

C4 Meeting Minutes
Oct 22, 2003

First, I would like to say thank you to the following people for getting this club up and running. To our members, if not for you we would not have a club. Thank you for showing up to the meetings and more importantly, on the rides. Thank you to our new members for joining last night... Ron Strickmaker, Carlos Urquiza, Brian Lafountain, Dave Standridge, Richard Eason, Joe Zik, Clay and Kay Clark, and Mario Camacho!!!. If there is anyone I missed, I apologize in advance. We had 33 people attend last night's meeting...Awesome!!! My special thanks go to Woodie and Nicole for organizing the clothing and labelling them. This made the distribution process go smoothly last night. Next, to Bob Miarer and Chris for getting the money together. To Erin Brown, I know he doesn't have e-mail, but give this guy a pat on the back for getting the membership forms and cards together. Last but not least to Rob Havens and Charles Speas for getting the Website together. Keep up the great work.

Secondly, we distributed the clothing last night... the clothing looks great. I still have the following folks' clothing... Bryant Holmes, Tom Misiak, Mike Homan, Dale at USPS, Mike Sarno, Brandy Byrd, George Weightman, Carl Beene, Marshal Pitts, Mike Thomas. I will bring the remaining clothing to the next meeting on Nov 10 at 7pm Baldino's.

Third, the next meeting is 10 Nov 7pm, Baldino's. We voted last night to have monthly meetings every second Monday or each month.

Fourth, Officers, although we did not discuss it, we have a temporary committee of officers: Director, Greg Combs, Secretary, Woodie Anderson. Treasurer, Bob Miarer, Membership, Erin Brown, Website Managers, Rob Havens and Charles Speas. These folks are temporary until we can build up our membership to 50 or so and have a club membership vote. I hope to have a staff by Jan 2004. So lets plan on having a vote at the Jan 2004 meeting.

Fifth,

a. The next meeting agenda will encompass, a mission statement and bylaws, I will draft these up and send it out via email. Please review and provide comments at the 10 Nov meeting.

b. Establish C4 as a US Cycling Federation club and a League of American Bicyclists club.

c. Schedule a club bike fit and power analysis clinic. I am going to offer a club deal to C4. Rather than charging individuals up to \$250 to \$300 for these services.. I will do as many people in one day for a set price and additional funds will go back to the club. I can do the bike fit on a Cateye CS 1000 or power tap that measures watts and speed and at the same time do a power test for another club member on a computrainer. The data doesn't lie... if you are not fitted to the bike correctly your performance suffers. I have seen an increase as much as 50 watts in just making adjustments on the bike. Just 10 watts will drop your Time Trial times by as much as 3%. I'll be in Atlanta from

Nov 6-9 assisting my partner John Howard of the John Howard School of Cycling to do a clinic. Up to 36 clients have already signed up for these services in Atlanta. John will be helping me in Mar 2004 to do a clinic in Raleigh. Why the hype, well it's not really hype, it's what I do. As a coach and sponsor of cycling my goal is to help people get better without wasting valuable time and energy. After the base line tesing, I can help you achieve your goals: 3F's Fitness, Fast, and Fun, through individualized training programs.

d. Funding... see below.

Sixth, Funds. Sponsors donated the following:
\$700 Velo Smart Coaching.... Greg Combs
\$500 Hawley's Bicycle World... Mark and Sandy
\$500 The Bicycle Shop... Marty
\$500 First Command Financial Planning... Probe Thompson
\$500 Leath Acura of Fayetteville... Bob Miarer
\$500 Peak Performance... The Clinton Family
\$300 Vilasi Import... The Clinton Family
\$200 Southern Gin and Grain... Roy
\$100 BRYANT... Bryant Holmes
\$3,800 Total (Not Bad for a local bike club)

The total bill for the clothing was \$4,178.00, this includes shipping of samples and the final order (\$70.00), set for art work (\$45), custom colors (\$300), The Bicycle Shop Logo from Williams Printing (\$10).

Money owed to the following individuals. The difference between the sponsorship funds and clothing order is \$378.00, I paid Verge Clothing with my credit card. As well, Robert Haven has paid for the Website hosting, etc. I'm not sure what his cost where, but we will need to discuss and vote on the re-payment of these two folks.

At the meeting last night we received \$2,881.00 for the clothing from members. We also received \$288.00 in membership dues. I will be depositing these funds this moning with Woodie at First Citizens Bank. I hope we can get more people on the signature card in the very near future.

Lastly, I will call Verge Sport today and set up another clothing order. I'll post it on the web. Speaking of the web. The portal has moved. I was just able to get a web page. I hope we are not having problems? Anyway, Thanks for everything folks. One again, please pass this message to Rob Havens and Charles Speas, as well to other folks not on this e-mail list.