

Colonial Road Runners Annual Meeting
April 15, 2012

Approximately 40 members present.

Chaired by Rick Platt, President

Meeting called to order by Rick Platt at 7 PM.

Update on club activities by Rick. Treasurer's report was made available via a handout on the race flyer table. Greg Dawson reviewed CRR teams and how to join. Teams will be competing in the upcoming USATF 8K road championship in Williamsburg. Teams will also compete in the Elizabeth River Run. You must also be a member of USATF to compete on a team.

Jim Goggin presented the proposed officers and board members which passed by majority show of hands:

President Rick Platt

First Vice President Jim Goggin

Second Vice President Will Murray

Treasurer Randy Hawthorne

Secretary Stan Rockwell

Board Member Greg Dawson

Board Member Ron Henn

Board Member Rich Higgins

Board Member Brenda Mitchell

Board Member Ken Mitchell

Board Member Jen Quarles

Board Member Bob Walker

Board Member Jim Winthrop.

Tina Shriver presented the program on Sports Nutrition, Athletic Performance, and Endurance Athletes.

The meeting was adjourned at 8:30 PM

Stan Rockwell, Secretary