

ORANGE RUNNERS CLUB

March 2013 GENERAL MEETING MINUTES

Location: Old Erie Pub & Grill – Middletown, NY

Date & Time: March 6, 2013 7:30 PM

Valerie Kilcoin welcomes all and especially new or first time members. A single shout out was heard and a brief review of the USATF membership status was given.

George's Treasurer's report advised that our balance is approximately \$8000, and the club is in good shape.

Updates were considered on:

Herbie Waterman Winter Series

Track startup date/time

Historic Hustle/R4DT Triple Challenge

Classic Team competition

Local Club Challenge – ORC vs SS



Bob Christiansen director of the 5K Road Race/Walk for Autism on April 7th was the club's race of the month. He spoke to us about the race, the course getting its certification as a 5K, and the charity cause it supports. In addition 17 year old Dominick gave a short bio and public talk on the condition of autism and his experience living with it.

The Winner of the photo of the month contest was Kathleen Rifkin who with Deanna Zawistowski were photographed after the Surf city Marathon on the beach. Deanna claimed the prize.

Then Guest Speaker Mike Donnelly, spoke to us on his years of Triathlon experience and the roots of the event starting 1973 in Hawaii. He also mentioned different types of Triathlons and the associated events, and provided some advice to help improve a runner's performance that was learned during his training for Triathlon events.

He invited us to attend a Triathlon Clinic Preseason Preparation being sponsored by the South Orange Family YMCA. The 24 week event price includes the entry fee for the SOFY Triathlon on August 24th, 2013.

Next regular meeting will be April, 3rd 2013