

Mike DeBolt



- ▶ I ran my first half in 2012 & a marathon in 2021. In 2023, I started engaging with the RRC, joining the club and participating in the SMTRs. The connections enhanced my enjoyment of the sport significantly.
- ▶ As a lawyer, I can assist RRC by interpreting laws/ordinances/bylaws/etc. I've also served on multiple boards of various organizations and took corporate governance classes in law school.

I'm also very good at running marathons at an aggressive pace for 20 miles, hitting a wall, cramping, and hobbling through the finish line. If people need a blueprint for how to repeat that, I'm your guy.

- ▶ As a BOD member, I am interested in supporting events, website/social media and social events like RRC's movie night.

I also think it could be useful to help people connect with smaller runner groups based on area of town running in, pace, time of day, etc. These smaller groups help people feel connected during the week for those more routine shorter runs in between larger group gatherings like races or SMTRs.

Rick Fishbune (incumbent)



- ▶ I began running in my mid-50's after watching my college aged daughter run a marathon. I thought to myself, if she can run a marathon, I should be able to run a 5k. I ran a few 5k's that summer/fall, and the following spring, I enrolled in the Club's Marathon Training class with a goal to run the Med City Half Marathon. Participating in the weekly group runs and events, I gained confidence that I could achieve my goal. A week after finishing Med City Half, I decided to train for a full marathon in the Fall. The rest is history. I've now completed several full & half marathons, and participate in group runs.
- ▶ I've served on RRC's board since 2020. My professional career of 40+ years at IBM as an Electrical Engineer working on large development projects with many members has given me the ability to work with a diverse set of individuals, maintain project schedules, and problem solve.
- ▶ Serving on RRC's Board and on several subcommittees helps RRC move forward. I thoroughly enjoy helping at All Comers track events and Boys & Girls Club summer camp, which RRC sponsors. The excitement, smiles, and energy which the kids exude when trying to improve is amazing to behold. I will serve on the RRC Board wherever there is the most need for my skills and experience.
- ▶ I'd like to help RRC continue to strengthen the running community. It's great to see several new members join RRC, and it is important that the new members feel welcome. It is also important that our existing members understand the benefits that the RRC provides to our members and to the running community, and that our members are satisfied with the efforts and the decisions of the Board made to improve the RRC.

Henrick Gilbertson



- ▶ Former high school and college runner. Current fun runner. I have spent the last 10 years running and training competitively for road, cross country, and track races.
- ▶ Active member of the Rochester running community and the at large competitive Minnesota running community.
- ▶ I am an advocate for running both casually and competitively. A fan of running for fun and running for competition.
- ▶ I'd like to make running more fun in Rochester. Also, I'd like to bring a more competitive edge to the Rochester running club. USATF team certification is something that is par for the course for running teams in other locations, at least in Minnesota and the twin cities. This is something that I think is sorely lacking for the Rochester running community. I'd like to get the Rochester running community there. Competitive runners are in Rochester, and a competitive team would incentive more people to come out.

John Soucheray (incumbent)



- ▶ I've served on RRC's board for the past two years and enjoyed being more competitive with running half marathons, triathlons, Ragnar, Tough Mudder, and 5ks around town (proud winner of a Polar Bear prediction run).
- ▶ I have a background in coaching as a cross country and track coach for 6 years. I still help with teams when I can. I've enjoyed the opportunity to work with RRC and local high schools to support for young runners (I helped organize the running shoe drive). I also work with sponsors to raise funding for the races or the club in general.
- ▶ I like making short videos and want to make a running club YouTube page for sharing information about the club, races, membership, etc. I also would like to continue working with sponsors to grow connections between local businesses and the club.
- ▶ Encouraging more runners to join the club, and continuing to help with service opportunities like the running shoe drive I love triathlons and I'd like to help more people try their first triathlon.

Leah Speltz



- ▶ I competed in cross country and track & field in high school and college. For the past 8 years, I have been an assistant and volunteer coach for Mayo High School's cross country and track programs. I have continued to run, train and race local races, half marathons and full marathons. I love running, cheering and being around the sport in any capacity!
- ▶ Talents that I can contribute to the board include my experience running and racing at a collegiate level, coaching at a high school level and working at Terraloco selling shoes and running gear. I have been involved in leadership positions in my nursing role including committee membership and project management. I enjoy overseeing logistics and big picture views to execute an idea well.
- ▶ I would like to spend time on forward facing opportunities such as races/events and promotions. I am happy to help where I am needed, and I will bring a positive attitude and enthusiasm to whatever I am involved with!
- ▶ A few ideas I'd like to explore - partnering with our high school running teams to trial a "volunteer swap" where they would help at our events and we would offer volunteers in return at their events. I'd love to organize a running city scavenger hunt competition and a run to Rochesterfest's Breakfast on the Farm. I would also love to help strengthen the partnership we have ongoing with Terraloco.

Jill Tacl (incumbent)



- ▶ I played Division 1 Tennis at Iowa State University and didn't start running until I graduated college. It started as a way to maintain fitness and proved to be a great stress reliever during Physical Therapy School. I fell in love with running and the Rochester Running Community. The Rochester Running Club has been instrumental in my running the past few years and I have really enjoyed the group runs and community engagement. I recently ran my first marathon, Grandmas Marathon and had a blast!
- ▶ I currently work as a Physical Therapist at Active PT and am a Certified Running Coach through RRCA. I think using my connection with Active PT and Physical Therapy knowledge to enhance offerings of the RRC.
- ▶ Continuing to be open to what the board needs and am happy to help with whatever is needed and volunteer at events.

Emily Taylor



- ▶ I am newer to distance running. I struggled with running when I was growing up. A few years ago, I tried the Peloton running app and found running to be something that is attainable and fun. I ran my first 5k last year and am currently signed up for my first half marathon. I have really fallen in love with running and how I feel after a long run! I love that Rochester Running Club provides an inclusive community for those that also love running.
- ▶ I have run a few social media accounts throughout my professional career and have experience using apps like Lightroom and Canva.
- ▶ I would be interested in helping with social media and communications. I also would be interested in helping create other marketing materials if that is needed.
- ▶ As a newer member of the Rochester Running Club I am still navigating the landscape of the club. I would really love to help the club gain new members and grow.