



Rochester Running Club Board Meeting Minutes

Date: June 26th, 2023

Start Time: 7:00 pm

Location: LTS

Last Meeting: May 15th, 2023

Next Meeting: July 17th, 2023

The Rochester Running Club (RRC) empowers runners of all ages, abilities, and levels of fitness, through organized group runs, community events and activities, and information to keep runners moving. Whether running for fun, to improve or maintain health, or for the love of competition, RRC helps runners achieve goals from a first 5k to completing a marathon and beyond.

Agenda Item	Action/Discussion
<p>Welcome RPS Coaches!</p> <p>Mayo High School: Kristie Kinneberg</p> <p>John Marshall High School: Mike Sonnabend, Dan Feda, and Dakota Hiller</p> <p>Century High School: Kris Allen and Brent McGrew</p>	<p>Meet with RPS Track and Cross Country Coaches</p> <p>Mayo, Century, and JM were all in attendance! Mayo HS coach (Kristie) would like to revive the Spartan 5K.</p> <p>We would love to help kids get shoes – either through vouchers or for shoe drives.</p> <p>Century - A lot of kids are embarrassed – they don't want to ask, even privately. There is a stigma to asking for new shoes. But they are very comfortable going into the coach's office to dig through shoe bins. There is also a huge need for spikes!</p> <p>Mayo – Kristie knows the kids well enough that she knows which kids need vouchers, but the kid would not want to go to the resource room. There has been no push back from parents.</p> <p>JM – spikes were a huge hit! It works better when coaches identify kids who need the vouchers.</p> <p>Other things that vouchers would be good for: Socks, sports bras, running clothes, watches</p> <p>Sport fees are expensive – it's \$180 user fee, plus or minus uniforms, depending on the school. Another avenue is the Mayo classifieds – they have spikes for often relatively cheap.</p> <p>How about a message board? Like Slack?</p> <p>The July 10th \$5 5K will go to high school sports.</p>

Minutes By: Anna Sanchez, Secretary

	<p>Another need is volunteers for the meets across all 3 high schools!</p> <p>Another need is the cost for transportation – because that cost is so high, we end up hosting locally. And kids are being left behind because only 55 kids can fit on the bus.</p> <p>Another need is just having bodies around to watch for kids who might get lost, especially distance kids.</p> <p>We can post the sign up genius for meets to our Constant Contact.</p> <p>We could post coaches' names to the members and they could connect with the volunteers directly.</p> <p>Just having RRC members present at track and cross country meets to show that there is running besides HS is super helpful!</p> <p>The kids are welcome to join our SMTR.</p> <p>The kids really need clothes – clothing drives are needed.</p> <p>John and Dave had the idea of something with charitable giving after the age of 73 and retirement accounts...</p>
<p>Call to Order and Roll Call (Dale) 2 minutes</p>	<p>Called to order at: 8:00</p> <p>Present: Jessie Wilburn, Branda Anderson, Kasey Kuker, John Soucheray, Anna Sanchez, Jean Murray, Ann Noser, David Fochs, Rick Fishbune, Dale Pfrimmer, Toby Hatlevig</p> <p>Absent: Jill Tacl</p> <p>Guests: Coaches were present for the discussion but did not stay for the board meeting.</p>
<p>Review and Approval of May Minutes (Dale) 2 minutes</p>	<p>The minutes were voted approved by all.</p>
<p>Review and Approval of Financials (Jean) 10 minutes</p>	<p>As Of June 22, 2023 Report HERE</p> <p>Spring SMTR had a net loss of \$560, but there were some one-time expenses (coolers, laminating costs). The TerraLoco cost was \$1,860.</p> <p>HHR is spot on with last year's numbers.</p> <p>The IRS deductibility issue – we are waiting for the IRS to respond to the 2nd request by the RRCA.</p> <p>There are 2 open shoe certificates from JM and 1 from Mayo that haven't been redeemed. The</p>

	coaches were reminded about these at the meeting. Financials were voted approved by all.
Social Media Updates (Ann and Jessie) 5 minutes	Facebook: 1.1 K likes, 1.2 K follows, last 28 days 2.9K reached, 1.9 K engagement. Instagram: 262 followers, 529 have been reached.
Race Director Update (Brock) 5 minutes	
Team Reports	
No Team Reports in June	<ul style="list-style-type: none"> • Team Reports will be skipped in June to allow time to meet with high school coaches
Banquet speaker (Toby)	<ul style="list-style-type: none"> • Information on banquet speaker • Toby sent a speaker outline, goals of the speech • We would be interested in a 20-30 minute talk at the \$750 range. • Jean will follow up with him.
Race Reports	
All Comer's Meeting (Dale)	<ul style="list-style-type: none"> • 2 events have taken place, June 6th and 13th. Four upcoming dates: June 27th, July 11th, 18th, 25th. • Nice KTTC news coverage on June 6th https://www.kttc.com/2023/06/07/all-comer-s-track-meet-returns-52nd-summer/ • Included in Rochester Magazine 100 Can't Miss Summer Events https://www.postbulletin.com/rochester-magazine/100-days-100-cant-miss-summer-events-2023 • Submitted remaining dates to Post Bulletin calendar. Media requests sent to Post Bulletin, KAAL and KIMT news.

	<ul style="list-style-type: none"> ● Outstanding turnout on the June 13th event ● Check in/Registration was abysmal June 6th, much improved process for June 13th. Paperless process using QR Code. ● Rochester Park & Rec will be demolishing the old Pool Shed building and building a new one; All-Comers' supplies will be stored in warming shed on west side of the track starting this week
<p>Old Business</p>	
<p>Clarification on Trainer's List (Ann)</p>	<ul style="list-style-type: none"> ● Clarification from May meeting – is the RRC going to curate and maintain a list of running coaches on our website? ● There is a link on MDRA of coaches already available – we don't need to create anything new. We can put it under "Let's Run" ● ACSM also has a list of coaches
<p>Movie Night (Dale)</p>	<p>Movie Night Summary: The Long Green Line, Sunday June 25th</p> <p>Overall was a well-received event</p> <p>99 RSVPs, 89 attendees, 79 concessions</p> <p>Total cost was \$988</p> <p>Minor feedback for Cinemagic, started a few minutes late, delay in turning lights on after movie (fall)</p> <p>Even though Disney movies are expensive, Dale is trying to find out how much McFarland USA would be.</p> <p>Dale makes a motion for a quarterly movie night (admission and concession combo covered by</p>

	RRC). This would also avoid competing with the Sunday night concerts. August, October, January. Dale will figure out the dates.
New Business	
Trunk or Treat (Kasey)	<ul style="list-style-type: none"> • Family Promise Trunk or Treat – Saturday, October 28th, 4:30-6:30 • Benefitting Family Promise, in the United Way parking lot • Toby volunteered to lead that up
SMTR Meeting with TerraLoco	<ul style="list-style-type: none"> • Jessie, Dale, and Jean reviewed SMTR responsibilities with Haley and Tiffany, especially in regard to nutrition. • There were no discussions on compensation.
Additional Agenda Items	
No action needed	<ul style="list-style-type: none"> • A cache of RTC newsletter PDFs were found & will be loaded to www • Removed 1601 emails in Constant Contact (minor cost savings)
Parking Lot	
2024 SMTR –Terra Loco Liaison	<p>Identify a SMTR liaison to Terra Loco for 2024. The liaison would</p> <ul style="list-style-type: none"> • Clone/review/revise the XLS training schedule & route links each season. Print /laminates new route maps • Take 1st stab at responding to TL questions/issues/requests and/or TL referred runner feedback • Periodically replenish TL's SMTR supplies (from shed, & Sam's/Costco) • Periodically pick up & deposit tip jar cash & TL reimbursement receipts • Periodically pick up & enter paper waiver info for entry in JotForm (few) • If willing, clone/revise SMTR volunteer SignUp Genius and update RRC www links prior to each season
Equipment	<ul style="list-style-type: none"> • Replace mile markers 1-6 & 1-13? Multiple options; Est. Cost ~\$400-\$1100 • Replace inflatable finish line? Est. Cost ~\$3000+

	<ul style="list-style-type: none"> • Dale and Rick will help make the selection, we will loop in Brock • Jean made a motion to purchase, Branda seconded, voted approved by all.
To Keep on the Radar	
TerraLoco \$5 5K	Monday, July 10 th . Jill, Dale, and Kasey can be there.

For next month: return to the discussion on how to more concretely help high school students.