

## **Orange Runners Club Monthly Meeting**

The Olde Erie Pub, Middletown, NY

Wednesday, July 2, 2014

**Board and Advisory members present:** Ed O'Connell, President, Valerie and Bill Kilcoin, Vice-presidents, Deanna Zawistowski, Vice-president, Dave Bataloto, Vice-president, George Shurter, Treasurer, Patty Insignares, Secretary, Dane Groszek, Webmaster, Dave Madden, Club liaison.

Meeting kicked off at 8:02 p.m.

**New Members:** Welcomed Cindy, and potential new member, Makayla

**Officer reports:** In place of George for this month, Marty Nowak, reports \$4,155.61 in the treasury, with a profit this year of \$2,045. Last year there was a loss of over \$4,000. Marty also spoke to the IRS, and they gave a favorable determination of our 5013C application. They are waiting for their computers to update before it's instated. There will only be a delay if there is something found in our application that needs further review. See Marty if you are interested in printed information.

Valerie said membership is ongoing. The applications and the check book is with George, and it takes a little time to get that information to her to add new members to the list.

No other reports from any other officers.

**HV15K and Food Bank 5K Recap:** John Finnigan, Race Director, dropped off all the necessary items from the race to treasurer George Shurter before the meeting.

**Group Runs:** Florida Fun Fest has begun their training runs, on their awesome courses, on Tuesday nights at 6:30, beginning at "Runners Rock" in Glenmere Park in Florida. All are welcome.

Thursday night at the Run 4 Downtown training runs have been going great. There is a large turnout every week. Ed encouraged everyone even if they aren't running, to come and hang out, listen to the music, and spend some time with friends in the club.

**Track Workouts:** Coach Brian Keenan, has been doing a great job with new workouts every week, and pushes everyone to do their best within their ability. He's been very supportive of all who come out to run.

**Guest Speaker:** Annette Cuevas, a registered dietician from Shop Rite, gave the club some diet tips and explained the difference between a nutritionist, and a registered dietician. She does free counseling at the store, and also does programs for school and after school programs, community groups, etc. She brought some handouts and diet information for us to take away. Her main focus tonight was fueling your body for running. You can see Annette at Dolson Ave. ShopRite in Middletown.

## **NEW BUSINESS**

**Email Blasts:** Some members have not been receiving their email blasts from the club. Some of these mails are going into their spam folders. Dane Groszek, has found that Yahoo! accounts seem to be having the most problems. He is going to see what he can do to remedy the problem. He has had some bounce backs on his end as well.

**Photo of the Month:** Valerie and Bill at the start of the 2014 Rhulen Rock Hill Run and Ramble, benefitting the Leukemia & Lymphoma Society and the Trevor Loughlin Memorial Fund.

Meeting closed: 9:05 p.m.