

Orange Runners Club Monthly Meeting

The Olde Erie Pub, Middletown, NY

Wednesday, August 6, 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, Marty Nowak, Finance advisor.

Meeting kicked off at 8:11 p.m. Vice President, Deanna Zawistowski held the meeting.

New Members: Deanna mentioned Larry, welcoming him to the meeting.

Officer reports: Marty Nowak gave the report for the club treasurer. The club has \$8,040.76 year-to-date, with a \$5,930.00 dollars profit for the year.

Valerie said membership is ongoing process and has been trying to figure out cut off dates. She would like to have everyone register by January. There will be something worked out to accommodate new members if they join through the year.

No other reports from any other officers.

Shout Outs: Ed shouted out Valerie Kilcoin's achievement in the Ironman at Lake Placid. She made it through hypothermia, a broken toe and thunder storms. Kudos, Valerie! Dane Groszek, shouted out Joann Andryshak, for her picture making the brochure for the boilermaker.

Ed O'Connell, also spoke about the Boilermaker and the good time everyone had.

Bob Nordman told us about his 92 marathon! He had just finished Eugene, Oregon. His 44th state. He will be doing all 50, hopefully, by next July.

Race(s) of the Month: Tom Andryshak, Director of the **Florida Fun Fest**, is looking forward to Sunday's race. The weather is looking fabulous for the hilly and challenging course. 250 runners and walkers are pre-registered. He also let people know Dana Distributors is donating some adult beverages for after the race.

ORMC Run 4 Downtown: is August, 16. Dave Madden, Race Director, said there will be the usual great post-race party. Dana is sending adult beverages, along with the Rushing Duck Brewery, and Poor Bobby's Tavern. There will also be wine from the Warwick Winery, and 12 restaurants will be providing all kinds of food to taste. There are two bands, Zumba, along with kids fun races and activities.

Other races mentioned by Deanna: The Warwick 5K is on Labor Day in Warwick. They host a 5K and 5 miler. There's also a 20K New Haven, Connecticut.

Track Workouts: Coach Brian Keenan, has been picked up the tempo of the workouts. Ed spoke about Brian's enthusiasm and encouragement to all the people, of all levels, who come out to run.

NEW BUSINESS

Photo of the Month: Dane went around with several pictures to choose from. Mack at the Boilermaker, Night before the Boilermaker with Ed O'Connell, and one of Valerie Kilcoin, beginning the marathon part of her Ironman – with a broken toe. A tie between Valerie, and Mac was declared by the level of applause.

Poker Run: It will be on a Wednesday night, 5K run will get a card at every mile. It will be hosted by Poor Bobby's, right in Downtown Middletown. Ed is looking for at least 20 people to participate so we can hold the event. It will be paid for out of pocket. People can contact Ed if they're interested in participating.

Hambletonian Marathon - October 19: The Orange Runners club has a water stop at mile 25, and the club is looking for volunteers to man it. Kathleen said they need six or eight people there. Enrique has volunteered to help, along with some of the men from his running rehabilitation program.

Member of the Month: The Orange Runners club would like to try to have members answer five questions about themselves so other members can get to know people in the club. Then, it would be posted on the ORC website. Deanna would like people to contribute questions to the e-board for consideration.

Guest Speaker: Mike Belski - personal trainer, and exercise physiologist, who has 42 years experience with strength conditioning. He was a Division One wrestler in University of Nebraska. He has competed as a power lifter in the AAU, and also competed as a professional body builder for 21 years. He is presently training people in the tri-state area.

Meeting closed: 8:52 p.m.