Run Muskegon Board Election Nomination Form

This Run Muskegon board self-nomination election form is to be completed by current Run Muskegon Members in good standing who wish to be considered for a board position. All nominees will have their name placed on a ballot which will be presented to the Membership at the Annual Meeting for voting. The top four vote counts will be elected to the Run Muskegon board of directors for a two year term. This nomination form along with a picture of yourself will be posted on social media for the membership to review. Additionally, the completed nomination forms will be available to the membership for review at the Annual Meeting.

Reminders:

- You are running for the Run Muskegon board, not a specific board position. Board positions are decided by the newly elected board based on experience and seniority.
- You are running for a two (2) year board position
- Four (4) board positions will be open for election yearly
- This application along with a picture of yourself is due no later than midnight, three days prior to the annual meeting (Thursday, January 19, 2023)

Application and photo deadline is Thursday, January 19, 2023 at 11:59 pm. Nominations received after the deadline will not be considered.

Email *

salong73@gmail.com

Name: *

Sidney Long

How long have you been a member of Run Muskegon? *

Official member for a year. I first ran with the group in the fall of 2018, then moved back and forth between Chicago and Muskegon until finally settling in Muskegon in the fall of 2021.

Briefly explain your running history and experiences. *

I have been a runner since the age of 10. I qualified and ran at the state meet grades 5 – 12. Was an all-state runner 8th grade and 10th grade and I captained the 3rd place team in 12th grade. I continued to run recreationally through college and beyond completing a few half marathons, 5ks, etc. I became more serious/competitive again once joining Run Muskegon, completing longer distance races and my first marathon.

What experience, education or interest do you have for serving on the Run Muskegon board? *

My degree is in recreation management and I worked many years coordinating leisure experiences for lots of different groups; college club-sports teams, youth groups, scrapbookers, weddings, etc. I think Run Muskegon is an excellent group to join if you're looking to become physically healthier, but even beyond that the group provides a meaningful respite from the day to day drain of life. Run Muskegon has been, for me, the social stimulation I have needed since the pandemic. I'd love to do more to support Run Muskegon in engaging with the members and runners who are looking to "fill in the blank" (Run with a group, make new friends, get out of the house, become a better runner, engage with a community, etc.)

What special skills or knowledge do you have to bring to the board? *

I would consider myself an expert team/community-builder, having led and trained others to lead a variety of group experiences for years. I experienced a career change a year ago and I've learned that my skills in group/team management are quite unique and valuable to the teams I serve in my current professional role. I'd really love the opportunity to stretch those skills to support Run Muskegon to be even more welcoming and inclusive. I also happen to be a younger individual who has no kids and lots of free time. I'd be happy to contribute to an organization that means so much to me.

What other boards have you previously or do you currently serve on? *

I was on the board for my college ultimate frisbee team as the workout chair. I planned and led conditioning and weight training throughout two seasons of ultimate frisbee. More recently I worked alongside the Grand Rapids Ultimate board as a league coordinator for Spring and Fall Frisbee leagues for approximately 50 people. I placed people on teams, scheduled games, and reported scores using a specific web application for league sports. I was also a team captain with Grand Rapids Ultimate. I was responsible for sending weekly emails to the team, helping coach and engage new players, being the team "hype-man" and holding people accountable to rules and expectations set forth by the GRU board.

What volunteer experience do you have? *

Most relevant to running, I have volunteered at many races. I've done everything for course marking, to lifeguarding, to cooking lunch. Less directly relevant, but still useful experience, I was an American Camp Association (ACA) Visitor. ACA, like RRCA, is an organization that groups choose to be part of in order to elevate their status and legitimacy. Membership is based on your camp's ability to adhere to over 250 standards of operation including health codes, programming features, staff training, and loads of documentation. As a visitor I had to be expertly familiar with all of the standards and determine if camps were able to provide proof that they met or exceeded those 250+ standards. After preparing for my own camp's visit, I leveraged my knowledge to support other camps in preparing for theirs as an ACA Visitor. I have since become exceedingly eager to research and adhere to industry best practices and have been really excited about Run Muskegon's interest in using RRCA best practices to guide decision making and growth.

What would your goals be as a member of the Run Muskegon board? *

My goal is to support Run Muskegon's growth with intention. I've seen the current board do some really awesome things over the last year and I'd love to help build on that energy by considering the people and groups we serve, include and even unintentionally exclude when making decisions and implementing new ideas. I want Run Muskegon to continue to be a group you can show up to once in a while or commit to as part of the training plan written by your Run Muskegon coach. The spectrum of access is what makes this group unique and maintaining that is important.

Please upload /send a labeled picture of yourself to runmuskegon@gmail.com. Nominations not accompanied by a picture will not be considered.

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