

Lifespan Wellness Team Meeting
May 19, 2009
4:00 p.m.

Present: Ann Dockweiler, Sherri Blome, Joni Jespersen, Jamie Goffena, Terry Owen

Old Business

1. Walking Routes Update –
 - a. Ann shared another draft of the brochure. Mary Donohue is still doing some final “tweaking” such as checking on the muscle groups the outdoor fitness equipment will target.
 - b. Equipment: Job Corp now has the instructions for installations and the equipment will be installed in both sites by Job Corp.
2. There was no update on the website.
3. Try-Athalon Planning Update – The Try-athalon will be held August 30 from 1:00 p.m. to 5:00 p.m. Please mark your calendars. See attached page with Try-athalon details and where help is needed.
4. CCR Report/Update – No update this month.
5. Other

New Business

1. Update from Sub-Committees
 - a. Events – no update
 - b. Facility – Kristi Johnson presented information to the congregation at Ridgeview Bible Church about the possibility of having the church donate land for the Community Center with the stipulation that the church be able to meet in the facility each week. A letter has also been sent to the members. **Joni Jespersen** mentioned that having land would be a good “match” for potential grants. One thing we need to check on is if there is any chance that the church would not be able to hold services as they wish due to the facility also being a Community Center. **Sherri Blome** was thinking Bridgeport had a church that used their facility and will try to get more information.
 - c. Fundraising – **Joni Jespersen** attended a meeting in Gering today regarding the Nebraska Transportation Enhancement Bicycle Trail funding potential. It is possible that these funds might be able to be used to complete the cross country trail on the CSC campus that adjoins to the Mari Sandoz Trail. One thing that was shared was that the trail will have to be “certified” by a public employee who has taken a 10 day course and passed a certification test. **Joni Jespersen** will send **Jay Sutcliffe** the Powerpoint from today’s meeting so he can pass it on. If we are interested

at all in potentially applying a **“Preapplication” must be submitted by June 30, 2009. The grant would be due in September with the funding announcement in December.** We need to discuss this further in June.

- d. Legal – no update
 - e. PR/promotion – no update
2. Planning for the future: 2009 Calendar
- a. Remember the Torch Run on May 30-31 2009.
 - b. July 17 – 26 is the Cornhusker State Games
3. Other
- a. Casey Foscher is the new director for the Boys & Girls Club and may be a good addition to the Lifespan Wellness Team.

Try-Athalon
August 30, 2009

1:00 pre-meeting
2:00 first waive will start

Swim – 1/10 of a mile (3.5 laps in Armstrong Pool) this is the first event and 6 people will start every 8 minutes. If you are competing on a team you will have a bracelet or something similar to hand off to the next participant.

Bike – 5 miles

Run – 3 miles

We will end at the parking lot to the east of the dorms.

Potential Age Groups

10 – 15
16 – 20
21 – 30
31 – 40
41 – 50
51 – 60
61 +

If anyone has suggestions about age groups please contact Terry Owen.

Categories

Men – Individual
Men – Team
Women – Individual
Women – Team
Mixed Gender – Team

For teams their age group will be determined by adding the ages of all participants for their team.

Entrance Fee

Does anyone know if there is a reason why we could not charge a minimal entrance fee?

Registration

Sherri Blome offered to set up the registration online utilizing Survey Monkey. This could be a link right on the Wellness Team website. We need to check with **Chuck Kutschara** to see if we can use Paypal as a method of payment for the event.

Limiting Registrations

The goal is to have 90 (individuals or teams) participate. Currently the committee is thinking of only allowing the following for maximum numbers...

15 Men Individual

15 Women Individual

15 – 20 Men Teams

15 – 20 Women Teams

20 – 30 Mixed Teams

Due to time constraints and waivers we need to be limited to 90 overall.

T-shirts

Mary Donhue designed a t-shirt for the event. **Sherri Blome** offered to assist with having t-shirts printed locally if needed. Outlaw Printers is typically very economical for printing shirts.

Marketing

Ann Dockweiler suggested we ask CSC to send an announcement using the campus email system to all students and staff.

Sherri Blome offered to send an announcement to all newspapers in the Panhandle if **Terry Owen** can write something up.

We thought mid-June to early July would be a good time to start the media. The goal is to have most everyone preregister.

Boys & Girls Club Fundraiser

The Boys & Girls Club will be holding a barbecue during the event as a fundraiser for their organization.

Updates

Terry Owen is waiting to hear from CSC (Dale Grant) on if the running portion can go around the perimeter of the practice football field.

Jay Sutcliffe is checking with CSC for a waiver to have outside food on campus.

We need to find out from **Don King** if Chadron Community Recreation has liability insurance for events such as these or if we need to purchase liability insurance.

We will discuss this in more detail at the June Meeting...if you have suggestions or comments please contact Terry Owen or email the committee at wellnessteam@wchr.net.