

Richmond Road Runners Club Meeting Minutes
February 21, 2018 6 p.m.

Financial Report - Treasurer's report, Nikkia Young

We are very close to being completely transitioned out of the SunTrust Bank account and fully operational on the Towne Bank account. Additionally, the transition to Quickbooks is going swimmingly and we are still on track to complete the cut over by the end of March.

Marketing and Sponsorship – VP Marketing, Ed Kelleher

Run Shop Race Sponsors

Here's a list of run shop sponsors for a number of upcoming races. All are Run Shop Gold Sponsors, except for New Balance, which is a bronze sponsor for the Pony Pasture 5K.

Huguenot 3-Miler -- Lucky Road Run Shop
Carytown 10K -- Road Runner Running Store
Stratford Hills 10K -- Road Runner Running Store
Thanks Dad 5K -- Lucky Road Run Shop
Pony Pasture 5K -- New Balance Richmond
Poop Loop 4-ish Miler -- Road Runner Running Store
Wegmans Turkey Trot 10K -- Lucky Road Run Shop
2018-19 Winter Marathon Training Team -- Lucky Road Run Shop
2019 Advanced 10K Training Program -- Road Runner Running Store

Community Sponsors

Cul-de-Sac 5K Series – Triad Chiropractic
Wegmans Turkey Trot 10K – Wegmans Food Markets
Toy Run 5K – Primrose Schools

Operations – VP Operations, Jim Oddono – Jim was unable to attend but presented the following information in his report.

2/24- Shiver in the River – Timer, Mike Levins. Driver, Steve Nolan.

2/25- Huguenot 3Miler – Director, Michael Muldowney. Timer, Mike Levins.

Driver, **Mark Guzzi (confirmed)**. Registration Gurus – Marcy, Prerace. Sara, Race day. Need race day back up.

3/24- HCA VA Sports Medicine 5K – Clock and finish line rental only.

3/24 – SPCA Dog Jog 5K – CHIP Timed Race. Timer, Anne. Driver, Glenn.

4/21 – Holton Hustle 5k – CHIP Timed Race. Timer, Anne. NEED DRIVER.

4/28- ASK 5K – CHIP Timed Race – NEED TIMER, NEED DRIVER.

**Steve Nolan is checking his schedule to see if he can drive for these races

Review and preview of club races

Frostbite 15K – Mara and Chris – Frostbite was overall a success and that is thanks to the hard work of so many friends and volunteers. The race was six participants away from

selling out and was the highest attended Frostbite ever. A fun race day fact is that the medal showed up on Garmin fitness's Instagram page a few weeks later, which was awesome to see! Mara and Chris, affectionately nicknamed #TeamMandC, look forward to another awesome frostbite 15K next year!

SweetHeart 8K – Marcy - It was a warm, humid and mostly non-rainy, morning for the 357 finishers of the Sweetheart 8K. 26 couples participated in the Couples Challenge. Thanks to all the volunteers and our sponsors presenting sponsor TowneBank, gold sponsor Lucky Road Run Shop, and bronze sponsors Active Chiropractic and Urban Farmhouse.

Race results available on website.

The top individual finishers (chip time) were:

1st Male Open - Emmett Saulnier - 28:19.9

1st Female Open - Keira D'Amato - 30:01.8

1st Male Master - Jason Dowdy - 29:39.0

1st Female Master - Debbie Goodpasture - 35:23.3

Huguenot 3 Miler – M. Muldowney – the race is ready to go.

Carytown 10k – Anne Brown – Anne was unable to attend but sent the following information. Carytown is going

One Miler – Sara Lasker - Saturday, June 9, 2018. Races followed by post-race food, beer, and block party. Possible Course #1: Start/Finish at Isley Brewing

1st choice of location is Scott's Addition, but it will be hard to shut down roads there on a Saturday night. Parking is also limited there. Michael George commented that the "Nutsy Run", though only a 1 miler, required the use of 13 police officers.

2nd choice is City Stadium (suggested by Joe Flynn). This would give plenty of parking, restrooms, and a big open space for a party afterwards.

Thanks Dad 5k – Sarah Akin & Matt Nordin - Permit applications have been submitted to V-Dot, Chesterfield County Police and Parks for race date of Sunday June 17th. Lucky Road will be the running store sponsor hosting pre-race packet pick-up at the Midlothian location on June 16th from 11-4. Kathleen at Urban Farmhouse is eager to once again host the event. There was concern about traffic congestion in the traffic circle, so a parking attendant will be required. We are aggressively pursuing a "Presenting Sponsor" in order to lower overall registration fees. We are looking to expand a "family festival" concept by including additional vendors for post-race celebration. We have worked closely with RSU administrator to update race with current information in order to open online registration by March 1st.

The Poop Loop – Crystal wanted the board to vote on the date of October 28th for this evening race. She said the area was well lighted. Rosie addressed the date as not being in line with the original thoughts of it being a Moonlight replacement race and thus would become exempt from the Iron Runner competition as the race would appear in October. Crystal proposed that the race be October 28, it was seconded and passed with 1 dissenting vote.

Volunteers – Rosie Schutte – Volunteers came through for Sweetheart and almost all showed up despite the rainy weather. We still need more for Huguenot. Our busy racing season is upon us so we will continue to need to post on social media. Dave is also putting all the volunteer needs out in the E-Blasts which helps tremendously.

Administrative Assistant/RSU Coordinator – Dave Trump –

- The RRRC Annual Report 2017 is submitted for review and approval by the Board. See attached.
- Email Updates are sent to all members 1-2 times per month. There will always be an email update the Monday before a club race.
- Website: Updating homepage content frequently. “Race Volunteers Needed” will always be a section with links to volunteer sign up for both club and contract races. Since the first of the year, there has been a brief race report after each club race.

Training Teams

WMT – Frankie Gerloff – Frankie was unable to attend but sent his report. WMT has experienced more wacky weather this training season than all previous years. Our athletes have embraced all the various temperatures and have endured 12 weeks of running. Shamrock is one month away, and our 26.2 athletes ran their first of two 20 mile runs yesterday. We’ve successfully managed to have three teams (Shamrock 26.2, 13.1, & Boston) training every Saturday, with 3 different running routes, while using the same hydration stops which is logistically challenging to say the least. We still need help with our Saturday Hydration stops and this is the link sign up: <http://www.signupgenius.com/go/20f0a44acae23a5f85-20172018>

ADV10K – Bill Kelly – Bill was unable to attend, all information was included in his report that follows. ADV 10K: Program has 162 Total participants with 19 doing track only. There has been a huge influx of Sportable participants over 15 and due to a 1 day track only session and the inability of Sportable to do only Wednesday, we are exploring extending the Wednesday track session by 45 minutes to accommodate the Sportable group. In addition to the standard Saturday run plus food social & Wednesday Track the program has incorporated a post track social at Vassen weekly. In addition, the program has a Track coach to run the weekly practices, which allows the coaches to focus on their team.

Beginner Runners – Hervey Sherd - Still on schedule to start on 05/09/2018 and go for 6 weeks, ending on 06/13/2018 the Wednesday before Thanks Dad. If there are as many registrants as last year, more coaches will be needed. If you have a desire to coach, please contact Hervey. He is corresponding with the RSU guru to open registration.

Grand Prix – Rosie Schutte – This year we have the most registrants since we started requiring registration with well over 300 signed up. We are investigating posting race results for GP on RSU, but it would only be race results.

Banquet – Diane Kelley - Banquet is at capacity so if you haven't registered you can be added to the wait list. GO awards are done. Plaques are being printed. Special awards are being made. Ray Zahab is on board. Awards for Iron Runner and Titanium Runner are being finalized. Nancy is all set with the Country Club. Jesse Peters is doing pictures. We have opened up a few volunteer spots for check in on Run Sign Up. If the officers would like to schedule a dress rehearsal, I can schedule for Mon or Tues. The night of the banquet, we need a person to volunteer their technical skills to be sure all goes well with the presentation. Also, a host for our speaker was asked for during his stay here in Richmond.

Newsletter – Crystal Koch - Newsletter is going and we should have it together by Thursday/Friday and sent off to the printer in time for the expo. We are highlighting a few local runners and the cool jobs they have when not running and a how the medical field can often fail runners because they don't know what to do with us. Ed and I are collaborating on getting a person on board to get us ads so we may be able to generate revenue.

Social Media – Chris Mason - The club social media platforms, Facebook and Instagram, have had growth over the past month and a lot of that is due to member interest in both Frostbite and the Sweetheart 8K. I did receive feedback that the communication for both the 15K, as well as the 8K, was clear and concise and very much appreciated by runners. We have seen a decrease in Facebook messages over the past month however we continue to respond to any and all messages within 1 business day. Send reminders to post events if they have been forgotten, sometimes things fall through the cracks. Please continue to send any suggestions and or feedback to our email address, socialmedia@rrrc.org.

Action Items

RRCA Coaching Clinic Level 1 – Chris Piper – Chris did not attend but sent the following information. We currently have 10 spots left so encourage friends to sign up.

CPR Classes – Eric Nachman – Eric has lined up the company, Lasting Compressions to teach the class. There would be 2 classes, each capped at 20 participants on the day of June 9th. The fee for the class is \$50. Per person. Eric proposed that we offer a subsidy of \$25. For any RRRC member, and \$15. For non-members

Website rollover – Ralph Gibbs – The conversion is complete

Club House Committee – Bill Kelly sent the information that the process is ongoing. Michael George added that they have looked at several places and are currently working with 2 different relators to either buy or lease a location.

Race Director survey – Ralph Gibbs – Through the use of RD email addresses, a survey will be sent to compile a list of vendors to negotiate a “best” price.

Kids running funds – Rosie for Karen McCarthy - As a reminder, the proceeds from the Patrick Henry half marathon are used to fund grants for kids’ running programs throughout the Richmond area. Sportsbackers administers the grant program, and RRRC participates in reviewing grant applications for approval. For the 2017-18 school year, we had \$13,455.94 in grant funds to award. As of now, we have awarded almost all of the funds (less than \$100 left). For any grant requests that may come in for the remainder of the 2017-18 school year, Sportsbackers staff will have to determine if they have other funds (outside of the RRRC/SB Patrick Henry pot) to help out.

Title 1 schools Kids running. The officers approved an award of \$500. This money would offset the fees paid toward race entries.

New Business

1. National Trails Event – Alan Alli was a guest speaker. He is the technician for the James River Park System Trails. An event is planned with group runs and group walks on the trails. Various organizations will have informational tables, children’s activities are planned. There event will culminate in a bar-b-que possibly sponsored by L.L. Bean. Mark Guzzi proposed that we support this event with a donation of \$400. To offset advertising and event expenses. The motion was seconded, and passed unanimously.
2. Steve Butler – Came as a guest to recruit runners for a research study that he is investigating through his doctoral studies on heel strike runners. It was recommended that he post on several of the running group’s Face Book pages as well as possibly setting up at pre-race packet pick ups and at races. Michael Muldowney said that he had no problem with Steve coming to Huguenot 3 Miler. He is recruiting runners between the ages of 18 – 40.
3. Code of Conduct – Ralph – This document was emailed to all board members to read through prior to the meeting. It would be posted as a check box for all our events. The Code of Conduct was proposed, seconded, and passed unanimously.
1. Donation to **i2P** - <http://www.impossible2possible.com/> - Ralph Gibbs proposed that we make a \$500. donation to this organization founded by Ray Zahab. The motion was seconded, and passed unanimously
2. Run with the Governor – March 6· Online registration is open and you must register for this event.

There was a motion to adjourn, it was seconded, and passed. The meeting was adjourned at 7:06 p.m.