

Melissa S. Eder

From: Kristin D. McDonald-Willey
Sent: Tuesday, August 20, 2019 10:30 PM
To: Craig B. Clifton
Subject: FW: Group Run/Walk, Shirt link

Well, I do not really love any of these suggestions 😊, but here you go...

And with added notes! You may be sorry you asked.

1) PURPOSE STATEMENT IDEA:

To encourage each other to run our best race. (Dual meanings there. Deep...I know)

To encourage each other in achieving our fitness goals (Dry, but to the point)

2) NAME FOR OUR CLUB:

BOLT (acronym for Badgers Orchestrating Lightening Times or whatever)

BAR Group - Badger Association of Runners (may draw more people and tequila to the group)

AC Runners Group (with tiny writing underneath that says "not to be confused with club"). Lol

3) SHIRTS:

I personally prefer tanks or sleeveless shirts for warmer weather and long sleeve shirts for colder weather. However, I will wear a short sleeve if that is what everyone wants.

4) LOGO:

Not an artistic bone in my body. Sorry. :)

5) FIRST RACE:

I don't see much on the current running calendar, but think the "Run the Cops are Here" would give people a bit over a month to train so the timing and distance might be good. When LSRC posts it, Hope and Healing would be good because you can form 2 or 4 person relay teams or run it yourself and it is for a good cause and relatively flat. The big races like Race for the Cure also have team sign up options so that could be fun.

6) INCENTIVES:

Incentives geared around meeting our personal goals or improving personal best times might be good? Or set milestones and randomly draw from those who meet whatever goals you set?

7) GROUP RUN:

Work hours will be hard for me. I think if you could gather information from the group to share so we can match up, it might be helpful (e.g. current pace and distance we run, goal pace and distance we would like to run and by what date, available times to run, etc.)

----- Original message -----

From: Kristin D McDonald-Willey <k0369065@actx.edu>
Date: 8/20/19 6:04 PM (GMT-06:00)
To: "'kdmcwilley@gmail.com'" <kdmcwilley@gmail.com>
Subject: FW: Group Run/Walk, Shirt link

From: Craig B Clifton

Sent: Tuesday, August 20, 2019 5:42 PM

To: Ashley B Mader <abmason@actx.edu>; Ashlie Elizabeth Lang <a0300958@actx.edu>; Brian L. Frank <blfrank@actx.edu>; Carol Bevel <clbevel@actx.edu>; Cheryl L Jones <cljones@actx.edu>; Christine E Diaz <cediaz24@actx.edu>; Cindy Lanham <cynthea.lanham@actx.edu>; Courtney Milleson <cgmilleson@actx.edu>; Craig B Clifton <cbclifton@actx.edu>; Danielle N Arias <dnarias@actx.edu>; Diane L Sharber <dlsharber@actx.edu>; Erica D Brassfield <edbrassfield@actx.edu>; Ernesto F Olmos <efolmos@actx.edu>; Heather Leigh Finsterwald <h0316066@actx.edu>; Ileana L. Jennings <i0109452@actx.edu>; Jaime Rios <j0385003@actx.edu>; Janie B Lane <jbgillett@actx.edu>; Joseph E Kautchick <jekautchick@actx.edu>; Julie Alice Ruth Norman <j0172108@actx.edu>; Kay Crandall <j0115939@actx.edu>; Keegan Scot Ried <ksried@actx.edu>; Kevin J Ball <k0364101@actx.edu>; Kristin D McDonald-Willey <k0369065@actx.edu>; Matthew Q Snyder <m0389799@actx.edu>; Michelle K Orcutt <mkorcutt@actx.edu>; Pamela Madden <pjmadden@actx.edu>; Rose Dukes <rcdukes@actx.edu>; Sami Landers <slanders21@actx.edu>; Shannon D Gonzales <s0261410@actx.edu>; Sharonda Davis <s0142346@amarillocollege.com>; Shelby N Moore <shelby.moore22@actx.edu>; Sherrie Sue Buss <ssnunn@actx.edu>; Stefanie Michelle Carruth <smcarruth@actx.edu>; Stephanie Billingsley <smbillingsley22@actx.edu>; Tamara Thornton Clunis <ttclunis@actx.edu>; Tiffani L Crosley <t0245299@actx.edu>; Toni B Gray <tbgrey@actx.edu>; Victoria Ann Zuniga <vaarambula@actx.edu>
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Craig Clifton

Carter Fitness and Wellness Center Director

Amarillo College

cbclifton@actx.edu

(806)358-9578

Melissa S. Eder

From: Cheryl L. Jones
Sent: Wednesday, August 21, 2019 11:33 AM
To: Craig B. Clifton
Subject: RE: Group Run/Walk, Shirt link

My notes:

1. "The purpose of the Amarillo College "(name of group)" is to promote fitness and fellowship for employees of Amarillo College, through the group's common interest in running, walking, nutrition and overall wellness. The "(name of group)" exists to encourage runners of all abilities, experience levels and ages to improve their overall sense of wellbeing through movement."
2. Running4AC, AC Ghost Runners, AC Runtherapy
3. Tech, preferably a fitted racer back tank. I can't get the photo images to display on my computer or phone.
4. This should go through Marketing and Communications to design for us.
5. I think this depends on where people are in their levels of preparedness. I haven't run or done regular cardio in about 12 months so it's going to take time for me to work up to a 5K.
6. What motivates me is plenty of group activities that combine socializing with the running, like pub crawls, community service etc.
7. We may want to do a few options because it will be difficult to get everyone at the same time every week. I personally would like early-ish Saturday or Sunday mornings. End of a workday, Monday through Thursday works too.

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Melissa S. Eder

From: Kay Crandall
Sent: Wednesday, August 21, 2019 1:44 PM
To: Craig B. Clifton
Subject: RE: Group Run/Walk, Shirt link

Maybe something blue....so that we can wear it to work on Tuesday/Bluesday

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From: Kay Crandall
Sent: Wednesday, August 21, 2019 1:45 PM
To: Craig B. Clifton
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Well...assuming everyone picks a t-shirt...with sleeves and all. Otherwise.....actually, I don't care!! Lol

From: Kay Crandall
Sent: Wednesday, August 21, 2019 1:44 PM
To: Craig B. Clifton <craig.clifton@actx.edu>
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From: Sherrie S. Buss
Sent: Wednesday, August 21, 2019 3:47 PM
To: Craig B. Clifton
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I like to run in t-shirts...v neck or scoop...tanks are okay but with it coming into fall I don't know about tanks...

Sport-Tek® Ladies Ultimate Performance V-Neck. LST700

Sport-Tek® Ladies PosiCharge® Competitor™ V-Neck Tee. LST353

Sport-Tek® Ladies Heather Contender™ Scoop Neck Tee. LST360

Just my thoughts...

Thanks!
Sherrie
Office 806-467-3104

From: Craig B Clifton
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Well, as I've thought more about it, as a College-sanctioned activity group, we probably can't do it. It's basically a group run/walk, stopping along on the way, or ending, at a tavern, where people enjoy a beer afterward. 😊

From: Craig B. Clifton
Sent: Wednesday, August 21, 2019 4:26 PM
To: Cheryl L. Jones <cljones@actx.edu>
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Great Ideas. Got it. What is a "Pub Crawl?"

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Sent: Wednesday, August 21, 2019 11:33 AM
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