

Macatawa Cycling Club

Subject: Board of Directors Meeting – January 5, 2009

Present: Mike Clark, Tom Ayres, Randy Kuite, Kirk Walter, John Wood, Doug Spooner, and Marshall Michmerhuizen (via tele-conference)

Cross Race

Mike provided an overview of feedback he has received from participants of the MCC sponsored Cross Race Sunday, December 14th. Short of the weather, everyone was extremely positive and though the location (Smallenberg Park) was exceptional. The site gave spectators great vantage points to view the races. The event was well attended with 100+ riders participating (total of the 3 divisions). We experienced a very good turnout at the post ride gathering as well.

General Membership Meeting Agendas

Established agendas for the upcoming Membership Meetings:

February – Personal Trainer, Jessica Oosting of Valeo Personal Training will be giving a talk on the advantages of core-strength training for cyclists. Come dressed to participate (www.valeopersonaltraining.com).

March – *tentative* - Hope College Performance Lab

April – Everything You Wanted to Know About Cycling, but were afraid to ask.

Holland Hundred

As discussed last month, this is the club's largest fundraiser and biggest drain of resources. The event is growing at a rate of 20-30% per year and we experience resource staffing issues. We hope to continue to grow the event as we do, the demand for resource support will grow accordingly. In addition, we have not aligned the event with any specific charity.

After much discussion, a proposal was made and seconded, to have the Juvenile Diabetes Research Foundation be the benefactor of this year's event and as such a portion of the proceeds will go to JDRF. In return, we have a commitment from Herman Miller (Brian Walker) to provide 20-30 volunteers to help with registration and other ride support needs.

Next Meeting

A) Major focus will be on the Holland Hundred. There are numerous issues to consider; i.e., registration, fee, start location, advertising, event growth, city participation, SAG support, food stops, end of ride gathering, overall improvements.

B) Club Membership Drive

Next Board Meeting: Monday, February 2nd, 2009 @ New Holland Brewery (upstairs conference room).

Minutes respectively submitted by D. Spooner

General Membership Meeting

This month's speaker, Rick Kraai (long time club member) presented, "the ins and outs of cross country skiing". We had 21 members present as Rick covered many of the finer points of CC skiing including; the various types of ski equipment (from recreational to the serious racer), how skis should fit, motion style techniques, clothes, trail types, trail locations, and a demonstration of wax application and the technical side of waxing. It is easy to see he is a serious and knowledge able skier.

For those of you who missed the presentation, Rick has volunteered to answer your questions. If you are considering taking up the sport or have any general questions, you will find Rick to be an excellent resource. Please submit your questions to him at:

rickkrai@iserv.net

Thank you Rick for sharing your expertise!

General Membership Meetings are held starting at 8:00 PM on the first Monday of each month (December through April). Location, New Holland Brewery upstairs conference room.