

Minutes of Nittany Mountain Biking Association (NMBA)
Meeting of Members
January 16, 2012

A meeting of members of NMBA was held on January 16, 2012, at Schlow Memorial Library, State College, PA.

There were 18 members in attendance.

NMBA member, Mary Dean Coleman-Kelly, PhD, RD, Assistant Professor at the Pennsylvania State University, presented an informative slide show, "Nutrition Facts for Riding Single Track". The information that was presented was geared to give guidance with what to eat/drink before, during and after a ride to maximize performance. Her presentation will be posted on the website.

NMBA member, Russ Hildebrand who moved here from Colorado four years ago, is a local Chiropractor with 14 years of experience. He spoke to us about the benefits of chiropractic care for the mountain biker. Many ailments in mountain biking can be corrected with proper alignment on the nerves. Russ has generously been giving back to NMBA. For all new patients who are NMBA members, or a referral from an NMBA member, he will give back 15% of his fee.

The Matthews will be hosting a Holiday Party Saturday February 4th at 4pm. Their home is located at 103 Aspen Drive in Boalsburg. Families are welcome. Please BYOB and a covered dish to share.

The Board has voted and approved the preparation of the 501(c)(3) tax return to be completed by Dotts Hamilton, Inc. The cost will be approximately \$150.00-\$200.00.

There was discussion as to what will be given out as a "gift" when a member pays their dues. In years past, T-shirts were given out. There was a suggestion to give out photo calendars in place of the T-shirts. It was decided that since dues were due in April we wouldn't be able to do it this year since half of the year would be over. It will be considered for future "gifts" or as a separate sale item or fund raiser. If anyone has a desire to design the t-shirt for this year, please contact Terri Rudy.

There was an election of officers held. The following people were voted into office:

President: Terri Rudy
Vice President: David Miller
Treasurer: Cathy DeSanto
Secretary: Carol Younkins

Mike Bush was the winner of the Bicycle Dreams Raffle. He won 2 tickets to the showing of Bicycle Dreams which will be at the State Theatre on January 26, 2012. NMBA is a co sponsor of this event with CRBC (Centre Region Bicycle Coalition).

Submitted by Carol Younkins