

CBRC Winter Meeting Series 2017-2018



Everyone Is Welcome
Bring Your Friends!

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

1. NOVEMBER 13th, MONDAY, 7 PM

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

Guest Speaker: **Mary Toohill, Personal Trainer at YMCA Bettendorf**

Topic: Functional core and strength training, rest and recovery, training cycles and basic nutrition for optimal performance

This meeting provides beverages and snacks. Upcoming races and events will also be promoted.

Credit Island Lodge

2200 W. River Drive, Davenport

2. DECEMBER 11th, MONDAY, 7 PM

Doors open 6:00 p.m.

Eat 6:45- ?, Club Business 7:15, followed by CBRC Race Circuit Awards

Program: CBRC Race Circuit Awards

ALSO: CHRISTMAS HOLIDAY POTLUCK, T-SHIRT & SHOE DONATIONS ACCEPTED, CLUB BUSINESS MEETING, CLUB MERCHANDISE FOR SALE

Please bring a dish to share. Plates, dinner ware, and napkins, and limited beverages will be provided. Bring any special beverages you like. 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 ticket winners of the 2017 CBRC Race Circuit. CBRC club merchandise will be for sale, with some merchandise close-out priced and new CBRC items- find your holiday gifts here!

Duck Creek Park Lodge

3300 E. Locust St., Davenport

3. JANUARY 14TH, SUNDAY

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

Island

ANNUAL MEETING AND ELECTION OF OFFICERS, & DJ DANCE MUSIC, TOO

(NFL TV playoff game access, too) Guest Speaker to be determined. 1 seat up for election.

Place your 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 dance the night away, too. Your vote counts and determines the governing body of our club. Enjoy a hot appetizer buffet, beverages, and some FUN dance music. **\$10 donation at the door helps pay for meeting expenses** (Of course, no charge to vote.)

The Establishment Theater

220 19th St., Downtown Rock

4. FEBRUARY 18th, SUNDAY, 1 PM

Doors open at Noon

CBRC'S CHILI CHASE 4 MILE RUN

Expect snowy (or spring-like) conditions for this race through the neighborhoods of east Davenport and along the Duck Creek Recreation Path. Includes a delicious chili & sandwich lunch right after the run. Unique race awards. More details at Running Wild & www.cornbelt.org.

Duck Creek Park Lodge

3300 E. Locust St., Davenport

ARRIVE EARLY -CLOSE PARKING IS LIMITED!