



ORANGE RUNNERS CLUB April 2011 GENERAL MEETING MINUTES

Location: Old Erie Pub & Grill – Middletown, NY
Date & Time: April 6, 2011 7:30 p.m.

The business meeting began at 7:55 p.m. Ed O'Connell greeted the group and moved right on to upcoming events

General Announcements/Events:

- Hudson Valley 15K is our next upcoming race, to be held on April 10th. Featured race of the evening last month, all reminded to attend & support a big ORC and Grand Prix event.
- Membership report – Valerie advised total membership is 328. 113 renewals and 32 new memberships were received. We are investigating the possibility of using Paypal to have online membership/renewal capabilities.
- Shoutout to Dane Groszek for the new & improved website, which features updated links for runners, calendar of events, Facebook link, etc.
- Sweat Gazette – Articles are always needed – Patty advises it's great to keep them short, local and of personal interest to all. Also will be including a track report and a grand prix report.

Race of the Month:

Dave Badolato spoke about the Interclub Challenge, coming up on April 17th. It will be held at Thomas Bull Park. This is the 10th annual, and all three participating clubs have won the cup three times. Club participation is critical to win it & break the tie! The race starts at 11:30 a.m. Walkers are also needed to participate – everyone who completes it gains at least one point for their club.

There will be a practice run at the prior week's track meeting, to be held at the park, not the usual track meet venue.

All participants are asked to bring a dish to share so we can have plenty to eat after the grueling 5K run! There will also be a 50-50 to benefit Ed S, a local runner from Pine Bush, to help with medical expenses.

Dave has predicted that when we win, Ed O'Connell will be running the Rhulen 5K in a dress! Stay tuned for updates.

Other Races/Events/Shoutouts:

Masonic 5K on April 23rd

Rockland Meals on Wheels 5K May 22nd Details for these available on the website

Todd Jennings shouted out Mac Thurston for completing his first ultra.

Marshall Ulrich, cross continental ultra runner will be doing a book signing in New York on 4/19 in New York at the Times Square super Runners shop. There will also be run with him at 2 p.m. in central park. The book is called "Running on Empty".

Ed O'Connell & Todd Jennings recently attended a conference on non-motorized transportation, and learned of an effort to upgrade and extend trails for this transportation, such as from Kingston to New Paltz, NY. The Orange County citizens' foundation is exploring ways to do the same for our local Heritage Trail. The local contact will be coming to our club to speak at some point, and discussion as to the club becoming involved on a meaningful level to extend the Heritage Trail took place. Members seem to be largely in favor of this effort. Updates will follow.

ORC shirts, singlets, jackets, etc. are available through Winners Bracket. Choose your style/color and they will do the appliqué of the ORC logo for you. Prices range from 15-20 for tanks and 35-40 for shirts depending on style.

Bobby Waterman invited the club membership to come to the track workout on April 27th, the one year anniversary of Herby's passing. We plan to have a balloon release where all can write a note and release the balloon in his memory. It will be after the track workout, which starts 5:45/ 6 p.m.

Bobby also had a PR on the Wurtsboro 30K, under 3 hours.

Ed O'Connell took 3rd in his age group in a half marathon.

Brian Rivenburgh reported a group of finishes in the Washington DC cherry blossom 10 mile run, 1:08 George Shurter, Kristin M. 1:12, Drew 1:15:30, Brian 1:16. ORC on the move to different venues!

Patty Insignares ran the Shamrock 5K in <22 minutes.

Ed reminded the club that many members are working out at Cross Fit with Jeff on Monday nights at 7:30 in Chester. Cost is \$15 per class.

Marty F took 1st place in his age group at the race for autism, Hustle for the Puzzle, and Mark took second place. Deanna z. took 3rd place in her age group, and the Andryshak family all medaled! Way to go ORC

SPEAKER

Dave Madden introduced our club speaker, Miss Aisling Cuffe, of Cornwall, NY, who is a leading local youth athlete.

- Lead the US High School girls with a 9:56 time for 2 mile
- Foot Locker Cross country champion
- USA Junior nationals champion
- Qualified for world juniors and recently competed in Spain. Placed 17th for a 6K distance, and is the top USA participant.

Aisling spoke about her experience at the world juniors, where she was able to run with the team as well as meet Shalane Flanagan and other women athletes known to all. She spoke about the entire experience as an extremely positive one. She plans to attend Stanford University in

California next year, and while she will miss her coaches from Cornwall, is moving on to a new adventure.

Aisling answered a number of questions from club members, who were extremely interested in her training routine, mental outlook, future plans, thoughts on indoor treadmill vs outdoor training. Her goal this year is to do some mile runs, as this would be a new distance for her. She doesn't see herself running a marathon any time too soon, but does not rule it out.

The next meeting will be held on May 4th, usual time & place.