



Rochester Running Club Board Meeting Minutes

Date: July 24, 2023

Start Time: 7:00 pm

Location: LTS Patio

Last Meeting: June 19th, 2023

Next Meeting: August 21, 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
Call to Order and Roll Call (Dale)	Called to order at: 7:03 Present: Dale Pfrimmer, Kasey Kuker, Toby Hatlevig, Jessie Wilburn, David Fochs, John Soucheray, Anna Sanchez, Jill Tacl, Branda Anderson Absent: Jean Murray, Rick Fishbune, Ann Noser Guests:
Review and Approval of June Minutes (Dale)	Toby made a motion to approve the June minutes, Kasey seconded, minutes were voted approved by all
Review and Approval of Financials (Jean)	Financials As Of July 20 HERE No discussion on the financials, other than acknowledgement that the financial situation is robust. Anna made a motion to approve the financials, Jessie seconded, the financials were voted approved by all.
Social Media Updates (Ann and Jessie)	Facebook: 1.1k likes 1.2k followers Ann has made two upcoming events - women's race and Douglas trail Instagram: 302 followers 484 accounts reached Planning to see if there's a way to adapt the Link.tr to add a race/event calendar with registration links to it for better visuals

Minutes By: Anna Sanchez, Secretary

Race Director Update
(Brock)

From Brock: There was a snafu with the Douglas Trail race. Brock completed the page for registration, then Tom O' completed his Oxbow page, and contacted Race Roster for help in linking the two events. Somewhere within all the back and forth between RR and Tom, the rates for Douglas were put to the same rate as Oxbow. Obviously Tom has more invested, due to having a post race band, and brews, so Brock is going to fix everything today, notify the current 17 participants of what happened, then refund everyone the difference between what they paid, and should've paid. THEN, Brock will make a push to get more registrations.

Healthy Human is taking a ton of time right now, and it'll be here before we know it. We have plenty of work to do, but the committee has been great. As we get closer, and learn what our new needs are, Brock will let us know how we could help support, if able.

The Great Gobble, Thanksgiving mornings soon to be new favorite, will launch by the end of the month. Brock will make sure we are all kept in the loop. Brock will meet with Salvation Army on Wednesday, and should then be able to shore up details for a Race Roster launch.

From Dale: Dale and Kasey met with Brock on July 1st. Discussed RRC RD taking on Spring Classic. Discussed increasing RD salary for taking on this additional workload. Brock agreed to taking on this race and the three of us discussed increasing RD salary to \$1250/mo pending RRC BOD approval.

Brock, Kasey, and Dale agreed to meet (preferably F2F) on a quarterly basis.

The board discussed the proposal to increase Brock's salary by \$250/month to have him also take on the Spring Classic as RD (total increase of \$3,000 for the year). The Spring Classic 15K is a [Run MN Grand Prix event](#), and we need that event to be professional and well-promoted (and certified). Even though it will cost the club to have Brock take on this additional race as RD (and it is not a race that makes us money), the visibility to the club is important as a Run MN Grand Prix Race.

We would like to see HHR have more registrations and were hoping that the cost of hiring a RD would be offset by bigger registration numbers for HHR (which is the way the club funds itself). There was

	<p>acknowledgement that this is Brock’s first year taking HHR on, and that there needs to be time to ramp up to grow registrations. Dale made a motion to increase the salary to \$1250 per month and re-evaluate in a year. Toby seconded, the raise was voted approved by all.</p>
<p>Lance Pfrimmer Update</p>	<p>The Pfrimmer family is so very thankful for the <i>incredible</i> amount of love and support shown by the RRC Board, the RRC, and the SE MN Running community.</p> <p>The TerraLoco/RRC 5K on 7/10 was an extraordinary event. The attendance was unprecedented and it was a healing and therapeutic event for all. Over 400 attended and raised over \$4,000.</p> <p>The Scholarship fund was a spur of the moment decision and I appreciate Jean pulling this together on such short notice. The Pfrimmer family will be working on creating a separate home/foundation for this here in the very near future.</p> <p>Lance’s birthday is Aug 7th, it falls on a Monday this year. The TerraLoco charity that day is Dorothy Day House, a charity that Lance enjoyed volunteering at.</p> <p>We are working with UW Stout, Mayo High School, and TerraLoco on ways to keep Lance’s legacy alive, Live Like Lance.</p>
<p>Team Reports</p>	
<p>Diversity & Inclusion Committee (Rick, Anna)</p>	<ul style="list-style-type: none"> ● The Stewartville 5-mile Grand Prix race missed including a non-binary race registration option. Jean followed up with Kevin Torgerson, race director, and this was simply an oversight. This close to the race, we will chalk it up to a hiccup with the first year of including a non-binary category and next year look ahead sooner at the registration. As of now, it does not look like this will affect the Grand Prix (there are no RRC members who have selected non-binary on their membership forms). ● All RRC-directed races that use Race Roster include a non-binary category. We will have to follow up with Steve DeBoer about the Mayo Open Cross Country 5K. ● Tour de Essex Trail Run and KC Spirit Run are not yet published. ● The Boys and Girls Club running camp will be happening soon. Rick has been involved with that, along with Gwen and Ruth.

<p>Saturday Morning Training Runs (Jean)</p>	<ul style="list-style-type: none"> ● Spring <i>final</i>: 167 waivers, Income \$1722; Exp \$2326 (=Captain \$1860+Supplies \$466) ● Fall season - through Week 4: <ul style="list-style-type: none"> ○ Participants: 42 signed waivers ○ Aid station volunteers needed on 8 dates (11 slots) Only 2 dates are covered ○ Financial: Income \$413; Captain expense w/b \$1350 <p>We are still getting new runners each week! Dale reached out to Jean to make it easier to click through the waiver without submitting payment. Some people prefer to pay week by week, with cash, or later.</p>
<p>Sponsorship Committee (John)</p>	<ul style="list-style-type: none"> ● Brock and John talked about the shirts for Healthy Human. Scheels will be the sponsor for the shirt this year and will be the only sponsor listed on the shirt. ● Exhibitors have reached out to Brock about a booth at HHR. This is something we provide for our sponsors. We might explore this in the future, but not this year.
<p>Annual Banquet/Meeting (Anna & Kasey)</p>	<ul style="list-style-type: none"> ● Speaker – we have a speaker! He offered to meet with us, but in the interest of his time, we liked what we saw online and we don't feel the need to meet before the talk. ● We will do trivia again. Anna will ask Mike to see if we can go through Trivia Mafia. ● Teams will reach out to Kasey and Anna if they need any help. <ul style="list-style-type: none"> ○ Meeting Team: Dale, Jessie, Rick ○ Awards Team: Anna, Jean, Jill ○ Door Prize Team: Rick to run the Excel winner drawing tool; Lin Gentling will solicit race entries. We decided NOT to do more door prizes (only race entries). But John will reach out to see if a business wants to sponsor trivia prizes (such as a coupon for a pint of beer at a local brewery). ○ Banquet team: Branda and Ann. It was decided by the officers and the Banquet Team that we will offer pop free of charge to all attendees (\$250). LC's will also provide water. Branda and Ann will bring options for entrees to the board closer to the date. ● Please refer to the 2024 Punchlist for where your teams should be with being ready for the banquet – and feel free to make edits and notes (teams can shift the timelines as needed – the punchlist was a guess)

Race Reports	
All-Comer's Meets	5 of 6 events completed, last meet 7/25. We've been blessed with good weather and plenty of volunteers. Pizza party for volunteers on Tuesday Aug 1st at Mr. Pizza South at 6PM.
Women's Race	The women's race was well attended. The results have been posted online.
Old Business	
Equipment update (Jean)	Inflatable is ordered & should arrive in time for HHR. We are all very excited by how professional and fresh this new arch will be! Mile markers were not ordered.
New Business	
Supporting High School Runners (all)	<ul style="list-style-type: none"> • Summary of discussion with RPS High School Running coaches • A small subcommittee met (Rick, Jean, Ann, Jessie, & Anna), and this is what we discussed: <p><u>Need for Gear and Clothing</u> We will hold a drive for new and gently used clothing for runners during the month of August. The request for clothing and gear will go out to our members via Facebook, Instagram, and our weekly emails. Donations can be dropped off at locations around town. Ann and Anna will collect the gear from the donation bins and bring it to Dakota Hiller (hopefully - Ann is waiting for Dakota to respond if she is willing to take both men's and women's clothing). Anything the runners can't use can go to the resource room. At the meeting, we decided that the drop spots will be TerraLoco, Little Thistle, and the movie night.</p> <p>This is what we plan to request:</p> <ul style="list-style-type: none"> • All clothing should be new or gently used (nothing that retains stink or stained, please) • Shirts - long sleeve and short sleeve • Shorts

- Sports bras
- Socks (new only, please)
- Running tights
- Running jackets
- Cold-weather running gear is especially needed
- Watches - doesn't need to be a GPS watch - even a digital watch with a timer would be very appreciated

We still have lots of shoes from our shoe drive this past spring, so for now, we will focus on clothes. We will need to make a plan for how to get the shoes to the coaches.

Need for Volunteers

We would like to leverage our website to connect members of the RRC community directly with coaches or volunteer coordinators for the teams. Jean added a button to our website that links to an Excel sheet where we can store the links to the Sign Up Genius for the meets (near the bottom of the webpage).

<http://rochesterrunningclub.org/lets-run/>

We will ask the coaches to send the link to any Sign-Up Genius for recruiting volunteers to rochesterrunningclub@gmail.com.

Finally, we have shifted our donation focus from Save the Track to Shoes for High School Runners. When members join the club or renew their membership, they are asked if they want to make a donation to the fund to pay for shoes for high school runners in need. Coaches can reach out to the RRC email to make requests.

The subcommittee talked extensively about the need for this to be sustainable with as few touch points as possible by the RRC. We will try the clothing drive in August, and if it is successful and manageable, we will consider holding another one prior to the track and field season.

As donations don't find a home, Jessie will spearhead efforts to reuse/recycle unwanted clothing.

RRC socks (Anna)

FITSOK CUSTOMS Style: RRC_Fitsok_TabLowCut_2023_v3 **ART P**

Body:
Black

Accent:
Libby Teal

White

Nylon Yarns	Recover Yarns	Polyester	
Bean Navy	Black	Codiago 1/50	White
Royal	White	Granate 1/50	Black
Denim	Coffee Bean	Indigo Vig 1/50	Charcoal
Lt. Blue	Red	Shaded Spuce 1/50	Light Grey
Carolina Blue	Cardinal	Lino Vig 1/50	
Colombia Blue	Maroon	Nectar 1/50	Wool Y
Bahama	Ruby	Marengo 1/50	
Factory Blue	Bobby Pink	Gris Medio 1/50	Natural
Scuba Blue	Dark Pink	Black	Black
Libby Teal	Flash Pink	Pasion	Charcoal
Teal	Fuschia	Navy	Light Grey
Kelly	Libby Berry	Sweat Blue	Forest Green
Boyscout Green	Purple	Indigo	Burgundy
Bean Olive	Ed Grey	Coral	Navy
Dark Green	Lt. Grey	Linen	
Flourescent Green	Gail Grey	Pomegranate	Natural C
Lucite Green	Grey	Anthracta	
Kiwi	Alumino	Alumino	Natural
Lime	Ed Grey	Grass	
Libby Yellow (Neon)	Granite	Matador	
Yellow 393	Charcoal	Turquesa	
Yellow 116	Brass	Zinc	
Rust	Vegas Gold	Qurofano	
Orange	Oatmeal	Royal	
Gold	Nude	Limon	
Lt. Orange	Brush	Marino	
Beachfire	Mushroom	Ceseste	
	Neon Orange	Beide	

ROCHESTER RUNNING CLUB

Ankle Art: 144x12 Pixels

Arch Art: 72x30 Pixels

Customer: RRC Silhouette: otc crew trail cuff quarter

RRC_Fitsok_TabLowCut_2023_v3 low cut no-show tab

Needle Count: 84 120 144 168 200 Fiber: nylon polyester wool cotton reprove (PC) reprove (BT) recycle cotton Ribbing: Alt 1x1 1x1 2x1 3x1

Features: Arch Support Mesh Moisture Channels Flex Zone Compression Sizes: Small Medium Large X-Large XS SM/MD LG/XL

Date: 2/21

Special Notes:

*Please Note: There may be a 10% over/under run per order due to our manufacturing process

Network File: P:\Art for Knitting Specs\Fitsok\IR\Rochester Running Club

FITSOK CUSTOMS Style: RRC_Fitsok_TabLowCut_2023_v4 **ART P**

Body:
Bahama

Accent:
Kiwi

Yellow 393

Nylon Yarns	Recover Yarns	Polyester	
Bean Navy	Black	Codiago 1/50	White
Royal	White	Granate 1/50	Black
Denim	Coffee Bean	Indigo Vig 1/50	Charcoal
Lt. Blue	Red	Shaded Spuce 1/50	Light Grey
Carolina Blue	Cardinal	Lino Vig 1/50	
Colombia Blue	Maroon	Nectar 1/50	Wool Y
Bahama	Ruby	Marengo 1/50	
Factory Blue	Bobby Pink	Gris Medio 1/50	Natural
Scuba Blue	Dark Pink	Black	Black
Libby Teal	Flash Pink	Pasion	Charcoal
Teal	Fuschia	Navy	Light Grey
Kelly	Libby Berry	Sweat Blue	Forest Green
Boyscout Green	Purple	Indigo	Burgundy
Bean Olive	Ed Grey	Coral	Navy
Dark Green	Lt. Grey	Linen	
Flourescent Green	Gail Grey	Pomegranate	Natural C
Lucite Green	Grey	Anthracta	
Kiwi	Alumino	Alumino	Natural
Lime	Ed Grey	Grass	
Libby Yellow (Neon)	Granite	Matador	
Yellow 393	Charcoal	Turquesa	
Yellow 116	Brass	Zinc	
Rust	Vegas Gold	Qurofano	
Orange	Oatmeal	Royal	
Gold	Nude	Limon	
Lt. Orange	Brush	Marino	
Beachfire	Mushroom	Ceseste	
	Neon Orange	Beide	

ROCHESTER RUNNING CLUB

Ankle Art: 144x12 Pixels

Arch Art: 72x30 Pixels

Customer: RRC Silhouette: otc crew trail cuff quarter

RRC_Fitsok_TabLowCut_2023_v4 low cut no-show tab

Needle Count: 84 120 144 168 200 Fiber: nylon polyester wool cotton reprove (PC) reprove (BT) recycle cotton Ribbing: Alt 1x1 1x1 2x1 3x1

Features: Arch Support Mesh Moisture Channels Flex Zone Compression Sizes: Small Medium Large X-Large XS SM/MD LG/XL

Date: 2/21

Special Notes:

*Please Note: There may be a 10% over/under run per order due to our manufacturing process

Network File: P:\Art for Knitting Specs\Fitsok\IR\Rochester Running Club

FITSOK CUSTOMS Style: RRC_Fitsok_LowCut_2023_v1 **ART F**

Body:
Black

Accent:
Libby Teal
White

Nylon Yarns	Recover Yarns	Polyester	
Bean Navy	Black	Codiago 1/50	White
Royal	White	Granate 1/50	Black
Denim	Coffee Bean	Indigo Vig 1/50	Charcoal
Lt. Blue	Red	Shaded Spuce 1/50	Light Grey
Carolina Blue	Cardinal	Lino Vig 1/50	
Colombia Blue	Maroon	Nectur 1/50	Wool N
Bahama	Ruby	Negro 1/50	
Factory Blue	Bobby Pink	Marengo 1/50	Natural
Scuba Blue	Dark Pink	Gris Medio 1/50	Black
Libby Teal	Flash Pink		Black
Teal	Fuschia		Charcoal
Kelly	Libby Berry		Light Grey
Boyscout Green	Purple	Sweat Blue	Forest Green
Bean Olive	Lilac	Indigo	Burgundy
Dark Green	Lt. Grey	Coral	Navy
Flourescent Green	Gail Grey	Pomegranate	Natural C
Lucite Green	Grey	Anthracite	
Kiwi	Ed Grey	Alumino	Natural
Lime	Granite	Grass	
Libby Yellow (Neon)	Charcoal	Matador	
Yellow 393	Brass	Turquesa	
Yellow 116	Vegas Gold	Qurofano	
Rust	Oatmeal	Royal	
Orange	Nude	Limon	
Gold	Brush	Marino	
Lt. Orange	Mushroom	Ceseste	
Beachfire	Neon Orange	Beide	

ROCHESTER RUNNING CLUB
Ankle Art: 144x12 Pixels

RC
Arch Art: 72x30 Pixels

Customer: RRC Silhouette: otc crew trail cuff quarter low cut no-show tab

RRC_Fitsok_LowCut_2023_v1

Needle Count: 84 120 144 168 200 Fiber: nylon polyester wool cotton repreve (PC) repreve (BT) recycle cotton Ribbing: All 1x1 1x1 2x1 3x1

Features: Arch Support Mesh Moisture Channels Flex Zone Compression Sizes: Small Medium Large X-Large XS SM/MD LG/XL

Date: 2/2

*Please Note: There may be a 10% over/under run per order due to our manufacturing process.
Network File: P:\Art for Knitting Specs\Fitsok\IR\Rochester Running Club

FITSOK CUSTOMS Style: RRC_Fitsok_LowCut_2023_v2 **ART F**

Body:
Bahama

Accent:
Kiwi
Yellow 393

Nylon Yarns	Recover Yarns	Polyester	
Bean Navy	Black	Codiago 1/50	White
Royal	White	Granate 1/50	Black
Denim	Coffee Bean	Indigo Vig 1/50	Charcoal
Lt. Blue	Red	Shaded Spuce 1/50	Light Grey
Carolina Blue	Cardinal	Lino Vig 1/50	
Colombia Blue	Maroon	Nectur 1/50	Wool N
Bahama	Ruby	Negro 1/50	
Factory Blue	Bobby Pink	Marengo 1/50	Natural
Scuba Blue	Dark Pink	Gris Medio 1/50	Black
Libby Teal	Flash Pink		Black
Teal	Fuschia		Charcoal
Kelly	Libby Berry		Light Grey
Boyscout Green	Purple	Sweat Blue	Forest Green
Bean Olive	Lilac	Indigo	Burgundy
Dark Green	Lt. Grey	Coral	Navy
Flourescent Green	Gail Grey	Pomegranate	Natural C
Lucite Green	Grey	Anthracite	
Kiwi	Ed Grey	Alumino	Natural
Lime	Granite	Grass	
Libby Yellow (Neon)	Charcoal	Matador	
Yellow 393	Brass	Turquesa	
Yellow 116	Vegas Gold	Qurofano	
Rust	Oatmeal	Royal	
Orange	Nude	Limon	
Gold	Brush	Marino	
Lt. Orange	Mushroom	Ceseste	
Beachfire	Neon Orange	Beide	

ROCHESTER RUNNING CLUB
Ankle Art: 144x12 Pixels

RC
Arch Art: 72x30 Pixels

Customer: RRC Silhouette: otc crew trail cuff quarter low cut no-show tab

RRC_Fitsok_LowCut_2023_v2

Needle Count: 84 120 144 168 200 Fiber: nylon polyester wool cotton repreve (PC) repreve (BT) recycle cotton Ribbing: All 1x1 1x1 2x1 3x1

Features: Arch Support Mesh Moisture Channels Flex Zone Compression Sizes: Small Medium Large X-Large XS SM/MD LG/XL

Date: 2/2

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Network File: P:\Art for Knitting Specs\Fitsok\IR\Rochester Running Club

Cost:
180 pairs - \$3.28 (\$590.40)
240 pairs - \$3.04 (\$729.60)

	<p>360 pairs - \$2.83 (\$1,018.80) Half medium, half large</p> <p>The board would like to pursue an order. This could be a 2024 Banquet Gift for all present.</p> <p>The group voted for Option B – tab with RRC colors.</p> <p>We would rather order more and sell the at SMTR or the Med City Expo. We could use them for SMTR. It was suggested to order 500 pairs.</p> <p>We have 156 individual memberships and 56 family memberships, so if every member got a pair, we would need about 260 pairs.</p> <p>Branda suggested getting socks for high school students. Dale suggested that we could give each coach 25 pairs to put in the resource room for kids to take when they get socks.</p>
\$5 5K	<p>Opportunity to have another \$5 5K on September 11th or October 23rd. We decided to not pursue this right now. Anna will respond to Kim.</p>
Website Updates (Jean)	<ul style="list-style-type: none"> ● Race Director Resources blurb was updated Removed the COVID blurb. ● Incomplete RTC newsletters and race results archives are loaded to Google Drive & linked for read-only access on RRC's website: http://rochesterrunningclub.org/about/#rtc_archive
Additional Agenda Items	
Parking Lot	
SMTR Liaison to TerraLoco in 2024	<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 /laminare 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)

	<ul style="list-style-type: none"> ● 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
To Keep on the Radar	
Upcoming movie night (August?)	Dale will follow up with another movie in August (hopefully August 20 th). He will push them on McFarland USA and get a real # on cost. And he will reach out if he needs another hand with this. Cinemagic holds more people than Marcus.