

Stevens Creek Striders

## Minutes of the Board of Stevens Creek Striders

Date: Jan 23, 2014

**Present:** Hans, Hugo, Peggy, Randy, Mike, Penny, Peter

Apologies: Dennis (travelling)

Randy approves Dec minutes. Peter seconded

### Treasurer's Report

Peter:

Balances:

Checking : \$ 967.30

Savings: \$100.30

Paypal: \$ 604.02

Holiday Party:

Costs \$3246

Collected \$2287

### General Action Items:

Hans and Peter need to go to bank and change from Randy to Hans as authorized signatory on accounts.

Mike and Mike D to coordinate to sunset facebook group.

Peggy has emailed Alan (MPOSP) and will let the board know when she hears back about Trail Maintenance date.

### Holiday Party Debrief:

Table set up with rectangular tables better than circular.

Servers were excellent and definitely worth having.

Need a dancing band or a D J (Mike Kreadan knows a D J

Food fine (caterers). Would be happy to use them again (Just Catering)

Drinks - had too much non-alcoholic, didn't use white wine

Inferior glow sticks caused constenation

Have to consider growth of club ie the winery is capped at 50 folks.

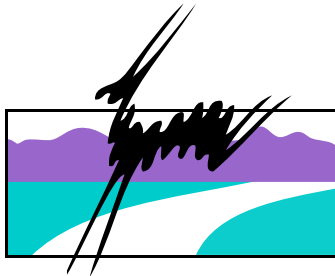
### Newbie Run Debrief:

Good time to do it early in year (New Year Resolution) . Suggest vamping it up. List who sign up and show up. Email them after (follow up) for feedback.

### Meetup:

We should keep it going but also need to ramp it up to do more follow up with folks to encourage them to join. Maybe Hugo could take this on.

### Workshops 2014:



## Stevens Creek Striders

Yoga  
CPR

both successful with positive feedback. Hema will look into possibility of more Yoga workshops  
Next one April : Nutrition/Training and Injury Prevention/Another CPR. How to Use a Foam Roller.  
Mike K will coordinate with Anna a foam roller / general fitness workshop after a Sat run.  
Penny B will look into doing a Nutrition one at Whole Foods.

Run For Amma:

Route finalized. Pickup points (50M, 50K, 25K, 10K). Website facebook page up and running. Mike K will post on our site and our AR 50 page. Will circulate aid station info and to set up volunteer schedule.

Stevens Creek 50K

Date set September 27th Peter has applied for permit.  
No race bibs.  
Kristin will be medic if she is available on the date..  
Walkie Talkies - Mike K to investigate  
Peter will work on a budget.  
\$25 Audoban society per runner.

Newsletter:

Next letter going out 23rd March.

Other Business:

Discuss next meeting new T-Shirts.

March 24th. Next meeting at Mike K.  
President please invite Lina if discussing Western States.