



# CBRC Winter Meetings

Everyone Is Welcome

Bring Your Friends!

**FEATURING GUEST SPEAKERS, BEVERAGES, SNACKS, SOCIAL TIME, MEMBERSHIP RENEWALS, MERCHANDISE SALES & UPCOMING RACES**

## **1. NOVEMBER 13<sup>th</sup>, SUNDAY, 7 PM**

Doors open 6:00 p.m., club business at 7:00

Guest Speaker:

### **DR. DAVE JUEHRING, PREVENTING COMMON RUNNING INJURIES**

Dr. Juehring, Palmer College of Chiropractic professor, will share his insights to keep all of us compulsive distance runners healthy. It's better to prevent the injuries rather than end up in his office for treatment, isn't it? This night starts our Winter Meeting series- BE THERE!

Duck Creek Park Lodge, Davenport

Intersection of E. Locust & Marlo

## **2. DECEMBER 12<sup>th</sup>, MONDAY, see agenda below**

Doors open 6:00 p.m., YOGA CLASS 6:15- 6:45

Eat 6:45- ?, Club Business & CBRC Race Circuit Awards 7:15, Guest Speaker 7:30

Guest Speaker: **JEANELLE BOYER, YOGA INSTRUCTOR AND COLLEGE PROFESSOR**  
**CHRISTMAS HOLIDAY POTLUCK, T-SHIRT & SHOE DONATIONS ACCEPTED, CBRC RACE CIRCUIT AWARDS, AND CLUB MEETING**

Wear your workout clothes and come prepared to stretch your tight runner's muscles on the spacious Col dance floor under direction of Yoga master Jeanelle Boyer to begin the night. The night will conclude with Jeanelle relating her experiences with her across Iowa run from last summer. Please bring a dish to share. Plates, dinner ware, and napkins will be provided. Cash bar. Donate your CLEAN AND GENTLY WORN t-shirts and running shoes- we'll take them to local charities. End of year awards will be presented for overall and age group winners of the 2011 CBRC Race Circuit. CBRC club merchandise will be for sale, with some merchandise close-out priced-perfect holiday gifts!

The Col Ballroom

1012 W. 4<sup>th</sup> Street, Davenport

## **3. JANUARY 15<sup>th</sup>, SUNDAY**

Doors open 4:00 p.m., until 9 p.m. Voting Ends At 7:00 p.m.

**ANNUAL MEETING AND ELECTION OF OFFICERS, & DJ DANCE MUSIC, TOO**  
**(NFL Football Games Televised at the meeting, also)**

Come and vote for candidates for the Board of Directors of CBRC, socialize with your friends, see the presentation of annual recognition awards for contributions to our running community, and have some fun dancing, too. Your vote counts and helps determine the governing body of our club. We'll have a hot appetizers buffet, beverages, and some good dance music. **\$5 donation at the door helps pay for meeting expenses** (Of course, no charge to vote.)

Knights of Columbus Club House

1111 W. 35<sup>th</sup> St., Davenport

## **4. FEBRUARY 26<sup>th</sup>, SUNDAY, 1 PM**

Doors open at Noon

**CBRC'S CHILI CHASE 4 MILE RUN**

Could be a snowy winter wonderland for this race through the neighborhoods of east Davenport and along the Duck Creek Recreation Path. A delicious chili lunch follows the run. Unique race awards. More details at Running Wild & cornbelt.org.

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**ARRIVE EARLY -CLOSE PARKING IS LIMITED!**