

Violet Crown Club Meeting Minutes

Monday, March 3, 2008

The Violet Crown Sports Association held its regular monthly meeting at Mangia's Pizza on Mesa Drive on Monday, March 3, 2008. Club president John Collins opened the meeting at approximately 7:05 PM and introduced several guests, including new member Richard Gephart of Austin, and one of the club's sponsors, MaryBeth Farrar of Gateway One Consulting.

Club treasurer Greg Lakomski gave a brief report, noting that the club now has liability insurance to ease the burden on club officials and ride leaders. He added that the policy does not cover medical expenses for club members. Greg also recounted his positive experience working as a volunteer at the Primavera road races at Lago Vista on March 1 and 2, where he drove a support vehicle. He added that several other club members also served as volunteers at the event and that "the club showed well."

Club clothier David Wolfe provided an account of the club's clothing inventory, noting that much of the club's stock of pre-2007 items has been sold. He added that a selection of 2006 clothing and other, older items is currently available to club members at reduced prices. David also said that he had recently spoken with representatives of the club's clothing supplier, Louis Garneau, and that the club's 2008 clothing should be delivered in late March or early April.

Club past president John Bartle reported on his new role as a bicycle advocate for the club and the greater Austin cycling community. He said that he's been learning about bicycling rights and safety issues and would like to serve as a "conduit" to relay cyclists' concerns to the appropriate authorities. John mentioned a number of current cycling-related organizations and projects, including the city's "Bicycle Advisory Council," which he described as "well organized," as well as the Austin Bike Plan and a proposal to add a bike/pedestrian lane to the Mopac (Loop 1) bridge over Barton Creek. John concluded his presentation by asking that club members notify him about cycling-related issues or problems. He added that anyone who encounters cars parked in a bike lane where parking is not permitted should call 311 to report such incidents.

At the conclusion of the business portion of the meeting, John Collins introduced Yvonne Graham, a former world class middle-distance runner. Ms. Graham and her husband own and operate the TFN Nutrition Center on Research Boulevard in Northwest Austin, which is a sponsor of the Violet Crown. During her informative presentation, Ms. Graham described the importance of properly selecting and using vitamins and other nutritional supplements to improve cycling (and other athletic) performance. She stressed the importance of reading product labels and recommended using a good multi-vitamin as well as flaxseed and fish oils. She closed by inviting club members to visit her store for a personal consultation, adding that Violet Crown members would receive a 20% discount off the list price of nutritional supplements and other products.