



2010 Board of Directors Candidates

This year, there are seven candidates vying for five openings on the Checkers Board of Directors. Board members serve a two-year term. To cast your vote, go to checkerac.org, click on "2010 Board Election," and then click the online ballot link. Or, you can clip the ballot below, fill it out, and mail it (the address appears on the ballot) or bring it to the general meeting on March 21.

Julie Donnelly



Running for 25 years and a member of Checkers since 2000. Board member of Checkers since 2004. I joined Checkers after completing my first marathon, to improve my running. Along the journey I have made many great friends and met my husband. I have taken on the responsibility of picnic coordinator for the club. Throughout those years I have served on the Turkey Trot race committee and volunteered for the marathon as well. Running will always be a part of my life and anyway I can be a part of it I will. I would like to continue to serve on the board for such a great club.

Tom Donnelly



I have been running since 1976, when I first took it up to drop my weight from 200 lbs. It was love from the first step, even though I had to walk home after only running about a quarter of a mile. It got decidedly easier after that. Throughout the years, I have served on many race committees and been involved with planning, staging and directing many races. Five years ago I became race director of Turkey Trot. I was president of another running club for over 15 years during which we grew the Corporate Challenge from less than 1,000 runners to over 15,000. I volunteered as assistant track coach at Canisius High School for 6 years, mostly while my sons attended. I have four wonderful children from my first marriage, most of whom enjoy running. I joined Checkers in 1998 to take part in all the many running activities offered, and immediately felt welcomed as a member of one of the greatest running organizations I have ever known. My wife Julie and I met in 2000, while at a Checkers X-County meet. I was elected to the board in 2000 and have never worked with more organized, dedicated group of volunteers in my life. This year I took over as president of Checkers. I have enjoyed serving as president and look forward to staying involved for many years to come.

Ray Ernst



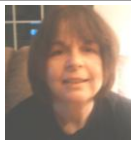
I started running a little over ten years ago, and have been a Checkers member for the last six years. Originally joining for track workouts to improve my racing times, I soon discovered Checkers had more to offer; new friendships, great social gatherings and terrific support at area races. I have run numerous 5Ks, 10Ks and half marathons wearing the Checkers colors. I take great pride in having run thirteen marathons (my fourteenth will be my first Boston this April), and I have run four Ultra-50Ks. Over the years I have volunteered at various races around WNY, helping with water stops and traffic control. For the past three years I have been race director of the Bond Lake RUT Race. If voted in as a new board member I will use my experiences, competitive spirit and joyful enthusiasm to help Checkers remain a supportive environment and an enjoyable experience for all of our members.

Laurie McGorry



Hi my name is Laurie McGorry. I have been running for a year in a half now and have had some great experiences. I have met many, many great runners so far. I joined Checkers a year ago to get to know more people and to follow a training regime that will make me faster and also to get myself out there as I work from home. I really don't see many people during the day. So far, I have done two marathons and 2 half marathons which includes the Goofy Challenge in Disney World 2010 which was an amazing experience. In 2009, I raced in 16 races and mostly was 5Ks and placed in half of them. I am just so excited about running and hope that you will consider me for a Checkers Board Member position. I feel that because I am a new runner I have some ideas from a beginner runner's perspective in hopes of being able to pass them on to Checkers AC. I feel that I can be a great asset to the Board and hope you will vote for me.

Laurie Seier



My name is Laurie Seier and I started running in 2005 to lose weight and get in shape. Prior to that, I had never run a day in my life. Now, I define my life by two halves: before running and after running, because I am now totally committed to running. I joined Checkers 2 years ago on the advice of a running friend. Running has opened a whole new social network to me and I love the camaraderie of fellow runners and the great friendships I have made. I have run many 5Ks, half-marathons, and 2 marathons in addition to participating in a few duathlons and sprint triathlons last summer. I work as a clinical professor of nursing at UB. I feel that I am at the time in my running journey that I would like to start to give back to the running community that I have received so much from.

Sam Spritzer



I have been a Checkers member since 2005 and a Board member since 2008. Along with fellow runner and wife, Stephanie, we live in Williamsville with our two boys and a cat. As your board member, I strive to help provide you with a club where you can enjoy recreational and competitive running as well as enjoy the social camaraderie of your fellow runners. When I am not running, you'll find me mingling among the crowd, offering encouragement, directing traffic, collecting chips, and helping to maintain the Checkers website. As much as it is a pleasant to count you as friends and fellow runners, it is an honor to be of service as your board member. I look forward to serving you for another two years.

Jim Waldron



My name is Jim Waldron, and I have been a member of Checkers for the past eight years. I started running a couple years after college and have enjoyed running for the past 27+ years. I was encouraged to join Checkers by several members who assured me that I would improve my times in races and would develop many great friendships; they were right! As a member of Checkers, I have participate in cross country meets, something I had never tried but found to re-energize my running. I would encourage everyone to try these unique running events. I have also been a regular at Tuesday track workouts. As a member of the Board, I would support the continued growth of the club by encouraging runners of all ages and skill to discover the benefits, beyond running, of being a member of this club. I would also work to increase participation in the Upstate Cross Country Series and to make Checkers the running club to join if you are a local elite runner. Thank you for your consideration.

Ballot

Please cast your vote for any five (5) of the following. You may vote for fewer than five candidates, however, if you vote for more than five, your ballot will be disqualified.

- Julie Donnelly
- Tom Donnelly
- Ray Ernst
- Laurie McGorry
- Laurie Seier
- Sam Spritzer
- Jim Waldron

Your Name: _____

Bring your ballot with you to the general meeting on March 21, or mail it by March 17 to Fritz Van Leaven, 340 Puritan Road, Tonawanda, NY 14150.