

Orange Runners Club meeting, 11/13/2024

(Written with assistance from AI)

- **Justin DePierro introduces our guest speaker, Nick Clark, ATC, NASM-CPT, FMSC, NASM-SFS of Movement Matters in Warwick.**

Justin introduced Nick, a movement specialist, emphasizing his expertise in helping runners achieve their goals while staying healthy. Nick, who prioritizes a practical approach, began by outlining his qualifications and his shift towards functional movement systems that address the root cause of pain. He shared his personal journey, including his own weight loss and his sister's neurological disorder, to illustrate his passion for helping others. Nick then detailed his individualized approach to movement training, focusing on holistic assessments and tailored exercises. He stressed the importance of joint mobility, proper lifting techniques, and maintaining good posture. Justin commended Nick's hands-on approach and clear explanations, while a testimonial from Patti Insignares highlighted the effectiveness of his treatment for sciatica. Ultimately, Nick reassured the audience of his commitment to helping them stay active and resilient.

- **Evan's Memorial and Club Updates**

Justin began by addressing the loss of our dear friend, Evan Stankunas, and the profound impact it had on the club. He expressed sincere gratitude for the outpouring of support and love from the members, making special mention of the remembrance run organized by Dave Madden. Justin concluded by sharing the club's intention to honor Evan's memory by continuing to run hard and passionately in his name. Thanks to all who have reached out with support to Kasey.

A fundraiser organized by Jim Whittel and others helped with memorial expenses in addition to raising over \$6500 for Tom Faggione's Midnight Madness Run which supports suicide prevention.

- **Elections and Nominations**

Justin outlined the election process for the Orange Runners Club positions of President, Vice President, Treasurer, and Secretary. Nominations for President were opened, with Dane Groszek being nominated and seconded. However, Dane expressed his gratitude for the nomination but declined, explaining his decision to step down after serving five terms. Justin accepts renomination. Nominations for Vice President then commenced, with Joel Murns, Isabella Sapio, Kasey Stankunas, and Sue Plocharczyk all being nominated, seconded, and accepting their nominations. Justin nominated Dave Madden for Treasurer, who accepted with support from the club, and Teresa Stanton for Secretary, who was accepted without opposition. Voting will be held at the December meeting.

Following the nominations, the club discussed the role of the track coach. Justin expressed his desire to continue in the role but acknowledged the need to balance it with his other responsibilities. To ensure consistent track workouts, the club considered the possibility of making the track coach role a shared responsibility.

- **Discussion on Grand Prix and Party Planning**

Joel brought up the need for a Grand Prix committee to restructure the Grand Prix awards and schedule. This sparked a debate among the club members about whether to have a formal party with the Grand Prix awards presented or to hold a separate, dedicated event for the awards. Ultimately, the majority voted in favor of having a party on January 10th, with the possibility of announcing the Grand Prix awards at a later date. To finalize the details and ensure everyone was on the same page, the club planned to send out an email with all the information.

- **Officer Reports, Club Activities and Group Runs**

The Jingle Jog is officially open for registration, and members are encouraged to sign up, not only to receive a unique piece of swag but also to support local disadvantaged children with donations of toys. Bill Gaa reported on the success of the merchandise sale, with over 70 items sold. He also updated the club on the 1000 mile club, which currently has 11 participants who have already surpassed 1000 miles run or walked for the year, with several more exceeding 100 miles raced. As a reminder, he urged members to suggest eligible applicants for the club scholarship. Additionally, he shared that he had spoken to Faggione, who indicated that the Midnight Madness run is tentatively planned for the last weekend in May. Bill Kilcoin then presented the financial report, revealing an income of \$11,176 for the year. Ken Hagelmann took a moment to share his personal experience with open-heart surgery and his inspiring plans to start running again. Justin updates us on the shoe program for underprivileged high school athletes, noting that four pairs of shoes have already been distributed. Group run leaders were encouraged to continue their efforts in organizing inclusive and supportive group runs for all club members.