

THE ROAD RUNNER

<http://www.greaterlima.com/limaayh>

VOLUME 39 ISSUE 4



NOVEMBER

It's Hiking Season... Keep the Momentum!

PRESIDENT'S CORNER

As cycling season comes to an end, I can only hope that the participation for the upcoming hiking season will be as great as the cycling season was. We had strong participation from our members this year. Aside from only a couple of rides that were cancelled due to weather, all rides were a go!

This year we lived up to the motto of the Postal Service where neither rain, wind, sleet or snow could keep the die-hards from riding. (And then after most of our members bought the MDMC jersey, we even looked like the Postal team!)

Determination was fierce this year, as well as the desire to accumulate as many miles as possible. It is my hope that we can continue this dedication into

the hiking season.

It is my challenge to each member to bring a friend, co-worker, or relative out for a hike.

Hiking is a great activity to introduce to people who are looking for a chance to get outside and enjoy exercise. This is our chance to increase our membership and promote our club.

MILEAGE TOP 10 THROUGH NOV 1, 1999

1. Jim Prichard	2584
2. Rodger Rex	2319
3. Neal Kingsbery	2087
4. Greg Sowinski	1985
5. Howard Foltz	1682
6. Dan Best	1660
7. Elton Hammond	1569
8. Linda Murray	1313
9. Loire Taylor	1293
10. Barb Robison	1038



Lima AYH Christmas Party & Banquet

This year's Lima Roadrunners Christmas Party and banquet will be held at the Old Barn Out Back, 3175 W. Elm St., Lima, Ohio on Tuesday, December 14, 1999 at 7:00 p.m. A buffet dinner will be served, followed by the presentation of t-shirts, jerseys, and trophies.

The buffet dinner will be free to active Lima Roadrunners members that have a valid HI-AYH pass. Spouses, friends, or relatives without a valid pass may attend the dinner at a cost of \$12 each.

You will need to present your pass at the door, or you may be asked to pay!

Please note that this dinner and party are for those active members who have participated in club events during the year.

To provide the Old Barn Out Back with an accurate count, please RSVP Barb Robison (419) 999-2091 by December 7th.



1999 Time Trials

(alphabetical order)

Name	Runs	Best 3 Avg	MPH
Hammond, Elton	4	18:50	17.5
Kingsbery, Neal	3	15:27	21.4
Nagle, Bob	2	17:58	18.4
Murray, Linda	2	17:00	19.4
Prichard, Jim	2	15:01	22.0
Rex, Daniel	3	29:58	11.1
Rex, Rodger	5	14:30	22.8
Sowinski, Greg	4	14:35	22.6
Taylor, Loire	2	16:60	19.4
Weitz, Tim	2	15:34	21.1

SPECIAL POINTS OF INTEREST:

- Do you have an idea for a new ride or hike? Contact Dan Best or Neal Kingsbery. They are the program directors, and they are always looking for new routes!
- Participation Point Program. There has been some confusion on how the point system works, so here are the details as they stand at this time. You receive 1 point for each scheduled activity in which you participate. After you have accumulated 30 points you earn a t-shirt. When you have earned a total of 60 points you earn a cycling jersey. It is each member's responsibility to record your points. Notify Dan Best when you have reached your award.
- We will be tracking hiking miles this season. You will be able to check your miles on the web site at <http://www.greaterlima.com/limaayh>. There is also a form on the site you can use to submit any miles that may not be reported.
- Also, beginning with this hiking season, the person with the highest club hiking mileage will be awarded a high mileage trophy!

HI-AYH Midwest Regional Meeting



Elton Hammond attended the Midwest Regional meeting October 2-3, 1999 in Peninsula, Ohio. Approximately 35 representatives from the Midwest councils, Midwest Region, and National office were present.

Saturday's meeting was primarily a review of proposed changes of the National by-laws. While not completed, two changes were discussed at length on Saturday. The most significant change would make the National Board of Directors the policy making body, with the National Council being limited to simply voicing objections at a National Council meeting. Suggestions regarding the Nomination Committee makeup and nominating procedures were also offered by the Midwest region. While any National bylaw changes might require changes in the Midwest region's bylaws, these must await final approval of any National bylaw revisions.

The dinner on Saturday evening was in Cleveland, followed by a tour of the planned hostel on board a retired cargo ship. The hostel would have 100 beds, located in one of the three cargo holds. Another hold would be used as a museum, with tours available.

Elton will be attending the HI-AYH National Meeting held in Albany, New York, November 17-21, 1999.

Mark your calendars!!!

Sunday, July 9, 2000

The beginning planning stages for MDMC 2000 are underway! We are currently looking for volunteers to assist the following committees:

Marketing & Communications

Barb Robison (419) 999-2091

Food & Jerseys

Leslie Berggren (419) 229-5823

Route & Markings

Neal Kingsbery (419) 229-3516

This past year's event was so successful because we received great support. To have a successful cycling event we need lots of help. If you are interested in volunteering, please contact any of the above committee chairpersons.

Lima Roadrunners Compete in 1999 Kewpee Triathlon



Linda Murray, Rodger Rex, Greg Sowinski, and Doug Robison participated in the 1999 Kewpee Triathlon held Sunday, August 31, 1999 at Ottawa Metro Park.



Congratulations to Rodger, whose team won the team division, to Linda, who won her age category, and to Greg who placed 11th overall! They couldn't believe they did it "all in one day!"

Thank you!

LOCAL TRIP RULES

- All trips, including overnight trips, are open to all-unless Schedule states that they are for "Members Only".
- Persons under 18 take Qualifications in order-and they must be qualified for each trip (but see rule 5, below).
- All trips go regardless of weather.
- Advance registration is required only when noted "no-shows" will be billed.
- Leader may make special arrangements-he/she may cancel if less than six trippers. (Trippers ready to go receive 1 point.)
- Trips led by youth members must include an adult back-up.
- Non-member Fees: Individual \$.50 Family \$1.00.
- HELMETS ARE REQUIRED** for all bicycle rides.

QUALIFICATIONS

	Qualification	Trip Type	Max. Miles
H	None	Flatfoot	5
I	5 - in - 2	Gumshoe	8
K	10 - in - 4	Fleetfoot	12
E	15 - in - 6	Mercury	18
D	20 - in - 7	Olympian	25
C	None	Huff 'n Puff	25
Y	25 - in - 3	Quartermaster	35
C	50 - in - 5	Goldenrod	60
L	75 - in - 7	Diamondback	90
E	100 - in - 10	Centurion	125
D	100 - in - 8	Super Centurion	125

1999-2000 Board of Trustees

Term Expires '00	Term Expires '01	Term Expires '02
Dan Best	Leslie Berggren	Elton Hammond
Howard Foltz	Neal Kingsbery	Jim Newcomer
Del Nichols	Linda Murray	Kay Nolte
Rodger Rex	Rick Siferd	Tony Pranses
Barb Robison	Tim Weitz	
Gene Wright		
Jeff Wright		

1999-2000 Executive Committee

President	Barb Robison
Vice President & Communications	Rodger Rex
Secretary	Leslie Berggren
Treasurer & Finance	Tony Pranses
Capital Improvement	Linda Murray
Organization	Elton Hammond
Service	Howard Foltz
Program.....	Dan Best
Program.....	Neal Kingsbery
Newsletter.....	Barb Robison