

Rochester Running Club Board Meeting Minutes

Date: June 20th, 2022

Start Time: 7:00 pm

Location: LTS

Last Meeting: May 15th, 2022

Next Meeting: July 18th, 2022

Agenda Item	Action/Discussion
Call to Order and Roll Call (Dale)	Called to order at: 7:07 Present: Jill Tacl, Jean Murray, Dale Pfrimmer, Kasey Kuker, Mitch Felton, John Soucheray, Branda Anderson, Anna Sanchez, Rick Fishbune, Cindy Morgan Absent: Ann Noser, Ruth Brennan Morrey, Ray Gladkowski
Review and Approval of May Minutes (Dale) 2 minutes	<ul style="list-style-type: none"> Point of clarification needed – confirm that the Salvation Army Thanksgiving run is planned for 2023, not 2022 as Anna (secretary) noted in minutes from the past 2 meetings. This will NOT take place in 2022 – will happen in 2023, Mitch made a motion to approve the meeting minutes as submitted, Dale seconded. Meeting minutes were approved by all.
Review and Approval of Financials (Jean) 5 minutes	<p>Financials as of June 14 Report (June report only) Financials as June 14 YTD Reports (Jan-Jun reports)</p> <ul style="list-style-type: none"> For \$700, we can get a good computer for the assistant treasurer to use and to use at races. We had been using a refurbished one and it died. Jean made a motion that we approve the purchase of a laptop. Dale seconded. It was approved by all. A check arrived today from Edward Jones. One idea is to have miles sponsored by the Grand Prix sponsors. We talked about different ways to focus on sponsors (putting banners on the inflatable arch, other ideas). Jean spoke with Brock about this. Either way, we need new mile markers. Mitch made a motion to approve the financials, Kasey seconded, financials were approved by all.

Minutes Prepared By: Anna Sanchez, Secretary

Guest Reports	
Team Reports	
Diversity and Inclusion Committee (Ruth)	<ul style="list-style-type: none"> • Ruth, Rick and Gwen conducted the first day of Boys & Girls Club Camp this morning. Communication has not been what it should be – Ruth, Rick, and Gwen were told this morning that the event was on. It runs through Thursday this week at 10:30 to 11:30 at MLK East Park. We are working with the middle school kids this week. 17 kids in attendance today. Kids had differing levels of the ability to pay attention to the mindfulness lessons. The physical activities were fun and well received. • Gwen, Rick and Ruth plan to do a first week camp with teens/middle school kids, then a 4th/5th grade camp on a subsequent week. Focus will be a combo of running races and mental skills (self-talk, visualization, mindfulness). • Ask Brock to connect with 2023 Race Directors about adding a non-binary category. We need to figure out awards and how that will work. We can look at how other races/run clubs are handling this. Anna will connect with Brock.
Race Director Team	<ul style="list-style-type: none"> • Next steps for transition – Brock officially accepted the position. • Jean met with Brock. She gave him the logins to the different accounts. • Payroll will come at month-end.
Sponsorship Committee (Ray)	<ul style="list-style-type: none"> • We need to ensure that Grand Prix sponsors are well represented and that their name gets out there that they support our run club. • We missed getting the sponsor signs out at Chester Woods. We need to make sure that we don't miss other races. Most of the races use our equipment, so we could have the race directors put the signs out. Jean will reach out to Shaun Palmer for the One Mile race this weekend. • However, we have brought in more Grand Prix sponsors than we need prizes for. • One idea is to use the Grand Prix funds for the All-Comers meets.
Save the Track (Cindy and Ruth)	<ul style="list-style-type: none"> • Fundraiser during the All-Comers meets • Next steps
Old Business	
Saturday Morning Training Runs	<ul style="list-style-type: none"> • Dale will captain on Saturday, June 25th

	<ul style="list-style-type: none"> • Thanks again to Sean for taking on the majority of the captaining responsibility for the fall training runs! • We will need sign-up captains for the next 5 weeks. • The captain can run. However, if we don't have volunteers for aid stations, we need the aid stations set up ahead of time. • There is no interest so far from anyone in taking the paid position. Jean will post the position on Craig's list and on Facebook. • Do we take a "tough love" position? Do we have people bring their own hand-held water bottles and run past their cars? • Another question asked is how do we keep this sustainable for the board? This is a labor-intensive event, but it is very valuable to our reputation and brings in new members.
<p>Equipment rental policy (Jean and workgroup) 10 minutes</p>	<ul style="list-style-type: none"> • The team had a meeting and wrote a draft about the new equipment policy. 501C3 Youth Organizations can continue to get free rentals of the basic run package. They would still have to provide a deposit. Do we include the inflatable finish line and generator? There was consensus to charge for the inflatable finish line and generator. • There would still be the option to come to the board and petition the board for free rental. • There is a new JotForm with updated inventory. There is no price change.
<p>Grandma's Marathon Run Experience</p>	<ul style="list-style-type: none"> • RRC had 28 members registered. There were other RRC members running the marathon that somehow didn't get signed up for the run club experience. Run Club Experience included a race entry discount, \$10 value bleacher pass 1 per registered runner, pair of Fitsock Grandma's socks, and reserved seating at the spaghetti dinner. The Run Club tent at the start was wonderful with a covered tent, coffee, chairs for sitting and Port a Potties with no wait for most of the time (until closer to race time). RRC should definitely participate again next year. • Worth doing again next year – will need a new coordinator for next year.
<p>Race Reports</p>	
<p>Healthy Human Race (Cindy) 5 minutes</p>	<ul style="list-style-type: none"> • There was a meeting on Wednesday. Registration has not been as high as years previously. We are about 80 registrations behind from previous years. • 620 medals were ordered.

	<ul style="list-style-type: none"> The shirt order needs to go in soon. The shirt order can go in based on shirt size distribution based on prior years but based on this year's numbers.
All Comers Meets (Dale) 5 minutes	<p>Good attendance first Tuesday (estimate around 200 kids), lighter attendance second Tuesday (estimate 130 kids) due to heat. There are 350+ kids registered to run one more of the track meets. There was good coverage by KTTC. We will continue to promote this with TV and radio. Need to better promote this with Events on Facebook. Dale will reach out to past All-Comers sponsors to see if they are willing to donate again.</p> <p>We will do freezer pops, juice boxes, and fruit snacks as a celebration on the last night.</p>
Camp Olson 1-Mile	Rochesterfest 1 Mile - This Saturday, June 25 - 12 registrations. John Resman is going to train and assist Shaun Palmer with race timing.
Women's 4-Mile Race	<ul style="list-style-type: none"> Email to past participants has gone out Saturday, July 23 8 a.m. - 17 registrations There are usually a lot of last-minute registrations.
Reggie Oeltjen Douglas Trail 11-Mile Race	<ul style="list-style-type: none"> 12 registrations Need to promote and get volunteers for race day.
New Business	
TerraLoco 5K (Dale) 5 minutes	<ul style="list-style-type: none"> Dale has snacks from the last event – water, juice boxes, cereal bars We could give out a couple of collapsible cups. We could also give out 1 RRC membership. The sign up is filled for tabling Come out and support the track!
Reconsidering RRC Awards (Jean) 10 minutes	<ul style="list-style-type: none"> If the Outstanding Service Award is continued, can we adopt a new process to select winners? The current process is a bit punishing to the awardees: Connor Morrey & Rick would be expected to select 2022 winners. Should membership be a necessary criterion for RRC awards (Outstanding Service Award (OSA) Dwight Pierson Award (DPA) &/or Runner Of The Year (ROY)? ROY awardees choose a jacket from Superior Screeners catalog, which is then custom embroidered. Cost is ~\$125 (discuss capping the RRC expense) OSA & DPA get more traditional awards (avg cost ~\$93/award) Should we change OSA & DPA awards?

	<ul style="list-style-type: none"> • New ideas & new prize ideas to help energize the banquet & volunteerism? • Should the volunteer award be a votable award? • Should the awards go only to RRC members? One idea is that a membership could be included in the awards. • Rick, Anna, and Jill will work on revamping the awards for 2022. • The small group will return to the group next month with recommendations.
<p>Learning opportunity with Podiatrist (Jean) 5 minutes</p>	<ul style="list-style-type: none"> • The RRC email account received an email from Dr. Jenjyu Lai, podiatrist: Good morning, <p>It was a pleasure meeting you at the Med City Marathon health fair.</p> <p>Here's a little bit about my background. I went to podiatry program in Des Moines and completed a biomechanics research fellowship and a podiatric orthopedic residency there. I moved to Rochester for a 3-year fellowship in physical medicine & rehabilitation at Mayo. My research was in cellular biomechanics specifically related to diabetic foot ulcers. I now practice at Rochester Clinic which provides family medicine and podiatry.</p> <p>My practice philosophy is a whole-person approach. I am certified by the American Board of Lifestyle Medicine. When I evaluate any lower limb concern, I look at the whole person – biomechanical issues and lifestyle. In the office, I have a foot pressure system and a 2-camera motion analysis system for better biomechanical analyses.</p> <p>I'd appreciate any opportunity to do a presentation and/or foot screening to help your members.</p> <p>Thank you.</p> <ul style="list-style-type: none"> • John will reach out about him being a sponsor and doing consultations at the HHR booth perhaps.
<p>Additional Agenda Items</p>	
<p>Litter Pick Up (reminder only)</p>	<ul style="list-style-type: none"> • Reminder, we have litter pick-ups at Soldier's Field the first Monday of the month in good weather. • https://www.signupgenius.com/go/20f0f4aaaa923a3fe3-adopt • Gwen was Team Lead for 2021 and Ray is Team Lead for 2022. • Volunteers meet at Brothers Bar & Grill afterwards for some social time too!



	<ul style="list-style-type: none">• The July pickup is on July 12th – Tuesday before the All-Comer's Meet.
Four Daughters Wine Run (reminder only)	<ul style="list-style-type: none">• There are a few volunteer spots left for July 9th.• This is a fundraiser for Save the Track.• https://www.signupgenius.com/go/20f0f4aaaa923a3fe3-four1
Adjourn	<ul style="list-style-type: none">• Meeting adjourned at 8:43
Parking Lot	
Marathon/Half Marathon Training Class	Talk to Brock about this.
Shoes for youth	July agenda
Annual Banquet	