

RVRR GENERAL MEETING MINUTES - March 11, 2009

Meeting began at 7:56pm

Review of Constitution and Bylaws:

- All of the changes were voted on and approved by more than 2/3 of the present members

Banquet update:

- Mark was pleased with the banquet and applauded Dennis and the banquet committee for the effort and outcome
- Higher cost to the club consisted of an increased bar tab and requirement to use their caterer – will consider using Elk's club again next year
- Occasional award winners were verbose

Board member change

- Mike Dixon is stepping down and will be replaced by Kelly Digian

Treasurer report

- Approximately \$7000 in the account
- Team funds are ~\$1800

March 25, 2009 – Guess your time run

March 28, 2009 - Towpath kickoff event

- Ray's update: Time change from 9 to 8am and meet at Bob Jorissen's

April 15, 2009 – Backward's run on Wednesday night

Guest Speaker – David Stretanski – Instructor of ChiWalking/ChiRunning

- Combination of Tai Chi and running or walking
- Objective: Energy Efficiency and Injury Prevention
- Step 1 – Get Aligned
- Step 2 – Engage Your Core
- Step 3 – Create Balance

Meeting adjourned at 9:08pm