

Richmond Road Runners Club - Meeting Minutes – January 8, 2020

(Meeting minutes noted with ☐)

Opening remarks, ground rules and welcome guests – Nikkia Young

☐ Nikkia called the meeting to order at 6:01 pm.

Approval of December 2019 meeting minutes - Victoria Hauser

- See attached minutes

☐ Crystal Koch made a motion to approve minutes as submitted. The motion was seconded by Chris Mason and the motion passed with unanimous vote.

Financial Report – Treasurer’s report, Ralph Gibbs

- See attached reports

☐ Ralph indicated that the yearly insurance had been paid and that there were a few outstanding sponsor commitments from the T-Rex run. Work on taxes would begin soon.

Marketing and Sponsorship – VP Marketing, Jennifer Perrin

- Meeting with Publix representatives on Thursday to discuss Carytown 10k sponsorship

Operations – VP Operations, Crystal Koch

• Preview of upcoming club and contract races (timers, drivers, football, RSU expert)

☐ Crystal noted that the First Day 5k went well. The Meg’s Miles race for January 11 will be clock rental only. It was noted that there are volunteers signed up for the finish line - Crystal to confirm if they are still needed. Frostbite has Mettle for timing and has a driver. Sweetheart will be timed by Ann & Mara and Crystal handling registration. Huguenot needs a driver. Patrick Henry Half Marathon is open for registration. Shiver in the River is scheduled for Feb 29 as a contract race.

Race review –

TRex Run – Ralph Gibbs

Turkey Trot – Michael George

Bear Creek 10 Miler - Dave Trump

The weather was excellent for the Bear Creek 10 Miler this year. We had 301 runners registered, 256 checked in, and 249 finished the race. A few folks managed to find their

way off course again. There were a few DNFs because of injuries but no one required EMS. Even with 27 individuals using the option to withdraw from the race and receive a refund (option was available until 7 days before the race), the race was at capacity several days in advance. There were \$7,241 in revenues and \$5,434 in expenditures for a profit of \$1,807. One-time expenditures (logo redesign and course signage) accounted for \$330 of expenses.

Toy Run - Nikkia Young & Joe Flynn

Was a great success! We had over 800 participants and about that many toys. City Stadium seemed to be a great venue and we even made the news! Girls on the Run and Primrose had an amazing experience as well.

Thank you to everyone that participated, volunteered and supported this event.

In regard to the course review (2 courses) we were short course marshals which made traffic tricky. For the Mile Run particularly on Freeman Road, there was a cluster of cars arriving, there was abnormal cut through traffic because of road closures and a festival in Carytown; and there was the normal GRTC bus route that they did not alter. A few altercations with police and unhappy neighborhood residents around City Stadium, but nothing major.

The 5k encountered heavy traffic on Dover, and Canterbury (again because of road closures and cut through), we were short volunteers which made it tricky.

This year 2020 we plan on altering the course slightly, changing the flow of parking and assigning parking volunteers to direct traffic, remind GRTC to alter their route for the morning, and changing the setup of the finish line, food trucks and other tents inside the Stadium.

1st Day 5k - Bill Anderson and Shawn Lafland

Race preview –

Frostbite 15k - Chris Mason & Mara George

Frostbite 15K, presented by Good Run Research, has really taken off these past few weeks and is heading towards a sellout! As of Sunday the 5th, The race currently has 868 people signed up, 1,000 sign ups are the max for our race. We have fantastic sponsors including Whole Foods who is going to provide so many snacks after the race, it is going to be amazing!

Please feel free to direct anybody with questions about the race to the Facebook event or have them send an email to frostbite@rrrc.org and Mara and I will get back to them as soon as possible.

#teamMandV

Sweetheart 8K - Marcy George

296 sign-ups, permits are in.

Huguenot 3 Miler - Michael Muldowney

We are all set. Registration is open. We are back at Robious Landing Park again. Any questions can be sent to me at Mike.twentysix2@gmail.com.

Volunteers – Sara Baugh

We are short on volunteers for many of our upcoming races. 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.

- 1/11, 1/25, 2/1 - WMT - Need one water stop volunteer for each of those dates
- 1/11 - Megsmiles 5k (contract race) - all positions filled
- 1/19 - Frostbite 15k - need volunteers for the following positions: course marshal, water stop, finish line, lead bike, photographer
- 2/16 - Sweetheart 8k - need more volunteers for all positions
- 2/29 - Shiver in the River 5k (contract race) - need 5 more finish line volunteers

Equipment – Glenn Melton

Equipment is doing good. Trying out a new supplier for cups as the old supplier prices have gone up.

- Glenn added that he would be getting estimates for new flags and will bring that to the board.

Administrative Assistant/RSU Coordinator – Dave Trump

- RRRC Store
 - Had 64 orders and \$1,222.39 in sales during November and December.
 - Of those, 48 orders and \$878.27 in sales were at the Expo.
 - Hooded sweatshirts (21), car seat covers (10), and short-sleeve shirts (32) were the most purchased items. The shirts (with the old logo) were discounted and sold well at the Expo.
- Volunteer Rewards Program - For 4th quarter 2019, 152 volunteers (at Rocketts Landing Cap Trail 10 Miler & 5K, Wegmans Turkey Trot 10K, Bear Creek 10 Mile Trail Run, and/or Toy Run 5K) earned a total of 416 entries in the drawing. 18 volunteers were selected and received gift certificates from New Balance. Awardees were recognized in an e-blast and on the club website.

Training Teams –

• Winter Marathon Training Team - Frank Gerloff

WMT 2020's season is breaking last years sign-ups along with active Saturday participation, statistics as of 1/5/2020:

- 433 RunSigUp runners which are a 7.5% increase over 402 last year
- Shamrock 26.2 - 118
- Shamrock 13.1 - 73
- Boston - 49
- Other 13.1/26.2 Marathon Training - 193

My move to bring on Amanda Garnett, runner and physical therapist for WMT sports team sponsor, ORTHO VA, is exceeding our mutual expectations. Many athletes have already consulted with Amanda regarding their running issues, and her weekly PT schedule is filling up with WMT athletes. Amanda is also actively contributing to our weekly team emails covering a wide variety of running topics and human anatomy for endurance athletes. WMT's Cardiovascular presentation titled: "Endurance running - boon or bane" will be held at Saint Mary's Hospital in the main presentation room on Thursday, January 23, 2020, at 6:00 pm. Dr. Shaival J Kapadia, MD, will be our keynote speaker.

WMT always needs Hydration support on Saturday mornings, and with increased Saturday participation and warmer weather, all our resources are being challenged. Please use this link to sign-up:

<https://runsignup.com/Race/Volunteer/VA/Richmond/RRRCWinterMarathonTraining>.

WMT supplies a \$5:00 Starbucks gift card to all volunteers.

Advanced 10K - Bill Kelly

As of 1/4/20 we had 98 runners vs 84 last year almost a 17% increase Year over Year. For the first time the program will be run out of the clubhouse starting 1/18/20 with the initial track session (SportsBackers track) 1/28/20. Similar to last year we have 6 teams divided by goal time from sub 60 minutes to sub 40 minutes, each team has 2 coaches to provide support and direction. This is a program designed by Greg McMillan with some modifications by the coaches. The goal of the program is simple to help runners get faster and in condition to run a fast 10K, in a structured program with Tempo runs on Saturday and 8 track sessions on Tuesday night at Sportsbackers track.

There are some small differences in this year program compared to last year:

- > We have 4 seminars scheduled (No seminars last year)
- > No Track Only option
- > Team Socials after Saturday run supported by each of the 6 teams (week 4-9)
- > Only the Sweetheart 8K is included with the program
- > Lower pricing
- > Over 50% of the registered runners are first timer's participants in the Adv 10K program.
- > New routes form the clubhouse for Saturday runs.

If possible would like to have program moved up on the RRRC website to encourage folks to sign up, we plan to send out a welcome letter to registered runners week of 1/6/20 and a e-blast to previous participants the week of 1/ 6/20 also but a separate times.

Bill/Vince/Jeff

- New Runners program will start in the spring with the Thanks Dad 5k as their target race.

Grand Prix – Ralph Gibbs

- Ralph indicated there are 101 Grand Prix finalists including 13 Iron Runners. All corrections to the points totals should be submitted by Jan 15.

Newsletter – Mark O'Brien

- Mark indicated that the next issue would be published in advance of the Monument Avenue 10k. All articles are welcomed.

Social Media – Chris Mason

Our social media had a lot of activity in the month of December which was fantastic to see! We added a fair amount of followers on both platforms that we use, Facebook and Instagram, It was good to see that growth as we had remained stagnant in November.

Both Instagram and Facebook were used to discuss multiple events held by the club, those events being Bear Creek, Toy Run and even Frostbite. We also used both platforms to share Jesse Peters pictures from the Turkey Trot, as always those pictures were well received by our members.

We have slacked on updating our Strava account with events, it is our goal in 2020 to pick that back up. Please don't hesitate to reach out if you have any questions or recommendations for our social media platforms.

Race Team – Rosie Schutte

FARC, Tri-Cities, and RRRC are working on this season.

Action items

Karl Cover indicated that Sportable was seeking a runner to be a guide for a 14 year old, visually impaired female runner who is training for the Monument Avenue 10k. She ran 39:20 for the 8k in the fall. The guide would need to train with her on Saturday mornings and during the race. Please see Karl if you are interested.

1. Call for additional race timers

Ralph Gibbs indicated that he was interested in training to be a timer. If anyone else is interested, please let Nikkia know.

2. Donation of Silent Auction items for ACAC

Jennifer Perrin indicated that ACAC hosts a silent auction for Bear's Bowl, an event that raises funds for Cookies for Kids' Cancer. In past years, RRRC has donated swag and race entries for First Day 5k and Sweetheart. Dave Trump indicated that coupon codes could be provided for the race entries. Following discussion, Chris Mason made a motion to donate items totaling around \$200, to include RRRC swag and two race entries for the 2020 Turkey Trot and two race entries for the 2021 First Day 5k. The motion was seconded by Mike Levins and the motion passed with unanimous vote.

New Business

1. Extension of Iron Runner package

Dave Trump indicated that 11 people had signed up as Iron Runners for 2020. Registration closed on Dec 31, 2019. There was a request to extend registration and it had been administratively determined to extend through the Sweetheart 8k. All Iron Runner rules will still apply.

2. Nominations for Annual awards (Volunteer of the Year, Spirit Award, Community Award)

Nikkia indicated that anyone interested in joining the award selection committee to reach out to her. Alan Harrison will again be making the awards.

Kirk Millikan requested that the club consider a watch party for the US Olympic Marathon Trials to be held on Saturday, Feb 29 at noon. Discussion was held on whether the party should be held at the club house or at a restaurant/ bar. Kirk will continue to research options and bring them back to the club.

Crystal Koch requested volunteers to help with decorating the club house. Please reach out to her if you are interested.

With no further business, the meeting adjourned at 6:29 pm.

Minutes submitted by Victoria A. Hauser, Secretary, February 9, 2020