

January Supplement 2012



The Pacer

Newsletter

The London Pacers Running Club

www.londonpacers.on.ca



Executive

President	Mark Faust	mfaust@primus.ca	
Vice President	Sharron Poole	sharronlynpoole@aim.com	
Treasure	Jim Burrows	burrowsjim@sympatico.ca	519-474-3497 (H)
Race Reporter	Jim Burrows		
Publicity	Sherry Watts	pacertraining@yahoo.ca	519-858-9880
Social	Empty		
Membership	Gwyn Hayman	gwyneth.hayman@gmail.com	519-433-2495 (H)
Secretary	Empty		
Newsletter	Sherry Watts	pacertraining@yahoo.ca	519-858-9880
	Paula Muxlow	paulamuxlow@gmail.com	519-284-0061

From your editors:**Newsletter information:**

The deadline for the January newsletter is January 26, 2012, 12 noon.

The Newsletter editors are Sherry Watts and Paula Muxlow. Contact either of us if you have a contribution or a suggestion. Email addresses and phone numbers are above.

We love contributions. Articles, comments, photos etc. It is your newsletter. Please send word files (.doc, not .docx) and photos or illustrations as .jpg files (low resolution). Please do not send articles with photos embedded or .pdf files. We cannot work with those. Items from other sources require permission to republish.

Pacer members are welcome to promote their businesses or events they are involved with. Send us the information and we will be happy to include it in the newsletter.

Please send race results or rumours of races your friends have done to Jim Burrows, our race reporter.

Pacer Clothing

We have singlets and long-sleeved shirts in men's and women's sizes small, medium and large. Limited sizes in short-sleeved shirts available as well. New shipment just arrived. We have a few small singlets now. Just \$28.50 for a singlet, \$40. for a long-sleeved shirt. See them at Pacer meetings.

If you want one, contact Sherry pacertraining@yahoo.ca

If you want a Pacer jacket, buy yourself a red jacket (may have some white, black or grey trim). Take it to Mister Tees Clothing Company on Pacific Court to get the logo applied.

Membership Renewal Time

Your annual membership ran out the end of December. Time to think about renewing.

You have asked for some changes and we have listened.

New this time—you can join for 1, 2, or 3 years

And

You can join the club online. This will work just like registering for a race online. Click the link on our website www.londonpacers.on.ca and follow the directions. There will be a charge (of ~10%) payable to the online company for this. Or you can always send in the paper form (see the back page of this newsletter) with a cheque.

We will no longer be offering the Ontario Masters membership along with ours. If you want to join them check out their website www.ontariomastersathletics.ca

Renew your membership and encourage your friends to join as well.

Members to Members

Pacer Discounts

Members of the London Pacers are given a discount on purchases at Runners Choice at 207 Dundas St and at New Balance London on Fanshawe Park Road W. at Hyde Park Rd



Pacer Meeting

Monday, January 9, 7 PM

Grosvenor Lodge, 1017 Western Road



January Speaker: Rob Tranter

Certified coach, Rob Tranter, will speak about “KINtellifit”— a training approach that can help you meet your running goals in 2012. Rob will show how KINtellifit can help you stay injury-free, improve your running form, and increase your efficiency — essentially making you a better runner this year.

An Important Message from the President

Hi everyone,

Well, the holiday season and celebrations that accompany are behind us now and down to the training for that spring event you have or will be entering.

I am disappointed that we have had no one come forward to take on the 2 executive positions open for the Pacers: Secretary and Social Director.

As I have stated earlier, everyone is busy and no one disputes that. Personally I look at my year ahead and even being semi-retired has not slowed my pace. I work about 18 hours a week at New Balance London, co-train the longer distance running groups from the store, but now have committed to completing a full Ironman Triathlon at Mont Tremblant in August 2012. Of course this is a personal choice and will take a good 20 hours plus a week of training over the next months.

The secretary position entails taking and publishing minutes of the general meetings (only 9 per year) and at the executive meetings (only 5 or 6 per year). The time commitment is very low. Our by-laws state they must be completed, so it is an essential position.

The social position entails directing the year end celebration (already booked at Westhaven for Nov 2012), the Charity Bear run in Dec (which is much scaled down from past years) and an optional June event. This is not a stand alone position as the executive participates along with other members.

The people who volunteer tend to be those who have done so in the past and this is greatly appreciated. Please give some consideration. I appreciate your reading this.

Mark

Track Night is Back! Indoor Track at UWO Thompson Arena

Get out of the snow and ice and cold and into the comfort of Thompson Recreation and Athletic Centre

When: Thursday evenings from 8:30-9:30 beginning Jan.5 to March 22.

Cost: \$20 for all evenings (minimum 8 nights) or \$4 per night

Restricted to: London Pacer members, London Runner and New Balance Half Marathon registrants.

Note: there is free public “jogging” weekdays from 10:30 AM —2:20 PM and 10:00 PM to midnight

Check ahead for cancellations: http://www.has.uwo.ca/hospitality/thompson/public_jogging.cfm

**London Pacers
Financial Report
Sources and Uses of Funds
To December 31, 2011 with a comparison to the same periods in 2004,2005,2008,2009 and 2010**

	2004	2005	2008	2009	2010	2011						
Opening Bank Balance	\$ 3,587	\$ 1,649	\$ 3,057	\$ 3,813	\$ 2,340	\$ 4,186						
Sources of Funds												
Net Membership \$	\$ 4,166	63%	\$ 6,135	59%	\$ 4,561	68%	\$ 3,560	54%	\$ 4,911	70%	\$ 3,771	66%
Net Races (Forest City)	\$ 1,523	23%	\$ 4,297	41%	\$ 1,614	24%	\$ 2,480	37%	\$ 2,080	30%	\$ 1,731	30%
Other Events(Vulture Bait)	\$ 848	13%	\$ -	0%	\$ 526	8%	\$ 600	9%	\$ -	0%	\$ 250	4%
Misc	\$ 89	1%	\$ -	0%	\$ 36	1%	\$ -	0%	\$ -	0%	\$ -	0%
Total Sources	\$ 6,626	100%	\$ 10,432	100%	\$ 6,737	100%	\$ 6,640	100%	\$ 6,991	100%	\$ 5,752	100%
Uses of Funds												
Net Meetings	\$ 961	15%	\$ 1,148	11%	\$ 1,312	19%	\$ 1,042	16%	\$ 1,329	19%	\$ 1,512	26%
Newsletters	\$ 3,859	58%	\$ 1,808	17%	\$ 38	1%	\$ 626	9%	\$ 306	4%	\$ 254	4%
Gifts /Awards	\$ 1,093	16%	\$ 291	3%	\$ 465	7%	\$ 1,700	26%	\$ 627	9%	\$ 420	7%
Turkey Trot Net	\$ -	0%	\$ 611	6%	\$ 215	3%	\$ 74	1%	\$ 89	1%	\$ 205	4%
Bank Charges	\$ 46	1%	\$ 136	1%	\$ 43	1%	\$ 148	2%	\$ 42	1%	\$ 13	0%
Net Banquet	\$ (53)	-1%	\$ -	0%	\$ 242	4%	\$ (188)	-3%	\$ (36)	-1%	\$ 540	9%
Club Championships	\$ 244	4%	\$ 1,006	10%	\$ 500	7%	\$ 501	8%	\$ 590	8%	\$ 58	1%
Website	\$ 385	6%	\$ -	0%	\$ 239	4%	\$ 435	7%	\$ 378	5%	\$ 274	5%
Net Clothing	\$ (218)	-3%	\$ 210	2%	\$ (45)	-1%	\$ (133)	-2%	\$ 748	11%	\$ 118	2%
Insurance	\$ 2,160	33%	\$ 2,376	23%	\$ 2,608	39%	\$ 2,608	39%	\$ 492	7%	\$ 584	10%
Net Track	\$ 89	1%	\$ 98	1%	\$ (197)	-3%	\$ (65)	-1%	\$ -	0%	\$ (9)	0%
Misc	\$ -	0%	\$ -	0%	\$ 559	8%	\$ 1,364	21%	\$ 580	8%	\$ 733	13%
Total uses	\$ 8,564	129%	\$ 7,685	74%	\$ 5,980	89%	\$ 8,113	122%	\$ 5,145	74%	\$ 4,702	82%
Closing Bank Balance	\$ 1,649	\$ 4,396	\$ 3,813	\$ 2,340	\$ 4,186	\$ 5,236						
Paid Family Units						107						
Total Members						165						



Membership Application—2012

Please select one of the following options:

	1 year \$	2 year \$	3 year \$
Individual	<input type="checkbox"/> 35	<input type="checkbox"/> 70	<input type="checkbox"/> 105
Family	<input type="checkbox"/> 45	<input type="checkbox"/> 90	<input type="checkbox"/> 135
Individual	<input type="checkbox"/> 17.50 July 1 to December 31, 2012. One time only		
Family	<input type="checkbox"/> 22.50 July 1 to December 31, 2012. One time only		

Please send completed registration forms to:

The London Pacers Running Club
 c/o Gwyn Hayman, Membership Secretary,
 31 Elmwood Place,
 London, ON
 N6J 1J3
 Telephone: (519) 433-2495
 Email: gwyneth.hayman@gmail.com

New applicants: How did you hear about us?

PLEASE PRINT LEGIBLY

Name in full: _____ Date of Birth _____
(yyyy/mm/dd)

E-mail: _____ Tel: _____ (H) _____ (C/W)

Address: _____

Please provide the names and birth dates of other family members (for family membership). Email is optional.

Name: _____	DOB: _____ <small>(yyyy/mm/dd)</small>	Email _____
_____	DOB: _____ <small>(yyyy/mm/dd)</small>	Email _____
_____	DOB: _____ <small>(yyyy/mm/dd)</small>	Email _____
_____	DOB: _____ <small>(yyyy/mm/dd)</small>	Email _____

WAIVER AND RELEASE: I/we am aware that there are risks associated with running/walking and the training for that sport. In consideration of this, I/we for myself, my heirs, executors, administrators, successors and assigns HEREBY RELEASE AND FOREVER DISCHARGE the executive, volunteers, coaches, organizers and sponsors of the London Pacers Running Club and all their agents and representatives OF AND FROM ALL CLAIMS, demands, actions and causes of action whether in law or in equity in respect of death, injury, loss or damage to my/our person or property HOWSOEVER CAUSED and whether or not the result of negligence, arising from my/our participation in club activities. I/we consent to the use of membership information and photographs for club business and promotion.

Date: _____ Signature: _____