

# Southern Colorado Runners

## Board Meeting

1601 Bonforte Blvd, Pueblo CO

July 3, 2024

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**Call to Order:** The meeting of Southern Colorado Runners Club was called to order on July 3, 2024 at 6:05 PM.

**Attendance:** Members in attendance- Ted Sillox, Paul Hindman, Paulette Arns, Ron Dehn, Cheryl Higdon-Holloway, Gwen Steves, Nelson Brentlinger, Jessy Narimanov

### New Business:

- I. Treasurer Report
  - A. Reviewed profits and losses by class through July 2, 2024.
- II. Newsletter
  - A. Current issue in process
    1. Photos from Peaks & Prairies Raffle Run and Burrito Run
    2. July 20th submission deadline
    3. New email: scrfootprints@gmail.com
- III. Memberships
  - A. 13 new members from Newbie 5k Program
- IV. Race Schedule
  - A. July 4th fun run- 8AM @ City Park Pool Lot
  - B. August 10th- 7AM@ Hometown Half marathon, 10k, 5K (Newbie Training goal race!) in Colorado Springs
  - C. August 17th 7:30 AM Runapalooza Raffle Run
  - D. September 28th- 8AM Badger Land Raffle Run
- V. Tri Club
  - A. 2 new swimmers signed up to join
  - B. Pueblo West water main broke, had to cancel session- will be back in the water on Tuesday
- VI. Webmaster Position Vacancy
  - A. 2 people were previously interested, but since then no contact and no word from previous webmaster
  - B. No access to past newsletters on current website
  - C. Phonecalls to members to ask anyone has that skillset and knows the software- if they want to help.
    1. RunSignUp may offer tech support or page development education
- VII. Race Timing and Equipment
  - A. New Readers and Mats in inventory
    1. Need to order new high frequency tags for bibs in stock
- VIII. Volunteer Coordinator Vacancy
  - A. Position tasks- organize and keep track of volunteers for races and events

IX. Newbie Running Program

- A. Positive response to community at the club burrito run
- B. Weekly group workouts have been 30 minutes long, beginning with 10 second run intervals and 30 second walk intervals
  - 1. Adding 10 seconds to each run segment each week (walk interval remains at 30 seconds)
  - 2. 2 groups based on average pace (faster and slower)
  - 3. Building up to HomeTown 5K in Colorado Springs on August 10th
  - 4. Participant retention has been good (only 3 members haven't returned after 1st practice, everyone else has returned)

X. Ongoing Club Business

- A. January Awards Banquet- tentative date January 25th, 2025
- B. Local Pueblo Composite Mountain Bike Team
  - 1. 501c3, for Middle and High School students- Collective Team
  - 2. 5 athletes currently
  - 3. Request to donate \$1000 to support- in turn team members can volunteer at Spring RunOff
    - a) Motion approved.
- C. Brave Like Gabe Pop Up 5K
  - 1. Potential option to bring another race locally with minimal demand on a race director
    - a) BLG Foundation has the race infrastructure already established, we would provide the location and route
    - b) Something to consider for future

XI. Next Meeting

- 1. August 7, 2024
- 2. 6:00 PM
- 3. Location: 1601 Bonforte Blvd, Pueblo CO

**Adjournment:** The meeting was adjourned at 6:58 PM.