

Second Wind Board Meeting

Minutes from August 10, 2008

Present: Kelly Bails, Joe Bails, Tricia Crowder, Bill Dey, Jeff Kelly, Brian Kuhn, and Andrew Signor,

- I. June minutes were approved with corrections and additions.
 - A. Allerton flyer will be printed with one color instead of three
 - B. Older flyers were also done with offset printing.

- II. Race Coordinator Report
 - A. Freedom 5K race went well.
 1. Record registration again this year; good weather encourage large race registration turn-out.
 2. Brian and Kelly entered race day registrants while other volunteers read off the information from the forms.
 3. Computerized results employed this year; went well.
 - B. MiniTri also went well.
 1. Club provided 13 volunteers to work the event.
 2. Joe felt the event was well-organized this year.
 - C. Upcoming club supported races
 1. Fitness Frenzy (August 16; Meadowbrook Park)
 - a. A call for volunteers will be made.
 - b. Joe is not sure where the finish line will be this year.
 2. Mahomet (August 23; Mahomet): finish line is still scheduled to be on the track, unless lines are being painted.
 3. Nothing But Net (August 30): equipment only
 4. Women's Fitness (September 27)
 - D. Joe suggests the club consider splitting the Race Coordinator position into two: one who will be Volunteer Coordinator (mainly in charge of rounding up volunteers); the second position being in charge of coordinating race duties at club-supported events.

- III. Allerton Report
 - A. Sponsors will be contacted. Recent list from Beth will be retrieved.
 - B. SAMI and Lincoln's Challenge will be contacted for race day support (course marshals/aid station).
 - C. There are 12 on-line registrants.
 - D. Allerton flyer was included in recent newsletter.
 1. Flyers will be copied for local distribution (BodynSole, local gyms).
 2. Other local area running clubs will be contacted to get event listed on their calendars/links to registration site.
 - E. E-mail Stan regarding budget for awards.

- IV. Tuesday Fun Runs Report: attendance has been consistent; 30 people show up regularly.
- V. Race Circuit Report: nothing new at this time
- VI. 2009 Board of Directors
 - A. Six members of the board have term expiring: Tracy, Andy, Kristy, Jeff, Karen & Melony.
 - B. Andy has consented to serve for a one-year term or until his graduation from UI.
 - C. Nomination forms will be in the next newsletter.
- VII. Marathon Training Report
 - A. This morning's training run was well attended: 22 runners showed up for the 14-miler in Centerville.
 - B. Jan Seeley requested clarification regarding what the club expected from her in terms of sponsorship support of the training runs.
 - 1. Board would like to see Marathon & Beyond continue its support of this event, with awards presented at the annual banquet.
 - 2. Bill mention that M&B has, in the past, donated products for "testing" to the group.
 - 3. Kelly will speak to Jan regarding continued support of marathon training.
 - C. Spring marathon training
 - 1. Suggested registration fee of \$40-\$50.
 - a. Fee includes a year-long club membership & a technical t-shirt.
 - b. Fee also includes aid provided at all runs.
 - 2. A speaker series, possibly scheduled during non-group run dates, will be provided.
 - 3. The Refinery has expressed interest in working with the club with marathon trainings.
 - a. Have offered use of their treadmills during inclement weather.
 - b. Possible venue for speaker series weekends.
 - 4. The IL Marathon committee will meet next month to discuss the training program. Items on the agenda include:
 - a. Varying the routes for the training runs.
 - b. Liability issues with regard to using the Refinery as an alternate training venue during inclement weather.
 - c. Schedule of runs/speaker series.
- VIII. Club Speaker Series Report
 - A. Ultra-running Panel is scheduled August 11th at Jupiter's II.
 - 1. Thirty attendees would be optimal, to make the event cost-effective for the club.

2. Format will allow for a Q&A portion after the panel talks about their individual experiences with ultra-running; Kelly will moderate.
- B. Illinois Marathon is set for September 15th.
1. Mark Knutson will talk in general about the event, as well as bring updates.
 2. Venues being considered include Jupiter's II and The Refinery.
 3. There are currently 100 registrants.
- IX. Speaker Series
- A. IL Marathon with Mark Knutson: Sept. 15
 - B. CPR Training with Andrew, TBA
 - C. Fall Pizza Party is scheduled for October 21st; Village Inn is still the venue.
- X. Miscellaneous
- A. New laptop was used to enter and generate results for Freedom 5K; software is working well.
 - B. On-line registration option has brought in 64 new club members.
 - C. Run with the Dogs Update: next one is schedule for August 30th. Training prior to event will be provided again. Jane Domier is coordinating.
 - D. Joe, Kelly & Andy are slated to attend weekend coaching certification course sponsored by RRCA.

XIII. Next Meeting: September 14, 6 p.m. at Za's on North Neil.

**Second Wind Running Club
JULY 2008 Cash Flow**

Beginning Balance		
Cash (Per check book)		10,522.18
Receipts:		
Fee Refund	4.00	
Total Receipts		4.00
Disbursements:		
Andrew Signor RRCA Training Certificate	250.00	
Tom Rice Address Book	132.00	
Postmaster	150.00	
Jane Domier In Passing	592.84	
Total Disbursement		-1,124.84
Ending Balance		9,401.34

Second Wind Running Club
AUGUST 2008 Cash Flow

Beginning Balance		
Cash (Per check book)		9,401.34
Receipts:		
Dues	70.00	
Freedom Race 4th July	380.00	
Cozad for Woman's Fitness	300.00	
Mahoment Race	566.00	
Total Receipts		1,316.00
Disbursements:		
Brian Kuhn Equipment	732.76	
Total Disbursement		-732.76
Ending Balance		9,984.58