



Richmond Road Runners Club - Meeting Minutes – February 12, 2020

Opening remarks, ground rules and welcome guests – Nikkia Young

Nikkia called the meeting to order at 6:00 pm.

Approval of January, 2020 meeting minutes - Victoria Hauser

- See attached minutes

Marcy George made a motion to approve minutes as submitted. The motion was seconded by Mike Levins and the motion passed with an unanimous vote.

Financial Report – Treasurer’s report, Ralph Gibbs

- See attached Balance Sheet Summary and the Profit and Loss Statement for January

Ralph indicated that a finance committee meeting would be held in a few weeks. The committee would be working on creating reports that separated profit & loss by each race and training team.

Marketing and Sponsorship – VP Marketing, Jennifer Perrin

Carytown 10k 2020 - Publix will be the InKind Food Sponsor for this year's race.

Executive Board Member Shirts

- Will have an electronic sample by tomorrow Tuesday 2/11 for the Exe. Board to vote on.
- K2Awards and Apperal is giving the quote.

Operations – VP Operations, Crystal Koch

- Preview of upcoming club and contract races (timers, drivers, football, RSU expert)
 - Crystal met with Dana Waters on January 24 to walk through the clubhouse and introduced her to Kathleen Murphy so they could begin the process of redecorating the clubhouse. They should have some ideas for us by the time we meet in March.
 - We need a second Run Sign Up Guru so Marcy can take a vacation; if you're interested, let us know.
 - Sweetheart is coming up Sunday, we do need more volunteers so if you're available and know of others that are available, please sign up. Anne and Mara will be timing, Glenn will be driving the truck, Crystal will be RSU guru.

- Shiver in the River 5k - Mike Levins is timing.
- Huguenot 3 miler is March 1. Anne is timing, Glenn will be driving, Crystal will be RSU guru.
- The banquet is March 7 with the keynote speaker being Michael Whardian. We are currently exploring a separate event for volunteers.
- SPCA Dog Jog 5k - Anne is timing, Glenn is driving.
- Monument Ave 10k Spirit Station - come on out and rep your favorite run club at the turnaround!

- Race review – Frostbite 15k - Mara George & Chris Mason

Chris noted that all went well for the race.

- Race preview

Sweetheart 8K - Marcy George

548 registered as of Saturday, February 8. All permits in and Certificates of Insurance have been received. We still need volunteers especially Course Marshalls and Water Stop. Please ask your friends if not running to please sign up to volunteer.

Marcy noted that registration was up to 623 - a new record! Course marshals are still needed.

Huguenot 3 Miler - Michael Muldowney, Bill Kelly and Kevin O'Connor

We are pretty much set.

Anne Brown is timing the event (chip).

Packet pickup at Lucky Road on Sat 2/29/20 from 1PM-3PM.

Bill Kelly, Kevin O'Connor and I will have the race ready on race day. Race starts at 9AM on Sunday March 1.

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.

2/15 - 4/4 - WMT - All positions filled!

2/16 - Sweetheart 8k - need more volunteers for all race day positions expect finish line and truck assistant

2/29 - Shiver in the River 5k (contract race) - All positions filled!

3/1 - Huguenot 3 Miler - need more volunteers for all positions

3/21 - SPCA 5k (contract race) - All positions filled!

3/26 - 3/27 - RRRC Booth at Monument 10k Expo - need volunteers for 3/26 3:45-6pm, 3/27 3-5pm, 3/27 5-8:15pm

3/28 - RRRC Spirit Stop at Monument 10k - need more volunteers

Equipment – Glenn Melton

All is well in this quiet time of the year. Been catching up on some maintenance items. The front door mat has been paid for and I am waiting on a design sample before it is made.

Administrative Assistant/RSU Coordinator – Dave Trump

RRRC Store

- Had 7 orders (10 items) and \$134.00 in sales during January.
- Sweatshirts and race caps were the most purchased items.

Routine website, email and race/training team support activities.

Training Teams –

Winter Marathon Training Team - Frank Gerloff

January was record-breaking in many ways for Winter Marathon Training. Total registration of 448 runners committing to 20 weeks of training eclipsed last years participating attendance of 402 by 10%

Active and regular Saturday participation has also been outstanding compared to previous years. The weather has been much warmer than anticipated, which has caused many challenges for additional supplies and volunteers. When you have 200 runners hitting the first hydration stop with only two volunteers filling cups, it can be overwhelming. We're doing our very best to adapt and make the overall marathon training the very best. Glen has been outstanding in keeping our cup inventory supplied, and Coach Rosie has been remarkable in assisting with buying other needed supplies such as Gatorade.

"WMT's Endurance Training Boon or Bane," presented by Dr. Shaive Kapadia, on January 23rd, was the largest turnout ever for WMT's winter presentation series of talks. Excess of fifty-athletes listened to Dr. Shaive present compelling data supporting the need for a complete understanding of your genetic blueprint. Being in excellent endurance shape is lovely, but know your families cardiac history to avoid confusion of why you may develop Atrial Fibrillation or Bradycardia even though you're a phenomenal runner.

Advanced 10K - Bill Kelly

Jeff Moore & Vince Doherty have done an excellent job as head coaches. The program has grown to 166 registered runners VS 137 (2019) that is a YOY increase of more than 20% with over 50% of the runners being first time participants, and 7 of the 16 coaches are new. This was a goal of the program to bring in both new runners and new coaches to keep the program fresh and more relevant to runners who wanted to get faster. The Clubhouse has provided a great location, but

added additional work to create new routes, thanks to the hard work of Vince Doherty and Ivan Wu we will have 10 new routes with turn by turn directions and Tempo sections. We have scheduled 4 and possibly a 5th Seminars to provide the runners with information from acupuncture for runners to Yoga and other interesting topics, to strengthen body and mind. RRRC has discontinued providing pizza for some of the Tuesday track to reduce expenses so we could lower the fee for the program. In summary the program is alive and doing well in 2020, and we are working on developing new coaches and leadership to continue to grow and improve this program, supporting the RVA running community. One of the side benefits of the new fee structure is it encourages non RRRC members to join.

Grand Prix – Ralph Gibbs

In 2019 we had 1 Titanium Runner, 13 Iron Runners and 93 GP Finalists for a total of 107 awardees! All Trophies, plaques and premiums have been ordered and are either in production or on the way here.

For 2020 - GP registration closes on 2-16-2020 and then the GP sheet will go live shortly thereafter. We currently have 229 registrants, with 13 of those having purchased the Iron Runner Package.

Newsletter – Mark O'Brien

Submitted post-meeting

2020 Issue No. 1

Available by: Monument 10K expo (circa March 25)

Print date: March 11

Submission deadline: February 26

2020 Issue No. 2

Available by: June 10 meeting

Print date: May 27

Submission deadline: May 13

2020 Issue No. 3

Available by: Patrick Henry Half packet pickup (circa August 26)

Print date: August 12

Submission deadline: July 29

2020 Issue No. 4

Available by: Marathon expo (circa November 11)

Print date: October 28

Submission deadline: October 14

Social Media – Chris Mason

January was a busy month for us on social media as we utilize both platforms to discuss the Frostbite 15K As well as the Sweetheart 8K. Both events drew lots of traffic to our Instagram and Facebook, that traffic led to new followers as well which is always a positive thing.

We also use social media to recognize Keira D'Amato's participation in a running podcast which was well received. One thing we know about roadrunner members is that they love to celebrate local runners' success, that was proven evident by the response to this posting. Shout out to Keira, we wish you all the best at the Olympic trials!

We look forward to continued growth throughout February. Please let us know if you would like for us to post anything on our page (pertaining events we are directly associated with, of course) and we'll be happy to accommodate!

Race Team – Rosie Schutte

Race Team is going ahead working with Tri-Cities Road Runners right now. Fredericksburg is discussing things with their board in the next week or two. Bill and I are trying to make contact with the new and current officers in Charlottesville as the past officer I had been dealing with has seemingly moved out of the area without passing the information we had discussed.

The format for competition this year will be slightly different with the fastest 2 runners in each division scoring rather than the fastest 3. This helps prevent one club from sweeping 1st, 2nd, and 3rd place. Our first race will be June 13th at TCRR with the Delightfully Different 3.5 Miler and social after. RRRC's race is tentatively scheduled to be the 2nd Cul de Sac race, but has not been officially decided. If FARC continues in the inter-club challenge, their race may be a 10 miler in August.

We will be arranging a "kick-off" night for the Race Team at Road Runner Sports in early March. Thanks for the club's support in giving our version of elite runners an opportunity to compete at a higher level.

Rosie noted that the social would be held March 5 and that the 2nd Cul de Sac race had been confirmed as RRRC's race.

Action items

1. Double Sided Flags - approval of expense
 - Quote from FastSigns - \$1113.14

Ralph made a motion to approve the costs for the flags as submitted. The motion was seconded by Chris Mason and the motion passed with an unanimous vote.

2. Olympic Trials Marathon Watch Party - Saturday, February 29, 11:45 am - 3 pm
 - Update from Kirk Millikan
 - To be held at Club House, Snacks & non-alcoholic beverages provided
 - Approval of expenses - \$500

Crystal made a motion to approve the costs for the marathon watch party as submitted. The motion was seconded by Amy Black and the motion passed with an unanimous vote.

3. Ad in Cap2Cap 2020 map
 - Quarter page ad for \$400

Micheal George made a motion to approve the costs for the ad as submitted. The motion was seconded by Marcy and the motion passed with an unanimous vote.

4. Convention request - Michael George

Michael George requested expenses for half of his costs of the RRCA convention and travel, approximately \$1000.

Michael Gholson made a motion to approve the costs for Michael George. The motion was seconded by Eric and the motion passed with an unanimous vote.

5. RRCA Convention donation from RRRC

Following discussion, Chris Mason made a motion to donate two entries to the Patrick Henry Half Marathon and a one-night stay at the Henry Clay Inn. The motion was seconded by Marcy and the motion passed with an unanimous vote.

6. Volunteer celebration in place of inviting volunteers to the banquet

It was noted that the current banquet structure is not able to accomodate general volunteers outside of Grand Prix finalists. A separate volunteer celebration event has been recommended, along with a larger banquet venue to be explored for 2021. Several considerations were discussed for a volunteer celebration including having indoor/outdoor options during warmer weather and having options not centered around breweries.

Following discussion, Chris Mason made a motion to establish a committee for planning a volunteer celebration event. The motion was seconded by Michael Bender, and the motion passed with an unanimous vote.

7. Silent Auction Donation to Give a Dog a Job 5k

Following discussion on the race and number of entries, Rosie made a motion to donate two entries to the Stratford Hills 10k. The motion was seconded by Mary Beth, and the motion passed with an unanimous vote.

New Business

1. Kids Run RVA grants - update for information
 - See attached spreadsheet from Karen McCarthy

Following review of the grant spreadsheet, Ralph made a motion to approve the grants as presented. The motion was seconded by Chris Mason, and the motion passed with an unanimous vote.

2. Race Directors training - following March 11, 2020 meeting

The training is open to all past, current and future race directors. Michael George will lead the training. Dinner will be provided to attendees. RRRC will continue to work with RRCA to bring their race director training program to the club.

3. Summer Middle School Run Camp - update from Bill Kelly
Based on approval from the board in 2019 to support this project, I have made presentations to 3 potential sites for a one week camp (ACAC/MAC/Robious Middle School). ACAC is unable to host due to their huge summer camp program, The Mac will review and advise by the end of February if they can host the camp for a week, have received a verbal commitment from Robious Middle School waiting on a firm date and written notice. Once we have firm commitments will reach out to volunteers to determine availability to schedule the program during late June and July.

Mike Levins inquired if there was a fee for the students attending camp. Nikkia will follow up with Bill.

4. Cleaning crew for Club House

Discussion was held on hiring a cleaning crew or having board members & volunteers take turns. It was agreed that further discussion would be held once quotes were received.

5. Updates on runner harassment

Michael Bender, member of the Richmond Police Department, updated the group on an individual who has been reported for harassment of runners and cyclists in the Forest Hill and Riverside Drive area. The individual is known to the police, but further help is needed for prosecuting him. He is an older white male with two different cars and out of state license plates. If he is seen, please call 911.

With no further business, Ralph made a motion to adjourn. The motion was seconded by Mike Levins, and was passed with an unanimous vote.