



Hudson Mohawk Road Runners Club
General Meeting
Point of Woods Community Center
May 12, 2010 @ 7:30 PM

Attendance: Barb Light, Chuck Terry, Mark Warner, Jon Rocco, Cathy Sliwinski, Ken Orner, Doug Bowden, Will Dixon, Wade Stockman, Anny Stockman, Rob Moore, Tom & Marcia Adams, Tom Ryan, Ray Lee, John Parisella, Scott Ferguson, Diane Fisher, Ken Skinner, Vince Juliano, Gretchen Oliver, Frank Myers, Josh Merlis

Call to Order (M. Warner): Marcia Adams made motion to call meeting to order at 7:30PM, seconded by Rob Moore.

1. Reading and approval of April 14, 2010 minutes (B. Light). Motion to approve minutes made by Marcia Adams, seconded by Rob Moore, motion approved.

2. Reports of Officers

2.1 President (M. Warner): Delmar Emergency Squad thanked us for the Donation we made from Delmar Dash.

2.2 Executive Vice President (J. Rocco): Schrader Scholarship awarded-we received applications from 15 girls and 9 boys; winners were Rebecca Martin, from Ballston Spa HS, Chelsea Trant, Niskayuna HS, David Richards, Cobleskill Richmondville HS, Alney Tobias, Lansingburgh HS. All winners were notified and within the next few weeks will be awarding the awards at the schools. Colonie is scheduled for May 21 and the others are in June. Jon suggested that next year it would be nice to send out preprinted post cards about the Scholarship giving schools a heads up about the scholarship and the deadlines to encourage more participants. Scholarships are \$2500.

2.3 Executive Vice President – Finance (C. Terry): Received a notice from NYS sales tax that because we are below certain level with tax payments we don't have to pay quarterly, we can pay annually March 1-Feb 28, 2011. Chuck sent financial information to the accounting firm of Alex Cruden Co., CPA and they are working on the 990 tax return due May 15th. Chuck will file it as soon as it is done.

2.4 Secretary (B. Light): 33 people have signed up for the Chi Running workshop on May 22nd.

2.5 Treasurer (J. Kinnicutt): Mark Warner printed out account from url website-Mark went over report-looked pretty standard, nothing out of line. Still doesn't show the race balances brought over on this report.

3. Reports of Committees

3.1. Membership (D. Fisher): Current membership is at 2015 no net change from the last meeting we have received 40 new members; 28 from marathon training program.

3.2. Volunteers (M. Adams): Booth at Workforce Team Challenge-need volunteers; have sent out email blast recruiting people; Rob Moore will be there to man the booth. Inventory taken of the race truck and it was sent to Nancy Briskie for all Race Directors.

3.3. Public Relations (R. Moore): Booth at Adirondack Sports Summer Expo 4/26-27 well attended. His thanks to the volunteers of Larry Seward, Lori Stevens, Julie Byrne, Virginia Greene, Susan Paris, and Sam Kimmey who helped at the expo. Rob will staff Freihofer's booth on Friday; Saturday Rob has other volunteers lined up.

- Booth at Freihofer's -will also have booth for t-shirt and sneaker recycling; need volunteers to help Cathy on June 4 and 5th. If you have any ideas for charities who might be interested in the shirts or shoes-please let Cathy Sliwinski know.

- 3.4. Race Committee (N. Briskie): Jim Tierney had a record turnout with 140 finishers for the 30th Annual Bill Robinson Master's Championship held on April 24th. This year the race started an hour earlier than previous years and once again, Jim did a phenomenal job. This was a Grand Prix Master's Championship. Jim reported that there was a profit of \$140 on the race and a course record was set by Emily Bryans with a time of 37:53. Old record set way back in 1984 by Marilyn Martin with a time of 38:55 making Emily's time 1 minute 2 seconds faster. Also set a record of 140 finishers with the old record of 113 in 2006. Also noted that Don Wilkens won this race in 1981 and ran it this year as well. On May 9th the 30th Annual Mother's Day 3 ½ mile Race was held. Despite the weather, we had over 138 finishers. The females are listed on the results, but there were also some Mother/Son teams so when including the sons most likely closer to 150 finishers. Sharon Boehlke also did an incredible job getting this race to run smoothly. Did not make a record turnout but came very close to it. Upcoming races include the 34th Annual CDPHP Workforce Team Challenge, once again directed by Peter Newkirk; and on Sunday, June 13th Mark Warner will be directing the 39th Annual Distinguished Service 8 mile race-this year honoring Tom and Marcia Adams.
- 3.5. Race Committee Treasurer (P. Zentko): See attached reports. Noted we made \$2500 more this year for marathon/half marathon.
- 3.6. Pace Setter (R. Nagengast/K. Gathen): no report
- 3.7. Conflicts Committee (C. Terry): no report
- 3.8. Safety Committee (V. Juliano): no report
- 3.9. Grants Committee (R. Newkirk): no report-just a reminder that the next grant deadline is June 1st.
- 3.10. Long Range Planning Committee (C. Sliwinski): no report
- 3.11. Just Run Program (K. Skinner): So far the program has been running well; Trinity program started later-due to coverage factors; have had 4 sessions so far; Ken will talk to the coordinator about the ending date; that program has a variety of kids and they all do the workouts in the gym. Do have money in budget that when weather is better if we can spend money to take them to a track to work out. Ken ordered 60 singlets with Just Run Albany, NY and 60 t-shirts for all the kids participating; Gretchen Oliver who is in charge of the Sand Creek school program gave presentation for that program; it has been a great opportunity for the character education component for the kids at the school and Gretchen is working it and will expand next year. Also will be incorporating nutrition into the program as well. Some kids left in April for track so they are hoping to get them back towards the end. June 7th will be their end of year event; fun run first led by Just Run kids wearing singlets; after run have car wash in effort to raise funds for next year and a local charity; kids will get pledges and accept donations; Hoffman's Car Wash will get them coupons to give away or sell; Hannaford will contribute healthy food for expo; HH Ranch will be one of the charities. Would like HMRRC to be part of event-help promote races and let kids know that they can continue on during the summer; Next year they will have a school prevention program called RUNNING BULLYING OUT OF TOWN- they aim to get every student and adult to run or walk a mile. It will be a year long program-starting in the Fall and finishing at the end of the year. Goal for next year is 5&6th grade in the program to help carry through to 7th grade and will start in September. What's nice about this program is that it teaches kids about nutrition, have them do good deeds, and creates camaraderie, which builds self esteem. This program is also filling a void with the budget cuts that schools are faced with. Also trying to get the programs to do a culmination event at the Father's Day race. At the end of the school year Ken will sit down with Ray Newkirk and Cathy Sliwinski to go over just the Just Run program to see how it can be improved for next year; what worked what the weaknesses were and how to expand to other centers. The key is to find the right people who can put in the time to help make it work if we don't have them then it doesn't work well.

4. Unfinished Business:

- Summer Track Series: Previously had a proposal for Frank to go back to Colonie to see if we could use track for summer runs and we would provide insurance for nine track meets; Frank got the OK from the Athletic Director at the school, It will cost \$675 for the club to pay for the insurance for 9 track meets. Ken noted that the district may charge a rental fee for Tuesday meets and other meets. Cathy stated that we are paying for insurance and that this will be a HMRRC event. Club is taking on 9 more races this year. Tom asked if we would be responsible for volunteers-Frank/Ken stated no. Frank estimated that 100 people attend meets. Marcia asked why we didn't just provide financial assistance for insurance instead of adopting the races. Vince noted that a lot of coordination is needed because there are a lot of events and need to move them along before it gets dark. Doug moved that the club spend up to \$675 and get insurance for the Colonie track series for 2010. Marcia seconded motion all in favor were 16; opposed 3; 2 abstained; motion passed. Will need to get ad straightened out for Pacesetter and put on the race calendar. Vince asked what would the event be called-it will be called Tuesday Night Summer Track Program sponsored by HMRRC.
 - Dynamic Duo – Town of Colonie reserved for August 7th; discussion continued about expenses. Decided not to use the pool; will have the restrooms available. Frank will direct the race and it will be a HMRRC event. Noted that two events conflict- a 15K and a 10K and a half marathon in Lake George. Doug made motion that HMRRC sponsor the Dynamic Duo as a club race; provide insurance rental cost; directed by Frank Myers; seconded by Ken Skinner –voted on motion- 18 for; 2 against; no abstentions; motion passed.
5. New Business: Rob Moore noted that weekends during the summer the Empire State Liberty Tour track meets throughout the Capital District.
6. Announcements: Sunday August 8th The No Kids Allowed 5K for people 60 or over directed by Chuck Batcher at The Crossings.
- June refreshments – Ken Orner
7. Adjourn: Motion made to adjourn by Will Dixon seconded by Rob Moore adjourned at 8:45PM.