

Medina County Road Runners Board of Directors

Meeting Agenda

September 29, 2015 | 6:30 p.m.

Type of Meeting: Regular Board Meeting

Meeting Facilitator: Angie Kovacs

Invitees: Barb Clutter, Nancy Danisek, Harold Dravenstott, Dan Horvath, Angie Kovacs, Bob Pokorny, Ron Ross, Michelle Wolff

- I. Call to order
- II. Roll call
- III. Open issues
 - a) Approval of agenda
 - b) Race Updates (6-Hour Fall Edition)
- IV. New business
 - a) Hoodie / MCRR shirt update
 - b) Banquet budget discussion / vote
 - c) Run2Recovery
 - d) NC24 Finances / Transfer to VR
 - e) Medina Half Budget / Committee Approval

Run2Recovery

The goal of this group (R2R) is to help those in our community struggling with addiction or mental illnesses (and their families) develop healthier lifestyles. Many studies have shown that regular exercise and a healthier lifestyle can help curb the cravings of addictions and also lessen the effects of common mental illnesses like depression and anxiety.

We aim to encourage healthy a lifestyle by:

- Running regularly
- Improving diet
- Improving flexibility
- Improving strength

First Year:

- Form leadership team
- Solicit input and market idea to local organizations (Garage, AA, NA, treatment programs, Al-anon, counselors, etc.)
- Provide training for volunteers on the basics of how to develop new runners in a safe manner for all parties.
- Start a running group around Christmas to aim at participating in in a local 5K perhaps the Medina Half 5K. This group will be modeled after the popular couch to 5K program.
- Hold regular meetings with speakers to discuss pertinent topics such as training plans, shoes, nutrition, strength, yoga, etc.
- Arrange group runs
- Pair up mentors with new runners

Second year and beyond:

- Develop fund raising local race
- Use funds to provide shoes and race entries
- Consider affiliating with Race4Recovery

R2R is currently asking MCRR to allow us to do the following:

- Post meetings and events on FB page for first year
- Actively encourage participation in R2R by including it in volunteer incentive program.
- Provide guidance and oversight as needed.
- Explore having R2R as part of the club after the first year especially when setting up race.