

Rock Coast Runners  
Minutes  
Tuesday April 7, 2009  
By Paula Jean Lunt

6:00 Meeting brought to order.  
Meeting hosted by Courier Publications/Village Soup, Park Street, Rockland, ME

Members Present:

Eric, Trevor, Sean, Katie, Reade, and Paula

Old Business

Review of last months meeting with nutritionist. Eric stated that it was very informative, but very people attended.

New Business

Treasure's Report / Membership Report by Reade:  
34 members for 2009

Beginner running program discussed. Written plan can be found on RCR website. Program will be announced in the newspaper. Will run for 8 weeks, Monday, Wednesday and Friday's. We will determine location based an applicant's location. Program will be led on a rotating schedule of those RCR members willing to lead so that no one person will be subject to the program during every run.

Trail running was discussed. It will start in May and will be run every other Thursday, the opposite of the beginner mountain biking program also offered in the area. Dates will be posted on the web soon.

RCR 5K Run for Fun Series was determined. Program will start in May and will be held the last Wednesday of the month at 6 PM through the season. All will be welcome and encouraged to participate. We will be selling tickets to those who wish to purchase for \$1.00 each. After the "fun" race, we will divide up the money with the club keeping 50% and the rest to be given to x amount of names from those who ran. No actual awards will be given but the bragging rights will be yours until the next month! The course run will leave from the YMCA and be the Harbor View/Turkey Trot course.

Newsletter was discussed. We will be contacting Irene to see if she still wants to continue with the newsletter, what we can do to help her or if we should go to a simpler format. We all agreed that we loved the last two newsletters, but feel they

need to be on a schedule. We talked about meeting for a bimonthly brainstorming session to get the work done. It was mentioned that if anyone out there would like to jump on board and help out, it would be welcomed.

Shirt Orders. No shirt orders were taken as those present already have singlets.

Next meeting. First Tuesday in May at the MVHS track, unless otherwise posted. Sean will work with us to understand the need for speed.

6:45 PM

Ken Waltz, sports editor for Courier Publications/Village Soup spoke to us about his take on photographing races. The program was to be aimed at spouses and of the runners, encouraging them to come to the races and photograph for something to do, but no spouses or friends were there, so he led a general discussion and ample time for those present to ask questions if so desired.

Meeting adjourned 7:30 pm.