

**Richmond Road Runners Club  
Meeting Minutes**

**November 14, 2018**

The October 2018 meeting minutes were approved.

**Financial** - Nikkia Young

The RRRC Treasurer, submitted her financial report. It was received without comment.

**Marketing and Sponsorship** – VP Marketing, Ed Kelleher  
**Sponsorship**

Davenport & Company (First Day 5K), TowneBank (Sweetheart 8K) and Edward Jones Investments (Pony Pasture 5K) have firmed up their commitments to renew their sponsorships in 2019. We are looking for a new presenting sponsor for the Cul-de-Sac 5K Series, and for other races, so if you know any company that might be a good candidate, please approach them or pass along the contact to me. The sponsorship report was submitted and accepted without comment.

**Logo Proposal**

Our selected logo designer, Laura Oates, has delivered a range of proposals. The officers selected two of them. We can use both, one for some purposes and the other for other purposes. We were looking for something a bit more stylish, and we think these fit the bill. We'd like to take a vote on whether to replace the current RRRC skyline logo with the proposed logos.

Ed made a motion to accept these 3 designs as our new RRRC logo, it was seconded and passed. There was discussion about using the 40th anniversary logo only during our 40th year.

Pictures of clothing from RaceTrackers was shown to have emblazoned with the new logos. The members were polled as to their preferences, a jacket, a hoodie, or a long sleeve shirt. The hoodie received the most votes. Mara George asked if the hoodie could be screen printed for a larger logo. Ed will contact RaceTrackers to find out the fiber content of the sweatshirt and if other colors are an option per Marcy George's request.

**Operations** – VP Operations, Jim Oddono

November/December/January:

*November*

11/17 – Jessica Corbett – Clock rental only.

11/17 – King William Turkey Trot 5K – Manual Timing, Mike Levins. Steve Nolan will drive.

11/22 – SPC Turkey Waddel 5k – Clock rental only.

11/22 – Turkey Trot 10K – RRRC Chip Timed. Timing-Mettle Driver – Glenn.

*December*

12/2 – Bear Creek 10 Miler – RRRC Championship Race. Manual Timing. Driver

Glenn.

12/9 – Toy Run 5K – Chip Timed. Mara George and Anne Brown will time. Driver - Glenn.

### *January 2019*

1/1/19 – First Day 5K – Chip Timed. Mara George and Anne Brown will time and Steve Nolan will drive.

1/12/19 – Meg's 5K – Manual Timed. Mike Levins will manually time.

1/20/19 – Frostbite 15k – Chip Timed. Anne Brown and Mara George will time, Glenn Melton will drive.

### **Race review -**

**Poop Loop 4ish Miler** - Crystal Koch -- **NO REPORT SENT**

**T-Rex Run** -- Rebecca Randolph submitted a report without discussion. The T. Rex run was wildly successful. The weather was perfect and Dorey Park turned out to be a great venue for the event. We had 104 T. Rexes sign up and 64 participate in the run (including one asteroid). Everyone seemed to really enjoy either being a T. Rex or watching the T. Rexes run around the lake, compete in a 40 yard dash, line dance, and play on the playground equipment. Eric was an awesome as our DJ. We made both the Times Dispatch and the TV news.

### **Race preview**

**Turkey Trot 10k** - Race Director: Michael George. - We are sold out. All is in order. Please sign up to volunteer, we especially need finish line and course marshals

**Bear Creek 10 Mile Trail Run** - Barry Kreisa. Registration is close to the cut off. There will be 2 course changes making the overall run more challenging this year. If you ran last year and thought that was a lot of downed trees, this year will be even more fun...Still need water stop, parking, and crossing guard volunteers (registration and finish line are good). Barry added at the meeting that online registration is closed, but there is always the option to email the race director for entry. Also, race day registration will be available.

**Toy Run 5k** - Race Directors: Nikkia Young and Joe Flynn. A report was submitted. There was a question about the start time of the race. Toy Run- Sign ups have been steady, hope to see a jump when Girls on the Run and Primrose sign up. Hoping to cross promote with Run a Latke 5k that happens the morning of.

**First Day 5k** - Race Directors: Bill Anderson, Christian Toro -- Bill commented at the meeting that all race matters were at hand and there were no problems at this point.

**Sweetheart 8K** - Marcy George. - Sent in Proposed Budget for 2019 Sweetheart 8K. Received approval from Lucky Road and Urban Farmhouse to be sponsors once again. Working on Permits. Budget - [Sweetheart budget 2019](#)

**Volunteers** - Megan Novak - The following was submitted in a report. At the meeting Megan added that having just checked RSU, the volunteer numbers were looking good and there should be no problems with Turkey Trot. We are good for our

upcoming contract races, but otherwise we could use additional volunteers for some of our races over the next 2 months. Please help spread the word and/or sign-up if you have the availability. Also, any suggestions on groups to reach out to for assistance in identifying volunteers is helpful. Thanks everyone!

- 11/17 - King William Turkey Trot 5K - Twin Rivers - could use 2 additional volunteers (at 67% of goal)
- 11/22 - Turkey Trot 10K - need more volunteers (at about 50%)  
New for this year - encourage running groups to sign-up to volunteer together!  
The group that has the most volunteers will get to select a charity of their choice to donate \$250!
- 12/2 - Bear Creek 10 Mile Trail Run - NEED VOLUNTEERS (only have 3 volunteers)
- 12/9 - Toy Run 5K - NEED VOLUNTEERS (no volunteers at this time)

**Equipment** - Glenn Melton - All is in order, with no problems at this time.

### **Training Teams**

*WMT* - Frankie Gerloff - This information was submitted in a report with no further discussion from the members. Last Thursday, WMT 2019 coaches gathered to discuss and implement our 2019 marathon training season at Lucky Road. Additional meetings will occur with ORTHO VA doctors, and managers to plan Saturday morning mini-talks and other programming. WMT will be working with one of the areas best Cardiologist to bring updated "healthy runners' heart" information to our team throughout our 20 weeks of marathon training. A collaborative evening presentation with ORTHO & VA Cardiology Associates, is in motion for a February evening seminar at ORTHO. WMT, Advance 10K training, and the wider RRRC will be invited. I'm very thankful for Rosie's help in adding Grand Prix points for assisting with our hydration stops this training season. As usual, Dave's assistance with establishing WMT's RunSignUp page went flawlessly. Thank you Dave.

*Beginner Runners* – Hervey Sherd - **NO REPORT SENT**

*Advanced 10k* - Bill Kelly - This information was submitted in a report with no further discussion. The program was open for registration on 11/7/18, and a special discount code for \$10.00 for the training program only was made available if folks stopped at the RRRC booth during the Expo, the code expired on 11/10/19 @ 11:59PM. We are still looking for Sponsorship for this program, Active Chiropractic last year sponsor has been contacted but not commitment at this time. This year's program will again be under the guidance of Joy Montrieff & Jeff Moore again, this year's program is hosted again by Westminster Presbyterian Church ( Thanks Joel) and start on 2/2/19 running through 4/6/19. The program is designed for those with a goal of 60 minutes or less for Monument 10K, and consist of a Saturday run of 6-8 Miles, and a defined track session (8) on Wednesday evening ( 6-7PM at Sports Backer's track, plus a Saturday Runs, weekly social and 1-2 seminars during the program. This year's program will be capped at 180 and 10 Track only spots.

**Grand Prix – Rosie Schutte**

There are 3 races left in the GP year for registrants to finish the requirements to become a Finalist. The only contract race opportunities left in 2018 are the King William Turkey Waddle in November, and hydration stops for WMT in December. I will be transitioning off GP and leaving it in the capable hands of Ralph Gibbs entirely right after the banquet. This was submitted in a report with no further discussion.

**Banquet - Diane Glaze**

All is on track with banquet preparations. Final awards are being selected and ordered. No additional needs at this time.

**Newsletter – Ed Kelleher**

I'm pleased to announce that *Miles and Minutes* has a new editor – Mark O'Brien. Mark was introduced to the members as he was in attendance. Some of you on training teams may already know him. Others please introduce yourselves. Mark is an attorney with the Virginia Supreme Court and a former television journalist. He has a journalism degree from Columbia University and a law degree from the University of Syracuse. Please inundate him with suggestions for the types of material you'd like to see in M&M (milesandminutes@rrrc.org).

Many thanks to Crystal Koch, who has headed the M&M operation for the past two years. Crystal introduced some bright new writers and implemented a number of ideas of lasting value.

Mark is already planning content for the first quarterly issue of 2019, with a content deadline of Jan. 21 and a planned publication date of Feb. 15. Over the past year or so we have tinkered with the publication schedule of M&M, with some mixed results.

We went from six issues a year (all printed and online) to four issues (two printed and online; two online only). I think having M&M in the running stores only twice a year reduces our public visibility. Also, it seems unbalanced to have some stories/photos/events in the printed editions and some only online.

Therefore, I suggest that we schedule all four quarterly editions to be both printed and online. Also, I recommend that all four editions be printed in full color. The current November-December issue is an example of how much color enhances the product. We will likely have a press run of 500 copies for the summer and winter editions and 1,000 to 1,200 copies for the spring (Monument Avenue 10K Expo) and autumn (Richmond Marathon) editions.

Since that will mean an increase in expenditures (I'll know about how much by Wednesday's board meeting), this decision will require a board vote.

Ed made the motion to allocate extra funds for the increased printing in color and number. The motion was seconded and passed by the board.

### **Social Media – Chris Mason**

This information was submitted in a report without further discussion. We had new user growth on both of our most used social platforms, Instagram and Facebook. throughout the month of October. We used both platforms for various needs such as soliciting help for the Richmond Marathon to expressing the need for volunteers at our events, as well as our contract events. Our Poop Loop 4ish Miler drew solid attention to our page, and we decided to once again offer a refund to a random registrant which was well received.

Due to the fact that we are not having a December meeting, I'll use this update to talk about the #TRexRVA event. Holy smokes, did that thing blow up or what? I was able to work with two of our local news stations, Channel 6 reached out to us directly and Eric Nachman has a connection with Channel 8, and I provided them both with the video and a few pictures I snapped at the event. This event was a huge success that not only gain loads of attention and shares (attention that may go national as we were asked for permission by a broadcasting company to use the media). it also allowed Good Run Research to collect lots of shoes for those in need.

### **RRRC Race Team - Rosie Schutte**

This information was submitted in a report without further discussion We have solidified our race team competition with Tri Cities Road Runners and Fredericksburg Area Running Club. The number, divisions, and race slate has been determined and agreed upon by all managers and coaches involved. The divisions and race slate will be as follows:

#### *Divisions*

- *Open -- 39, (3 men, 3 women)*
- *Masters -- 40 - 49, (3 men, 3 women)*
- *Grand Masters -- 50+ . (3 men, 3 women)*

#### *Race Slate*

- *March 30th Classic 5 Miler (TCRR)*
- *April 28th - Carytown 10K (RRRC)*
- *July 13th - Downtown Mile (FARC)*

Invitations were sent out and acceptances are still coming in. We are going to have a great team for RRRC!

### **Club House Committee – Bill Kelly**

Info for two clubhouse options worth consideration:

*4795 Bethlehem Road* is suitable for a clubhouse meeting and operational home. It has storage for timing equipment and other materials, truck parking, first floor loading dock.

#### *Details*

- Rent: \$1,100/month + \$50/ month for water/ sewer. Total of \$1,150/month
- Term: 36 months
- Annual Escalations: 3%

- Tenant Improvements: the owner will provide the improvements listed on the attached floor plan.

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2500 Chamberlayne Ave, this location can serve as both a clubhouse/ operational home/ and support running programs (Current & Future). The best guess is this is at least 2,500 + square feet plus of space.

#### Details

- The rent the warehouse portion of building which includes kitchen ( See attached photos/ currently no floor plan available) for \$1,500 per month including all utilities.
- We need to negotiate necessary lease hold improvements
- There is a loading dock access but truck will not fit inside.
- Rent is for a 3 year commitment with no escalation

Bill explained the merits of each location. Chamberlain Rd as being larger, Bethlehem can be modified to suit our needs but would be for office and meeting use only.

It was decided after some discussion that the executive committee and interested members have the opportunity to visit both locations before a decision is made.

#### **Emergency Action Plan – Ralph Gibbs**

The group is reviewing in an effort to see if it can be rewritten with an eye towards the 'keep it simple' philosophy. Ralph commented that the plan was looked over by our attorney that recommended keeping it simple.

#### **December Social – Mark Guzzi**

This information was submitted in a report. Mark added that there will be food provided. The December RRRC meeting will certainly be the best since we've been visiting breweries. This year we are locked-in at Basic City Brewery. They will host us from 6pm to closing. There are no associated occupancy or server fees.

We will have run of their large play-room (roughly 60' x 60', which was the space formerly occupied by "360 Graphics"). It contains a few tables, an overhead projector, a full-wall video screen, an awesome PA system, two ping-pong tables, a billiard table, and video games.

**Amendment to the Constitution and Bylaws** - Ralph Gibbs, president, called for a vote . There was discussion about the wording of the amendment. Alan Baugh thought it sounded exclusionary, M. Muldowney said that write in candidates never win, Dave Trump reiterated that the nominating committee sets the election slate, and Eric Nachman re-explained the amendment. It was decided that the wording was somewhat nebulous and that it would be tabled for now and tweaked for further examination by the board.

**Annual Budget** - Nikkia Young presented the proposed budget for 2019. A motion was made to pass it, the motion was seconded and passed by the board.

**Club Medical Director** - Sonja Wilkey was introduced to the board. She has been a local E.R. doctor for 16 years, is a runner, and will now be the club Medical Director.

**Open** - No additional discussion was had  
The meeting was adjourned at 6:40.