

Meeting Minutes

Florida Running Club

2nd General Body Meeting

Tuesday, 15 October 2013 at 7pm in Murphree Library.

Upcoming Events

10/19 Volleyball Tournament

10/23 NIRCA Regionals Sign-Up Deadline

10/27 Volunteering at St. Francis House, 8am

10/30 Intramural Track & Field Meet

11/1 - 11/2 NIRCA Regionals in Spartanburg, SC

11/9 Tailgate, Green Team

11/16 NIRCA Nationals in Hershey, PA

NIRCA Regionals

The NIRCA Southeast Regionals cross country meet is Saturday Nov 2nd, and we will be driving up to Spartanburg, SC on Friday, Nov 1st with rental vans, which can fit 12 people each. The vehicle situation and gas prices for everyone will depend on how many of us are going to Spartanburg. Spartanburg is 6.5hrs away without stops. We will be staying in a hotel the night before the meet (Men's 8K @ 9:30am, Women's 5K @ 10:30am). The cost of the rental vans and hotels will be reimbursed by our Travel Budget from RecSports. Entry fee for the meet is \$20, and this along with Sign-up is due **next Wednesday, Oct 23rd**. The Sign-up form will be emailed out by tomorrow (Oct 16th) and posted on the facebook page.

Volleyball Home RecSports Club Event

The next home RecSports event that we will be attending to support the club volleyball team is this Saturday, Oct 19th. Remember, attending at least 3 Home Events is required for our club. Attendance only counts when at least 10 of our members are present for either a whole game or for 2 hrs. The times we have chosen to attend the Volleyball tournament are 9am - 11am, or 10am - 12pm. Make sure to sign in with the form we will have (see one of the officers), or you will not get credit for the event. This is a 3-point event.

Facebook event: <https://www.facebook.com/events/219097698259525/>

Saturday Drive-In Movie

Saturday, 10/26 will be a unique FRC social event at the drive-in movie theater in Ocala. This should definitely be fun- we can watch movies in our car and bring food.

St. Francis House Volunteering

On Sunday, 10/27, we'll have our first volunteering event at the St. Francis House. Food will be prepared and served to the needy. There will be two shifts to choose from. One at 8:00am - 10:30am, and the other at 10:30 - 1:00am. To get credit for volunteer hours, we must have 5 to 8 people per shift. Look out for the event soon on facebook. This event will count toward the 100 community service hours we are aiming to reach. You'll also get 2 points per shift for your service.

10/30 Intramural Track Meet (Wed)

2 days before leaving for Spartanburg, the Intramural Track meet will be going down at the track. This is a good option for those not competing at Regionals, or for those that would like to incorporate running events into a workout before the cross country meet. More info here:

http://www.recsports.ufl.edu/images/uploads/docs/Track__Field_Capt_Handout.pdf

11/9 Green Team & FRC Tailgate

Another Green Team is coming up next home game (3 points per shift as always). To recap, after three Green Teams we have racked up 90 hrs from Green Team, which will get us anywhere from \$600 - \$1,000 fundraised. This is more than what we raised all year from Green Team! We must reach the fundraising goal of at least \$1,500.

That same day, Florida Running Club will be hosting its first tailgate event. More details to come as it approaches November 9th.

Cross Training Option

Starting next week, the option to do group cross-training with FRC during regular practice times 1-2 days a week will be available. Points will still be given, and it is encouraged for those with injuries or for injury prevention. Days will be Monday and/or Wednesday. Look out for more info on the facebook page.

RecSports Awards

All of your dedication and hard work is being recognized, and something for members to keep in mind are the RecSports awards presented at the Awards Banquet at the end of every year in April. The following is a list of all of the awards given out. There will be both Club awards and Individual awards, so keep up the hard work and we can show that Florida Running Club and its members deserves some positive recognition.

Club of the Year
Executive Board
Athletic Achievement
Community Service
Most Improved Club

Leadership Award

Male Athlete

Female Athlete

Male Rookie

Female Rookie

Most Improved

Coach Award

Most Dedicated

Scholar Athlete