

Extended Board of Directors Meeting Agenda 2015 Anniston Medical Center March 9, 6:00 PM

Present: Robert Powers, President, Brooke Nelson, Member at Large, Leah Stuart, Treasurer, Nicole Dieckow, Vice President, Carla Willingham, Secretary

Guest: Nancy Grace, Joe Jankoski,

Absent: Mark Lentz, Immediate Past President, Haley Gregg, Woodstock 5k Race Director

Item	Discussion	Decision/Recommendation
		Called to order: 6:09pm
New Business	Sponsorship Report-Nancy Grace WAR Update-Joe Jankoski	 <u>Nancy reported on her follow up calls to sponsors.</u> <u>Nancy has lined up the in kind sponsors and received positive responses.</u> <u>YMCA would like logo revision. Brooke will follow up and find out what they want exactly and see how we can honor their request.</u> <u>Some sponsors can't locate sponsorship packets. Robert will help get them out via mail instead of email. The forms will go out within the week.</u> <u>Joe reported that he would like to begin WAR again this year and has several ideas.</u> <u>Possibly could partner with the City of Anniston this year. Issues in past were transportation to training runs. Considering running vans from community center to training site.</u> <u>Funding of the program was an ititial problem. Joe sent out the call for sponsorships. ARC members responded</u>

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		and each child's race and dinner were
		covered by donations.
		3. Considering asking for sponsoring a child
		for the entire program. Could be split
		between families. Discussion to set up a
		central donation site so each donation
		would do directly to sponsorship. and
		shorts. Transportation not being an issue
		could increase enrollment. WAR has a
		budget each year and the monies allotted
		can be used for some of the kids. Program
		begins 8 weeks before Woodstock, usually
		the first week in June. May start second
		week in May while kids are still in school
		to garner interest. Joe agreed to remain
		Executive Director of WAR with two
		former WAR alumni, Lamont Hutto and
		Zebediah Lunsford possibly being
		interested in running the program. The
		board discussed compensation packages
		for organizing the training runs. One
		possible total sum per person for the 8
		weeks program was discussed as follows:
		\$150 without receiving any gear or \$100
		with shoes, clothes and Woodstock entry
		package. Brooke Nelson moved to accept
		Joe as director and possible compensation
		package. Robert seconded. All agree. Joe
		will establish guidelines and checks and
		balances regarding the leaders and the
		kids. Will determine how many training
		sessions each leader would have to attend
		as well as WAR participants in order to
		receive the rewards. Joe will report back
		once he has spoken with Lamont and Zeb.
	Social/Workshops	Doug Strautman, with Dr. Ray approached Robert
	Social Workshops	concerning doing a workshop on corrective exercise.
		concerning doing a workshop on concerne exercise.

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	Discussion regarding basketball counting as miles for mileage club	Functional movement screening would be the topic.Identifies movement flaws and informs how to avoidinjury. Offered to do screenings. Robert will contactfor more information about a social opportunity tohave it off site.Other social ideas discussed were:1. Renting the theatre to rent out (50 or more at regular ticket price) to see Born to Run when it comes out.2. Director of Main Street program in Oxford had an idea about an Anniston/Oxford city to city run. Received favorably. Robert will find out more details and report back.Jim Parham reported a member asking about counting basketball running as miles. The board discussed in depth and decided that in order to be true to the purpose of the mileage club, the primary purpose of the workout should be running and not a by-product. Based on this, basketball miles will not count. As it stands, miles are defined as purposeful running or walking for mileage. This rule will extend to all sports, such as soccer and tennis where there is running involved.
Old Business	• Approval of Treasurer Report for February	Leah reported that with RunSignUp, it is impossible to determine who paid the extra \$5Tri fees. Brooke explained that it doesn't matter if it is counted in the membership fees. Brooke motioned and Robert seconded.
	Open Positions/Vacancies	We are still in need of equipment manager and volunteer coordinator.

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Division Reports	Running Program-Jim Parham	Jim had a suggestion for most improved runner award - Received favorably. No formal decision made
	• Tri Team-Ken Reaves	No report
	Youth Running	No report
	• Women's Running	No report
	Membership Report	Mallory Wells is orienting into the membership chair role
	Trail Running	No report
	• Enews	No report
	Rookie Runners	No report
	Woodstock Report	Paige Powers will be Woodstock membership chair again. Before it goes to Active, we need to modify the forms for clarity.
	CON RUN/WALK 5k asked to rent the banner holders.	\$25 to rent banner poles. Race Director will pick up from Brooke
	Grand Prix Committee: Ben Dixon, Jamie Frost, Mike Harmon, James Stanton, Robert Powers.	Need another Grand Prix member on the committee. This year the scoring changed,
	Meeting adjourned	<u>8:06pm</u>