

“IOWA COUNTY ROAD RUNNERS” Running Club

GET FIT AND HAVE FUN!!!

We are inviting men and women runners of all ages, levels and abilities to join the “Iowa County Road Runners” Running Club.

Mission

Train together for upcoming races, improve our own individual running goals, to exchange training ideas and to promote health and wellness through all levels of running.

How to Join

Applications are at the front desk of the Williamsburg Community Recreation Center. Stop in and fill one out!!! The fee is \$20 for an annual membership. You can join at anytime.

For more information, please contact Nichole Winegarden Mon.-Fri. 7am-3:30pm at 668-1636 or e-mail me at rec@iowatelecom.net

Come join us for a run!!!

Iowa County Road Runners Meeting April 23, 2009
Agenda

1. Event Ideas

- a. Prediction Runs: Before run, write down time and closest to this time wins.
- b. Participation Award: Award given to person who participated in area 5Ks/or helped with them. Given at end of the year award.
- c. Mileage Award. Given to members who log in 500/1000 miles during the year.
- d. Continue group runs. Is Sat. am the best? Maybe establish different groups according to interest/ability and they can determine their own best time to run.
- e. Distance night at the track. During the summer schedule a week-night run on the track with different distance events eg.: 800/1600/3200 and include some relays. Keep it simple: no fees and no ribbons.
- f. Financial incentives: Need to explore further local businesses discounts, etc. Is this a possibility?
- g. Corporate sponsors
- h. End of the year banquet. To recognize and celebrate achievements.

2. Organizational suggestions

- a. Have different individual(s) in charge of organizing and carrying out the different activities.
- b. Publicity: e-mail as well as newspaper blurbs as to special activities.
- c. Coordinating activities: Maybe a committee of several people to do this. Keep it simple
- d. Fees???