



Richmond Road Runners Club - Minutes - January 11, 2023

Opening remarks, ground rules and welcome guests – Rainey Niklawski, President

Shawn called the meeting to order at 6:05 pm.

Approval of November, 2022 & December, 2022 meeting minutes - Victoria Hauser, Secretary

Leigh Anne made a motion to approve both sets of minutes. Donnie seconded the motion and all were in favor.

New Business Discussions

1. Discussion on redesign of Website

Shawn discussed redesigning the website and hiring someone to maintain and make updates. Hosting and templates through RunSignUp are free, and allow our site to be connected with race registrations. Mike Gholson and Suzi both indicated they knew someone who could do the work on an hourly basis. It was agreed to explore costs and RunSignUp options and present at a future meeting.

2. Discussion on creating President-Elect and Treasurer-Elect positions

Potential for these roles to shadow the President and Treasurer for one year before taking on the new role.

Leigh Anne and Rainey discussed creating these new positions to help recruit and support these roles, as well as staggering board member terms to provide a more consistent board rotation. It was agreed to draft language to help define the logistics and for change to the by-laws.

3. Master and Grand Master definitions

Posted on our website and in Grand Prix Rules state:

Open 0-39

Masters 40-59

Grand Masters 60+

However in practice when posting race results, we use 50+ for Grand Masters. We need to pick one to be consistent.

It was noted that RRCA rules and race championships use Open 0-39, Masters 40-49, Grand Masters 50-59, and Senior Grand Masters 60 and older. Following discussion, it was agreed that a term other than Grand Master in the Grand Prix rules would be the best solution.

Financial Reports – Leigh Anne Stacklin, Treasurer

See attached profit & loss statement for 2022.

- The email for invoices, reimbursements, and any other related requests is invoice@rrrc.org. There is no s on invoice.
- Ashworth Awards: I'm not sure who all is getting emails from them, but they appear to be BCCing several email addresses. Please be assured that the invoice email is getting these emails and will pay the invoices as they come in. They do not need to be forwarded and no action needs to be taken.
- Police Checks: As we enter a busy season for races, I just want to put a reminder out to get the names for checks to invoice@rrrc.org as soon as you have them. I write the checks and Rainy signs them, so we need time to coordinate this and also get them to the Race Director.

Leigh Anne noted that she was still totaling expenses and overhead for the Capital Trail race and would issue the check this week. Susan Larsen has started as the bookkeeper and is enjoying her work.

Communications - Anne Magee, VP of Communications

Miles & Minutes – Annie Tobey/Anne Magee

Miles & Minutes should be going to the printer early next week. We're finalizing the proof and waiting for one ad.

Rainey noted that the issue was at the printer and was ready to be posted on the website.

Social Media – Chris Mason

No updates.

Operations – Shawn Lafland, VP of Operations

Review of Races

First Day 5k - January 1, 2023 (Suzi Silverstein)

We had great weather and 416 runners and walkers completed the race in person, 29 completed it virtually and 60 signed in to run the kids race. Over 100 participants registered within 24 hours prior to the race. Several were non members that live in the neighborhood and emailed for registration information when the race reminder went out through the neighborhood social media. One week prior to the race we had less

than 20% of the minimum volunteers needed. Fortunately, last minute requests and good weather encouraged enough volunteers. Socks were well received as swag. Sock vendor recommend 40% s/m and 60% l/xl. If anyone else does socks for our club, it should be reversed 60% s/m and 40% l/xl. Parking was a concern for ACAC but the signs we posted resolved any issues. A mistake was made when setting up the race. Last year this was the race to raise money for scholarships. That was copied over into this years race and we unexpectedly collected \$702.

Suzi noted that volunteers were hard to recruit but the good weather helped.

Toy Run 5k with Girls on the Run (Kirk Millikan)

Kirk noted that having less police costs helped with the race profits and \$1200 was donated to Mason's Toy Box. Parking was an issue. He and GOTR are thinking about changes to make for next year.

Turkey Trot (Michael George)

Michael noted that many runners signed up at the last minute. There were issues with parking and the entrance. A new 10k course is needed. Ben and Spencer will be taking over for 2023.

Preview of upcoming Races

Frostbite 15k - January 15, 2023 (Mara George & Chris Mason)

Mara noted that more volunteers would be good. Packet pick up will be held on Saturday. Indoor bathrooms will be available at the school before the race only.

Sweetheart 8k - February 12, 2023 (Nancy Rachlis & Michael Forder)

Nancy noted that there are 125 people registered. They will begin promoting more once Frostbite is completed. They are waiting on the permit from Chesterfield County. TowneBank is not returning as a sponsor.

Huguenot 3 Miler - March 5, 2023 (Mike Muldowney)

- Race is all set and ready to go operationally - all permits and insurance forms have been completed, approved and submitted.
- Looking for the next H3M race director as I am stepping away after 8 years after this race. Glad to have the incoming RD work with me on this race if you guys have identified an interested club member. It is a relatively simple race compared to the other club races.
- This is a "no frills" race. If you or anyone has questions, please let me know.
- We only have packet pickup at the park on race day. I will need someone to help with leading the registration effort. Marcy George has helped with this in the past.
- Anne has been doing the timing - let me know if she is NOT available to help.
- I will drive the truck to/from the club house - so no volunteer needed.

Bear Creek Lake 10 Mile Trail Run - March 12, 2023 (Dave Trump & Ralph Gibbs)

We have 90 runners registered at this point. It appears that there will be no cost for the special use permit from Cumberland State Forest. We'll be hiking the course this month to check on its condition.

Dave noted that he & Ralph would be hiking the course this Sunday.

Contract Races

January 14	Meg's 5k
March 25	SPCA 5k
March 25	UR Spider Dash

Shawn noted that the Friends of the James River 5k is also coming up in early spring.

USATF Cross Country Championships - January 21, 2023

Matt updated the board about the event which is coming to Pole Green Park. There will be several races, along with professional runners competing for spots to represent the US at the World Cross Country Championships. There are no fees for spectators. It was agreed to be promoted through our social media.

Training Teams

Winter Marathon Training Team (Crystal Koch)

We will be about to run week six by the time you read this brief. We canceled the weekend it was 10° at 7:30am and will be treating the team to a hot chocolate/tea/coffee from Sugar+Twine on a cold Saturday in January or February (whichever happens first). We have 214 runners signed up, eight of them coaches. Annie is doing a great job with routes once again! It's been a great group with about 100-150 runners showing up each week.

Advanced 10k Training Team (Dave Trump)

There are 84 runners registered (25 more than last year at this time). All pace coach positions are filled. Westminster Presbyterian Church will be the base for the Saturday morning runs. The program starts on Saturday, January 28.

Operations Manager/Administrator/RunSignup Coordinator– Allison May, Shawn Lafland

See slides for updates on membership and club store.

Volunteer Needs - Katherine Zampolin

Thanks to all the Volunteers for the 1st Day 5K!

We still need a few more volunteers for Frostbite on 1/14

Megsmile Memorial run on 1/14 - we are only handling the finish line, and reached the minimum of volunteers needed (always welcome additional!)

It was noted that the start time for volunteers for MegsMiles is a bit early on the website. Katherine will adjust the time in the email to volunteers.

Equipment – Glenn Melton

Glenn noted that all equipment is good.

Grand Prix - Jim Marr

Jim noted that there are 108 people signed up so far. Registration closes on February 12.

Other -

Kirk noted that he is head of the Scholarship Committee and the Grants Committee. If anyone is interested in chairing either of these committees, please let him know.

It was agreed to shift the spring grant deadline to the end of April, as the fall deadline had been shifted out one month.

Adjourn

With no further business, the meeting adjourned at 7:11 pm.

*Respectfully submitted,
Victoria Hauser, Secretary*