

Calumet Region Striders  
Board of Director's Meeting  
April 12, 2012  
Minutes

APPROVED

**Location:** Portage YMCA

Michele Hale	President
Robin Benson-Harvey	Vice-President
Teresa Chester	Secretary
Cecilia Bernal	Treasurer
Deborah Brann	Nominations, Bylaws, & Disabled Runners
Dan Sturgell	Membership & Volunteers
Jose Lopez	Gold Cup Series
Lisa Moreno	Public Relations
Sue Brown-Nickerson	Youth Running Programs & Scholarships
Nicolette Huber	Adult Running Programs
Linda Ramos	Social Events

Meeting called to order at 6:53 PM

Absent: Cecilia Bernal, Nicolette Huber, Jose Lopez

Guests: Dave Chary

Motion to approve March 2012 minutes: Motion made by Robin Benson-Harvey to approve minutes as written, 2<sup>nd</sup> Sue Brown-Nickerson, Board Approved.

**President's Report (Michele Hale)**

Omni Pumpkin Prance – doing a walk in September. We might do a beginner walking program if the date is open. Maybe host a 5k walk as a fundraiser for RRCA ourselves?

Insert for GOTR race – Sue will print up “Top Ten Reasons” for an insert in the goodie bags. Lisa and Michelle will work the water stop.

Membership Drive / Perks / 1,000 / Times – Michelle talked to John B and they will run a story when we are close to 1,000 members. Robin suggested a booth at the “Speaking of Women’s Health”. Suggestion was made to have a gift basket for the 1,000<sup>th</sup> member and something for the person who referred them. A lifetime membership was suggested for the gift also. More programs = more members.

Gold Cup Premium – Black socks with GC logo Motion made by Robin Benson-Harvey to approve socks as GC premium, 2<sup>nd</sup> by Linda Ramos, Board Approved

FB Updates – have a “Like” us on FB to check for group runs

Bulk Mail – HAS to be weighed where your permit is & all need to weigh the same (use same paper)

Banquet & Holiday Contracts/Deposits – need to be done by next board meeting

## **Vice President's Report (Robin Benson-Harvey)**

No Report

## **Treasurer's Report (Cecilia Bernal)**

### Complete Accounts

Total Households: 312

Total Members: 416

Total Gold Cup: 190

### Funds

General Information:

Jim Cox:

Available Upon request

Stevens-Hamilton:

PayPal Account:

## **Secretary's Report (Teresa Chester)**

Will not be at May meeting

## **Gold Cup & Sponsored Race Series (Jose Lopez):**

### **Public Relations (Lisa Moreno)**

Motion to accept changes to sponsorship by Robin Benson-Harvey, 2<sup>nd</sup> by Linda Ramos, Board Approved

Forest Ridge Academy wants to sponsor at the \$500 level

- Facebook activity: 1,014 followers

### **Webmaster & Statistician (Lisa Moreno)**

Website Updates – suggestion was made to do contests/giveaways to make it fun

Motion to increase # of responses for surveys on Vertical Response to 1,000/month at a fee of \$113.40 per year by Robin Benson-Harvey, 2<sup>nd</sup> by Teresa Chester, Board Approved

### **Adult Running Program (Nicolette Huber)**

Have two people who want to coach

Need a non-Strider waiver for non-members who join group

Porter County ½ Marathon – 20 participants

June 30<sup>th</sup> is the next fun run at Imagination Glen

## **Membership & Volunteers (Dan Sturgell)**

Have heard nothing from the PUC fitness fair

Party in the Park Relay – we are hosting a station

## **Nominations, Bylaws & Disabled Runners (Deborah Brann)**

No report

## **Social Events (Linda Ramos)**

Picnic on August 18<sup>th</sup> at Oak Ridge Prairie – later in day? CRS to pay for parking??

Separate social event at Hub Pool in Crown Point from 7:30pm-9:30pm?

Suggested a fun run at the Illiana Speedway

## **Youth Runner Programs and Scholarships (Sue Brown-Nickerson):**

Discuss Scholarship Applicant(s) – After a careful review of recipient(s) it was determined that no applicants met the scholarship qualifications.

### **Sue's 2012 RRCA Convention Report**

**Thurs PM** - Attended RRCA State Rep Meeting

- 2012 RRCA objectives overview

- 2012 RRCA coaching program overview

- 2012 RRCA championship event walk-through

- Use sponsors Leslie Jordan

  - championship in a box

  - expo tents (FW & Indianapolis)

- Benefits of social networking

  - Keeping Pace Emails - click on "Like" - trying to build sponsor draw

  - No fundraising posts

  - Review your club's electronic registration/timing company's wording for liability waivers

**Fri. AM** - Insurance Risk & Management by Star Insurance and K&K Insurance

- Best practices in risk management from recent lessons learned from insurance claims, and litigation.

  - Several new insurance programs: medical personnel.

### **- RRCA Regional Meeting**

- Beth Onines/ILL 2012 Central Region Director; all Central Region nominees and winners recognized

- RRCA Coaching Class in Illinois 1st week in November - new coaching certification

- program discussed

- RRCA Runner Friendly Community or Business - Lisa Moreno & I will partner to nominate Valparaiso

**PM** - Set up Facebook with RRCA Programs Chair William Dyson

**Sat AM** - Coaching CE - The Adolescent Athlete - (Injuries) by Richard P. Eralie, DPM

- Focused on the common injuries of the adolescent runner -biomechanics and anatomies, diagnoses and treatments.

- PM** - Coaching CE - Nutrition and how it affects your body as you age by Ashley Hofeditz, RD, LDN  
Add Calcium HMB 3 grams per day - Muscle Armor available at GNC
- Coaching CE - Optimizing Post- Race Nutrition with Chocolate Milk - Nancy Clark M.S. R.D. C.S.S.D

High quality protein builds and repairs lean muscle; right carb-to-protein ratio refuels exhausted muscles; fluids and electrolytes including calcium, potassium, sodium and magnesium to help replenish what's lost in sweat.

Gatorade is better utilized during exercise as opposed to recovery. Sponsorships available through Team REFUEL.

**Sat EVE** - Banquet / Awards Presentation - Midwest Region has 5 national winners including Mary Z!

**Sun AM** - in lieu of running the signature event race, I chose to visit Graceland - I liked it!

**Next Meeting:** Thursday, May 10, 2012 (Omni Fitness)

**Meeting adjourned**



**PO BOX 225  
Griffith, IN 46319**

## **SPONSORSHIP PROGRAM**

### **Platinum Sponsorship \$1,000**

Unlimited advertising of all your running related events as approved by the Board  
Advertisement quarterly in the Calumet Region Strider INSTEP Newsletter  
Web site advertisement with link to your site for one (1) year  
Display of brochure in display rack at all Gold Cup Events including races and fitness fairs  
Complimentary calendar year Calumet Region Striders membership and Gold Cup participation which includes the annual Gold Cup Series Banquet  
Sponsorship plaque presented at Gold Cup Series Banquet

### **Gold Sponsorship \$500**

Advertisement quarterly in the Calumet Region Strider INSTEP Newsletter  
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### **Silver Sponsorship \$250**

Advertisement quarterly in the Calumet Region Strider INSTEP Newsletter  
Web site advertisement **with link to your site** for one (1) year  
Complimentary calendar year Calumet Region Striders membership and Gold Cup participation which includes the annual Gold Cup Series Banquet

### **Bronze Sponsorship \$100**

~~Business name, location, and one method of contact listed quarterly in the Calumet Region Strider INSTEP Newsletter~~

**Advertisement quarterly in the Calumet Region Strider INSTEP Newsletter**

Complimentary calendar year Calumet Region Striders membership

### **INSTEP Sponsorship \$150**

~~One time advertisement in the Calumet Region Strider INSTEP Newsletter~~

**Advertisement quarterly in the Calumet Region Strider INSTEP Newsletter**

~~Web site advertisement for one (1) month~~

~~8 1/2" x 11" standard weight paper insert folded in half into INSTEP Newsletter for edition sponsored~~

**INSTEP Newsletter insert twice a year on 8 1/2" x 11" standard weight paper folded in half**

Display of brochure in display rack at all Gold Cup Events including races and fitness fairs

**[www.calstrider.org](http://www.calstrider.org)**



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