

**Richmond Road Runners Club  
March Meeting Minutes**

**March 14, 2018**

The February meeting minutes were approved.

**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.

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

**March/April/May- Schedule:**

**March:**

3/24- HCA VA Sports Medicine 5K – Clock and finish line rental only.  
3/24 – SPCA Dog Jog 5K – CHIP Timed Race. Timer, Anne. Jim will ask Bill Webb to drive.  
3/30- Den Dash 5K – Clock Rental Only.

**April:**

4/21 – Holton Hustle 5k – CHIP Timed Race. Timer, Anne. NEED DRIVER.  
4/28- ASK 5K – CHIP Timed Race – Mara will time. Driver-Glenn  
4/29- Carytown 10K – CHIP Timed Race – Director, Anne. Driver, Glenn.

**May:**

5/5 – Blaizen' Trails 5K – Manual timed Race. Need Timer, Driver.  
5/17-5/18 – Senior Games- Manual timed race

5/26 – Autism Society 5K – Chip timed. NEED TIMER, DRIVER

5/27 – Stratford Hills 10K – Manual. Timer-Mike Levins. Driver-Michael Muldowney

### **Review and preview of club races**

*Huguenot 3 Miler* – M. Muldowney – The Huguenot ended with 275 registered runners - a nice increase over last year. We had really good weather which helped. The race went off well. The only issue we had was a registration snafu that had us announce the incorrect finish order for the Female Open class. This was quickly fixed after the awards were announced and the gift certs were given out.

Special thanks to all the volunteers who helped with the race and specifically:

Marcy George - Packet pickup leader

Sarah Akin - Race day registration leader

Mark Guzzi - Truck duty and finish line setup/tear down

Mike Levins - Race timing

Kevin O'Connor - Race awards

Bill Kelly - Food

Jeff and Desiree Van Horn - Lucky Road was the main sponsor

All the folks at the MAC for hosting us again and opening up early

*Carytown 10k* – Anne Brown - Carytown is going

*Stratford Hills 10K* - Mike Levins - Race day & time is Sunday, May 27, 8AM. Registration is open.

*One Miler* – Sara Lasker - Designed three possible courses - Scott's Addition, City Stadium, and Hanover Avenue. Scott's Addition is out because of the logistics associated with shutting that down on a Saturday night. City Stadium would love to host the race, but it would need to be Friday, June 8 because the Kickers have a home game on Saturday. First choice is out and back on Hanover Ave - start at Mulberry, run east on Hanover to just before Meadow, turn around and run back to Mulberry. I have contacted the Fan District Association and they are on board and love the idea! I am talking with the VMFA on hosting the post race party in their outdoor patio area.

*Thanks Dad 5k* – Sarah Akin & Matt Nordin - The logo has been designed, main sponsorship letter requests sent out; no response as of yet. We are toying with the idea of a block party/community party in conjunction; inviting FD, PD, etc. Registration is open.

*Cul de Sac Series* - Steve Lerner -

School Permit-completed and secured, county permit-completed, police-submitted, is Porta-John's ordered and confirmed, community notification letter for Millstone-need to have it updated-if I have access to it I'm not sure where and how to grab it, trophies-need to decide on if each race, or cumulative top 3 in

each age group for all 3 races. I like all 3 races to top 3 in each of our standard race groups

Papa John's Pizza on Lauderdale-I left a message, but no return call yet, giveaway for all runners/walkers who complete all 3 events only-either shirt, hat, sun visor-car, or maybe something different, food for after each race-M. Gholson, Volunteer Coordination-M. Gholson

Police-who will pay them?

Insurance-pending?

Person(s) for-Opening remarks and award giveaways-only last race for trophies. I suggest at least ribbons for the first two races

I would like to suggest/discuss pricing for the races-members-\$10.00 ea. race, \$20.00 for all 3 races before 6/20/2018, non-members-\$15 ea. race. \$40 for all 3 races before 6/15/2018 and go higher as needed after this date.

*Patrick Henry Half Marathon* registration is now open.

**Volunteers** – Rosie Schutte – Volunteers came through 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. Carytown volunteers are looking good with about half the slots full already.

**Administrative Assistant/RSU Coordinator** – Dave Trump

Website and RSU:

- Continuing to post RRRC News updates to the homepage.
- Added Code of Conduct information to club page and posted to website homepage.
- Adding Code of Conduct acknowledgment to race registration and volunteer signup as we open new events.
- Set up a FAQ page on the website. WE NEED CONTENT. Send it to me.

RRRC Store: Only 3 orders since the last report.

### **Training Teams**

**WMT** – Frankie Gerloff - WMT 2018 has four-weeks remaining covering training for our Boston runners. Bon Secours Sports Performance, was our guest presenter last Saturday and they presented “band strength” techniques for home use. Shamrock Marathon weekend is this Saturday and many WMT, Speak-up, and RVA runners will be partaking in the various races. A perk for WMT runners and open to all members of RRRC is a discounted massage rate offered through Bon Secours

**ADV10K** – Bill Kelly - Program has 164 registered runners down slightly from 179 in 2017. Track & Socials are well received along with the new Studio of the week option. Drum roll please.....Once again for the second time in the program history, we have a the ” Dash For The Cash “ runner as a member of RRRC Advance 10K. Amy Garber ( No relation to Don) was selected for this year’s run,

2 years ago Tom Visotky was selected and with a very aggressive time WON. This year we have asked Amy to wear a special hat to promote our program and we will get with Ed to coach her for all media interviews (Just kidding about Ed, but if he could give Amy some Bullet points for upcoming interviews that would be great!)

**Beginner Runners** – Hervey Sherd - Registration is open and we have 5 people signed up so far. Finalizing the 6 courses that the team will run/walk on. Updating the full week training guide (suggestions). Contacting proposed guest speakers for availability.

**Grand Prix** – Rosie Schutte – Hopefully the first quarter spreadsheet will be out in the next 2 weeks.

**Banquet** – Diane Kelley - Final banquet report... the evening was enjoyed by all, Ray Zahab was engaging and entertaining, even though he went over his time, the speaker system worked well which was refreshing, the food and desserts were enjoyable. We have some suggestions for next year and would welcome any further input or suggestions. The date for 2019 is March 2nd.

**Newsletter** – Crystal Koch - the current issue will be printed for the Expo

**Social Media** – Chris Mason - RRRC's Instagram and Facebook page continues to be used to advertise our upcoming events as well as to share pictures from our events. We have strived to turn around our race pictures at a quicker rate and feel have done so. We continue to respond to comments made by our members on events we created as well as on comments that we are tagged in by other groups and organization. Our goal is to ensure that all Richmonders know that we are paying attention to their comments and feedback and we feel this is a great way to accomplish this.

In breaking social news, we have created a Richmond Road Runner club within the exercise app Strava! Strava is a widely used form of social media that is utilized by runners, cyclists, etc., so we wanted to be where those peoples are. Please spread the word about our group which members can find within the Strava app by searching Richmond Road Runners. We have posted information about this on our FB page and Insta as well.

### **Action Items**

1. RRCA Coaching Clinic Level 1 – Chris Piper - not present
2. CPR Classes – Eric Nachman - 2 people have registered for the class
3. Website rollover complete – Ralph Gibbs
4. Club House Committee – Bill Kelly - Michael George and I have look at an office condo on Southside near Stratford hills but was 2 floors and did not have sufficient space without a lot of renovation, this was a purchase opportunity. I have met with Dick Porter of Porter Reality and they have drafted up a

specification sheet of our requirements for the local network and we have received some potential sites for review, the week of 3/11 we hope to visit 2 or possibly 3 locations all in the light industrial between Staples Mills & Westwood, 1 is a purchase the other 2 are lease opportunities.

5. National Trails Day Event – Mark Guzzi - not present
6. Race Director survey (vendor usage) – Ralph Gibbs - no additional comments

### **New Business**

1. **Monument 10k Expo Booth** - Dave will post in RSU. Reminder the Expo will be at the fairgrounds
2. **Capitol 10 Miler** return. Ralph called for a committee to be formed. The following people volunteered for the committee: Hervey Sherd, Michael George, Christian Toro, Joe Flynn, Michele Marr, Chris Mason, Mike Levins, and Crystal Koch.
3. **Girls on the Run** - Girls on the Run Greater Richmond life-changing, non-profit program for girls in the 3rd through 8th grade. Our mission is to inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.

We would like to ask the Richmond Road Runners Club's support as we aim to certify our coaching staff to ensure that our girls are receiving the best experience possible. \$1000 will allow for us to send two Girls on the Run volunteers to Charlotte, NC to attend the National Coach Facilitation Training. After they are trained, they are certified to train local coaches that will have an incredible impact on young womens' health journey. We anticipate training over 70 coaches to work with our girls this fall and over 125 coaches in 2018.

For supporting Girls on the Run Greater Richmond, RRRC's name/logo will be on the program shirts which are distributed to and worn by all the girls, GOTR coaches and board members.

Nikkia made a motion asking for the funds, the motion was seconded and passed unanimously by the board.

4. **Proposal for age based pricing** - Dave Trump. There was general discussion to offer discounts to youth. No one could come to a consensus and the idea was tabled until a future meeting.

Meeting adjourned at 7:06