



## ORANGE RUNNERS CLUB MARCH 2011 GENERAL MEETING MINUTES

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

The business meeting began at 8 p.m. Ed O'Connell greeted the group and kicked off the meeting modeling a new ORC technical shirt which is available through Joann Shurter/Winners Bracket, Middletown. Multiple colors and styles are available with different sleeve lengths – sized for men and women.

### **General Announcements/Events:**

- Todd Jennings has been in contact with the Citizens Foundation of Orange County, which is devoted to expanding the availability of recreational trails for running, biking, walking. He'll be pursuing this next week with them & will keep the group updated.
- Sullivan Striders President Kim Klemen spoke about the Ragnar Relay, which is coming to the area May 13-14, starting at Bethel Woods, to Westchester County. A speaker will be attending the Sullivan Striders meeting and there is a plan to drive the course. Possibility of a team price for local club members, which Kim invited ORC members to consider participating in.
- More Sullivan: Liberty NY Spring Fling, 5K to benefit Rachel's Challenge, against bullying in schools. April 30<sup>th</sup>, Liberty HS, 9 a.m.
- Follow up from last month –Maria Blon accepted T shirt donations brought in by club members to be sent to Haiti. She just returned from another trip there, and expressed her thanks for the club's enthusiastic support.
- Shout out for the ORC Herby Waterman Winter series – directors Bill Schneider & Joann Nowak did a great job and thanked all the supporters and especially the dedicated volunteers who helped make it a big success.

### **FEATURED RACE: HUDSON VALLEY 15K Sunday April 10<sup>th</sup> 9 a.m. Early start 8:30 a.m. Walk start 8 a.m.**

Steve Brockett co race director spoke about this challenging 15K race which is the third of the five King & Queen of the Mountain series as well as the Hudson Valley Grand Prix.

- Practice runs will be held on March 6, March 20, and April 3 at 9 a.m. at Bella Luna restaurant parking area, which is the race start/finish area.
- The race beneficiary will be the Food Bank. They are hoping to exceed prior donation of \$1600-\$2000.
- Kohls Department stores will also be making a donation of \$500 which will be presented to the County Kids Kitchen in Washingtonville.
- Local Girl Scouts will be volunteering, and additional running club volunteers are needed – see Dave Badolato - he needs people to do split times & be course marshals.

- Applications for the race will be available @ the practice runs. Shorter practice distances which cover part of the course are available (approximately 4, 6, 7 miles).

### **More General announcements:**

Track and walkers – we want to incorporate walkers into our workout, possibly a different night/location. This needs to be developed further to meet our long-term goal.

North Face Run – Todd Jennings advised that there is a run, part of a national series; part of it will be in Harriman State Park on May 7<sup>th</sup>. Trail run, varying distances. We need 4-5 people to man an aid station. Check in is at 5 a.m. Volunteers have been recruited, but let Todd or Joe M know if you are available as a backup.

Interclub challenge – April 17<sup>th</sup>. Thomas Bull Park, 10<sup>th</sup> Annual. All three major participating clubs have won this three times. All members needed to come & run the race as everyone generates at least one point for the club. Plus this is an opportunity to see our friends from Rockland Road Runners and Sullivan Striders. Brunch is served, there is a \$5 entry fee and there will be a 50-50. After expenses, the winning club will be given the balance of \$ to donate to their chosen charitable cause.

Hustle for the Puzzle Race, April 3<sup>rd</sup>, starts at the boathouse in Thomas Bull Park. 5K, 8:30 start time.

Shoutout – Kristin Matson ran her first marathon & announced that she qualified for Boston.

30K Saturday March 26<sup>th</sup> volunteers needed to help – please contact Myriam Loor of Sullivan Striders.

Feature: Challenging Trivia Questions first, run by Kristin Matson New club T shirts given as prizes.

Jeff of Cross Fit at Awaken Fitness

27 Main Street

Historic Chester, NY 10918

Jeff gave a good talk about what Cross fit is, how it can help runners as well as any other athlete, and described how it is 100% scalable to any fitness level so that injuries are avoided, and the participant is safe at all times. It is a "core to extremity" program. Jeff demonstrated some of the techniques which are incorporated into using one's body to balance, metabolic conditioning and weight/strength training. All are welcome to come for a free evaluation session & encouraged to keep an open mind about the initial assessment. Further information available at Cross Fit – stop in & check it out.

Any articles for the Sweat Gazette should be sent to Patty Insignares so the next issue can begin to take shape.

**Next meeting will be April 6<sup>th</sup>.**