

## SECOND WIND BOARD MEETING

May 15, 2005

### REPORTS FROM COORDINATORS:

#### Website – Kelly

- Board voted to discontinue message board link
  - Too many solicitors
  - Little use
- Online PayPal account to pay for club membership?
- Online race registration via Active.com?
- New Women's running link
- Allerton sidebar link proposed -- will be added closer to date of race.

#### Membership Coordinators – Harlee and Jean

- Directory will be available soon

#### Newsletter – Tony, Bill, and Sara

- Newsletter ideas:
  - Year-end awards nomination form included in September issue
  - Award nomination forms available at Fall fun run wrap-up pizza party
  - Include race report template online for easier submission and subsequent inclusion in newsletter
- Race results/photos/articles deadline for July issue is June 19

#### Race Coordinator – Beth

- Twin Cities Twosome -- May 14, 2005
  - SWRC supplied computerized results for first time
- Spencer received \$300 sponsorship donation from HK
  - Include HK logo on 1 or 2 race t-shirts
- TGIFriday's is out for sponsoring Allerton
  - Try Monticello retailers/restaurants other Champaign-Urbana ideas?
    - County Market
    - Montgomery's
    - Outback Steakhouse
    - Refinery
    - Fitness Center
- JimiBeth and Beth to visit warehouse to inventory race supplies
- Freedom 5K – July 4, 2005

- Call for volunteers
- Mike Lindemann says flyer is finished
- Mini Triathlon – August 6, 2005

- Call for volunteers

#### **Merchandise Coordinator – Randy**

- Mike Lindemann – incorporate UPC code into BnS system?
  - Every 6 months or so, BnS can cut SWRC a check for merchandise sold
- Van Hartman offered to take pictures of SWRC apparel for BnS website

#### **Secretary – Kristy**

- Send e-mail to Listserve to inform members of weekly events (to replace message board)

#### **Special Events Coordinators – Sara and Joe**

- Pool party at Gregg Rose's (August 5<sup>th</sup> last year)
  - Thursday night following Buffalo trail runs
- Introduce Buffalo Trace trails to new women's running group?
- Jed's party following a July fun run?

#### **Marathon Training – Bill**

- ~50 participated
- Spring training is over!
- Water/Gatorade tub stolen(?) on 5/14
- Fall marathon training to begin July 2, 2005
- Tentative fall training dates online
  - Sunday 9/25 run date instead of Saturday 9/24 to avoid Women's Fitness 5K Race conflict
- Marathon walkers are welcome too!
- Spencer to speak on WDWS (and/or WIXY) about marathon training, SWRC membership, training materials, camaraderie...

#### **OTHER ITEMS:**

##### **Beginning Women's Running Group – Kelly**

- Thursdays, Hessel Park, 6:30 p.m. start time
- 60 women signed up/expressed interest
- 40 women attended first 2 runs
- Guest speakers:
  - Randy: Shoes

- Tracy Thomas: Running form
- JimiBeth: SWRC membership benefits
- Beth: Weightlifting, yoga
- Kristy: Sports nutrition
- Joe: Racing
- Kelly has made packets for new runners
- Female veterans needed to mentor new runners
- Topic ideas for final meeting???

### **New Triathlon -- Jeff**

- Jeff attended UIUC Tri-club meeting
- UIUC Club already planning Clinton Lake Olympic distance (?) event for September
- They'd like to have SWRC help out
  - SWRC not too interested – UIUC events often disorganized due to too much member turnover
  - Wait until next year (2006) when Mini-Tri is over to decide on involvement

### **Lake of the Woods (Buffalo Trace Trail) Eagle Scout Project**

- Lucas Rose will place mile marks every 0.5 miles
- Arrows at turn points for the 5 mile course
- Lucas will help raise funds for materials and will donate the labor
- SWRC will donate \$1000 for project
- Posts have been ordered
  - SWRC will place logo and web address decals on markers
  - Must obtain park approval first
- Order extra posts/decals to replace ones that may become damaged?

### **Lake of the Woods (Buffalo Trace Trail) Bridge ideas**

- Architect necessary to supply/approve design
- Any Eagle scouts interested in supplying labor?

### **BBSW**

- New system working well

### **Next Meeting**

- Sunday, June 5, 2005 at 6 p.m.