

Empire Runners January 28, 2010 Club Meeting

(pending approval at the February 25, 2010 meeting)

President Nate Koch (nathankoch@gmail.com) called the January 28, 2010 meeting to order at 6:33 pm.

Secretary's Report:

Secretary Paul Berg (pmberg@sonic.net) read the December 2009 meeting minutes, which were approved with minor adjustments.

Treasurer's Report:

Treasurer John Harmon (jj2harmon@yahoo.com) reported that the current club balance is \$58,285.84, which includes Annadel half-marathon registration of almost 19,000. Minus Annadel, club balance is \$39,725.81, up \$6966.74 from the same time last year.

The Student Grant Fund balance is \$1606.

High School donations YTD are \$275.

Resolution Run netted \$1027 vs. 1286 last year.

President's Report:

President **Nate Koch** reported that the Board of Directors met on January 16 to discuss the upcoming year, including ways to streamline the summer track series.

Race Reports:

1. Recent Races / Runs

- a. Last 10k & Final 2mi - 12/19/09 Record number of entries, timing failure, success in staggered start for 2mi and 10k races
- b. Jingle Bell Run (12/22/09) Thanks to the Mains for hosting. Not as much singing this year. Jerry Lyman suggested kazoos for next year.
- c. Resolution Run - 1/1/10 Record turnout 34% more than last year. 60 new members signed up. Piner HS had an enthusiastic crew of course monitors.

2. Upcoming Races / Runs / Events

- a. Club Party - 2/6/10 Val Sell reminded everyone to RSVP, and she is still looking for raffle items.
- b. Annadel Half - 2/7/10 Val Sell reported that the race is SOLD OUT with 302 entrants. 12 sponsors have been enlisted, and \$19,000 is already raised. Val reminded that there is a 5-mile hike with a guide from REI, donation \$5.
- c. Valley Ford Relays - 2/21/10 Larry Meredith explained that if there are people who want to run that do not have a team, he will be organizing teams based on time to make them as competitive as possible. An egroup message was sent, another will be sent before the race.

Unfinished Business:

Club Colors – Gil Moreno reported that there was still a problem ordering women’s sports bras in our blue color, so he has chosen a shimmer tank top design for the women, which cost less than the previous top. For the men he will be ordering black muscle tees.

New Business

1. HS donations for race help. Larry Meredith explained that the amount that we pay to high schools for their help at races has not increased in five years, and he proposed a 25% increase for all races except Kenwood. He explained that race monitoring is a great help to race directors and extends our mission of exposing younger runners to the club. John Harmon commented that the Board had considered a 50% increase, but it was mentioned that we will also be increasing support for high schools by supporting the Viking Opener, which was previously approved. There was considerable discussion regarding the Kenwood footrace, and the need for fewer SRHS volunteers this year due to hiring an outside firm to provide chip timing and run the finish line. It was discussed whether there were other tasks that could be assigned to the SRHS students, such as aid stations, course monitors or parking. Larry Meredith agreed that if the race director composes a list of last year’s duties vs. this year’s, and a proposed donation amount, he will meet with SRHS coach Doug Courtemarche to discuss. *Motion by Larry Meredith: To increase the HS donation amounts by 25% as outlined. 2nd: Jerry Lyman.* PASSED UNANIMOUSLY.

2. Empire Open course. Jerry Lyman explained that a runner from the Tamalpa Runners broke a bone in his foot at Empire Open last year, and he has inquired about the possibility of altering our course to eliminate some rocky sections. Jerry put added emphasis on this request because the runner in question is Don Porteous, the PAUSATF X-C Co-chair, who organizes the cross country race schedule. After discussion, it was suggested that the race director could consider the change if a suitable solution could be found.

3. Clock report. Jerry Lyman reported that timing czar Bob Shor has deemed the current clock “unreliable” and is requesting that the club purchase a new system. Bob has done extensive research on various systems and is proposing: 6” LED double-sided sign, with 7’ tripod, remote, carrying case, 10-hour battery, 2-year warranty, tax and shipping included for \$2911.24. *Motion by Jerry Lyman: Allocated up to \$3000 for new clock system, plus \$150 to repair old system as a backup. 2nd – Tori Meredith.* PASSED UNANIMOUSLY.

4. Val Sell inquired about the status of supplies in the club trailer and the procedure for replenishing supplies. Jerry Lyman stated that he is the unofficial keeper of the trailer, and there is a form in the trailer for supplies. Val asked if there was a functioning bullhorn in the trailer. *Motion by Val Sell that we spend \$120 to purchase a new bullhorn for the trailer. 2nd by Nate Koch.* PASSED UNANIMOUSLY.

5. Elite Mile event. Alex Woolf-Root reported that Heart&Sole is having success in attracting elite male milers to attempt the first recorded sub-4:00 mile in Sonoma County, to be held as part of the All-City track meet at SRHS on May 7.

Interested athletes include JK Withers (former CN and U of Oregon star), Tim Bailey and John Rankin. Elite women will attempt to break 4:30, and may include Kim Conley and Sara (Bei) Hall. To date \$3500 has been raised in prize money, mostly from private donations. Heart&Sole is inquiring about ER co-sponsoring the event. Alex noted that if ER sponsored the event, the donations could be tax-free, and ER current insurance could cover the event. There was considerable discussion about how this would specifically benefit the club members, what publicity it would garner, and how much interest it would generate amongst younger runners. There was discussion of any specific dollar amount of support that the club would commit in exchange for sponsorship. The idea was tabled pending further discussion.

Monkey Business

1. Dave Goodwin volunteered to be the raffle czar, replacing Dale Petersen, who has conducted the monthly event for several years. {ed: The proceeds of the raffle are split each month between the winner and the scholarship, averaging about \$30 per month. Thanks Sledge!}
2. Nate Koch announced a running event to benefit Haitian earthquake victims on February 21, but this is the same date as our Valley Ford relays.
3. Val Sell reported that Heart&Sole is selling nice shirts with a map of Annadel on the back for \$20, with \$5 of proceeds donated to the park fund.
4. Gil Moreno distributed new membership brochures to anyone who could get them placed in local health clubs.
5. Jerry Lyman reported that Dave Hannaford, a Tamalpa Runner, has co-authored *Running Injuries: Treatment and Prevention* with Jeff Galloway.

Raffle: Dale Trowbridge won \$28, and \$28 went to the student grant fund.
Drawing: Bob Finlay would have won \$200 if he attended the meeting....

President **Nate Koch** concluded the meeting at 7:50 pm.

Attendance:

Dale Trowbridge, Don Sampson, Chris Mason, Super George, Gil Moreno, Mini-Mel, Mr Mini-Mel, John Harmon, Eric Pots Norvold, Alisha Rice, Ralph Harms, Cathy Goodwin, Dave Goodwin, Melanie Rosales, Luis Rosales, Sledge, Larry "Coach" Meredith, Tori "notorious" Meredith, Jerome Reed Lyman, Halley Eppinger, Val Sell, Paul Berg, Alex Woolf-Root, Bones Koch.