



## Rochester Running Club Board Meeting Minutes

**Date:** February 21<sup>st</sup>, 2022

**Start Time:** 7:00 pm

**Location:** Zoom

**Last Meeting:** January 17<sup>th</sup>, 2022

**Next Meeting:** March 21<sup>st</sup>, 2022

Agenda Item	Action/Discussion
Call to Order and Roll Call (Dale)	Called to order at: 7:02 Present: Jean Murray, Anna Sanchez, Dale Pfrimmer, Rick Fishbune, Kasey Kuker, Ann Noser, Ruth Brennan Morrey, Mitch Felton, John Soucheray, Branda Anderson, Ray Gladkowski Absent: Jill Tacl, Cindy Morgan Guests: Tom O'Leary
Review and Approval of <a href="#">January Minutes</a> (Dale)	Dale made a motion to approve the meeting minutes as submitted, Jean seconded. Meeting minutes were approved by all.
Review and Approval of Financials (Jean)	<a href="#">February Treasurer's Report</a> <ul style="list-style-type: none"><li>• The HHR budget is updated.</li><li>• Gwen made a preliminary budget. Jean loaded the budget into Quicken so the categories are categorized a little differently.</li><li>• We talked about the value of having another set of eyes looking at the accounts – it would be nice to be able to have an audit for checks and balances. However, audits from an accounting firm are very expensive. Might we have a member who would be willing to help the club with auditing skills? We need to bring this back to future agenda.</li><li>• Dale made a motion to approve the financial report and budget. Mitch seconded. Budget and financials approved by all.</li></ul>
<b>Guest Reports</b>	
<b>Team Reports</b>	
Diversity and Inclusion Committee (Ruth)	<ul style="list-style-type: none"><li>• The Boys and Girls club would love to continue to work on a partnership this summer, but they would like to make it bigger/broader in order to reach more kids.</li></ul>

**Minutes Prepared By:** Anna Sanchez, Secretary

	<ul style="list-style-type: none"> <li>• Ruth is going to train the staff on the mental skills aspect so that they can keep the program/concepts reinforced all summer.</li> <li>• Staff training will start in April, like 2 ½ day workshops.</li> <li>• Ruth and team will also train the teenagers within the program to help be the coach mentors this summer. Being a youth coach mentor will provide an opportunity for a leadership role.</li> <li>• The target group will be 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> graders.</li> </ul>
Sponsorship Committee (Ray)	<p>The sponsorship committee is going to meet this week and have some fun (and make some plans for soliciting donations)</p> <ul style="list-style-type: none"> <li>• Ray wrote a <a href="#">Script</a> for sponsorship asks, but it's OK to go off script with what feels natural.</li> <li>• The team will start cold-calling soon, starting with <a href="#">Potential sponsors</a>.</li> </ul>
Save the Track (Cindy and Ruth)	<p>Cindy, Ruth, and Dale met to talk about how to get the community engaged with fundraising for the track (up to \$3,000 per year is needed). Ideas included a 5K and a track meet Soldiers Field Park, however, the additional work of another event might be too much for us. Another idea is to copy the idea of “chuck a puck” at the All-Comers meet (“pitch a pipe”) and folks could aim towards a target on the field and win a gift card. This idea was run past Chris Coon, and there are no gambling issues. This has the potential to make about \$200 per meet. There might be a way to integrate the sponsors into this as well (“this week pitch a pipe is sponsored by ...”). Venmo/PayPal would be another way that people could pay in case they don't bring their wallets to the All-Comers Meet. We should be sure to be very clear about what the money is going towards. We could bring out the Save the Track lawn signs and talk about our annual commitment to maintenance fees.</p> <p>FYI Agenda Notation:</p> <ul style="list-style-type: none"> <li>• Wine run at 4 Daughters for \$500</li> <li>• Need <a href="#">volunteers</a> – 7:30-11 am on July 9<sup>th</sup></li> <li>• Will get wine!</li> </ul>
<b>Old Business</b>	
Saturday Morning Training Runs	<ul style="list-style-type: none"> <li>• Route update (Rick) – In the Dropbox, Rick put a spreadsheet with all the runs for this spring session. The routes are in pretty good shape for the season. There was a good turnout on Saturday despite the cold weather!</li> </ul>

	<ul style="list-style-type: none"> <li>• Progress on hiring a captain (Dale &amp; Jean) – it’s not looking good. ☹️ Jean put out the word far and wide, getting very creative with different avenues we can try. So far, no one is interested. SMTR are vital to the RRC. This has been a big draw for membership and is a very visible aspect of our club.</li> <li>• There is a sign-up sheet to <a href="#">fill in as captain</a> but it looks like we are going to have to add the entire spring season for RRC Board members to fill.</li> <li>• We talked about the different aspects of the role, and high schoolers are welcomed. Tom O’ is going to put out some feelers with his Byron runners, and he would allow them to store the equipment in the cross country sheds.</li> <li>• We agreed that we would increase the pay to \$20/hour. It would be contract work for the purposes of taxation.</li> </ul>
<p>Pop-up Banners (Anna)</p>	<p>Design from Anna’s mom: <a href="#">RRC Banner Concept 1</a> and <a href="#">RRC Banner Concept 2</a></p> <p>Notes from Terry: Design rationale:</p> <ol style="list-style-type: none"> <li>1. Have a visual that works with existing identity,</li> <li>2. Have a banner with visual weight that will seem “grounded” when used outdoors</li> <li>3. Readable</li> <li>4. Usable for a long time.</li> <li>5. Shows diversity</li> <li>6. Visually pleasing</li> <li>7. Includes QR code for quick access</li> </ol> <p>Everything can be changed. If either of these layouts are workable without a whole lot of back and forth, I’ll charge \$25 for purchasing the stock art and that’s all. I want to help your running club. If this project drags out for months I will charge \$50/hour, but I work pretty fast.</p> <p>The group like concept #1 better and getting the quick turn is a benefit. We would be able to have the banners for Med City Booth and the HHR. The new banner design could be used in other races that are not GP. Dale made a motion to go with RRC Banner Concept 1 and an HHR banner and spend up to \$750 on the project, Mitch seconded, motion passed by all.</p>
<p>Med City Marathon Collaboration (Anna)</p>	<p>The new communications director reached out to the RRC last month to be more closely aligned. Anna emailed her back and shared how we gear our marathon training runs to coincide with the</p>

	<p>peak and taper of Med City Marathon, it is one of our Grand Prix races, and that we host a water stop of that 5K. She seemed pretty pleased with that, and shared a \$5 off promo code for registration. Tom O' shared that Team RED is involved with post-race activities. Med City Marathon is a great event for our city.</p>
<b>Race Reports</b>	
Healthy Human Race (Cindy) Information only	No report
<b>New Business</b>	
Equipment shed (all)	<ul style="list-style-type: none"> <li>Let's get a date on the calendar for cleaning it, organizing it, and maybe some beverages afterwards</li> <li>Please use this <a href="#">Doodle poll</a> before the meeting so we can confirm a date.</li> <li>Anna will send the date that was the most common. It would serve as a good orientation to the shed.</li> </ul>
Membership coordinator (Jean)	<ul style="list-style-type: none"> <li>Anna will take over membership coordinator.</li> </ul>
Taking over weekly emails (Jean)	<ul style="list-style-type: none"> <li>Coordinating the weekly emails is a flexible way to serve the club from home. Jean is looking for someone to take this over to spread the work out a bit. The time commitment per week is anywhere from 15 minutes to an hour or two if notes have to be created. We will give that a month for people to consider and revisit this next month (will put on next month's agenda).</li> </ul>
Race Director Search (Dale & Kasey)	<p>Search update from Dale and Kasey</p> <ul style="list-style-type: none"> <li>Kasey and Gwen met with a potential candidate and they got some good information. They also met with Sarah from Run Minnesota. She shared their job description and brought up points to consider about the position is contacted or if they need to provide a W2. More information will be brought forward to the March meeting.</li> <li>Jean brought forward the idea to perhaps see if this might be able to combined with the Saturday morning captain.</li> </ul> <p><a href="#">Discussion points</a> from Ann on RD support</p> <ul style="list-style-type: none"> <li>Ann met with a RD from Eau Claire. The race director's take was that our races are so small that they might not be worth having, and that we might have too many.</li> <li>RDs want to make sure that the board has their back.</li> </ul>
TerraLoco Collaboration (Dale)	<ul style="list-style-type: none"> <li>There will be a Zoom call tomorrow night – Dale and Rick will be on it.</li> </ul>

	<ul style="list-style-type: none"> <li>• The board is supportive of collaborating but would not want to add any additional volunteer responsibilities to the Board.</li> <li>• An update of that collaboration will be shared at the March meeting.</li> </ul>
TerraLoco \$5 5K for Save the Track	<ul style="list-style-type: none"> <li>• Save the Date – Monday, July 11<sup>th</sup></li> <li>• Need 3 volunteers at 5:35 to assist with registration – we will firm this up in May</li> <li>• Share RRC and Save the Track literature</li> <li>• Need 2 door prizes</li> <li>• Promote on social media</li> <li>• Jean will create a 2022 Miscellaneous Board Sign Up Genius to keep track of these random board commitments.</li> </ul>
Stay Out of the Sun Run as Grand Prix race (Anna)	<ul style="list-style-type: none"> <li>• Brianna Kammel proposed that the Stay Out of the Sun Run be added to the GP roster</li> </ul>
Grand Prix Race Series (Anna) (these two agenda items were discussed in tandem)	<ul style="list-style-type: none"> <li>• It sounds likely that the Spirit Run WILL return in 2022.</li> <li>• Any issue with having 2 10K races?</li> <li>• We have limited opportunities for high school runners on track and cross country to get Grand Prix points. Can we consider ways to provide more opportunities for our high schoolers?</li> <li>• Tom shared that in season it can be hard for athletes to add on a 10K during their season.</li> <li>• We talked about the Youth Grand Prix held in the past. Very few people signed up for it.</li> <li>• Having more opportunities for youth might push some families into RRC membership.</li> <li>• Another idea is adding the Healthy Human 5K.</li> <li>• Could we add the time the kids ran in the Mayo Cross Country meet to the Grand Prix?</li> <li>• Good Neighbor Days 5K lets cross country kids run for free.</li> <li>• John shared that when he was coaching he would try to build in 5K races for the kids on his teams.</li> <li>• We will contact Steve DeBoer and see what his tolerance is for adding more races. Branda will reach out to Steve.</li> <li>• Good Neighbor, Healthy Human 5K, Stay Out of the Sun 10K, and the Oxbow Trail Race are all possibilities that could attract youth.</li> <li>• Tom O' checked to see if the HHR 5K is was OK for youth to participate in per high school sports rule – it is fine.</li> </ul>



Board Teams (Dale) 5 minutes	<ul style="list-style-type: none"><li>• Please go to Dropbox and look at the <a href="#">Board Teams Excel document</a>. You can open the document and edit right in Dropbox. There are a lot of jobs that need to be done by the board. Please sign up to be part of SEVERAL teams. Having active, productive teams will keep our meetings shorter.</li><li>• We will bring that again next month.</li></ul>
<b>Additional Agenda Items</b>	
<b>Parking Lot</b>	
Summer Picnic	
Renaming Hal Martin All-Comers Meets	
Medals4Mettle	
Marathon/Half Marathon Training Class	
Race Director Training	
Reconsidering RRC Awards	