



footprints

Bay Area Runner's Club Newsletter

February 2012

BARC NEWS

Hello fellow BARC members!

Thank you to all of you who participated in the February Reese race as well as Spirit of Winter. The turnout at Spirit of Winter was fantastic, not so much the weather.

I apologize for taking so long to get these newsletters out to you. My schedule has become extremely busy and since I have to travel just to get the newsletters printed up, it's not always as timely as I'd like it to be. Thank you for your patience!

St. Pat's is fast approaching. Make sure to register and/or volunteer. Please contact Linda Flues at lflues@hotmail.com if you are able to volunteer on Saturday, between 8:00 am thru 3:00 pm. Let Linda know what time you are able to volunteer and shirt size. She will let you know what help is needed and where to report. Also we need some volunteers for registration on Sunday morning between 8:00 AM and 10:30 AM.

Please keep the pictures, information, and feedback coming my way. The Girls on the Run need some help so there are two (2) applications at the end of this newsletter.

See you at the races!

Mallory
tennisfan03228@hotmail.com

BARC Bits

The next BARC meeting will be on March 8th at 6:30 p.m. at the Bay County Community Center. All members are welcome to attend.

Don't forget to register for the St. Pat's race on March 18th! Visit <http://barc-mi.com/news-and-events/st-pats-race> for more information.

Thanks to Doug Doud for providing many pictures of the December Reese race. Here are a couple of them:



Leonard Block



Reese race participants

Colleen Gray is running for the Leukemia & Lymphoma Society, in honor of her mom. Below is the link to her page if anyone wants to donate. If you want to donate in honor of or in memory of she will put that on her shirt as she runs the race. The race is the Fifth Third River Bank Run on May 12th 2012. She is doing the 25k. Visit: <http://pages.teamintraining.org/mi/rivrun12/cgrayanmhl> for more information.

Hello All,

I know its February and it's still cold and we only have 10 hours and 17 minutes of daylight...as of today, but it's time to get ready for the 2nd annual Bay City Morning Rotary Triathlon! If you're getting this email than you participated in our inaugural event last year. This is a friendly reminder that registration opens Feb 16th on active.com. This year, ALL registration will be done on active.com, no paper applications and again no sign up at the event. We are expanding the field to 200 teams and we expect it to sell out again!! This year a significant portion of the proceeds will help support Junior Achievement of NE Michigan as well as various community projects supported by our club.

Among other improvements we will have chip timing! This will make for fast and accurate race results and available online. For the interested teams, something fun for this year will be awards for team costumes. Be crazy be creative and be different...make sure you can compete AND finish in them...safely. Other improvements are: 1) medals, 2) a new bike route, 3) a more secure bike area, 4) clean & plentiful porta-potties, 5) big maps and more info...

Listen to this, we will have a drawing for a road bike this year!! One lucky participant will go home with a brand new bike! Is this cool or what!

We will still have the great tech long sleeve shirts with an awesome new design. The DJ, the massage therapist, the bike guy and more will be at the event. We will be implementing your great suggestions from last year to make this event BIGGER and BETTER! So tell you partners, friends, family, neighbors and pets all about it!!! Be sure to sign up sooner rather than later to reserve a spot and be ready for a great time...invite people to help cheer you on at our unique event held at an awesome venue! Don't forget to pack a cooler for post-race celebration. Check us out on Facebook and at mydriathlon.com for updates and info.

Interested in being a sponsor, check out the attached info or visit our website.

Interested volunteers can visit us our website or email me directly.

**John Shankool, Bay City Morning Rotary
john.shankool.lxmf@statefarm.com**



Chi Running® Chi Walking®

Make 2012 your best year ever!

Classes taught by Ken Andrews, Certified Instructor

Introduction to Chi Running - Weekend:

Feb 25, Noon – 3:00pm, & Feb 26, 10:30am – 1:30pm, \$125

Introduction to Chi Running – Weekday:

| | |
|---------------------------------------|--|
| Mar 12, 9:00am – Noon, Level 1, \$65* | *Attend Level 1 only, and optionally attend Level 2 (or, if you have already attended Level 1) |
| Mar 19, 9:00am – Noon, Level 2, \$65* | |
| or... | |
| May 7, 9:00am – Noon, Level 1, \$65* | |
| May 14, 9:00am – Noon, Level 2, \$65* | |

Introduction to Chi Running – Morning:

Apr 9 – May 14, 6:15am – 7:15am, 6 sessions, each Monday, \$125

Introduction to Chi Running – Evening:

Apr 9 – May 14, 6:00pm – 7:00pm, 6 sessions, each Monday, \$125

Introduction to Chi Walking - Morning:

Apr 16 and Apr 23, 9:00am – 11:30am 2 sessions, Mondays, \$70

For information/to register: www.reallybethere.com

or, call Ken: 989-205-6176





Girls on the Run® Head Coach Job Description

Serving as a Head Coach is the most rewarding way to get involved with Girls on the Run and learn more about our program. You get to experience the program first hand, feel a sense of accomplishment that you have made a difference in the lives of the girls and have a ton of fun with your team of coaches and incredible girls!

Job Summary:

The Head Coach is a volunteer position that works with a team of coaches to facilitate the Girls on the Run curriculum to program participants. This position entails approximately 3-5 hours per week with additional time required on a Saturday or Sunday for our community race event.

Core Duties/Responsibilities include the following (other duties may be assigned):

- Understanding and believing in the mission of the organization and acting as a spokesperson for the program.
- Serving as a role model and mentor
- Preparing, organizing, and supervising the weekly lessons
- Leading the program participants through each lesson
- Interacting with parents of program participants; planning and coordinating the end of season celebration
- Coordinating the community project
- Attending the end of season community 5K event with program participants and other volunteers

Qualifications:

- A strong desire to work in the field of girl development
- Experience working with youth
- Excellent communication skills
- The ability to be flexible and to improvise when needed
- To inspire and motivate others to believe in the Girls on the Run mission
- High organizational skills
- The ability to recognize conflict and have the skills to help resolve it
- The capacity to work in a partnership with a co-coach and/or assistant coaches
- Attend a coach's training
- First Aid/CPR certification (training will be provided)

Experience:

The ideal candidate would have the following experiences:

- Has worked directly with girls ages 8-11 in a girl-positive environment
- Strives to lead a healthy lifestyle
- Has volunteered in direct service organizations
- Has awareness of the common and different needs of girls

How to Apply:

Contact Jennifer Naegele (jnaegele@undergroundrailroadinc.org or 989-399-0007 ext. 109)



Girls on the Run® Assistant Coach Job Description

Serving as an assistant coach is a fun and rewarding way to get involved with Girls on the Run and learn more about our program. You get to experience the program first hand, feel a sense of accomplishment that you have made a difference in the lives of the girl, and have a ton of fun with your team of coaches and incredible girls! This is a perfect opportunity for individuals who can't make the twice-weekly time commitment to be a head coach!

Job Summary:

The Assistant Coach is a volunteer position that assists the Head Coach(s) at a Girls on the Run program site. The position entails approximately 1.5-3 hours per week for 10 weeks. Assistant Coaches can choose to attend both program sessions per week OR commit to only one day a week. We ask each Assistant Coach to determine which schedule works best for them and to maintain that schedule throughout the program for consistency on behalf of the girls. While the Assistant Coach is not primarily responsible for facilitating the Girls on the Run curriculum, they are there to support the Head Coach and program participants.

This volunteer position may be used as a college internship, service learning project or other college credit project upon agreement of the school and Girls on the Run Saginaw County.

Core Duties/Responsibilities include the following (other duties may be assigned):

- Understand and believe in the mission of Girls on the Run
- Serve as a role model and mentor for program participants
- Attend program session on selected day(s) on a consistent basis
- Assist with all aspects of the facilitation of the Girls on the Run curriculum
- Attend coaches meetings in absence of head coach
- Encourage and cheer for all participants
- Participate in games and workouts with the girls as needed by the coaches
- Attend a community 5K with coaches, program participants and other volunteers

Qualifications:

- A strong desire to work in the field of youth character development
- Excellent communication skills
- Experience working with youth
- Capacity to work in a partnership with a head and assistant coach(s)
- Flexibility/Ability to accommodate to a changing environment
- Attend a coach's training
- Strives to lead a healthy lifestyle

How to Apply:

Contact Jennifer Naegele (jnaegele@undergroundrailroadinc.org or 989-399-0007 ext. 109)