

Richmond Road Runners Club February 2019 Meeting Minutes

Participants: Sarah Akin, Allen Baugh, Sara Lasker Baugh, Bill Dickens, Joe Flynn, Corky Gardner, Kevin Gardner, Mara George, Marcy George, Michael George, Frank Gerloff, Ralph Gibbs, Sarah Golightly, Ed Kelleher, Diane Kelley, Bill Kelly, Crystal Koch, Sean Lafland, Mark Lohman, Mike Levins, Jeff Luke, Chris Mason, Glenn Mellton, Dean Miller, Stephen Nolan, Matt Nordin, Megan Novak, Jim Oddono, Jeff Schugart, Rosie Schutte, Suzi Silverstein, Ashley Simard, Dave Trump, Shihan Wijeyerante, Nikkia Young

Financial report - Nikkia Young, Treasurer

Nikkia reported that she will be working on getting the taxes sent off before the start of March, setting up a financial committee meeting to determine the move on investments and will be getting Dave Trump a credit card to facilitate ease of his position. She presented the account balances to date.

Marketing and Sponsorship – VP Marketing, Ed Kelleher.

Sponsors are needed for races, training teams, race team, and events. A report of current sponsors was made.

Operations – VP Operations, Jim Oddono

Upcoming races

February

2/17 – **Sweetheart 8K** – Chip Timed. A driver is needed.

2/23- **Shiver River 5K** – Manual Timed. A timer and driver are needed

March

3/10 – **Huguenot 3 Miler** – Will be chip timed by Anne Brown

3/23 – SPCA Dog Jog 5K – Chip Timed- Anne Brown is timing, the driver is Steve Nolan

April

4/27 – Chalkley Elementary School Clock Rental

4/28- Carytown 10K- Chip Time – Anne Brown is timing. The drover is Glenn Melton

Race review

Frostbite 15k - Chris Mason submitted the following in a written report. #FBite2019 is done and what a great day it was! Mother Nature helped us out once again this year as the temperature was a balmy 56 degrees at the start! The race sold out, in fact, it sold out plus one, and this year was the first time the Frostbite has had ever done so. We had 848 people finish that day, and all finishers earned themselves a Harry the 15k Hipster Moose medal for their efforts. The Frostbite 15k course is a tricky one, with ample rolling hills, so we were also happy to provide all finishers with some Dunkin doughnuts to snack on afterwards as well. We'd like to give a BIG THANK YOU to all the volunteers and police officers who were out on the course making sure that people were safe and staying hydrating and on the course. We couldn't simply do it without you all!

We'd also like to thank Good Run Research for organizing a coat and shoe drive this year, and we really want to thank all the runners who brought those items with them on race day! All of the items were donated locally to the Henrico County families, and the items donated were as follows: 87 coats, 29 Hat, 17 scarfs, 6 sweatshirts, 11 pairs of gloves, 7 pairs of socks and 31 pairs of shoes! Talk about a GOOD Haul, right?

We appreciate everyone's support and can't wait to do it again in 2020!

Race preview

Sweetheart 8k – Marcy George commented in a written report that everything looks good, but there is still a need for volunteers especially course marshalls, water stop and food. There are 445 people signed up so far.

Huguenot 3 Miler – Mike Muldowney reported that the course is set, Kevin O'Connor is helping with that. Thanks to him. The insurance is done. Anne is chip timing and food will be ready. Just under 100 have registered so far.

Carytown 10k - Anne Brown wrote that there is not much to say other than things are on track as normal. Thanks!

Volunteers —Sara Lasker, filling in for Megan Novak, reports that we are good for our upcoming contract races, but we could use additional volunteers for some of our club 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!

- 12/15-3/30 - Winter Marathon & Half Marathon Training - NEED MORE VOLUNTEERS for every Saturday
- 2/17 - Sweetheart 8k - NEED MORE VOLUNTEERS especially course marshals, water stop, and post race food (at about 35%)
- 2/23 - Shiver in the River 5k (Contract race) - minimum reached

Equipment - Glenn Melton submitted a written report and added further commentary about the equipment and a truck wrap. The equipment is doing well. A reminder that we have a color printer in the clubhouse for course maps and the like.

We received quotes for getting the truck rewrapped. The price for the whole truck would be \$5098.95 and just the hood would be \$629.86. The prices are comparable to the old wrap price and include removing the old wrap. Most of the wrap looks good for being 6 years old but the hood definitely needs replacing. I think the new long anniversary logo would look good on the hood. Fast Sign is the company and they have been very eager to work with us.

Matt Nordin asked if it was in our best interest to have the new wrap clear coated for additional protection.

Bill Kelly asked if it might be more prudent to look for a new truck. Glenn Melton responded that the truck appears to be in good working order and does not seem to require replacing at this time.

Glenn made a motion to have the truck fully wrapped with the new logo. The motion was seconded and passed by the board.

Administrative Assistant/RSU Coordinator – Dave Trump wrote the following in a report:

- Routine website, email and race/training team support activities
- Multi-race packages:
 - 13 runners paid for the Iron Runner package for 2019
 - To date, 12 runners have taken advantage of the 10K package and registered for both Carytown and Stratford Hills
 - Planning a Summer 5K package (Thanks Dad, the Cul-de-sacs and Pony Pasture) in addition to Cul-de-sac series package
- Volunteer Rewards Program: First drawing will be in early April. Officers added the following criteria to the awards program - "Volunteers designated by VP-Operations as Timer, Truck Driver and Registration/Check-In Guru get 5 entries for each race."
- RRRRC Store: 12 orders and \$327.00 in merchandise sales in January. Six (6) orders used coupon codes for discounts on their orders.

Training Teams

- WMT - Frankie Gerloff submitted a written report stating that Winter Marathon Training final total participation reached 402 runners for 2019. This year, our Saturday group training runs were the highest number of active runners training since the inception twenty years ago. We've focused on having pace leaders every Saturday which has been very successful for promoting team unity and safety. The pace teams also create new marathon training education with understanding the difference between conversation and marathon goal pace. Shamrock Marathon weekend will also have the largest WMT participants ever to run the half and full marathons. ORTHO VA (WMT's Medical Team Sponsor) conducted an education presentation on PRP (Platelet Rich Plasma) injections covering a wide variety of musculoskeletal challenges. Also, Stem Cell research was presented in great detail by Dr. William Nordt. The presentation was held at Lucky Road on Thursday, January 24th.
- **Advanced 10k** - Bill Kelly submitted a written report about the program, saying that it is going well. We have 119 program runners + 15 track only (total 133), a little short of last year's numbers, but a very strong group, with the sub 40 group, coached by Jason Ford and Sara Baugh, being the largest with over 20 runners. Note we have one runner 40+ years old runner with a goal of sub 35!. As we say in ADV10K," **it's true you can run faster, sometime the truth hurts**" Jeff Moore is doing a great job as the head coach and Ivan Wo & Vince Doherty are

helping him with the track. In addition, the program will support the RRRC Race Team and they will have the opportunity to run 2 or 3 nights of track workouts with the program in preparation for their upcoming races

Grand Prix - Ralph Gibbs commented that registration will end 2-17-1019

Banquet – Diane Glaze wrote all is on track for the banquet. Registration is closed as we are full. There is a wait list. Gifts and awards have been ordered.

Diane added at the meeting that we will be looking for a new trophy/plaque vendor for next year. If anyone has any suggestions please let me know.

Newsletter – Mark O'Brian wrote the first issue of 2019 was at the printer (at the time of the meeting) and was ready for packet pickup for the Sweetheart 8k. The issue featured articles about the kickoff to WMT, a HILARIOUS first-person account of the Southern Tour Ultra & Relay, the latest research on maximal vs. minimal cushion shoes from a new contributor in physical therapist Laura Welch, the President's message featuring a throwback to the very first newsletter 40 years ago, and results and volunteer lists from the First Day 5K, Megsmiles 5K, and the Frostbite 15K. Also, Mark prepared for the second issue of 2019, which I'm planning to be printed ahead of the Stratford Hills 10K in late May. If anyone has an article they would like to write and submit (Grand Prix points!), please let him know.

Social Media – Chris Mason sent a report saying things have been good on the social media front. We continue to gain new followers on both Instagram and Facebook at a steady rate. We used our Facebook and IG Facebook pages to communicate the cancellation of the Governor's Race as well as solicit volunteers for the Sweetheart 8k presented by TowneBank. We also uploaded some pictures from Winter Marathon Training team to the page with seem to be well received by all. Overall we had pretty high traffic to both of our platforms in January and feel that it was they were used in multiple ways to quickly and concisely communicate with our club members.

Please don't hesitate to send any suggestions to our mailbox, social media@rrrc.org, as we're always open to new ideas and ways to enhance our platforms.

Race Team - Rosie Schutte wrote that the team is looking pretty well set and believes we will easily win all divisions in all 3 races. Rosie went down to TCRR to talk about the race team and it has revitalized their board and club.

Election - Ballots were placed on the head table for the board to vote on a replacement board member for Hervey Sherd's vacancy. The candidates were: Alan Baugh and Matt Nordin. After a vote count, it was determined that Alan Baugh will claim the vacant seat.

Club House Search - Bill Kelly submitted a report. A second visit was made to 2219 Tomlynn Street on 2/8/19 by Ralph Gibbs, Ed Kelleher, Jim Oddono, Glenn and Crystal

Melton, and myself, Bill Kelly. Please see attached info, on this location for a clubhouse. The location and building is the best we have seen, Bill comments that the location "is a winner IMHO".

Some key points this location provides:

- Safe & Secure location, with excellent access to running routes.
- Excellent parking, enough space to handle WMTT, plus safe place to park the truck.
- 1926 Square feet, more than we have now and better layout (See attachment)
- 2 Bathrooms + separate shower
- 2 rooms currently with locked doors, one to be converted into a kitchen area.
- Double front doors we control, no loading dock but direct access for Glen to move stuff in and out. (Glenn is Happy ☐)
- If needed the landlord can provide separate conference rooms that hold 40-50 people for meeting if necessary.

Based on the above Ralph and the team should contact the agent and request a proposal, with our requirements for modifying the space to suit, which might include: adding a room, painting, possibly carpeting. It would be beneficial for the club to enter into a 4-5 years lease to secure the most cost effective options and secure the necessary upgrades to support our business and the clubs mission. Rent is approximately \$300 to \$400 more per month. Bill strongly recommends the Board support Ralph and the team in securing this location, ASAP. The club needs to move quickly as these locations do not last long in this market.

Bill Kelly made a motion to lease the new location. The motion was seconded and passed by the board.

Monument Ave 10k Cheer Spot - Shihan Wijeyeratne sent a report stating the application has been submitted and he has spoken to Amy Waters, the Sports Backers staff member who coordinates the spirit groups for the 10k. We will be placed near the turnaround at Staples Mill/Monument, the closest point on the course to our current clubhouse location. It was estimated that we should have 15 people at the stop, along with our sound system playing music to entertain the runners along with our loud, encouraging cheering! We can discuss how to promote the opportunity to be at the spirit stop and whether we want to take official sign-ups for it, and if so how to capture those. Crystal Koch volunteered to coordinate the cheer spot.

New business

Title I discounts - Ralph Gibbs commented that we are often asked for discounts for children from Title I schools. In the past we have given free entries, but there is no set guideline. Ralph made a motion that RRRC always give free entries to children from Title I schools when requested by the "Coordinator" for their school and a code be created. The motion was seconded and passed by the board.

The Governor's Race - Ralph Gibbs commented that he recommends cancelling it but has not had in depth discussions with the Governor's office on the matter yet. Perhaps we might substitute "Run with the Mayor". Ralph made the motion to cancel the monthly runs with the Governor, it was seconded and passed.

RRCA National Convention - Ralph Gibbs made a motion to send 5 people to the national convention. It was seconded and passed by the board. It was requested that emails be sent out in a timely manner to those people targeted to attend.

Timers Training Session - Jim Oddono stated that we would like to get with Dan Silva and get at least 2 more people trained to time races. Ralph Gibbs requests that the club incur the expense in doing so. The reasoning being that we need to deepen our bench.

Mara George added that she felt this was unnecessary as all our races are currently covered. If we train more timers, then we would need more computers and equipment. Mara also felt that we only need to teach people to manually time races.

Jim replied that contract race timing requests are always coming in and that we need competent timers to fill those spots.

Glenn Melton added that those people learning can shadow Dan from Mettle Timing at other non RRRC races as well.

Frank Gerloff added that it might be a good idea to compensate those people learning with a stipend.

Ralph Gibbs made a motion to purchase 2 new laptops, provide a stipend for those learning the chip timing system, and to pay Mettle for training. The motion was seconded and passed.

RRCA National Race Director Certification - Ralph Gibbs stated that he would like all of Race Directors and Assistant Race Directors to become RRCA Race Director Certified at the club's expense. While it would not be mandatory, it would be STRONGLY encouraged. It could be done online or in 2 day weekend event with 35 participants maximum. Ralph will contact RRCA to get an event in Richmond. We will reimburse full cost after certification. A motion will be needed to pay for expenses.

National Trail Day- Mark Guzzi presented a proposal for this event to be held on June 1st, 2019. Mark asked that the club support National Trail Day with personnel to be at registration, lead trail runs, and provide food. Support of \$400.00 was requested in a motion by Mark, it was seconded and passed by the board.

Other new business items that were discussed were:

The Museum Mile - Sara Baugh said the date will be August 17th 2019.

Glenn Melton commented that the Summer Track Series will be at VCU this year due to U of R track renovation.

Crystal Koch requested The Poop Loop 4ish Miler be moved to Sunday September 29th 2019. Jim Oddono said there were no calendar conflicts with that move.