

## Melissa S. Eder

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**From:** Pamela J. Madden  
**Sent:** Tuesday, August 13, 2019 9:20 AM  
**To:** Craig B. Clifton  
**Subject:** Re: First Ever AC Running Club Meeting/Group Run  
**Attachments:** image001.jpg

See answers below to your questions

Pam

Sent from my iPhone

On Aug 13, 2019, at 9:02 AM, Craig B. Clifton <cbclifton@actx.edu> wrote:

Wow!!! What a great response for a running club. See the email list above. The list continues to grow daily. I have looked over the Scheduling Assistant and there is no ideal day/time to meet in the next two weeks. Thursday Aug 22, 4pm appears to be the day/time with the fewest conflicts. This meeting format will be to show up, stretch a little, run/walk(in small groups of like running/walking speed) and discuss pre-selected topics as we run/walk. Due to all of our varied running/walking paces, you do not have to stay with any particular group the entire time. The goal is to all meet up and at the very least stretch together. Some of you may run/walk together the entire time. Some of you may stay for stretching and run by yourself. Some of you may run with a group for part of the time and finish your run by yourself. Below are the topics that I would like your feedback on. If you are unable to attend this first group run/walk/meeting, that is not a problem. THERE WILL BE MORE. I still want your feedback on the items listed below. In fact, most of our meeting/communication will probably take place by email.

1. Your Suggestion for a purpose statement for our "club"- Submit your best purpose statement. To unite AC with the Culture of Caring by caring for ourselves and others health and well being. To support one another and encourage all of AC to make healthier lifestyle choices through physical activity.
2. Name for our club- I was informed by student activities that the word "club" is exclusive to student clubs only and that we cannot call ourselves the AC running "Club."

AC Running Badgers

3. Running Shirt Ideas- I have some money budgeted for shirts. What kind of shirt will you actually run in?

Tank tops/ racer backs

4. Logo for our Shirt and club as a whole- If you have Ideas, Please submit them to me.

Use the new Badger logo with a body running

5. Our first race to attend as a group- See the race schedules from my first email and give us your suggestion for our first race to attend as a group.
6. Ideas for incentives- Please send me your ideas on what motivates you and your ideas on incentives that can keep us all motivated and having fun.

I just need encouragement to keep going. I am doing this to get active again and hopefully reduce my back pain and lose weight.

7. Group Run date/time/location suggestions- I just came up with this first one somewhat randomly(with the help of scheduling assistant). Send me your better ideas.

8. Anything else you want to suggest- Send me any other ideas you have for this group.

Craig Clifton

[Image result for running club]

<image001.jpg>

<image002.jpg>

<image001.jpg>

<meeting.ics>

## Melissa S. Eder

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**From:** Christine E. Diaz  
**Sent:** Tuesday, August 13, 2019 1:42 PM  
**To:** Craig B. Clifton  
**Subject:** Re: First Ever AC Running Club Meeting/Group Run

Goal: Start where you are. Make healthy progress—a step at a time. We run for the health of it.

Name: Healthy Steppers

Meeting: Friday or Saturday AM—before it warms up

Can't wait!! Thank you for organizing this!

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**From:** Craig B. Clifton  
**Sent:** Tuesday, August 13, 2019 9:02:14 AM  
**To:** Ashley B. Mader; Ashlie E. Lang; Brian L. Frank; Carol Bevel; Cheryl L. Jones; Christine E. Diaz; Cindy Lanham; Courtney Milleson; Danielle N. Arias; Diane L. Sharber; Erica D. Brassfield; Ernesto F. Olmos; Heather L. Finsterwald; Ileana L. Jennings; Jaime Rios; Janie B. Lane; Joseph E. Kautchick; Julie A. Norman; Kay Crandall; Kevin J. Ball; Kristin D. McDonald-Willey; Matthew Q. Snyder; Pamela Madden; Rose Dukes; Sami Landers; Shannon D. Gonzales; Sharonda Davis; Shelby N. Moore; Sherrie S. Buss; Keegan Ried; Stefanie M. Carruth; Stephanie Billingsley; Tamara T. Clunis; Tiffani L. Crosley; Toni B. Gray; Victoria A. Zuniga  
**Subject:** First Ever AC Running Club Meeting/Group Run  
**When:** Thursday, August 22, 2019 4:00 PM-5:00 PM.  
**Where:** Carter Fitness Center

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Craig Clifton

