

Richmond Road Runners Club Report Summary April 2018 Meeting Minutes

Participants: Bill Anderson, Greg Barch, Kim Engleman, Doug Fernandez, Mara George, Marcy George, Michael George, Ralph Gibbs, Ed Gotta, Ed Kelleher, Dian Kelley, Stephen Kelley, Mark Guzzi, Bill Kelly, Crystal Koch, Jim Marr, Michele Marr, Chris Mason, Glenn Melton, Kirk Milikan, Mike Muldowney, Stephen Nolan, Herb and Lou Norton, Meghan Novak, Hayden Novikoff, Jim Oddono, Rosie Schutte, Christian Toro, David Trump, Nikkia Young

The March meeting minutes were approved

Treasurer's Report - Nikkia Young

The Suntrust Account will be formally closed by this meeting and the remaining contents will be deposited to the Townebank account. I have a meeting scheduled with Ralph, Mike M. and Craig to check the Q1 financials and make sure they are correct in QuickBooks. By the meeting, the club's taxes will be turned into the accountants.

Account Balances	
RRRC CD (11/27/18)	\$57,356.72
Scholarship CD (10/31/18)	\$16,583.78
Scholarship CD (2/14/19)	\$8,344.43
Townebank CD	\$20,020.16
TowneBank Checking - 4/2/2018	\$144,587.59
Suntrust Checking - 4/2/2018	\$132,295.69
Total:	\$379,188.37

VP Operations - Jim Oddono

April/May/June- Schedule:

April:

4/12-13 – Monument Ave 10 EXPO – Thursday 3-9PM. Friday 11-9PM

All volunteer time slots have been filled. Jim will pick up what is needed from the clubhouse and set up booth Thursday before the expo opens, and will also work the first shift on Friday at 11. Will get additional RRRC calendars printed to distribute. There will be no sales at the expo. Stickers and tattoos will be available for distribution.

4/21 – Holton Hustle 5k – CHIP Timed Race. Timer, Anne. Driver - Mark Guzzi

4/28- ASK 5K – CHIP Timed Race – Timer, Mara. 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. Three people are needed to help.

5/26 – Autism Society 5K – Jessica Corbett. Chip timed. Dan Silva/Mettle will be timing this race for us.

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

June:

6/2 – RVA Trail Day – Driver-Glenn

6/9 – RRRC Fantastic 1 Miler has been cancelled for this year.

6/17 – Thanks Dad 5K. Manual Timed. Need Timer, Need Driver.

Club race preview

Carytown - Anne Brown - No report sent

Stratford Hills - Mike Levins - Stratford Hills appears to be on track. Registrations are running ahead of last year. Mike Muldowney will be the timer. I might have more to report before the meeting.

Fantastic Mile - Sara Lasker - I am sad to say that I think I'm going to have to table the idea for the Fantastic Mile until next summer. I got started too late this year, and I don't want to have it go poorly the first time around. I have been spending my time on logistics for a cross country camp that I am starting in Richmond during July.

Thanks Dad 5k - Sarah Akin and Matt Nordin - no report sent

Volunteers - Meghan Novak - Meghan is just starting out and learning the ropes.

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

Lucky Road as the Run Shop Gold Sponsor for the Cul-de-Sac 5K series

Administrative Assistant - Dave Trump

Website and RSU:

- Worked with Kirk Millikan to post scholarship information on website and send notices to high school guidance offices and athletic directors
- Worked with Matt at RunSignUp to ensure that our sponsors would continue to get top-spot visibility if we enable Strava as a national sponsor
- Worked with timers to post results for contract races to RunSignUp
- Seeking content for FAQ page
- Keeping website homepage information updated

RRRC Store: Two (2) orders since the last report

Training Teams

WMT - Frank Gerloff was not present but sent a report - WMT 2018 concluded this past Saturday with an 8 mile taper run for Boston.. 35 Boston runners trained with WMT for 20 weeks and many of them are targeting new PR's when they race next Monday. Lucky Road was so awesome to all the athletes this training season and Jeff Van Horne, gave selflessly to WMT for four-months of Winter Marathon Training. Close to 340 athletes participated in the various training modules.

Adv 10K - Bill Kelly - The Advance 10K had 164 runners this year, down from previous years. The final track session was 4/ 4/18 and a social at Vassen followed, providing hydration and carbs for the runners. We had to re-schedule only one make up track session this year due to snow, but in general weather was good for track.

We would like to thanks the following folks for their support: Active Chiropractic (Rob Green) for their sponsorship and Rob's great presentation on tapering, Westminster Presbyterian Church (Joel Morgan) for his hospitality again hosting the program, Ivan Wu & Timmons Engineering for providing weekly route maps, and the coaches for their 10 weeks of dedication. Joy Montrief & Jeff Moore provided leadership in securing weekly sessions at various workout studios so runners could experience new and unique workout opportunities, and made arrangements to support Sportable with track time.

Beginning Runners - Hervey Sherd Was not present but sent a report - Everything is set for the start on May 9th. We are still @ 8 runners/walkers but it has always picked up after the Monument 10k

Grand Prix - Rosie Schutte

The first quarter spreadsheet went out with a few major glitches. First, I neglected to make in viewable without individual permission, it was also sent out with birthdates viewable and not hidden. Many of the genders were incorrect on the sheet, but a group discount was given for gender-reassignment procedures, so it all seems correct for the moment. I will do better next time.

Newsletter - Crystal Koch

After inserting some color pages and moving them around to flow better, M&M was sent off to the printer approximately 2 weeks ago. The proof was approved last week and the newsletters were picked up Monday and are sitting in my truck to be unloaded Thursday at the expo.

Membership - Mara George
No report sent

Social Media - Chris Mason

Our social media platforms continue to grow at a steady rate which is rewarding to see. We've noticed a slow, gradual increase in our Strava users at this time. The plan is for us to send out a direct email to all club members making them aware of our presence there in hopes for additional growth. This email should go out within the next week and we ask that you please continue to let your fellow running friends know about our Strava Club!

I will be attending the National Convention and plan to have a social media presence there so RVA can see what these conventions are all about. As always please continue to provide any feedback you have that may help improve our platforms.

RRCA National Convention recap - Ralph - we all learned a great deal. The one thing that was of particular importance was the need for an emergency response plan.

RRCA Coaching Clinic - Chirs Piper - was not present and no report sent

CPR/First Aid - Eric Nachman - was not present and no report sent

Club House search - Bill Kelly - Looked at 3 Properties provided by Porter Realtors, none met key criteria (Space/Parking/ Economics) . Michael George and I will look at a location off Dabney Rd next week (4/9/18 Tentative date) that has potential. I have circled back on the property on Maywell which was an excellent fit but too big. It's for sale suggested to the Broker if he found a buyer who did not need the entire building, RRRC would be interested in renting a section of the building if the terms were favorable, we are waiting on a reply.

National Trails Day - Mark Guzzi - RVA/National Trail day is set for Saturday, 06-02-18. Our events of last year's RVA/National Trail Day had gotten the attention of the JRPS management and other community groups. So this year, we'll have everything short of fireworks, calliopes, and clowns! And as formerly agreed to by the RRRC, we will (again) sponsor trail ruins and a trail power walk from the Pump House Drive trailhead. The following will summarize this year's planned events:

JRPS Superintendent and JRPS Trail Manage are all-in for a trail-wide event for RVA Trail Day 2018. There'll be events based at Tredegar (VCU OAP supported), Reedy Creek (JROC supported), Texas Beach (Dennis Bussey & RVA Hiker supported), and Pump House Drive (RRRC supported) trailheads. Each trailhead will have planned events in the AM, after which the involved sponsoring groups will converge on Pump House Drive trailhead for a cookout (sponsored by LL Bean), and an opportunity for the community members to meet with the various groups.

The RRRC's commitment: We've contributed \$200 to the advertisement budget, with like contributions from the above supportive groups. The resulting flyers and posters are hot off of the press, and soon to be distributed and posted at prominent locations. The poster is attached for your perusal. In addition to the advertisements, we will provide approx. \$200 in snacks and beverages for the trailhead events, and the use of the RRRC truck, to include the following: tents, tables, chairs, audio equipment, Diamond Springs water, cups, coolers, and bulk Gatorade.

Mark will be present throughout the day at the trailhead. It would be a great show of community support for RRRC members to come out to participate in event(s) of choice.

Capitol 10 Miler - Crystal - It will begin and end on the capitol grounds. We were going to look at going to the capitol trail and back but there's a lot of uphill involved on the way back so are looking at a choice between this and a three, possibly four, bridges tour instead (Lee, T Pott, Manchester and maybe Mayo). The bridges route will lessen the sting of an uphill return somewhat. Michael George is going to play with that one in the coming weeks then we will meet again to discuss. Christian Toro is really interested in learning how to be a race director and would like to see this race all the way through to production. The date we've come up with for the 10 miler is mid-September.

Donations - Mara, Nikkia, Chris Mason - No requests were made this month. Christian. T. would like to be on the committee.

New Business

A proposal for a Flying Squirrels trip. Mike Levins has sent (attached) a document with the details which are pretty much the same as last year. The dates are all Thursday evenings with fireworks. I'd like for the Board to vote on the proposal. If approved, Mike will solicit the board to pick a date. A motion was made to increase the ticket number to 150, it received a second and was passed. Please let Mike Levins know your date preference.

AED purchase - Ralph brought up the possible purchase of an AED. There was discussion as to where it would be located at a race and who would use it.

Plogging - Ralph - discussed "jogging and picking up trash" aka plogging. He has garbage bags if anyone needs them

Jim Marr - Stood and offered apologies to the board for his actions and attitude.

Motion to adjourn at 6:40, it received a second and was passed.

