director (with Kathleen Rifkin) spoke about the race, which is in the eighth year now, and raises money for local cancer patients having difficulty in paying bills, with transportation, and other needs. The original goal was to get 100 runners, and there were 225 registered the first year. Registration is on target this year for 700 participants, with demographics of 60% of runners coming from out of state, and even from Canada to participate.

Myriam spoke about how the race differentiates itself from others:

- The many volunteers who help, from a start of about 40 to about 80 now.
- Overall winners receive different type of recognition, not just medals/trophies, but clothing.
- Nearly 100% of the supplies needed for the race are donated, including water, food, etc. and 100% of the proceeds after costs are donated to CROC
- New feature – motivational mile – a sign with a person's name can be purchased this year, they will be in mile 10 on one of the many hills.
- Cancer survivors are featured & noted in results
- The race course itself, through the lakes in Rock Hill, as well as the training runs which are offered. Mile prizes for runners which are posted at each mile mark.
- Excellent food donated by The Outback Steakhouse.
- Embroidered logo windbreakers for runners. This year's windbreaker can be seen on the race website [www.celebratelifehalfmarathon.com](http://www.celebratelifehalfmarathon.com)

Dave Madden spoke about a fund raising effort for a good friend & runner who is coping with medical expenses for rehab, etc. A team who will wear shirts for Ed is being organized for Celebrate Life; cost is \$15 per shirt, with proceeds going to the family.

### **Business Updates:**

**Treasurer's** report from George – we have approximately \$5900 & memberships are generating more funds for the club.

**Webmaster** – Dane Groszek has been & will continue to update the ORC website. Updates which we would like to be put on the site can be sent to Dane; we are working on streamlining this process. Photos can be sent as well. New members to be listed on the website as well as in the Sweat Gazette. New members' names were read.

**Speaker: Maria Blon, Create Your Wellness**

Maria Blon, a former triathlete is a licensed yoga therapist, and has practiced this for 10 years, with 5 years teaching. She reviewed some fundamentals of breathing, stretching, the sympathetic and para-sympathetic nervous systems, and had the group stand for a light breathing exercise and a balance posture. The pros & cons of dynamic stretching vs. static stretching were discussed & she took questions.

Maria and her daughter have traveled to Haiti to help in the aftermath of the disaster there, and the club agreed to work on a potential fundraiser for Haiti, with details to follow. We will collect gently used T shirts at the next meeting which Maria will accept for the effort there.

**Next meeting will be March 2<sup>nd</sup>, run by Kristin Matson. Speaker will be from Cross Fit.**