

SECOND WIND

Official Communiqué of the Kelowna Running Club



It has been an exceptionally busy month for the Kelowna Running Club executive. Since the last communiqué the executive met March 11 for the second time since being elected. Richard Bugslag is knee deep in budget work with the goal of ensuring that club finances are well accounted for. In addition to developing a budget process to ensure financial stability other top priorities include increasing benefits to members and increasing membership.

New KRC Email Address: Please note that the new email address for the KRC is kelownarunningclub@gmail.com. Several distribution lists have been established including a list for members only and a larger list of members and friends. Anyone wanting to be added to the distribution list can send an email to KRC.mailinglist@gmail.com and anyone wishing to be dropped from the email distribution list can send an email to KRC.unsubscribe@gmail.com. An auto forward has been set on the old email address to ensure that no emails are missed.

A new feature available through the Gmail account is a calendar options that allows invitations to be sent to members with an RSVP feature indicating whether you can attend or not. We'll try it out on the next social event.

Weekly Runs: Thanks to Karen Maguire for doing an excellent job of setting the weekly Saturday runs, choosing the breakfast spots afterwards, and for com-

municating all of this to the members each week. Starting this week Karen will be distributing the weekly run announcement through the KRC email, but if you have suggestions for a favorite run or breakfast spot please contact Karen at: karen-maguire@shaw.ca.

Plans to expand weekly runs to include Monday speed work and Tuesday trail runs have been put on hold until the weather indicates that spring is on the way. Let us know if you would like to help out with either of these two planned runs.

Current weekly runs available to Kelowna runners include:

- Sunday: 8:30 am – Running Room with coffee afterwards at Perks
- Wednesday: 6:00 pm – Fresh Air Experience – 9k Summit loops
- Thursday: 6:00 pm – Cedar Ave. at Lakeshore – 10k social/tempo run with dinner afterwards at the Pheasant & Quail Pub or Ultra Trail Runs, watch website for location.
- Saturday: 7:30 am – Various locations – 11k or 16k with breakfast afterwards

Social Events: Thanks to Dennis and Joyce Boon for hosting the Montreal Smoked Meat dinner at their home on Saturday, March 7. Besides having a great time at the event we managed to kick off the fund

(Continued on page 2)

Kelowna Running Club Executive

Randy Werger
President
Dennis Boon
Past-President
Rory Switzer
Vice-President
Richard Bugslag
Treasurer & Membership
Ray Snitynsky
Secretary
Dave Grieve
Member at Large
Ivan McKnight
Media and Communications
Bernice Lightfoot
Member at Large
Dan Crockett
Website Management

Contact the KRC at:
kelownarunningclub@gmail.com

Or visit us on the web at:
www.kelownarunningclub.ca



(Continued from page 1)

raising for a new clock to the tune of \$265. The goal is to raise funds through various events to purchase a race clock for the KRC.

The next social event is a St. Patrick's Day Party on March 21 at 7:00 pm at Helen Munro's home at 1519 Lakeview Street. For details contact Helen via email at: helen-munro3@hotmail.com or by telephone at (250) 979-1695.

A "Dinner and a Movie" night is in the works for mid-May. The plan is to host the evening at Okanagan College with dinner at Infusions Dining Room followed by a movie in the theatre. Access to the theatre will be by donation with funds raised going to the race clock.

A potluck BBQ is being planned for early July at Carol and my home for either the first or second Saturday of the month. Stay tuned.

Let us know if you have an idea for a social event or would like to host an event.

Media: Ivan McKnight has taken over as the Media and Communications contact for the KRC. Watch the papers for race results as Ivan communicates the results from the races to the local media. It is usual for the Kelowna Daily Courier and the Capital News to

publish race results.

Online Membership Renewal: We are in the process of exploring options to feature online membership renewal. Just our little contribution to going green and at the same time giving members an option when renewing their membership.

Membership Drive: As stated early, increasing membership is top priority for the KRC executive. In numbers there is strength and often increased opportunities for more events and weekly runs. As a reward for encouraging others to join the KRC any member who recruits three new members in 2009 (a family membership counts as one new member) will be given a free KRC membership including the BCA training member fee for 2010. (Value \$35.50) Please write your name on the top of the membership application form to get credit for the new member. We'll also include a "Were you referred by a member" box on the online form when/if available.

Promotion: A 3-fold KRC pamphlet has been produced and is being distributed to local businesses. To keep printing costs low the pamphlet is printed in black and white although a colour version is available for special events. If you would like to display the

(Continued on page 3)

(Continued from page 2)

"You have to forget your last marathon before you try another. Your mind can't know what's coming."
- Frank Shorter

Most people never run far enough on their first wind to find out they've got a second. Give your dreams all you've got and you'll be amazed at the energy that comes out of you.
-William James



pamphlet at your place of business let one of us know and we'll get you a supply. Pamphlet will be available at local races including the Campus to Campus ½ marathon.

Races: The race season is well underway with the first three races of the IRA series completed. Despite all three races having less than favorable weather and road conditions participation from KRC runners was strong. The Lavington Starting Block 10k featured no fewer than 46 local runners with 25 finishing on the podium. Congratulations to all.

The next race in the series is the Oliver "Wine Capital of Canada" 10k on April 5. Details for this race and for past races result visit: <http://www.interiorrunning.ca/>

The local favorite Okanagan College – UBC-O Campus to Campus ½ Marathon on March 29 is the next local race. For details or to register visit: <http://www.okanagan.bc.ca/administration/publicaffairs/CampustoCampus.html>

KRC kicks off its first local race with the Scorched Sole Ultra on June 6. This local Ultra includes 25k, 50k and 50 mile routes. Dan Crockett and Shirley Ross are your race directors and challenge you to ... "choose your passion". For race details and to regis-

ter visit: <http://www.scorchedsole.com/> If you can't race how about volunteering? I hear that the after race food for runners and volunteers can't be beat.

KRC Clothing: There was discussion by the executive and agreement about continuing to produce KRC clothing. One idea bantered about was to produce various garments (long sleeve shirts, short sleeve shirt, singlets, hats, vests) on a five year rotational basis. The idea is to maintain inventory that members can purchase at anytime. New members would be able to display the club colours as soon as they join. However, prior to embarking on this initiative the budget needs to be finalized and adequate funding available to carry the inventory. We'll keep you posted on further discussions and progress with this initiative.

Volunteers: Perhaps you have a little spare time or would like to share a special talent, whether it be helping with races, social events, or club organization we are always looking for more volunteers.

Executive Meeting Minutes are now posted on the KRC website under the "About the Club" link in the left column.

Next Executive Meeting: April 8. Location to be determined.