

RUNNING TIMES

Island Road Runners, Grosse Ile, Michigan

Mark your Calendars

- May 11 Tailgate Treats at 9:30am, hosted by Erika P.
 May 29 Memorial Day Race
 IRR Volunteer Picnic after race cleanup is complete

MESSAGE FROM THE PRESIDENT

As your new president, my goal is to keep an open mind and be transparent in anything that pertains to this club's organization. This philosophy is nothing new, but how I've conducted business at work. Don't hesitate to offer your input, suggestions or concerns; you can remain anonymous if you'd prefer. Your item will be discussed at a board meeting, the minutes from which will be sent to all club members by email.

Our new format for the newsletter was put together by Erika Pfeiffer, your new secretary. She will be sending out your future newsletters by email, so if you would like to continue receiving them by postal delivery, please let her know soon. Erika will send out board meeting minutes to active members of the club.

We want to know about our members and thought what better way than to present you with a photograph of a member or two in each newsletter? Along the way you may come across things you didn't know, or maybe you were there and it's just a distant memory (See DID U KNOW).

As you already know, the club is putting on the Memorial Day run. We had a meeting and many of our members are stepping up to assist in the planning and tasks needed prior to race day. Updates on the race will be included in an upcoming newsletter.

Many of our members participate or volunteer in races, events, and activities promoting better health. In order to acknowledge your efforts, please provide me with that information your willing to share with others.

Finally, your vice president Paul Deladurantaye and treasurer Larry Simon are not new, but offer insight to club operations. Some new responsibilities, including the reservation of our annual banquet location, club roster updates and signed membership waivers are handled by them. In fact, Paul had a wonderful idea to hold our annual banquet at Portofino's this year, and he has reserved the date.

-Erika Hidalgo



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RACE UPDATE ON PAGE 3!

RUNNING TIMES



Erika Hidalgo presides over club meetings. She works with board members to ensure club operations are being addressed. She provides the annual calendar of events posted on our web-site. She will be working with the secretary on club newsletters.

PRESIDENT: ERIKA H

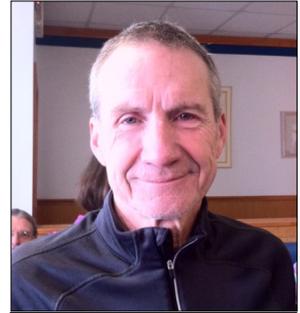
The first time I ran with the I.R.R. was in the fall of 2010, when I ran with Chris Scholz. As we were talking about my son, we were passed by a runner who asked what his name was. It turned out that this runner was Collie Hooper-Yan, who as it happens was once his nurse at his school. At that moment, I felt an immediate sense of belonging. Ever since, the club has given me a sense of purpose and the companionship of some very precious friends.

VICE PRESIDENT: PAUL D

Hello IRR members,

I've been running seriously since 1979. I've always loved running; it is something that feels natural to me. I've been a member since the early 1980's. I have been the IRR President and VP several times. I do a lot of cycling, some duathons and triathlons. One of the high things I liked was when for several years IRR had a team in the Great Lakes Relay. Good memories.

I always liked this club for the friendly people and friends I've met. Also, the relaxed, keep-things-simple group.



Paul Deladurantaye will secure a location for our annual banquet this year. He will coordinate with volunteers holding tailgate treats, providing assistance to help them fulfill their obligations.

TREASURER: LARRY S

The joy I have experienced since I started running has been remarkable and I owe it to my running friends. Most runners are disciplined, competitive, and even friendly when they are tired! Runners enjoy themselves when they feel better than the person running next to them! The joy of running comes when you can tell a joke to your running partners and they barely laugh because they are winded but you are not!

Being in good shape, pushing yourself, encouraging, challenging and laughing with other runners is an experience that is hard to beat! Those good relationships are the reason I have run and "jogged" for over 30 years. The complaining (mostly me) I have heard during our runs brings a smile to my face. One of the best statements that summarizes our feelings during a run; "it is what it is". I really believe misery loves company!

Sometimes when the body is working well the excitement of a quick pace is euphoric! (Yes I still remember those days!) Other times when a knee, ankle, hip, etc. is holding you back, just jogging and walking are great accomplishments!

Do I have some successes, well yes (if you just ask I will be glad to share!) but compared to the many talented individuals in our club it's not worth mentioning. What I can say is that every run/jog I do is a success and watching and/or listening to my friends' efforts and accomplishments brings me a smile of appreciation. Once you are a runner you will always understand the effort it takes behind each successful race and also the joy it brings when you reach or succeed your goal.

Keep running my friends, ask each other about their running experiences and share yours with someone along your way.



Larry Simon writes our club checks, keeps records of expenses and income and produces a report at our annual meeting held in January. He collects your membership dues and signed waivers, keeping our roster current. Larry also renews our annual membership with RRCA.



Erika Pfeiffer will send out newsletters, meeting minutes and coordinate with a website administrator on maintaining and updating our website as necessary. She will be coordinating efforts with the president on club newsletters. Her position involves working with our treasurer to maintain an updated mailing list.

SECRETARY: ERIKA P

I'm a walker, not a runner.

There, I've confessed. I've tried many different learn-to-run programs, and always end up with injuries. My knees seem to protest the most; after multiple injuries and repairs, I don't really blame them. So I tend to indulge them and stick with walking, followed by some sprints on the track afterwards. Hit 'em when they're not looking. It seems to work.

I've been active in the club since I was in college when my mother asked me to deliver some cookies to the race on Memorial Day, and I ended up as a wheelchair racer escort. I've helped the Race in one way or another ever since, my favorite being the Race when I worked a water stop and did what seemed like 400 full squats picking up discarded cups...wearing my toddler on my back.

But this is the first time I've been asked to serve in any capacity beyond Race volunteer and group participant. I'm already enjoying the newsletter part of my job, but I have one more confession: it's odd being the "other" Erika!

FAREWELL to OFFICERS

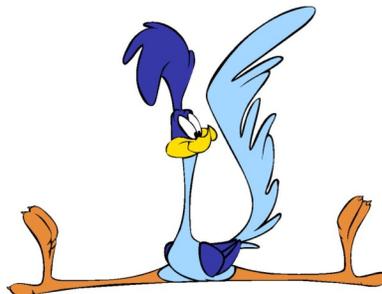
The February Club Business Meeting witnessed the farewell of two longstanding officers. Our President - Tim LaPorte and Secretary - Laura Maslar both of whom have maintained many IRR traditions and offer inspiration to the sport of running.

RACE UPDATE

Members of our group have been working diligently on the Memorial Day Run. Our race application is out, shirts are about to be printed, sponsors are secured, and permits & supplies are being obtained. Everything is on schedule!

Because of you, we've had the best goody table around town. Once again, we hope you will consider firing up the oven and donating your best baked goodies.

Anyone willing to sing our National Anthem? OR provide some sort of portable sound system? Please contact one of our board members as soon as possible, it would be appreciated.





ISLAND ROAD RUNNERS

c/o Erika Pfeiffer
8974 Lake Rd.
Grosse Ile, MI 48138

<http://islandroadrunners.com/>

AGLETS

REMEMBER to PAY YOUR DUES!

Unpaid members are asked to remit the small amount of \$10 to maintain their club membership and to sign the waiver.

Check with Larry Simon, the keeper of our membership roster to see if you are current.

CHECK OUT OUR WEBSITE

Our website has been updated and improved, and now includes a full calendar of events! Check it out: islandroadrunners.com.

We also have a new contact email:
GIRR.contact@gmail.com.

VOLUNTEER!

Don't forget to sign up for the Memorial Day Race! All members should expect to do something to support our big event. It's fun, it's social, it's a lot of work, and there's a party afterwards for the volunteers. What a great way to spend the holiday!

aglet (noun)

- (1) A tag or sheath, as of plastic, on the end of a lace, cord, or ribbon to facilitate its passing through eyelet holes.
- (2) A tag of information at the end of the newsletter to facilitate its passing to the membership.

DID U KNOW?

- The I.R.R. club was established in 1981.
- The club was affiliated with the Road Runners Club of America (R.R.C.A.) in 1996.
- Some members of the I.R.R. attended a square dance in 1994 held at the Sacred Heart Church gym in Grosse Ile.

NEWSLETTER NOTICE!!!

In an effort to reduce expenses and keep the cost of membership at its ridiculously low \$10/year/family, **future newsletters will be delivered via email**. If you prefer to receive a paper copy in the mail, please contact Erika P.