



ORANGE RUNNERS CLUB JUNE 2011 GENERAL MEETING MINUTES

Location: Old Erie Pub & Grill – Middletown, NY
Date & Time: June 1, 2011 7:30 p.m.

The business meeting began at 8 p.m. Ed welcomed the group & we started with some mention of other club sponsored events, the Newburgh Cross Country Series and the Rockland Road Runner races.

Events:

A date will be set in July (set as Sunday 7/25) for a club picnic, which Brian Rivenburgh will host at his lake house in Rock Hill area. Members & family are invited, there will be a scavenger hunt and some races of varying distance offered. Bring a covered dish, a chair or blanket, and your choice of beverage. Details to follow next month.

Club Marketing Efforts:

Classic 10K expo – we will have the ORC tent at the expo, and hope to have a good member turnout to meet runners and hopefully recruit new members. Applications will be available at the booth. Please bring a picture(s) of yourself running so we can include it in a photo board for display – give photo to Ed or Dave Madden.

We're working on getting window stickers with the ORC logo for members to provide recognition of our club identity. Also, clothing with our logo is available through Joann Shurter, basically any style you choose can be ordered and personalized with our logo. Or, you can bring your own item in for the logo.

Marshall Ulrich – Ultra runner, transcontinental, author, adventurer, and friend of Todd Jennings will be in Middletown on June 11th and has agreed to speak to the club here at the Olde Erie on Saturday night, before the Classic 10K. He will have his book, *Running on Empty*, available to be purchased and will sign copies. There will be a video presentation as well as a talk about his varied experiences in running, which should be very educational & interesting to all. Dinner will be \$18 that night, and reservations will be needed – advise Todd if you are planning to come.

General Announcements/Events:

Shoutout to the Chester Kiwanis Hambletonian 5K, which had a record turnout of 365 people.

New members & members who had not been to a meeting before were welcomed

Track workout – turnout continues to be good & many thanks to Bill for the great workouts. Film was taken for Channel 6 at the workout, so watch for yourself on TV.

FEATURED RACE: Lap4Life

This event is new to the HV Grand Prix – this is the third annual race, a four mile run on a gravel path course, held in Chadwick Lake Park in the town of Newburgh. It is on June 25th and there is also a 4 mile walk, as well as many activities for the whole family.

Maddalena Casabianca-Reade and Brian Reade came to speak about the event, which was started in memory of her brother, Dr. Angelo Casabianca, who suffered from a Desmoid tumor and died of complications from this condition. All proceeds of this event will benefit: Littman Cancer Center at St. Luke's Cornwall Hospital, The Angelo Casabianca Desmoid Tumor Research Fund at Memorial Sloan-Kettering Cancer Center Organ Transplant. The event will also feature a health fair, music, and there are team participation challenges for Teachers, Military, Corporate, Firefighters, and Law Enforcement. Last year the event raised \$60,000.

The presentation included a video and will also be featured on CBS news on June 19th.

Featured speaker:

Dr. Brian Reide, of At Your Feet Footcare. Dr. Reide spoke about two of the most common injuries runners encounter, plantar fasciitis and Achilles tendon injuries. He clarified the PF injury as affecting the arch ligament, and that it can often be self-treated if recognized early enough.

In general the pain is felt first thing in the morning, upon getting up and putting weight on the feet or at the start of a run. After warm up, it begins to feel better. Stretching the foot and using a special sock when sleeping will help this condition. It can be possible to continue training through this, but of course proper diagnosis is key.

Achilles tendon injuries range from mild tendinitis to thickening & scar tissue known as tendinosis. The Achilles is the largest tendon in the body, and injury to it is bad for a running career. Causes include pronation, tight muscles, adding too many miles too quickly, especially hills. Since the tendon area does not have good blood circulation it can be a long healing process. Treatment includes Ice, Rest, Stretching, and OTC products such as Advil, Ibuprofen or Aleve. A night splint can help, and in extreme cases a boot can be prescribed. Therapy includes muscle stretching, but prevention is the best precaution.

New therapies are becoming available, and further information is available through At Your Feet Foot Care. These include radio frequency nerve ablation, which provides an effective cure to the pain in about 96% of cases.

Another treatment is PRP, platelet rich plasma, in which about 20cc's of the patient's own blood is extracted and centrifuged to isolate the platelets. This is injected into the tissue to aid with healing.

Next meeting will be on July 6th at the Olde Erie.