



## Rochester Running Club Board Meeting Minutes

**Date:** September 19<sup>th</sup>, 2022

**Start Time:** 7:00 pm

**Location:** Shed then Crooked Pint

**Last Meeting:** August 15<sup>th</sup>, 2022

**Next Meeting:** October 17<sup>th</sup>, 2022

Agenda Item	Action/Discussion
Call to Order and Roll Call (Dale) 2 minutes	Meeting started at shed and moved to Crooked Pint for the meeting Present: Ruth Brennan Morrey, Branda Anderson, Ray Gladkowski, John Soucheray, Anna Sanchez, Kasey Kuker, Dale Pfrimmer, Mitch Felton, Rick Fishbune, Jean Murray, Jill was present for shed orientation Absent: Ann Noser
Shed orientation	The shed orientation went well. We should consider getting new mile markers. The lock is troublesome – it needs some WD40 sometimes.
Review and Approval of <a href="#">August minutes</a> (Dale) 2 minutes	<ul style="list-style-type: none"><li>No changes to the August minutes. Dale made a motion to accept, Kasey seconded, the minutes were approved by all.</li></ul>
Review and Approval of Financials (Jean) 5 minutes	Financial Report as of Sept 16 <a href="#">HERE</a>  HHR Financials 2012-2022 <a href="#">HERE</a> (2022 is not final yet) There are 2 rent checks pending. The HHR expenses are not final. Dale made a motion to accept the financials as written, Rick seconded, the financials were approved by all.
Election of New VP	At the last meeting, a nomination for Rick Fishbune was brought forth. Rick accepted the nomination. Dale reiterated the nomination, John seconded, and the vote was unanimous to have Rick serve as our new VP.
<b>Guest Reports</b>	
<b>Team Reports</b>	
Diversity and Inclusion Committee (Ruth) 5 minutes	<ul style="list-style-type: none"><li>Email to RDs to add non-binary category sent 9/2/22. We received a really supportive response from RD for Spirit Run.</li></ul>

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

	<ul style="list-style-type: none"> <li>• The board approved moving ahead with adding a non-binary gender category for membership for the 2023 membership renewal.</li> <li>• There will be a RIDC webinar October 11<sup>th</sup> at 2 pm Central Time that will discuss the racial diversity that currently exists in running participation and will explore the outlook for a future that will be driven by growth in BIPOC communities. This will be an interactive discussion, and we hope to see you there! <a href="#">The Future of Running in the U.S. - Racial Inclusion in the Running Industry</a>   Tuesday, October 11th at 11 AM PDT / 2 PM EDT.</li> </ul>
<p>Sponsorship Committee (Ray) 5 minutes</p>	<ul style="list-style-type: none"> <li>• “All the fun stuff happens in November and December”. We need to make a plan for different tiers. We also need a plan for what to do with any excess Grand Prix funds.</li> <li>• More businesses are willing to give – this is great!</li> </ul>
<p><b>Old Business</b></p>	
<p>Saturday Morning Training Runs (Rick, Jean, all) 5 minutes</p>	<ul style="list-style-type: none"> <li>• One more week this year!</li> <li>• Jean created an Indeed account so that we can post the job for the spring. She will post in late November-December.</li> <li>• Jean asked Tiffany at TerraLoco about captaining. This will involve a future discussion/exploration.</li> <li>• In Tiffany’s email to the Jean about the Saturday training runs, she also addressed that slower runners feel left behind. We have tried to get pacers in the past, but we either could not fill the pacing spots or no one would run at the pacer’s pace.</li> <li>• We also discussed how limited we all are with our ability to keep extending our volunteer commitments and that getting our own long runs in for our training is also important. We can’t commit to having someone there each week for a 13 minute pace for a long run.</li> <li>• One way we could accommodate this is to design the runs and aid stations to be based on time. Part of the role of the running club is to provide education on running smart and not going much more than 3 hours.</li> </ul>
<p><b>Race Reports</b></p>	
<p>Healthy Human Race 5 minutes</p>	<ul style="list-style-type: none"> <li>• Congratulations to Cindy and team on a job well done!</li> </ul> <p>Race Report from Cindy: Healthy Human Race wrap up:</p>

- 488 individuals signed up for the race.
- Race Roster says we took in about \$26,000 in funds.
- I don't believe the books are closed yet, but Jean should have a good estimate for what our final costs were and how much was raised for the club.
- Stories from the day:
  - Family with son who has down syndrome, I Run For buddy finished 50<sup>th</sup> state.
    - [KAAL Story](#)
  - Male half marathon battle to the end, neck and neck until final miles.
    - 1<sup>st</sup>, Michael Grassing 1:12:56
    - 2nd, Kane Collins 1:13:45
  - The kindest person EVER ended up with bib number 666 - Dave Copeland. He took it in stride and made everyone smile.
    - Lesson learned - pull that number each and every time. ☺
- Despite the chance for a storm, the lightning threat stayed far enough away that we completed the races without suspension.
- The Patten Family are volunteer super stars. I was nervous about registration, but their expertise and experience guided me through and ensured registration went great.
- Shoe collection filled the bin!
  - A big thank you to Mitch who volunteered at registration and as a lead cyclist for the 5K.
- Scheels provided a handful of volunteers at registration and on race day. I sent Sydney a letter of thanks - they're looking forward to next year!
- Charity winners:
  - All will receive a \$500 check
    - Ronald McDonald House
    - NAMI
    - Rochester Women's Shelter

**Healthy Human Race Committee:**

I have to send my biggest thanks to the Healthy Human Race committee members. They are all true experts and professionals. They gave me the patience to learn what I needed before making a decision and worked hard to find solutions. A great example is the golf carts. Because Soldiers Field now rents the golf carts, they were not willing to let us borrow them anymore. Through many

	<p>twists and turns the team worked together to find a solution, then adapt as the solution evolved.</p> <p>Again, they are truly amazing and a big reason why a new race director, like myself, can step in and have success. I certainly hope the board finds my recommended of a \$40 gift card to each committee member and appropriate recognition for the team. If not, I would encourage the board to find something else that equally recognizes this talented team. This will go a long way in keeping this group motivated and moving forward.</p> <ul style="list-style-type: none"> <li>• The board is very grateful for Cindy and the HHR Committee's efforts. They worked hard and the race went very well. The Board approved purchasing 11 gift cards for \$50 each for the volunteers at Scheels plus one for \$100 for Cindy.</li> </ul>
<p>Mayo Open Cross Country 5k Meet</p>	<p>Race was held Thursday, September 15<sup>th</sup>. Largest turnout since 2014 (55 runners) with 41 finishers. Steve DeBoer directs this free, low-key race. Next year we will want to bring the RRC feather banner and update the signage, so it is easier to locate the RRC registration at this large invitational CC meet. We also forgot to bring the Grand Prix signs, and next year we will try to remember them. It's hard to remember to bring the signs when the race doesn't require any RRC equipment.</p>
<p>2023 Dates for RRC Race Events</p>	<p>Race dates for upcoming year have typically been decided shortly after current year event has concluded. RRC races have been included in the print edition of the Run Minnesota Annual Calendar in the past. The deadline for races to be included in the Run Minnesota Calendar and Training Logbook is October 15<sup>th</sup>. RRC Website team will update the website as soon as the 2023 race dates are provided.</p> <ul style="list-style-type: none"> <li>• Dale and Kasey will talk to Brock about this.</li> </ul>
<p><b>New Business</b></p>	
<p>Banquet (all) 10 minutes</p>	<p>Date: January 21<sup>st</sup>, 2023 Workgroups: Banquet: John, Branda, Kasey Meeting: Dale, Gwen to help with slide show Speaker: Ray and Ruth Awards: Rick, Jill, Jean, Anna Updates:</p>

	<p>John spoke to someone at Haley Comfort Systems about using their banquet room. They have space and availability in January. We could eat at the Purple Goat banquet room and then head upstairs to the Haley Comfort Banquet room. John will check to see if alcohol is allowed in the Haley Conference room. We also discussed the need to make sure that the banquet cost doesn't get too high, aiming for around \$20/person.</p> <p>Ray and Ruth have great ideas for speakers! We discussed the pros and cons of a live speaker or virtual speaker. If we had a virtual speaker, we could get a bigger name and not worry about travel expenses. On the other hand, having a live speaker can be more engaging. The board agreed to have the speaker limit raised to \$2,500.</p>
<p>Trunk or Treat (Ruth) 5 minutes</p>	<p>The United Way will hold a Trunk or Treat event on 10/28 from 5:30-8:30. Ruth will take the lead on decorating a vehicle. We will use some things from the shed and make it running-oriented. We could handout ribbons with stickers with the All Comers Meets next year. Gwen, Kasey, and John will help, and Anna and Jill are tentative.</p>
<p>Marathon/Half Marathon training class collaboration with TerraLoco (Jean) 10 minutes</p>	<p>Jean and Tiffany have been exchanging emails about a marathon training class and about SMTR captaining. Jill, Rick, Jean, and Dale will sit down with Tiffany and figure out details.</p>
<p>Board Election Team 5 minutes</p>	<p>Needed: A board election team. Gwen has volunteered to be on this team.</p> <p>Jotform for nominations is active. The <a href="#">news post</a> went live on website 9/6/2022. Facebook post was done on Monday 9/12. Constant Contact email to RRC membership was sent on 9/14.</p> <p>Current Board Directors whose terms are up for re-election:</p> <ul style="list-style-type: none"> <li>Dale Pfrimmer</li> <li>Anna Sanchez</li> <li>Mitch Felton</li> <li>Ruth Brennan-Morrey</li> <li>Kasey Kuker</li> <li>Ray Gladkowski</li> <li>Cindy Morgan's seat</li> </ul> <p>There is already a <a href="#">timeline</a> in the Dropbox with thorough directions. This group would not be a lot of work - mostly collaboration to ensure that there are a few sets of eyes on the process. Team</p>



	members should be directors or others not up for election or seeking election. Mitch, Branda, and John will be on this team.
RRC Logo wear Online Store	Gwen is working with a vendor to get an online apparel store up and running. She had excellent results with this vendor on a recent online store she did with another club she works with.
<b>Additional Agenda Items</b>	
Litter Pick Up (reminder only)	<ul style="list-style-type: none"><li>● Reminder, we have 1 litter pick-up for October left for Soldier's Field the first Monday of the month in good weather. <a href="https://www.signupgenius.com/go/20f0f4aaaa923a3fe3-adopt">https://www.signupgenius.com/go/20f0f4aaaa923a3fe3-adopt</a></li><li>● Rochester Parks and Recreation has been notified that we are not renewing our Adoption of Soldiers Field Park for 2023.</li></ul>
<b>Parking Lot</b>	
Shed orientation	Be sure to have an orientation in 2023 for new members