

SECOND WIND RUNNING CLUB

BOARD MEETING MINUTES

JANUARY 7, 2007

RACE POINTS SERIES: MIKE BREAUT

- Board agreed to implement new points series with two changes:
 - Age groups will be 10-year, rather than 5-year increments
 - AG winners will receive 2 pts if they are the only SW runner in their AG
- Mike Breault will keep track of points

REPORTS FROM COORDINATORS:

WEBSITE – KELLY

- We've made it to second round of RRCA contest
- Deadline for next round is 1/15/07

MEMBERSHIP COORDINATORS:

- Karen Carney to take over for 2007

NEWSLETTER – JEFF, BILL, SARA, JANE, JAN

- Newsletter available at 1/19/07 banquet
- February 15 is deadline for next newsletter
 - Planned features:
 - Mike Breault's description of the points series
 - Banquet award winners
 - New president's letter from Kelly Bails

RACE COORDINATOR – TRICIA

- **Clinton Lake 30 Mile Trail Race**
 - Sunday, April 1, 2007
 - Registration has been closed
 - Volunteers needed
- **Buffalo Trace 5 Miler**
 - Third week of May 2007?
 - Must coordinate date with HS to avoid track meet parking lot conflict
 - Brian Kuhn has volunteered to take over race directorship
 - Still need a "results person"

- **Allerton Park Trail Race**
 - October 28, 2007?
 - New finish chute/banners?
 - Pending items found in warehouse...

TUESDAY FUN RUNS – BRIAN

- Now at the armory at 6 pm
- Get involved: add Armory track workout coordinator

SPECIAL EVENTS –

- Annual Banquet at 7 pm on January 19, 2007 at the Urbana Civic Center
 - Determination of awards
 - Runner of the year:
 - Masters runner of the year:
 - Most improved:
 - 110% effort:
 - New runner:
 - Ultra runner:
 - Introduction of new board members

MARATHON TRAINING

- Spring dates: 2/11, 2/25, 3/11, 3/25, 4/8, 4/22, 5/6
- Ultra training dates: 1/20, 2/3, 2/17, 3/3, 3/17
- SW will offer BBSW attendance pts for ultra training series

ATTENDANCE

- Beth Eisenhauer, Brian Kuhn, Kristy Powell, Jeff Kelly, Bill Dey, Tricia Crowder, Kelly Bails, Joe Bails, and Mike Breault.

NEXT MEETING

Sunday January 28, at 6:00 pm at the Bails household

SECOND WIND ROAD RACING CIRCUIT PROPOSAL -- 1/7/07

RULES:

- o Circuit consists of local races, some run by SW, most not (see proposed races below)
- o Only SW members in circuit
- o All SW members who participate in a race automatically entered into circuit. (Or should they have to indicate interest?)
- o Only finish within SW age groups counts toward point awards.
- o Scoring starts from time member officially joins SW or when joins circuit.
- o Running total kept throughout year viewable via link off SW main page
- o Top finishers in each AG get recognized at banquet and receive award (BnS gift cert or other?)
- o Participants have two weeks to point out errors in scoring.

SCORING:

- o All done within AG, per race
- o If 10 or more SW participants in an AG in a race, points awarded are:
 - + 1st = 10 pts
 - + 2nd = 9 pts
 - + 3rd = 8 pts
 - + Etc.
- o Most race will have fewer than 10 SW participants in an AG, then 1st place gets points = # of participants, and down from there. So, if 6 participants in 40-44 AG, then:
 - + 1st = 6 pts
 - + 2nd = 5 pts
 - + 3rd = 4 pts
 - + Etc.
- o Everyone who participates gets at least 1 point, walkers included!
- o See Riddle Run listing below for scoring exception

RACES:

January:

- o Riddle Run (1 point per loop)

February:

March:

- o Mountain Goat (just 10K & 15K?)

AG (M/F):

- o 19 & ?
- o 20-29
- o 30-39
- o 40-49
- o 50-59
- o 60+

April:

- o Run for the Health of It (5K and 10K)
- o Race Against Racism (5K)
- o Hero for a Day (5K)
- o Run for the Roses (5K and 10K)
- o Jog for Josh (5K)
- o WEFT (5K)
- o Habitat for Humanity (5K)

- o Cowchip(?) (5K)

May:

- o Buffalo Trace (5mi)
- o Twin Cities Twosome (5K and 10K?)
- o Danville Mem Day (5K)

June:

- o Lake Mingo (7.1mi)
- o Tortoise and Hare (5K)
- o Saybrook (5K)

July:

- o Freedom Run (5K)
- o Fisher Fair (5K)
- o Mattoon Bagelfest (5K and 10K)

August:

- o Mahomet (5K and half)
- o AG Days -- Villa Grove (5K)

September:

- o Wilderness (7.5mi)
- o Ambulance Chase (5K)
- o Daly Dash (5K)
- o Hoopeston Sweetcorn (5K)
- o Arcola Broomcorn (5K and 10K)

October:

- o Orchard Days (5K)
- o Fitness Center (5K)
- o Mattoon Beach (Half)
- o Women's Fitness (5K)
- o Allerton (5.5mi)
- o UI Parents (Mom's) Weekend Race (5K)

November:

- o Run for Justice (5K)
- o Rattlesnake (5K & 10K)
- o Vineyard (5K)
- o Run for Library (5K), Mahomet
- o Nutcracker (5K)

December:

- o Jingle Bell -- Champaign (5K)

Second Wind Running Club
December 2006 Cash Flow

Beginning Balance		
Cash (Per check book)		22,986.53
Receipts:		
Sponsorship (Clinton)	150.00	
Clinton Entry Fees	1,800.00	
Memberships	298.00	
Mahomet Library Timing	174.00	
Woman's Fitness Entry Fees	52.00	
Woman's Fitness Security Deposit	200.00	
Void 1794 Woman's Fitness Postage	179.58	
Buffalo Allerton Support	215.00	
Total Receipts		3,068.58
Disbursements:		
Center for Women in Transition	1,478.20	
Crisis Nursery	1,478.20	
Campus Sportswear Allerton	6,647.80	
Brian Kuhn Allerton Supplies	69.70	
Bill Dey Allerton Awards	719.13	
Total Disbursement		-10,393.03
Ending Balance		15,662.08