

# BOULDER ROAD RUNNERS

Since 1979 and Still Running!

February 2012



Dear Boulder Road Runners,

As you know, Dan and I were elected as interim officers. In June our terms will end. We need to have a more formal nominating process and election.

I propose that over the next three "First Monday Socials" we make time for nominations to these offices. Next, I propose that at the June Social we have a written ballot, at which time the current membership present will elect officers. They will assume the duties of office at this meeting. I think the term should be modified, because of the unusual circumstances, to be eighteen months. The next election would be the first meeting in 2014. This is assuming new people are elected to these offices. If not then the term of office remains the same.

Before the election we need to affirm and clarify the direction we want the club to go. Agenda items can be presented during a short business meeting at socials or you can send them to me so I can

generate a list for the March Social. The above proposals need to be seconded and approved at the March Social.

The bylaws are at the end of this newsletter. They have served the club well, but they can be amended.

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We will be launching a **membership drive** from March 1<sup>st</sup> to Memorial Day. Current membership fees will be discounted for new members. There will also be a student membership category, at \$10. Flyers will be placed in various locations promoting our club and encouraging membership. I will be taking our membership drive on the road to six events between March and Memorial Day.

In conjunction with the membership drive, I will need some help staffing our tent at six events between March 8<sup>th</sup> and May 20<sup>th</sup>. These events include the Westminster Adventure Runs in March, April and May. I will also be at Frank Shorter's Race4Kids Health on April 15<sup>th</sup> and the Colfax Marathon on May 19<sup>th</sup> and 20<sup>th</sup>.

**Mat Jenkins** has generously donated several complimentary entries to the Bolder Boulder. We will have a drawing at each of our membership events for these entries.

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If you are participating in any of the runs associated with Colfax Marathon, please let me know. Events include a full and half marathon, marathon relay, 10 miler, and 5K.

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**Westminster Adventure Run March 8<sup>th</sup>** and subsequent second Thursday of every month through November.

This is a free event for all ages. Anyone who pre-registers and is 21 will receive a complimentary beer. There will be a vendor area where participants can test shoes, hydration belts, and nutrition products during the run. From 6-7 pm the participants will run to local businesses and collect as many free raffle tickets as they can. They return at 7 pm and we will raffle off \$3000 + worth of running shoes, apparel, GPS devices, and much more while enjoying free beer provided by Deschutes Brewery!

The link to pre-register for this free event is: <http://westminsteradventurerun.eventbrite.com/>

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**Need a coordinator** for the Earth Day 5K course marshals on April 22<sup>nd</sup>.

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Thanks to **Kim Schafer** for becoming the regular refreshment deliverer.

**Vicki Cronin** is now our official honorary international recruitment specialist. The benefits package for this position entitles her to one additional cookie after each Sunday run.

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Next "First Monday Social" at Avery Brewing on March 5<sup>th</sup>.

CU Triathlon Team

Frozen Foot 5K, Sunday, 2/19 9 a.m.

The CU Triathlon team is a coed student-run club at the University of Colorado, Boulder Campus. The club was established in 1993. Since then they have won the USAT Triathlon Collegiate National Championships 12 times, including 2010 and 2011. This Sunday is the Frozen Foot 5K. This race, on CU campus, is a fund raiser to help get the team to this year's national championships. Visit <http://froenfoot5k.com/> for race information.

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Running of the Green, March 11<sup>th</sup> 10:15, 17<sup>th</sup> and Wazee St, LoDO

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Dr. Joe Vigil is speaking on March 3<sup>rd</sup> in Pueblo. For details contact **Don Janicki** or visit <http://www.olympiatrainingssystems.com/2012/01/ots-seminar-2012.html>

I will be attending, if anyone wants to car pool with me.

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**Business people**, if you have a listing on our membership benefits page, be sure to check it for any updates you may want to make.

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Super Bowl 5K results. <http://www.hallucinationsports.com/event/show/27352214> Good performances in treacherous conditions.

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***Get Involved with club events!***



## ***Society Page***

By Ida DuPry

This reporter has learned that the Castros, of Linden Ave, Boulder, Colorado, will be spending a luxurious two weeks in Hawaii. While there, they will relax and partake of some of their favorite pastimes.

Mrs. Castro will be having her S.I. photo shoot on Waikiki Beach, (After all it is the season, darlings.) Then will spend the rest of the fortnight lounging under the palm trees and catching up on all the medical journals she has not had time to read.

Meanwhile Mr. Castro will be participating in his secret passion for extreme competitive Hula dancing and pineapple juggling. There will be two shows nightly at the Honolulu Hilton.



Not Mr. Castro

This reporter has obtained a picture of Mr. Castro in his competitively cut grass Hula skirt. However, the censor would not permit me to post it here.

Mr. Toby Castro will be joining his companion people later this week. He is traveling by Liberian freighter, arriving at night, and taking the last stretch, to the beach, via high speed power boat. He told this reporter that he is looking forward to stretching his paws in the warm, not frozen, beach sand and digging.

While the Castros bask in the tropical sun and breezes, the training group, back in Boulder, Colorado, will dutifully arise in the dark and cold to complete their training regimen. **Hey, Mr. Castro, way to take one for the team!**



BYLAWS  
BOULDER ROAD RUNNERS  
Revised and approved September 7, 2003

ARTICLE I.  
TITLE

The name of the association shall be the Boulder Road Runners, hereafter to be referred to as "this association".

ARTICLE II.  
OBJECT

- A. The prime object of this association shall be the promotion and encouragement of long distance running, including the fostering of national and international amateur competition and the education of the community on the benefits of physical fitness and sport.
- B. In furtherance of Objective "A" this association may hold championships, races on the road or track, time trials, social runs, lectures, demonstrations and social events; print and publish books, magazines and newsletters; make awards; and do all such other things as may be conducive to the encouragement of running.
- C. Other objects are to engage in community activities, to publicize by appropriate means the benefits of long distance and jogging, and to coordinate with other agencies advocating running as a means of physical fitness.

ARTICLE III.  
MEMBERSHIP

The only requirement for membership shall be the payment of not more than \$35.00 annually. Family membership shall be not more than \$50.00 annually.

ARTICLE IV.  
AFFILIATION

The Board of Directors of this organization shall consider and act to affiliate this organization with national organizations and other bodies when it is deemed to be in the best interest of the organization membership to further the purposes and objectives set forth in Article II.

ARTICLE V.  
MANAGEMENT

- A. The management of this association shall be vested in a Board of Directors consisting of five representatives. These shall be the President, Vice-President, Secretary/Treasurer, and 2 at-large representatives.
- B. Duties of officers  
Officers' duties shall be those that are customarily associated with such positions.
- C. Eligibility  
Officers shall be members and may be elected to succeed themselves.

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- D. Term of office
  - 1. Term of office shall be one year, beginning at the close of the first meeting held within the calendar year.
  - 2. Offices filled due to vacancy shall expire at the same time as the elected offices.
- E. Elections
  - Officers shall be elected at the first meeting of the calendar year.
- F. The Board of Directors shall meet as needed between meetings of this association. Special board meetings can be called by the President or by written notification by any member of the Board.
- G. The Board shall select an Advisor, who will serve without vote.

ARTICLE VI  
MEETINGS

- A. Meetings shall be held annually and more frequently if called by the President, a majority of the Board, or by at least 20 members.
- B. A quorum shall consist of 20 members for meetings of this association.
- C. At least 7 calendar days written notice shall be provided to all members in advance of any meetings of the full association. Publication of a meeting notice in the Association Newsletter and its timely mailing shall satisfy this requirement.

ARTICLE VII  
FINANCES

- A. This organization was incorporated as a not-for-profit organization by the State of Colorado in 1979.
- B. No part of the net income of the organization shall inure to the benefit of or be distributable to its directors, officers, members, or other private persons, except that the organization shall be authorized and empowered to pay reasonable compensation for services actually rendered and to make payments and distributions in furtherance of the purposes and objectives set forth in Article II.
- C. Members using association funds for any purpose shall give a full record of expenditures to the Treasurer.
- D. No substantial part of the activities of the organization shall be the carrying on of propaganda or otherwise attempting to influence legislation, and the organization shall not participate in or intervene in any political campaign on behalf of any candidate for public office.
- E. Notwithstanding any other provision of these Articles, the organization shall not conduct or carry on any activities not permitted to be conducted or carried on by an organization exempt from tax under Section 501(c)(3) of the Internal Revenue Code of 1986, or by an organization contributions to which are to be deductible under Section 170(c)(2) of such Code.

ARTICLE VIII  
PARLIAMENTARY AUTHORITY

Robert's Rules of Order Newly Revised shall govern the proceedings of this association in all cases not provided for in this Constitution.

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ARTICLE IX.  
ADMENDMENT

This Constitution may be amended at any meeting of this association by a two-thirds vote provided that the proposed amendment has been submitted to the membership at least seven (7) days prior to the meeting.

ARTICLE X.  
DISSOLUTION

Upon the dissolution of the organization or the winding up of its affairs, after all creditors have been paid, the assets of the organization shall be distributed exclusively for charitable or educational purposes or to organizations which are then exempt from federal tax under Section 501(c) (3) of the Internal Revenue Code of 1986, and to which contributions are then deductible under Section 170(c)(2) of such Code.