



Richmond Road Runners Club - Meeting Minutes - April 12, 2023

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

Approval of March, 2023 meeting minutes - Victoria Hauser, Secretary

New Business Discussions

1. Flying Squirrels/ Kickers Outing - Mike Levins

See attached proposal.

A vote was held that skewed towards the Flying Squirrels game. Rainey to narrow down potential dates.

2. RRCA National Convention - Kirk Millikan

Kirk to provide updates and notes from the convention.

3. Bylaws changes for elections - Rainey Niklawski

Please see attached proposed changes. These have been updated to reflect feedback received after the March meeting.

4. Grand Prix change of rules - Suzi Silverstein

It was determined the rules would be changed in November. The Ashland 5k will not be part of Grand Prix this year as it is the first year of the race.

Financial Reports – Leigh Anne Stacklin, Treasurer

Susan Larsen, bookkeeper, will be added to the club bank accounts.

Communications - Anne Magee, VP of Communications

Miles & Minutes – Annie Tobey/Anne Magee

Social Media – Chris Mason

Social media was used quite a bit in March! We used our platforms to discuss various things, some of those being the promotion of the Carytown 10k, Stratford Hills 10K as well as celebrating the successes of our Bear Creek participants

We also highlighted our RRCA crew, which was well received, and we shared one of our club members fantastic ideas on how to repurpose old medals. I've got to say that was one of our more active posts so was about a great idea to share, Rainey!

Our overall post engagement was up in March, it has decreased a bit as we've moved into April. Obviously it's early in the month so we haven't shared too much; however, as always, please feel free to reach out if you'd like anything shared on our platforms so we can drum engagement up again.

Finally, it would be awesome if the board would share excitement around the Carytown 10K as we'd love to see more sign ups for that event (as it's always good to hear excitement from other sources than our social). This really applies to all of our events; however, we're under 300 for this race at this time so all the help promoting the event would be appreciated!

Scholarships - Kirk Millikan

Scholarship applications are due May 31st. As of April 7th we have received one application. Email notifications about the scholarship have been sent to Richmond-area high school counselors and athletic directors.

Grants - Kirk Millikan

The next round of grant applications are due April 30th. As of April 7th, we have received three applications. Please spread the word about the grants program!

Operations – Shawn Lafland, VP of Operations

Review of Races

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

We think we had a highly successful race — at least there were lots of smiling finishers. The weather cooperated for most of the runners, but a few finished in light snow. The trail overall was in good shape. Willis River Trail provided single-track challenges and a great water hazard (detour option provided). Our course changes made the last half of the race even faster than in past years. Having a course sweeper was a great help. It was a RRCA State Championship race: our state rep Grattan Garbee ran the race and handed out the awards for us.

209 runners registered for the in-person race: 168 runners checked in and completed the race. Seven (7) runners registered for and reported times for the virtual event. As expected, participation was down from the 2021 event. Interestingly, half of the registrants were not RRRC members. The status as a RRCA State

Championship event may have contributed to the shift, but there's more opportunity to market the race in the Lynchburg and Charlottesville markets.

The race made a profit of \$461.00 per our calculations. See the attached post-race budget worksheet. We do plan to raise the race fee to \$45.00/\$35.00 next year since per item expenses were higher this year.

We got the shirt count right (only 2 left over). We made a lot of runners happy by handing out all of the leftover race shirts from the past three race. One less box in the storeroom.

We've looked at options and for 2024 propose hosting the race on Sunday, February 25. This avoids the DST and the new Sports Backers half marathon weekend, while still staying away from major hunting seasons. We're assuming that Sweetheart will be on February 11.

Preview of upcoming Races

Carytown 10k - April 30, 2023 (Anne Brown)

Registration is going very slow, and I think the club needs to consider whether or not this race is really feasible moving forward. It's too close to the 10k now and the cost for having the race is just rising.

Stratford Hills 10k - May 27, 2023 (Nikkia Young)

Thanks Dad 5k - June 18, 2023 (Allison May & Eric Nachman)

Cul de Sac 5ks (July) - (Mike Gholson)

Summer Track Series - (Matthew Novak)

Richmond's track is reserved for the following dates:

- Tuesday, June 6
- Tuesday, June 13
- Tuesday, June 20
- Tuesday, July 11
- Tuesday, July 25

I am continuing to work with Coach Taylor, and I will keep you posted with any updates.

Ashland Half - August 26, 2023 (Michael George)

Contract Races

Training Teams

Winter Marathon Training Team (Crystal Koch)

The team ended with about 100 runners coming every weekend, which is normal for a training team. Anna and I have already discussed with the team the changes we'd like to make next year and they're in agreement. We're looking at yet another location change that will allow for growth and every runner being able to fit inside the building while also allowing for safe running from said location. Sports Backers has some ideas they're looking into, hopefully we'll find something soon.

One big change is partnering with Sports Backers to become the half training team for their new half marathon in March. We're pretty excited about this new partnership with them because it means shared costs and greater access to vendors not to mention being able to serve the greater community and get even more folks excited about running.

We have already added some new coaches and looking to add many more for the half team. If y'all know of anyone, please send them our way. In general, we really need faster coaches so we can serve those who are in the 7:30-8:30 pace range. Please help us help the community! It'll be even more important to get coaches in this range for the half training team and the folks on the Board have depth in their relationships so we'd appreciate your help with this.

Advanced 10k Training Team (Dave Trump)

Youth Running Camp (July) (Bill Kelly & Rosie Schutte)

- The insurance certificate has been issued
- The permits through Parks and Recreation have been applied for and we are waiting on date confirmation
- Our 3 student-directors have all committed their time and energy to the 2023 camp
- There are currently 2 sponsors for the camp, PR Run And Walk, and Virginia Family dentistry, and we are awaiting a third
- The webpage is currently in draft mode awaiting final date confirmation by way of permitting

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

Noah Mercer is taking over the Administration of the club's website.

Volunteer Needs - Katherine Zampolin

As of 4/5:

4/15 races:

Petersburg Half Marathon finish line - need volunteers for finish line! (zero volunteers so far)

Lakewood Alzheimer's 5K - minimum reached

Wood River Run - need volunteers for finish line

4/29 race:

5K Strides for Schools - need volunteers for finish line!

4/30 race:

Carytown - need volunteers in all areas!

5/6 race:

Ask 5K - need a few more finish line volunteers (halfway there already!)

Please post on social media!

Equipment – Glenn Melton

Grand Prix -

Adjourn