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L STREET RUNNING CLUB  
P.O. BOX 445  
SOUTH BOSTON, MA 02127

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## **L STREET IS GOING GREEN**

Starting in 2010, the club will start using email communications in lieu of print newsletters. Please make sure to include your email address on your renewal application or email your information to [lstreetmembership@gmail.com](mailto:lstreetmembership@gmail.com) so you can continue to receive our flyers/newsletters and updates throughout the year.

# THE L STREET FLYER

LAST  
EDITION

N O V E M B E R 2 0 0 9

## PRESIDENTS ADDRESS - MAC

Being an avid 40+ years fan and *Celtics* season ticket holder 'going green' used to be all about the *Celtics*. Now there's a new meaning of 'going green.' Our flyer is going green. This is the last flyer we will be mailing out to the members. It will be important when you renew your membership that you give your correct e-mail address. If you have renewed your membership and at some point you change your e-mail address please let the membership person know. Thanksgiving Day ( It's on a Thursday this year) fun run on November 26, 2009 at 7:00am in the Seniors Lunch Room. There will be a 6-mile run around UMASS Boston and a 4-mile walk or run around Castle Island. You bring the sweets and we'll provide the coffee and tea.

Don't forget the December 8th Club Meeting in the Seniors Room at 7:00pm. College Hype will be there with some new colors, if you have any ideas, pass them onto our new Apparel person, who will be at the meeting on the 8th. Elections will be also be held at this meeting. This will give you a chance to meet your new board members in person and put a face with the names. During the meeting proceeds from the Jim Kane Sugar Bowl 5-Miler will be distributed to the local charities we support. And I also heard but can't confirm that there might be "PIZZA."

Send in your membership renewals and avoid a late fee. Join us 12/6 in Marina Bay for our Christmas party, look below for more information and check the website. Christmas baskets will be delivered on Saturday, 12/19 at 8:00am in the Senior Card room next to the Seniors Lunch Room. We need at least 50 members to deliver baskets to the 50 families on our list. If anyone knows of a member who is in need of a Christmas basket please e-mail me and it will be handled discreetly. Wearing your club colors the day of basket distribution will help the families recognize you as a club member and having a cell phone will also help. Hope to see some new faces.

## MARK YOUR CALENDARS

### Thanksgiving Day Fun Run - Thursday, November 26th, 7am set-up/8am run

Bring a snack to be shared. Coffee and tea will be provided.

### Club Meeting - Tuesday, December 8th, 7pm

Money raised at the Jim Kane Sugar Bowl 5-Miler will be distributed to local charities. Club elections will be held.

### Christmas Basket Distribution - Saturday, December 19th

Check website for more details.

### Holiday Party - Sunday, December 6th, 3pm - 6pm

This year's party will be held at The Waterclub, Marina Bay, Quincy. RSVP to Lisa Mikes - lisamikes@hotmail.com. **A reminder that the cost is \$0.00.**

### New Year's Day Fun Run (aka "The Bob Grant L Run") - Friday, January 1st, 8am

Run through Boston to see the ice sculptures. Meet at the L Street Entrance to the Curley Rec. Center.



**Bring your old running shoes to the Thanksgiving Day Run or to the Dec. 8 club meeting.**





# BOARD OF DIRECTORS ELECTION

At our December 8th meeting we will be holding elections for the LSRC Board of Directors. **All positions are open for nomination even if someone has already been nominated.** If you are interested in serving on the Board to help steer the direction and future of the running club; or if you want to nominate another club member to a position, email Bill Smith at [wsmith@massconvention.com](mailto:wsmith@massconvention.com) prior to the meeting. Board members serve annual terms and are expected to participate and contribute to the successful running of our club and to attend monthly Board Meetings. If more than one person is nominated a vote will be taken during the meeting.

<b><u>Position</u></b>	<b><u>Responsibilities</u></b>	<b><u>Nominated</u></b>
President	Responsible for the overall running and organization of LSRC.	John McDermott (Mac)
Vice President	Serves as back-up to President and takes on responsibilities as assigned.	Bob Grant
Treasurer	Responsible for the fiscal operations of the club including but not limited to book keeping, invoice payment and tracking and distributing incoming money.	Joe Perdicaro
Secretary	Responsible for recording and distributing the minutes from the monthly Board Meetings.	Stan Nyberg
Membership	Responsible for recruiting/advertising for new members, tracking membership levels and types, keeping membership database and reporting on membership levels.	Kathleen Cosgrove
Events	Responsible for organization of all club events including securing venues, determining menus, ordering food/supplies, event set-up/break-down and assigning/managing support staff as needed.	Jen Bagni
Sunshine	Responsible for representing the club and sending out care messages/packages/flowers to club members who are injured, have lost a loved one or just need the club's show of support.	Laureen Bina
Race Director	There are two race director positions. One of which will take a lead role in the overall running of the annual Jim Kane Sugar Bowl 5-Miler and the second director who serves as their back-up.	Jen Mitchell
Apparel	Serve as the liaison between the club and our apparel distributor to request items, promote the sale of club apparel.	Theresa Cidlevich
Newsletter	Develop club newsletters/flyers as needed, including writing, designing, printing and distribution. Research/suggest ways to reduce costs of newsletter distribution and/or converting to e-newsletter.	Tina Karas
Alternates	There are two alternate board positions. Alternates take on responsibilities as assigned. Alternates are limited to serving just two terms.	Pat Carroll Michael Hunt
Webmaster	Responsible for managing all aspects of the website, including adding new content, updating existing content, managing links to other sites and recommending enhancements to the site moving forward.	John Sheehy

# LSRC MEMBERSHIP APPLICATION

You can join LSRC at any time during the year. Our membership year starts on January 1st, 2010 and ends on December 31st, 2010. If you sign-up on October 1st 2009 or later, there is a grace period so that you will be considered paid for the year 2010.

If you become a member of the L Street Running Club this precludes you from running in the Jim Kane Sugar Bowl 5-Miler. You will also be asked to volunteer to work this race. Please also remember that The LSRC and The Curley Community Center are separate entities and require separate memberships.

## PLEASE CIRCLE ONE:

RENEWAL: Individual \$20 Family \$25 (must be a 2009 LSRC member)

NEW MEMBERS: Individual \$45 Family \$50

## Please Print All Entries Clearly

Last Name: \_\_\_\_\_ First Name \_\_\_\_\_

Male [ ] Female [ ] Additional Contribution to the LSRC Charity Fund \$ \_\_\_\_\_

List below the first names of any family members (spouse and children (18 years old or younger)) to be included in the Family Membership.

First Name	Age	First Name	Age
_____	_____	_____	_____
_____	_____	_____	_____

## Your Contact Information

Address: \_\_\_\_\_ Apt #: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Office Phone: \_\_\_\_\_

E-mail address: \_\_\_\_\_

**Make checks payable to: L STREET RUNNING CLUB**  
**Mail to: L Street Running Club Membership, c/o PO BOX 445,**  
**South Boston MA 02127**



[www.lstreet.org](http://www.lstreet.org)