



U.S. Handcycling Federation (USHF)
Minutes from the Meeting of the Board of Directors
Saturday, October 21, 2006

Executive Cmte Mtg (EC): 9:00 a.m. / Board Mtg (BDM): 10:15 a.m. / Public Meeting: 2:00 p.m. (PM)
Golden Hotel, Golden, CO

PRESENT

Elizabeth Edmands	Chairperson	present at: EC, BDM, PM
Tom Foran (via phone)	Exiting Chairperson	present at: EC
Gene Dixon (via phone)	Vice Chair	present at: EC
Steve Ackerman	Treasurer	present at: BDM, PM
Heather Plucinski	Secretary	present at: EC, BDM, PM
Ian L. Lawless	Executive Director	present at: EC, BDM, PM
Robert Davis	At Large Member	present at: BDM, PM
Clair Cahow	At Large Member	present at: BDM, PM
Matt Feeney	Guest	present at: PM
John Velcka	Guest	present at: PM

ABSENT

Christopher Hensley At Large Member

- Executive Committee Meeting called to order at 9:15 a.m.

- **Motion:** Elizabeth Edmands made a motion to approve bylaw changes as submitted
 - Motion seconded by Heather Plucinski, approved unanimously
- Tom Foran, whose position as Chairperson recently expired and was filled by Elizabeth Edmands, indicated he is too busy to be on the Board, but would still like to help the USHF. Ian Lawless thanked him for his hard work, particularly in helping start the organization.
- Gene Dixon discussed the *USA Crits* cycling series and wants to include handcycling. Ian Lawless indicated that handcycling participation at cycling races was a problem in 2006, and that we would look in to including one or two events from the *USA Crits* series on the USHF National Calendar.

- Executive Committee Meeting adjourned at 10:07 a.m.

- Board Meeting called to order at 10:20 a.m.

- Introductions and Welcome – Elizabeth Edmands, Chair, and Ian Lawless, ED, welcomed the Board members and asked that each member introduce themselves.
- New Board Members
- **Motion:** Heather Plucinski made a motion to vote Robert Davis on to the board as an At-Large member, with a focus on Legal and Risk issues.
 - Beth Edmands seconded the motion, approved unanimously
- There was discussion about the role of new board members, and Clair Cahow asked for clarification about the role of the Board.
- **Motion:** Ian Lawless made a motion to vote Clair Cahow on to the board as an At-Large member, with a focus on Grassroots.
 - Heather Plucinski seconded the motion, approved unanimously
- Steve Ackerman asked for an overview of how the elections for the current officers took place. Ian and Beth let the board know that an announcement advertising for interested USHF Board members was placed on USHF.org in June, and an election was subsequently conducted to fill the vacant (expired) Executive Committee positions, with the exception of Treasurer, pending Ackerman's interest in continuing in the role. Ackerman indicated he interested in both the Treasurer and the Athlete rep. Board positions.
- **Motion:** Elizabeth Edmands made a motion to vote Steve Ackerman on to the board in a dual role as Treasurer and athlete representative (At Large).
 - Heather Plucinski seconded the motion, approved unanimously
- **Motion:** Heather Plucinski made a motion to vote Christopher Hensley on to the board as an At-Large member, with a focus on off-road handcycling
 - Steve Ackerman seconded the motion, approved unanimously
- Discussion: General overview of USHF, and its purpose to be a cycling organization.
 - USHF organizes and promotes integrated cycling to include handcycling and cycling with other disability groups.
 - Robert Davis mentioned that it is important to maintain events that are catered just for people with disabilities.
 - Beth explained to the board about Ian being a paid staff for USHF by Challenge Alaska and that this is approved by the Challenge Alaska Board until June 30 2006. Beth and board discussed option of getting an intern to assist Ian, and that fundraising for USHF is of primary importance.
- **Action Item:** Beth directed Ian to develop a board commitment letter and a board roster.
- Discussion: How to increase USHF Membership:
 - **Action Item:** RAISE MEMBERSHIP TO \$10
 - Develop a Membership Kit to highlight the benefits of becoming a member, some of what we are already providing but not marketing well....
 - Partnerships with online bike shops
 - Being a voting member
 - Receiving an electronic Newsletter
 - Points system for races

- Cohesion and standards set amongst handcyclists nationally
- Members only Forum to be developed on Yahoo Website
- Special: Membership \$5 if you sign up before January 1st
- SWAG to be donated to USHF and passed on to members
- Discussion: Open up world of local cycling to handcyclists through advocacy/collaboration of current cycling events
- Discussion: USHF Website:
 - Change image to be less of an elite feel, perhaps more photos and stories about “Citizen Riders”
 - Include a list of Board of Directors on the site
 - “Local bike race Kit”– for each state to be developed so that members can find out where and when to race locally
 - Online store for USHF Swag– Robert volunteered his wife to design
- Discussion: Development of a “Resource Kit”- to collect information of handcycling nationwide
 - DS/USA Chapters
 - Craig- 10 model rehab centers in the country, Clair Cahow very involved
 - Blaze Clubs
 - Paralympic Academies

- Board Meeting adjourned at 12:59 p.m.

(but the Board had lunch together, where there was further discussion)

- Public Meeting (with guests) called to order at 2:10 p.m.

- Introductions and Welcome – Elizabeth Edmands, Chair, and Ian Lawless, ED, welcomed the guests and asked that each member introduce themselves.
- Discussion: Spoke with Grassroots Participants about closing the gap and becoming more organized. (Matt Feeny- Adaptive Adventures and John Vcelka-independent handcyclist)
 - The Board and guests agreed that a key role of USHF is to network handcycling programs and athletes nationwide, starting with Colorado where there is a wealth of handcyclists and handcycling programs.
 - Matt Feeny expressed his opinion re: USHF as a “competition” program, which confirms the Board’s previous decision to work on changing the image of the USHF.
 - Ian Lawless outlined the beginnings of a plan to create a “top to bottom” system for handcycling that caters to all levels of athletes and organizations. He explained that USHF is trying to work more collaboratively with U.S. Paralympics, as well as grassroots programs.

- Public Meeting adjourned at 3:20 p.m.

Minutes submitted respectfully by:
 Heather Plucinski
 USHF Secretary, October 25, 2006